

**The elderly identify MOBILITY with the SECURITY FOR ACTION.**

**The objective will be to stimulate their mobility, and to maintain their social activity.**

For the qualitative studie I would like to centrate on the psychological variables:

- Fears
- motivations
- personal experiences
- State of mind

## **What do you think about the senior citizens' mobility today?**

- 1.- How do seniors citizens cope with the present mobility situation?
- 2.- What enhances the mobility of senior citizens?
- 3.- What limits the mobility of senior citizens?
- 4.- Which measures are necessary to improve the situation?
- 5.- What prevents measures that are considered useful from being implemented?

**How does an older person's mobility affect their life?**

## How does an older person's mobility affect their life?

- Communication is a necessary for a good mental healthy.
- The elderly need relate with people from their own group.
- The persons have to support their habits and introduce new others.



### 3. What limits the mobility of older people?

- The deterioration of the nervous system and of the emotional changes to they feel fragile. Their behavior becomes an habit.
- The fear of falles creates dependency.
- Stress, noise, being alone, excessive stimulation, tends to desorientation.
- They feel need company gives them confidence, their need broad pavements.

## Comment regarding the question of gender

- Normaly, women tend to develop diverse habits of home care.
- They spend more time covering distances
- Choose alternative itineraries
- Avoid secure areas
- Women have more knowledge of the area around their home
- A good lightings is very important



## What measures are necessary to improve the situation?

- It would very effective to propose positive measure that promote mobility.
- It break the physical resistances that the elderly come across.
- To remove adverse stimuli, and to stimulate to the action
- To motivate thought things and places that interest or distract that reinforces the interest in going out.



## What prevents measures that are considered useful being implemented?

- Elderly people are grateful and recognize the measures put into place, but they wait more help.
- Some measures fail by administrative lack of organization.
- The various collectives are debated.
- It is a numerous group and they would can to make more pressure.



- Administrative Groups
- Socials Services
  - Geriatric services

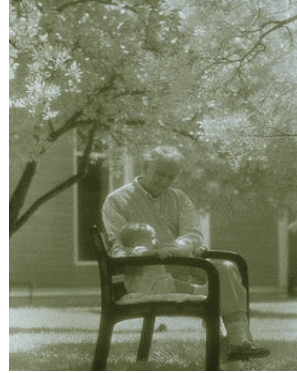
## 1.- How do senior citizens cope with the present mobility situation?

- Elderly acceptance their changes and them structuring their new lives.
- It is important to find activities that they replace other previous ones.
- If they have a social network and stable famili they are essier to find activitties.



## What enhances the mobility of senior citizens'?

- if they find reinforcement positive, the tendency to leave will be greater.
- Parks, green zones equipped with sidewalks, streets with wide pavements, the presence of police, good lighting, and the others.
- The quality of the public transport has social connotations positive.



## 10.- What do you think about the senior citizens' mobility conditions today?

- Elderly accept the possibilities greater that offer to them and they value them.
- It is fundamental to maintain and to optimize the comfort in public spaces because it becomes an optimal physical and mental health.

