

February 2024

Julie Pélata

**DEST – Economic
and Social
Dynamics in
Transport**



Older adults' participation to public space



**Université
Gustave Eiffel**

Im·mobility : a continuum

Nordbakke, S. (2013). Capabilities for mobility among urban older women : Barriers, strategies and options. Journal of Transport Geography, 26, 166-174.
<https://doi.org/10.1016/j.jtrangeo.2012.10.003>

⇒ Mobility as « the ability to choose where, when and which activities to take part in outside the home in everyday life »

Related to :

- **Agency** (e.g. Jean-François Bickel)
- **Motility** (Vincent Kaufmann)

Raising concerns : immobility, isolation, sedentary lifestyles

Craven, C. I. & Hammond, Shauna Janssen, Eric. (2023). **Promenade parlante : Intergenerational Dialogue, Urban Scenography, and Co-Creation. In Routledge International Handbook of Participatory Approaches in Ageing Research. Routledge.**

A common ground : public space?

=> Rather : “urban space” or “not-so-public space”



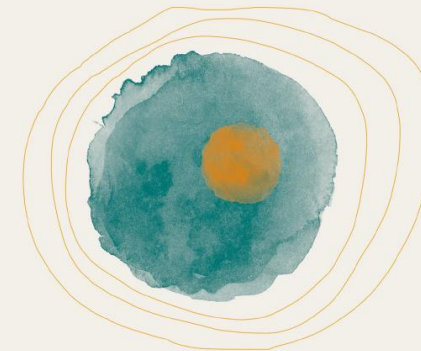
ADVOCACY BRIEF:

Social isolation and loneliness among older people



SOLITUDES 2023 (RE)LIÉS PAR LES LIEUX

Une approche territoriale et spatiale des solitudes et du lien social



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Séverine DESSA JAN - CERLIS et Delphine SAURIER - AUDENCIA
En collaboration avec Solen BERHUET, Sandra HOIBIAN et Clara PONTON - CRÉDOC



PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR A BRIEF TO SUPPORT older people



INTRODUCTION
Physical activity is a key component of promoting healthy ageing and preventing chronic diseases and disability. Many of the benefits of being active are well documented, including improved mental health, reduced risk of falls, and increased independence. However, older people often face barriers to being active, such as limited mobility, lack of social support, and environmental factors that make it difficult to be active. This brief provides an overview of the current evidence on physical activity and sedentary behaviour in older people and offers practical recommendations for supporting older people to be active.

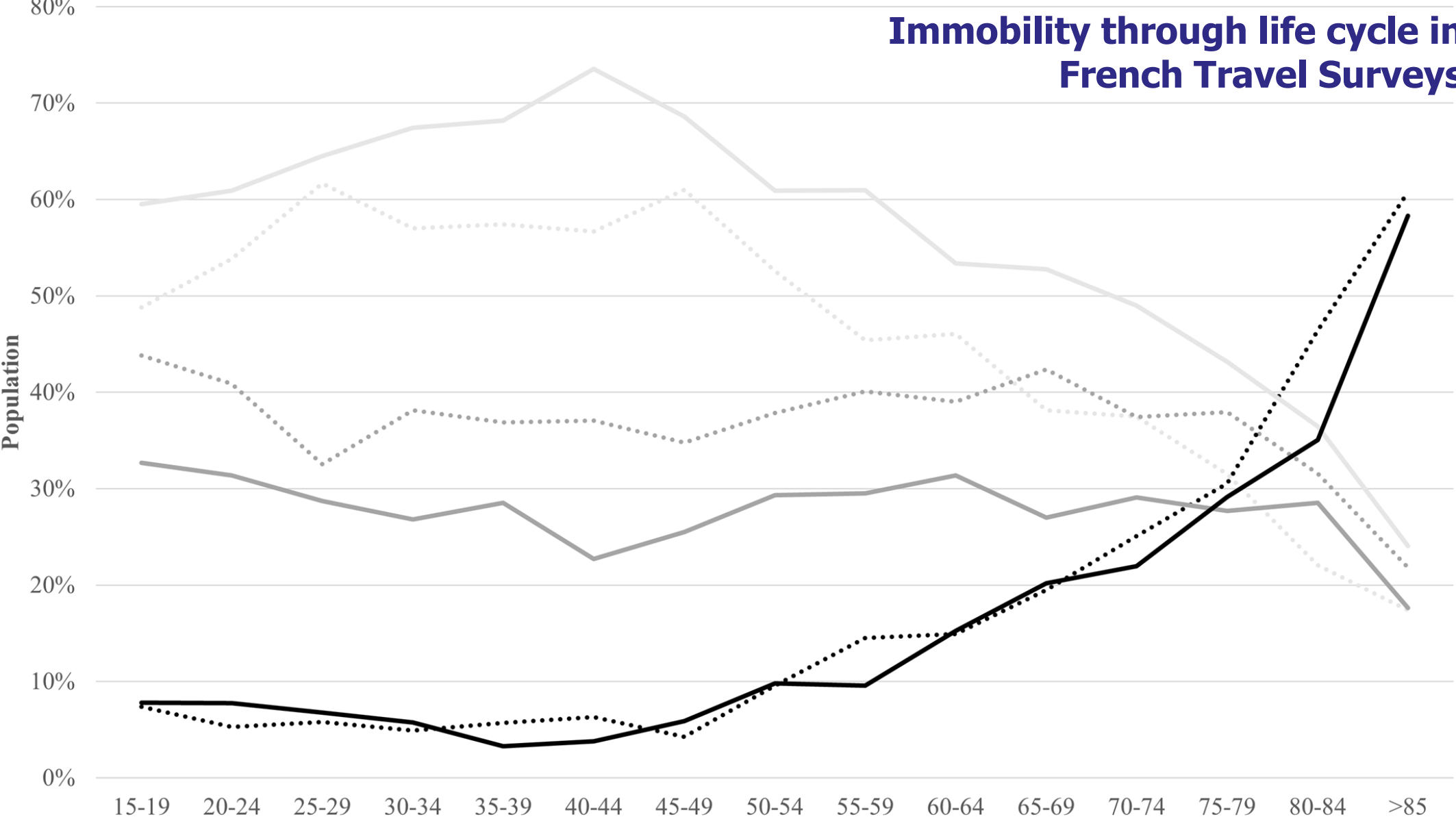
What this brief will provide:
This brief will provide an overview of the current evidence on physical activity and sedentary behaviour in older people and offers practical recommendations for supporting older people to be active. It will cover the following topics: the importance of physical activity for older people, the barriers to being active, the benefits of being active, and practical recommendations for supporting older people to be active.

The brief is intended for a wide range of stakeholders, including older people, family members, carers, health professionals, and policy makers. It is also intended to be used as a resource for older people's groups and community organizations.

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Immobility through life cycle in French Travel Surveys



..... % Mobile everyday (2008) % Immobile during 1 to 3 days (2008) % Immobile during 4 to 7 days (2008)
 ——— % Mobile everyday (2019) ——— % Immobile during 1 to 3 days (2019) ——— % Immobile during 4 to 7 days (2019)

Sources: French Travel Surveys



On the field, Tô Plan urban hikes

What are the obstacles and supports to go out, walk and seat onto the urban not-so-public space?

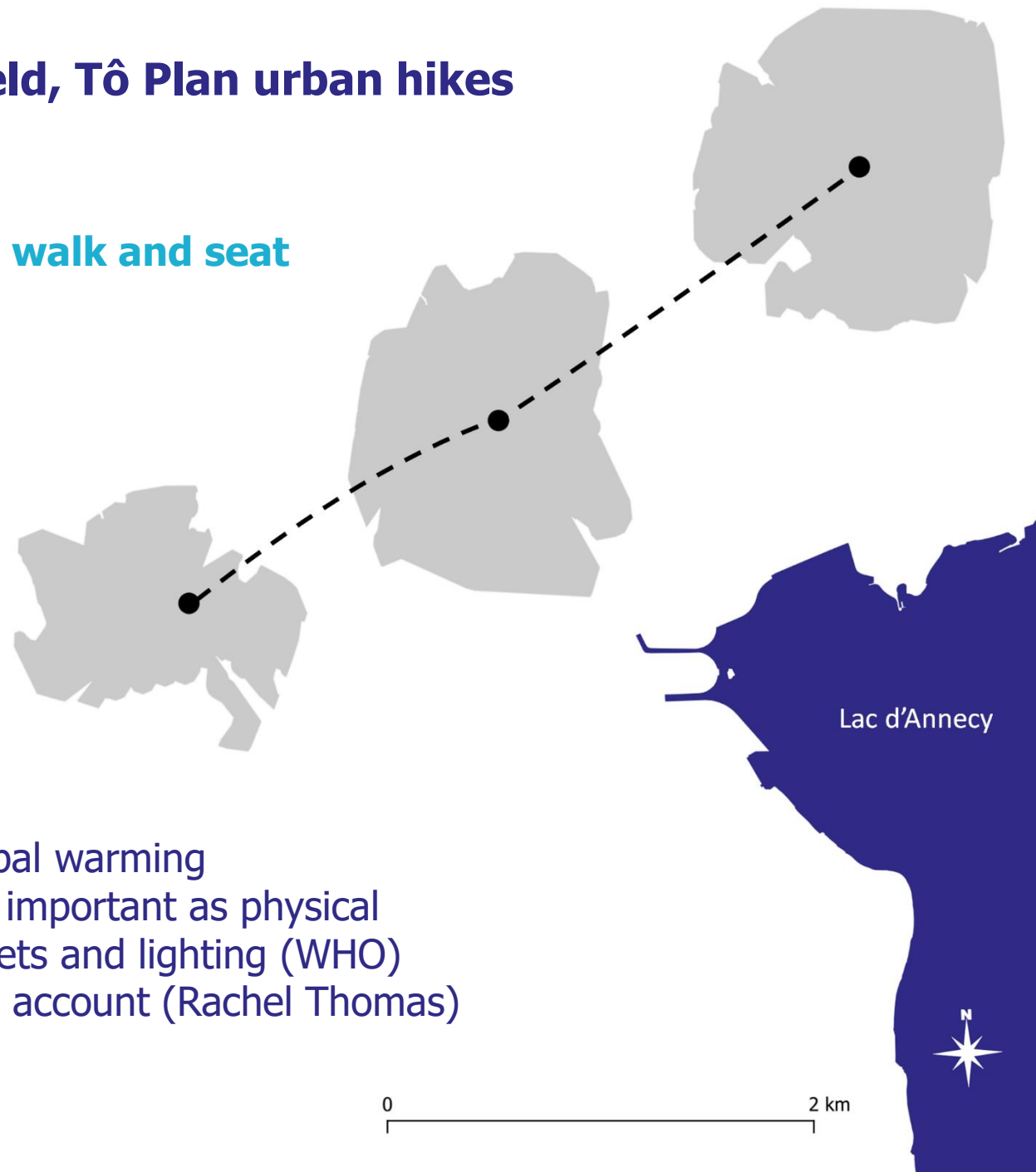
Mental maps & go-along methods, attentive to :

- places to go,
- places to rest,
- and the way in between.

Accessibility renewed by global warming

- green and blue spaces as important as physical accessibility, benches, toilets and lighting (WHO)
- taking all perceptions into account (Rachel Thomas)

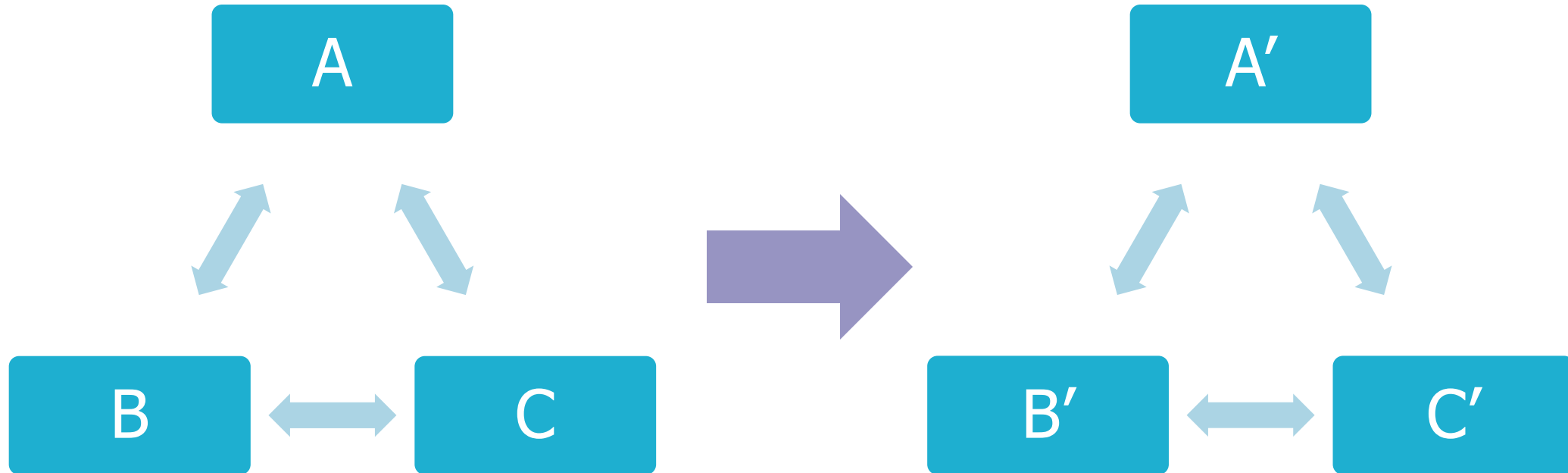
*Vieillis
vivant!*



0 2 km

Disentangling im-mobilities

A/A' : motility, potential for mobility
B/B' : actual practices of mobility
C/C' : field of possibilities



Adapted from : Sayagh, D., Jardinier, L., & Kaufmann, V. (2021). Mobilités du quotidien et santé. *EspacesTemps.net* Revue électronique des sciences humaines et sociales. <https://www.espacestemp.net/articles/mobilites-du-quotidien-et-sante/>

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