

Visit our website www.idgo.ac.uk



INCLUSIVE DESIGN FOR GETTING OUTDOORS





Inclusive Design for Getting Outdoors Consortium Projects

www.idgo.ac.uk

Engineering and Physical Science Research Council

EPSRC

EQUAL Programme

Extending Quality Life for older and disabled people

INCLUSIVE DESIGN FOR GETTING OUTDOORS



a virtual centre of excellence

I'DGO - Inclusive Design for Getting Outdoors

- a research consortium initiated in 2003
- focused on ways to improve the design of the outdoor environment to enhance older people's quality of life
- issues that are relevant to a wider range of people in society.

I'DGO: the consortium vision

- Older people are co-researchers; a range of techniques place them at the heart of the research
- How do outdoor environments affect older people's quality of life?
- What aspects of design help or hinder older people in using the outdoors?





**Edinburgh College of Art and Heriot-Watt
University**

Catharine Ward Thompson,
Peter Aspinall, Anna Orme
Takemi Sugiyama and Susana Alves



**Oxford Institute for Sustainable
Development, Oxford Brookes University**
Elizabeth Burton, Lynne Mitchell



**SURFACE: Inclusive Design
Research Centre
University of Salford**

Rita Newton, Marcus Ormerod, Vania Garai

Consortium Partners for I'DGO 1



Sensory Trust

The Housing Corporation



Ricability

Research Institute for Consumer Affairs

Dementia Voice



ODPM/Dept for Communities and Local Government

Aberdeen City Council

Cherwell District Council

City of Edinburgh Council

Greenspace Scotland

JMU Access Partnership

Andrew Walker

Manchester Disabled People's Action Group

Merseytravel

Rethinking Construction

The research challenge

- **The relationship between older people and their environment** - what aspects and attributes of the environment make a difference?
- **Very little prior research** on older people's engagement with the outdoor environment
- **Designers, planners and developers are hampered by limited knowledge and lack of support** to make good design decisions in order to improve the accessibility of complex and varied outdoor environments



Triangulation of methods

- Focus groups, semi-structured interviews and workshops with older people
- Workshops and questionnaire surveys of designers, planners and managers
- Questionnaire surveys with older people as participants
- On-site analysis of urban form and detailed design
- behaviour-setting observations and accompanied visits with older site users



Why does the outdoor environment matter?

Outdoor environments provide opportunities for physical activity, contact with nature and social interaction.

But in-depth interviews of 200 older people showed that at least half faced problems in getting outdoors due to barriers in the environment and lack of supportive facilities



Urban form and quality of life

Older people living in low density areas were more positive about their quality of life than those in higher density areas

Participants in villages and small towns rated their QoL highest and those in major city/town centres lowest.

QoL was also rated higher in residential than in mixed-use neighbourhoods.



Healthy activity, wellbeing and quality of life

Older people living in an environment that makes it easy and enjoyable to go outdoors were more likely to be physically active, healthier and more satisfied with life.



What features facilitate activity outdoors?



Perceived quality of paths

- paths easy to walk on
- enjoyable to walk on
- no obstacles to getting to open spaces

What features facilitate activity in outdoor spaces?



Pleasantness of open space

- clean and well-maintained
- attractive trees and plants
- good for children's play
- good for chatting with people

What details make a difference?

Lack of nuisance



Young people: "They probably won't harm you, but they look so threatening. They march up the road and ride the bicycles up and down the pavement."



Unobstructed walkways



- obstructions from poorly maintained paving seen as hazardous



- cars parked on pavement are major problem

Light traffic on walking routes



Controlled crossing points



- pelican crossings preferred (ease of use and safety)
- audible signal to be provided
- short crossing distance important

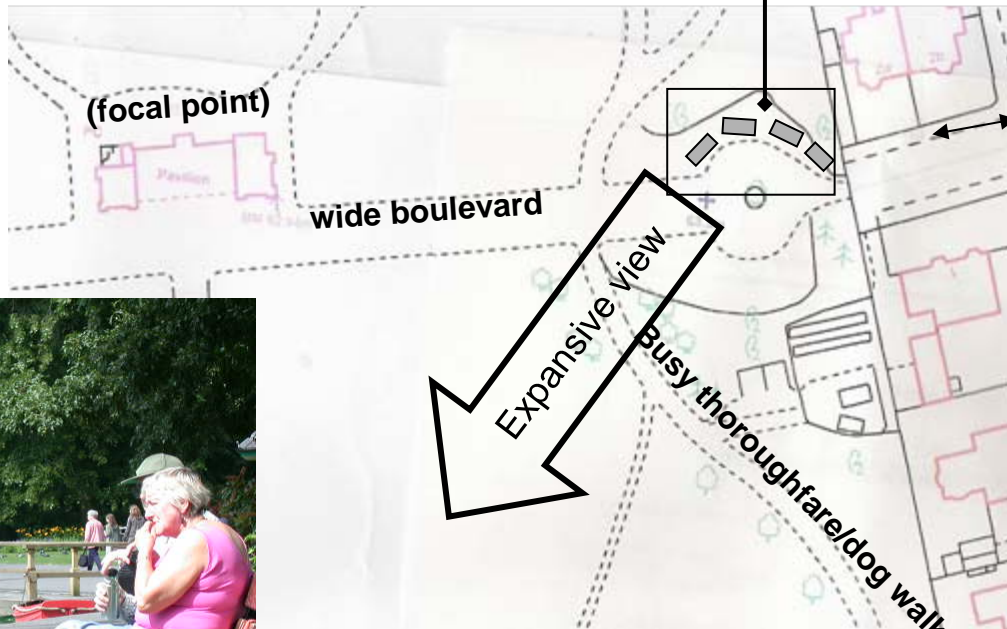
Frequent, warm, supportive seating, well maintained and safe



Sufficient, well maintained, safe and open toilets



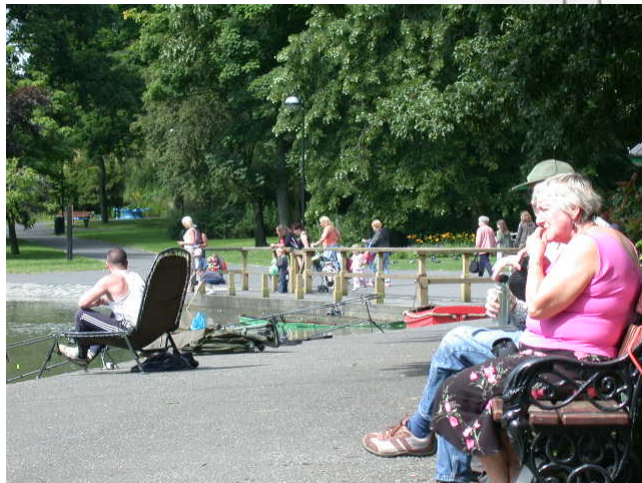
Design guidance is on our website www.idgo.ac.uk



Well used side entrance/exit

Expansive view

a crescent of seats, toilets nearby, good views and wildlife



What should I'DGO study next?



I'DGO TOO: Inclusive Design for Getting Outdoors 2
EPSRC EQUAL Programme 5



I'DGO TOO Academics



Edinburgh College of Art with Heriot-Watt and Edinburgh Universities

Catharine Ward Thompson, Peter Aspinall, Archie Young,
Anna Orme, Susana Alves



Oxford Institute for Sustainable Development, Oxford Brookes University

Elizabeth Burton, Lynne Mitchell, Nicola Dempsey, Amanda
Griffin



SURFACE Inclusive Design Research Centre and Centre for Rehabilitation and Human Performance Research, University of Salford

Marcus Ormerod, Rita Newton, Christopher Nester, Laurence
Kenney, David Howard, Sibylle Thies, Hamish MacLennan,
Faruk Mohammad



I'DGO TOO Partners

Aberdeen City Council
Age Concern England
CABE Space
Communities and Local Govt
Dept for Transport
EDAW
EDI Group
Elwood Landscape Design
English Courtyard Developments
English Heritage
Greenspace Scotland
Guide Dogs for the Blind
Health and Safety Executive/Lab
Help the Aged
The Housing Corporation
IHIE

Jacobs Babtie
JMU Access Partnership Living Streets
Marshalls Paving
Mayer Brown Ltd
NHS Health Scotland
Steve Onger
The Orders of St John Care Trust
Peabody Trust
Peter Brett Associates
Phil Jones Associates
PRP Architects
RIBA
Scottish Executive, Planning Dept
Scottish Executive, Transport Dept
Sustrans
Swindon Borough Council
TRANSform Scotland

I'DGO TOO

Focuses on current policies and strategies promoted as part of the sustainability agenda: -

- urban renaissance
- integrated communities
- inclusive environments

Tests the potentially important, practical implications for older people's lives

How well do outdoor environments in developments built in line with these policies contribute to older people's health, wellbeing and quality of life?

I'DGO TOO

Work at three different levels of detail, to research:

- the implications of high-density urban housing on residential outdoor space, such as gardens and balconies,
- pedestrian-friendly approaches (such as Home Zones) in street environments and
- the practical consequences of using tactile paving (designed to assist people with visual impairment) for older people in the urban environment

Are Home Zones a good solution for an ageing population?

How does implementation of shared space projects such as Home Zones affect older people's access outdoors and quality of life?

Does implementation of such schemes result in environments where older people

- Go outside more often?
- Spend more time outside in the local environment?
- Have better social networks?
- Have a better quality of life?

I'DGO TOO: places for people

