



Marchons ensemble !

Le potentiel piétonnier en fonction de l'âge : Rapport d'étape 2018

Des rues sécuritaires pour les aînés et les autres piétons importants à Ottawa



WALK ON!

Age-Friendly Walkability Progress Report 2018

Safe Streets for Seniors and Other Valuable Pedestrians in Ottawa



Document produit par :

Le Comité sur le potentiel piétonnier en fonction de l'âge
et sur la sécurité des piétons

Sous-comité du Comité du transport des aînés d'Ottawa



Produced by:

Age-Friendly Pedestrian Safety and Walkability Committee

A sub-committee of the Ottawa Seniors Transportation Committee



Progress Report 2018

- How safe are Ottawa streets for seniors and other valuable pedestrians?
- Status 2017 recommendations
- 2018 Audits: community, hospitals, LRT, pedestrians with mobility devices, construction zones
- Winter walking
- Hot spots and snow moles
- Recommendations for age-friendly walking
- Audit tools

Audit Tools

- All Season Age-Friendly Pedestrian Safety and Walkability Checklist
- Hospital Audit Questionnaire
- LRT Audit Questionnaire
- Snow Mole Questionnaire



1. Involve and engage seniors and the community
2. Involve municipality representatives—elected and staff
3. Link with the disability community
4. Take an intergenerational perspective

Some Important Principles and Reflections



Seniors and Walking in Ottawa

How Age-Friendly is Ottawa?

- Over a week, most seniors walk between 1 and 5 hours for health, active transportation, recreation, socialization, to be in nature
- Majority do NOT find their neighbourhoods to be easily walkable (score of 70 or above)
- Range of scores from 35 (CentrepoinTE) to 91 (Byward Market). Both have high numbers of seniors (20/21%)
- 10% of people involved in car crashes were seniors on foot; 10% were under 16 (2012-2016)
- Last year, 21% of seniors fell (not all when walking)
- Many injuries among seniors and people with disabilities occur at intersections
- Seniors more likely to be hospitalized with longer stays and to sustain permanent disabilities and health declines

Ottawa is a Winter City

“The sidewalk in front of my seniors building is mostly left unplowed and deeply rutted. Many here have wheelchairs or canes and most are frail. There is also an elementary school nearby. This is a dangerous situation.” ... 78 year-old woman, Lowertown

“Within the last block and a half, I was almost run over twice. The sidewalks are covered in 2 to 4 inches of moisture-laden snow. I am unable to steer, lack traction and it eats my power. So it has to be the roadway” ... John Woodhouse



STATUS: Recommendations from 2017

Response from Transportation Services Department, City of Ottawa

- Improvements made in Blackburn Hamlet, Kanata Beaverbrook, the Glebe (audit sites)
- Enhanced winter maintenance, particularly at transit stops frequented by seniors and persons with disabilities
- Identification of hot spots and increased attention to these spots
- Began review of bus stops for accessibility; improvements to on-street stops
- Responded to community requests for speed reductions
- Accessible public washrooms to be provided at Blair, Hurdman, Bayview and Tunney's Pasture stations
- Road Safety Ottawa action plan includes focus on distracted driving, vulnerable road users (pedestrians, cyclists, motorcycles), collisions involving children and senior drivers
- Ottawa Councillors support traffic calming measures

Audits 2018

- Communities: Manotick (Jan and Sept); Hunt Club (Feb); Bridlewood Trails Retirement Residence (June); Pineview (Sept)
- Hospital Parking Lots (9 locations)
- Accessibility Matters, Ottawa Disability Coalition: Colonnade Road, Sandy Hill, Riverside Campus Ottawa Hospital
- LRT Audit: Preview at O-Train Station Carleton University
- Construction Zone Audits (7)

Some Key Findings 2018 Community Audits

- Routes, sidewalks, cross walks and entrances to buildings often unsafe or inaccessible for people with mobility aids, especially in winter
- Traffic hazards: speed, parking on both sides, need for cross walks, lights at intersections
- 22 seconds for a seniors with a walker to cross a road (4 lanes) to access a park—no lights at intersection nor sidewalks
- Overgrown vegetation and damaged sidewalks on pathways; some graffiti, appreciate benches

“WE ask that you address the findings as soon as possible to declare the Village of Manotick and the City of Ottawa as proud supporters of an Age-Friendly Community. ... Linda Meek, ED, Manotick Place Retirement Community

Some Key Findings Hospital Parking Audits

- Improve signage (French and English): way-finding, payment, special parking passes, maps at entrances
- Ensure pedestrian crossings are clearly marked/painted and sign posted
- Change revolving entrance doors to wide automatic doors
- Develop a wheelchair control system at main entrances for better drop-off and pick-up
- Colour code floor levels in parking garages
- Ensure there are benches and shelters at hospital bus stops



Some Key Findings

Ottawa Disability Coalition

- Problems with sidewalks and curbs
- Winter: snow and ice on sidewalks, unreachable crosswalk buttons, snow windrows at bus stops, lack bus shelters

“If there are parked cars, you are forced to walk in the middle of the road” (Colonnade)

“What’s the use of universal health care without universal access to that care (Ottawa Hospital, Riverside Campus)

Recommendations Winter Walking



- Comprehensive review of winter maintenance standards (set in 2003) and increase budget to enhance operations
- Snow removal from Class B (snow packed) to Class A (bare surface in Hot Spots)
- Enhance snow and ice removal on pathways, connecting streets to transit stops
- Develop measurable goals in Older Adult Plan, Pedestrian Plan and Master Transportation Plan

Key Findings and Recommendations Winter Walking: Community and Council Aging Ottawa

- Encourage citizens to do snow mole audits and report hazardous conditions via 311 or online reporting
- Conduct winter walking audits in your community including...
- Contact Canada Post if encounter barriers to picking up mail
- Advocate for policies and programs that provide safe, accessible and pleasurable walking for all, but especially for vulnerable, valuable pedestrians
- Lend a hand to vulnerable pedestrians who may be housebound due to severe weather conditions

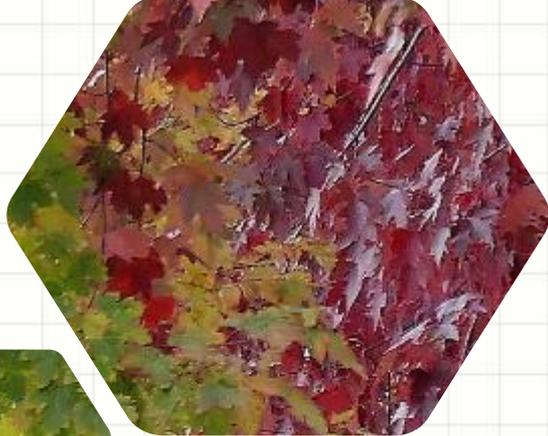


Other Recommendations

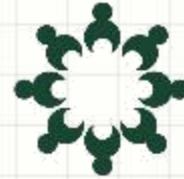
- Meet or exceed accessibility standards transit areas, parking lots hospitals, medical clinics
- Improve safety on pathways and trails: better maintenance, widen trails or separate pathways for pedestrians and cyclists, scooters, improve sharing of pathways--enforce rules, education and compliance
- Enhance pedestrian safety and comfort: intersection crossing times; speed reduction policies; sidewalks
- Support “Toward Vision Zero” goal
- Participate neighbourhood age-friendly audits, snow mole campaign
- Create network of safe, accessible, free, clean and environmentally responsible public toilets in parks, major transit stops and key public places
- Support building age-friendly neighbourhoods with affordable housing close to transit hubs
- Learn more about walkability for seniors in rural areas
- More specific data disaggregated by age and sex on senior pedestrians and collisions, falls and injuries while walking, most dangerous intersections, seniors concerns

An Age-Friendly “Feet First” Approach





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on Aging
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