

# Neighbourhoods of the Future

## Master Plan for Age Friendly Environments

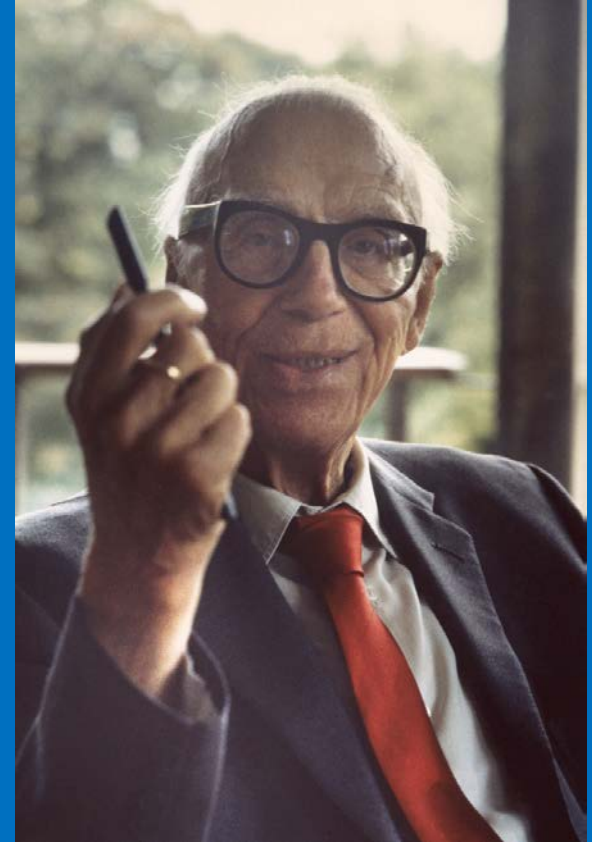
Simon Butler | AAL Forum 2016 | Sept 28<sup>th</sup>

---

# About Arup

We are an independent firm of designers, planners, engineers, consultants and technical specialists offering a broad range of professional services. Through our work, we make a positive difference in the world. We shape a better world.

Cities, Transport, Energy, Water



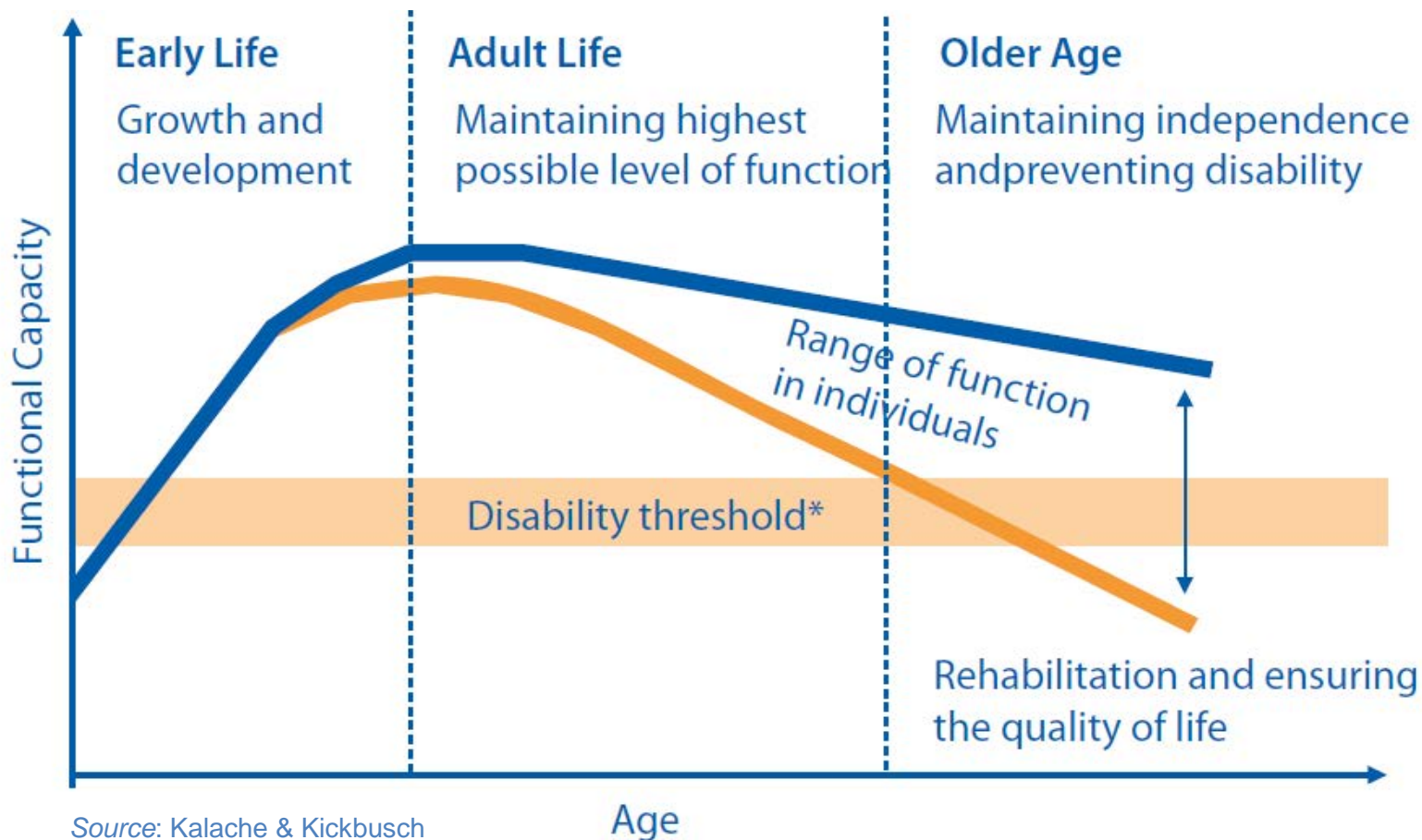
**Ove Arup**

Population ageing and urbanisation are two global trends that together comprise major forces shaping the 21<sup>st</sup> century.

How can cities support healthy and active living for different groups of older people, so they can feel safe, secure and be able to take part in social life?

# Age Friendly Places

The speed of decline can be influenced and may be reversible through promoting age-friendly living environments

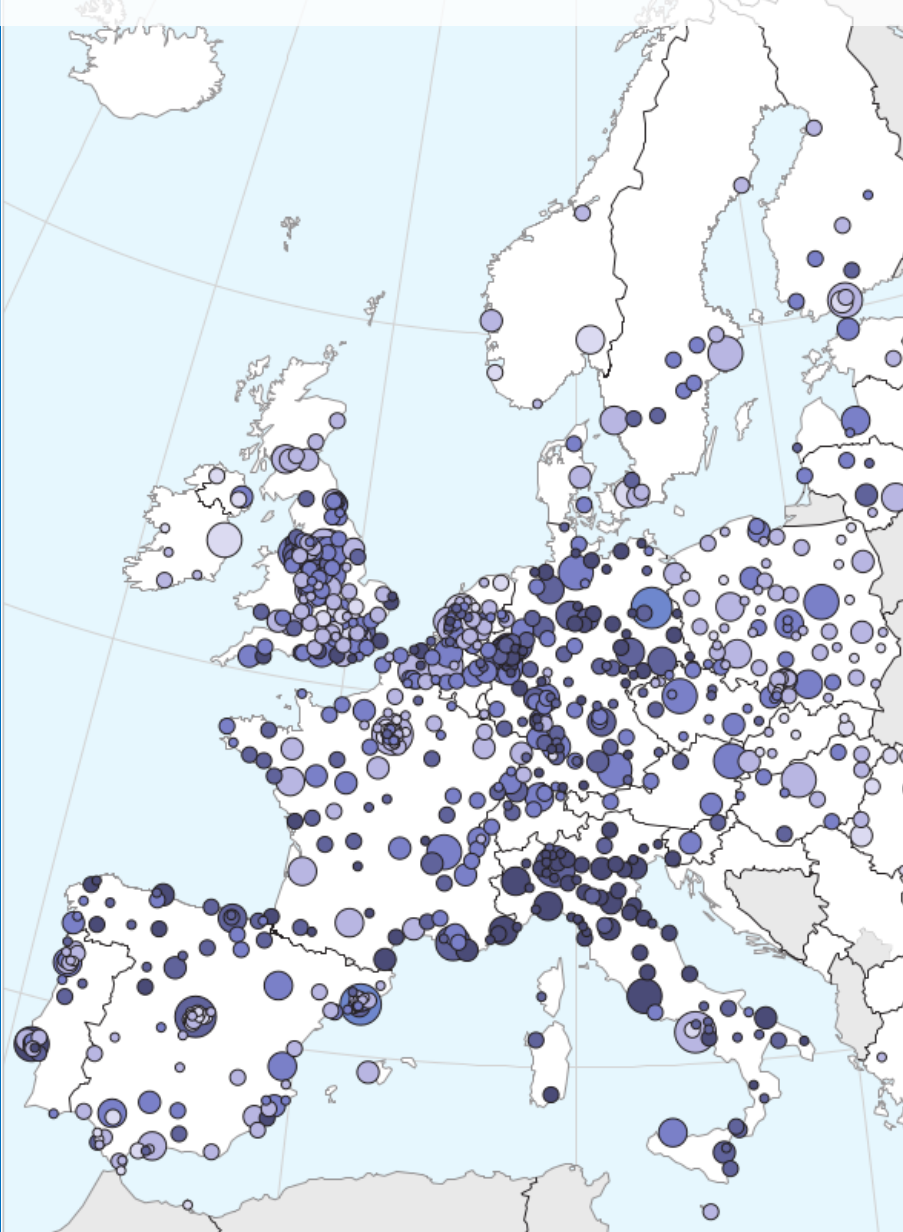


Older persons are seeking to achieve as much normality as possible, even if their physical and cognitive condition makes independent living difficult.

# Arup Projects



# Shaping Ageing Cities through Planning



Amsterdam

Berlin

Bruxelles

Copenhagen

Dublin

Lisbon

London

Madrid

Milan

Paris

## Shaping Ageing Cities

10 European case studies

#shapingageincities

HelpAge International  
global network



Systematica

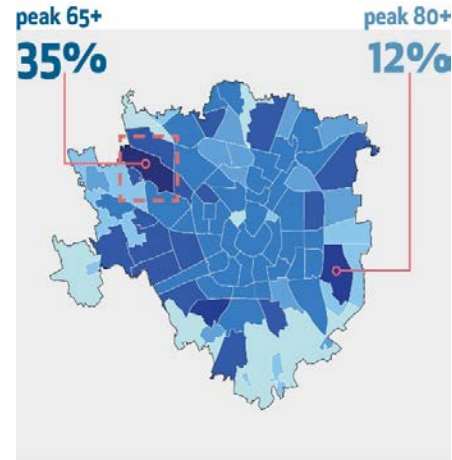
ARUP

Elderly people are not equality distributed in cities.

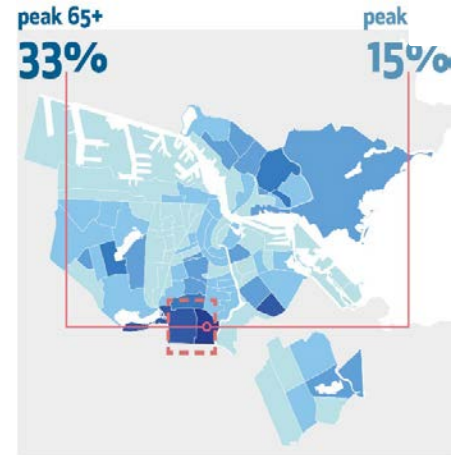
The distribution patterns are different across different cities

Identify specific actions to be experimented in order to manage and influence positively the phenomenon,

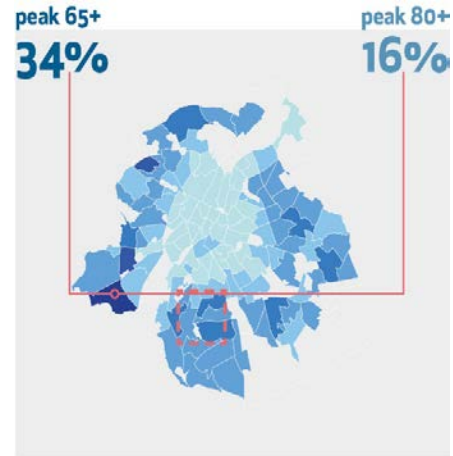
Case study of a single city, Milan



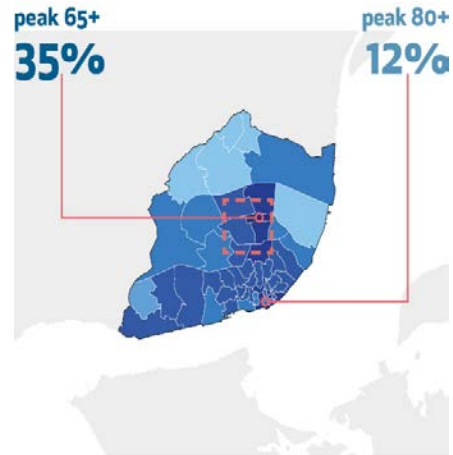
**MILAN**



**AMSTERDAM**



**BRUSSELS**



**LISBON**



# Seasonal Health Ageing and Resilience in Urban Populations and Environments

Shanghai



<https://www.flickr.com/photos/eriagn/>

New York



<http://izifunny.com/2013/04/22/cosmopolitan-old-people-in-new-york-69-pics.htm>

London



# Impact of urban design in health and wellbeing

## Designa framework for decision making on investment for public infrastructure



Distinctive street furniture, in styles familiar to older people, can be useful wayfinding cues

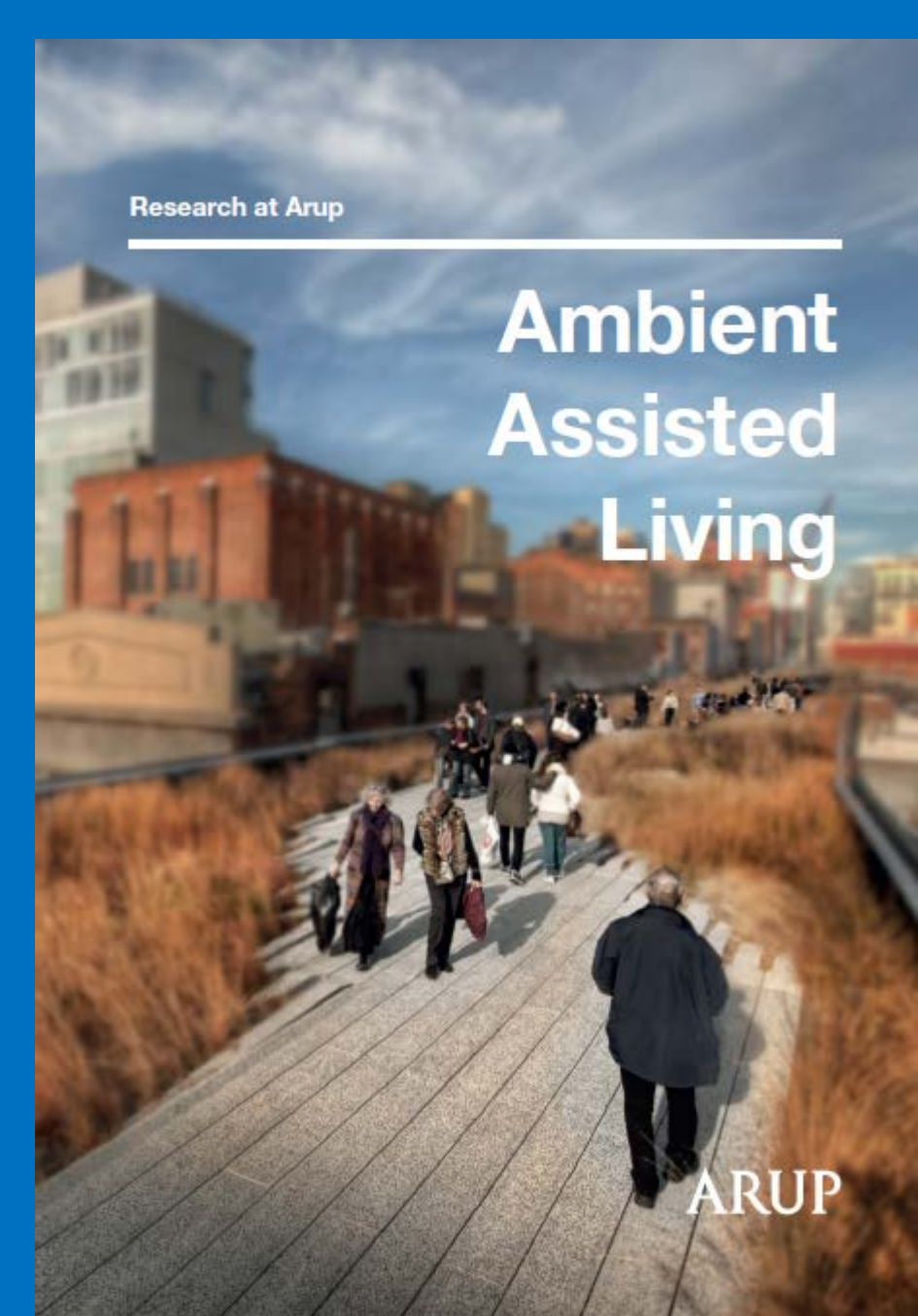


Too many signs can be confusing



Patterns and sharp colour contrasts can be disorienting





Research at Arup

# Ambient Assisted Living

ARUP

- Research into the benefits of assisted living technology on independent living.
- Advancements in information and communication technology allows services to be delivered remotely.
- Report gave recommendations on further design considerations and technology interventions.

# Cities Alive

stories of a future city

ARUP

## Possible solutions to the most pressing challenges

Governance

### age-friendly housing



With longer life expectancies, the city has a large number of citizens aged 60 and over, many of whom have remained active long after retirement or require assisted living. Age-friendly housing complexes, with street access and semi-public spaces, provide comfortable housing for the elderly while reducing feelings of isolation. United St Saviour's Charity is building the first 21st century alms-houses for people over 60 in greatest need in inner London.<sup>45</sup>



# Ageing in the City

Workshop report  
11<sup>th</sup> of June, 2015



**Jocelyn, 69**

Housing: 2<sup>nd</sup> floor flat in sheltered (social) housing unit  
Living arrangements: lives alone (divorced)  
Limitations: mobility impaired, wheelchair user  
Outlook: despite her disability retains a realistic and independent attitude



**Francesco, 76**

Housing: ground-floor apartment with proximity to park  
Living arrangements: lives alone (never married)  
Limitations: recovering from a hip fracture  
Outlook: independent and positive, but feels frustrated by the limitations imposed by the accident



**Richard, 73**

Housing: owns a spacious flat in the city centre  
Living arrangements: lives alone (wife passed away)  
Limitations: early stages of Alzheimer's, progressing cataracts, otherwise physically active  
Outlook: Increasing sense of loss of purpose and confidence, lonely

# Thoughts



# Design Considerations

City-wide: green spaces, pedestrian routes, and transit that foregrounds safety and convenience: lighting, seating, shading, public restrooms, clear way-finding information

Co-locating amenities such as pharmacies, grocery stores, and doctors to enable accessibility

Designing spaces that can be reinterpreted over time as residents age: less prescriptive and greater flexible spaces

# Key Issues

Older people are diverse and they have a wide range of needs. They need to be understood

Lack of training of designers, contractors and city planners on the challenges of designing for an ageing population

Lack of common regulations, design codes, toolkits to design inclusive communities

Need of appropriate financial mechanisms/incentives to encourage investment in health and wellbeing

**Thank you**

**[simon.butler@arup.com](mailto:simon.butler@arup.com)**

**ARUP**