

Tillgänglighet, säkerhet
och trygghet för äldre

Projekt
"Kom så går vi"



”Let's go for a walk”

**A project focusing on accessibility,
safety and security for older people
in the outdoor environment**

Professor Agneta Ståhl

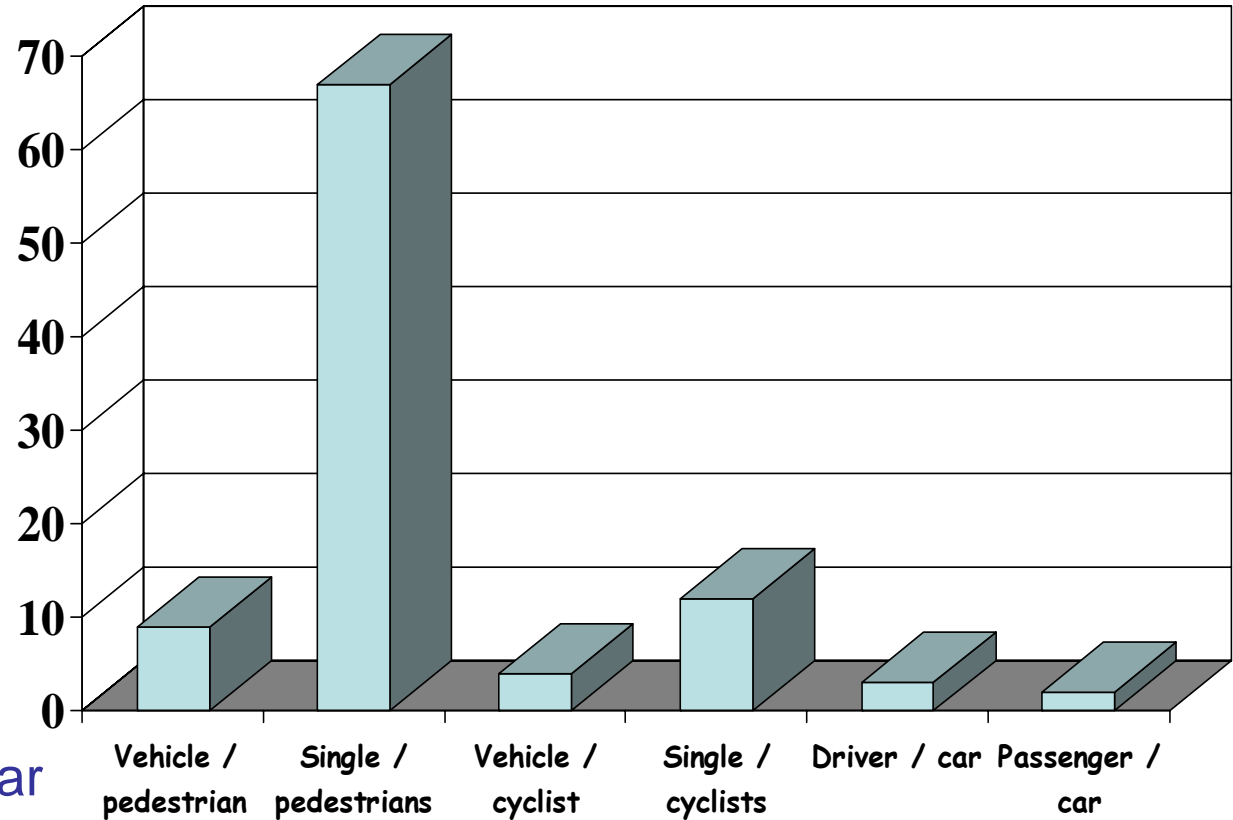
Professor Susanne Iwarsson



According to Ståhl, A, 1986; "To be elderly in traffic"

Single accidents account for two thirds of traffic injures among the elderly

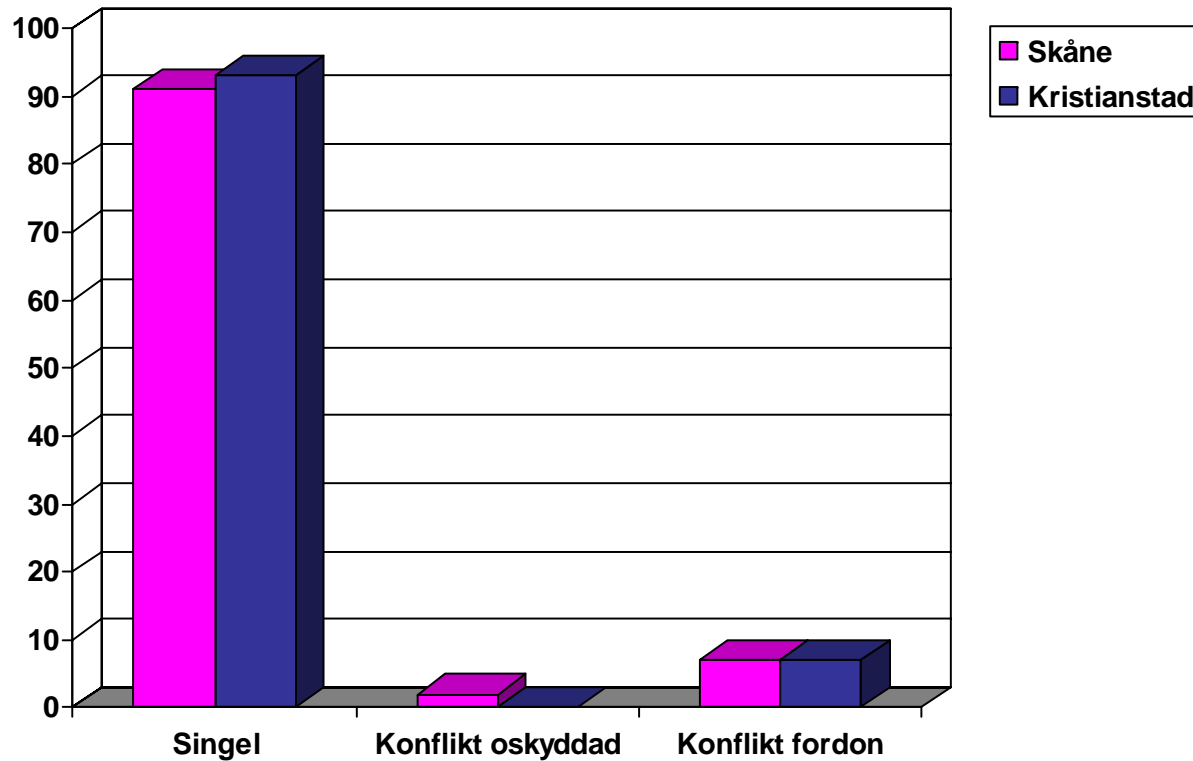
The risk is 15 times higher for elderly pedestrians to be Injured in a single accident than to be knocked down by a car





Injuries as pedestrians in Skåne 1999 – 2002; 65+

Hospital data. Source: STRADA in Region Skåne



9 out of 10 injuries as pedestrians among older road users are single accidents



Aim;

- ***Increased accessibility / usability and safety /security for older people in the outdoor environment***

Means;

- ***User involvement***
- ***Implementation of concrete measures***
- ***Evaluation***



Research District

- *City of Kristianstad; southern part*
- *Appr 3.000 inhabitants*
- *Appr 20% 65 years or older*
- *Various types of housing*
- *Various traffic environments*

Time schedule; 2002 - 2005



Participating authorities

Municipality of Kristianstad

Swedish National Road Administration Region Skåne

Participating researchers

Div of Traffic Planning, LTH, Lund University

Div of Occupational Therapy, Lund University

Participating users

All older people (65+) in the geographical district



Method: Pre – after study

- *Postal questionnaire survey; all older people in the geographical district (N=560)*

Overview of environmental barriers

- *Participant observations (n=11)*

To examine critical incidents when walking in the area

- *Research circles; discussions (n=18)*

*older persons in the geographical district
authorities, associations, interest organisations
researchers*

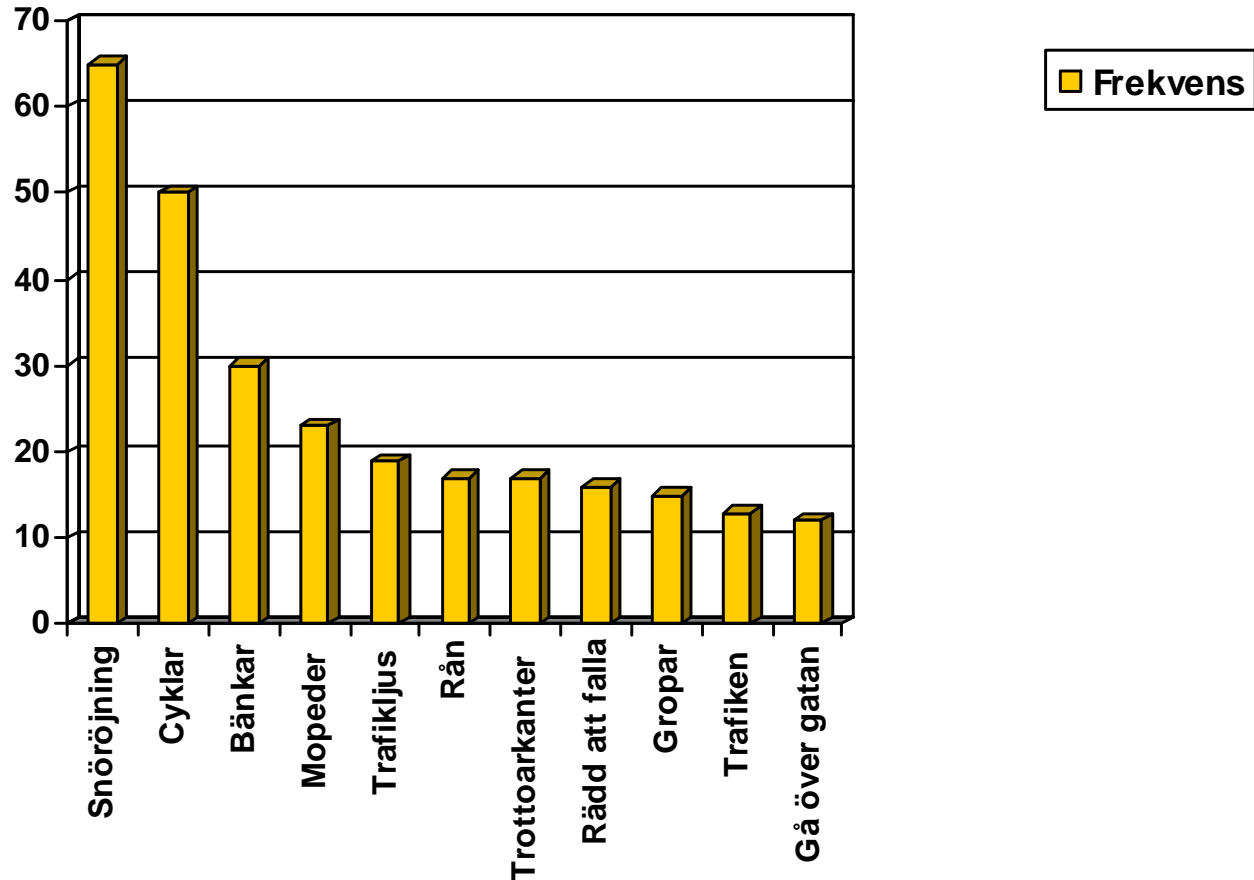
- *Implementation*



Results; Mail questionnaire survey (n=340)

Environmental barriers encountered outdoors in the study district

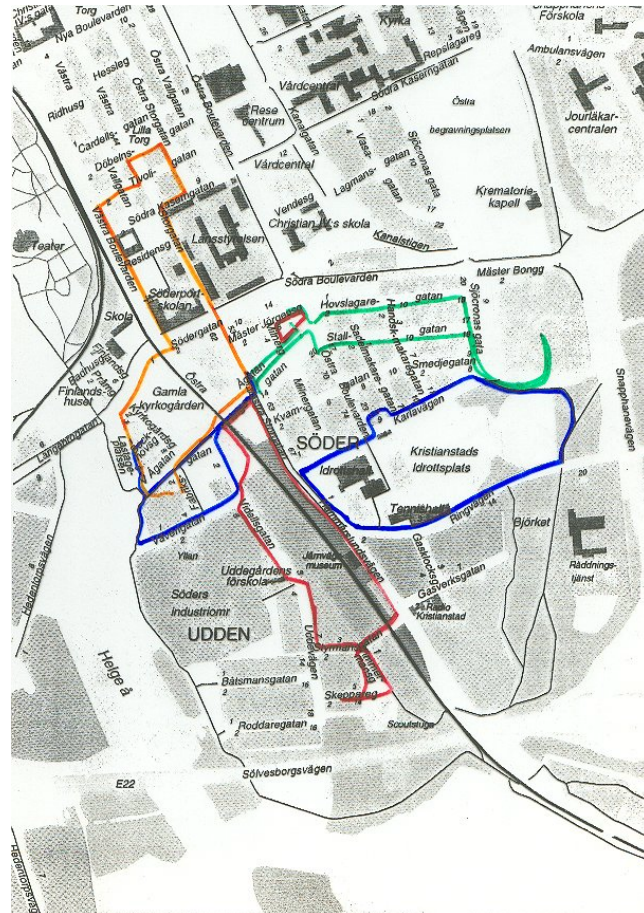
- Winter maintenance*
- Cycles, Mopeds*
- Benches*
- Signalized crossings*
- Curb cuts*
- Uneven pavements*
- Heavy traffic*





Results; Participant observations

- More benches*
- Wider pavements*
- More and better curb cuts*
- More even pavements*
- Better regulation of cyclists*





Research circles; discussions

To decide on an implementation scheme

Discussion themes

- What is important for older people in the traffic
- What problems do older people encounter in the outdoor environment (*with input from previous studies*)
- Discussions with guests from different authorities
- What measures must be taken
- What measures are given priority
- What implementation strategies will be used



Results; implementation scheme

Strategy: benefit as many as possible of the people living in the area; focus on pedestrian routes

Older people

Accessibility for persons using walking aids; rollator

Regulation of bicycle traffic

Traffic regulations overall

Authorities

Simple measures; easy to plan and conduct, not too expensive

Example of measures taken

Wider pavement with new surface



Before



After



Example of measures taken

New benches along important passages





Example of measures taken

Slopes and curb cuts along pavements





Effects / experiences so far

An obvious and clear outcome of user involvement

Older people

New ways to better influence responsible parties in society

Real measures conducted in the outdoor environment

Awareness of their own responsibility for their situation and aging process

The municipality of Kristianstad

New experience; small details are more important than large infrastructure measures

The Swedish National Road Administration Region Skåne

Increased knowledge about the needs of older people

A demonstration project worthy all attention and interest from society



Factors for success

- **Trustworthy knowledge;** The experiences and knowledge of the older people themselves is the basis and the point of departure for the project
- **Systematic research methodology;** Triangulation of methods gives high validity
- **Co-operation** between all parties of interest gives a broader perspective
- **Societal perspective;** Health, Safety / Security and Accessibility / Usability.