



Ageing in neighbourhood

Harnessing seniors for healthier urban places

5TH HEALTHY CITIES CONFERENCE, GEELONG 6th JUNE 2012
PHIL SMITH



DEICKE RICHARDS



AGEING IN NEIGHBOURHOOD: HARNESSING SENIORS FOR HEALTHIER URBAN PLACES



'No other person can be as expert about your life, your values, your hopes than you are. And any process that tries to define the future and does not find a way to include your expertise on your life is doomed to fail.'

Gary Lawrence, former chief planner for the city of Seattle



→ Lessons learnt

- Seniors are *ready for change*;
- *Location* becomes more important in ageing ;
- Seniors *value* access to young people;
- Sustainable choices are informed by the *physiological*;
- *preferences* for young and old are *convergent*;
- integrated solutions must *change our cities*.

→ Ageing as a force for change?



Jan Gehl **Cities for people**



WELCOME TO THE URBAN REVOLUTION



HOW CITIES ARE CHANGING THE WORLD
JEB BRUGMANN

→ Urbanisation + Ageing





AGEING IN NEIGHBOURHOOD: HARNESSING SENIORS FOR HEALTHIER URBAN PLACES

Infill Development for Older Australians in South East Queensland

An Analysis of the Preferences of Older People in the Urban Environment

Exploring innovative approaches in affordable, sustainable and liveable neighbourhoods and homes



Claudia Baldwin
Caroline Osborne
& Phil Smith

→ Seniors as 'partners'

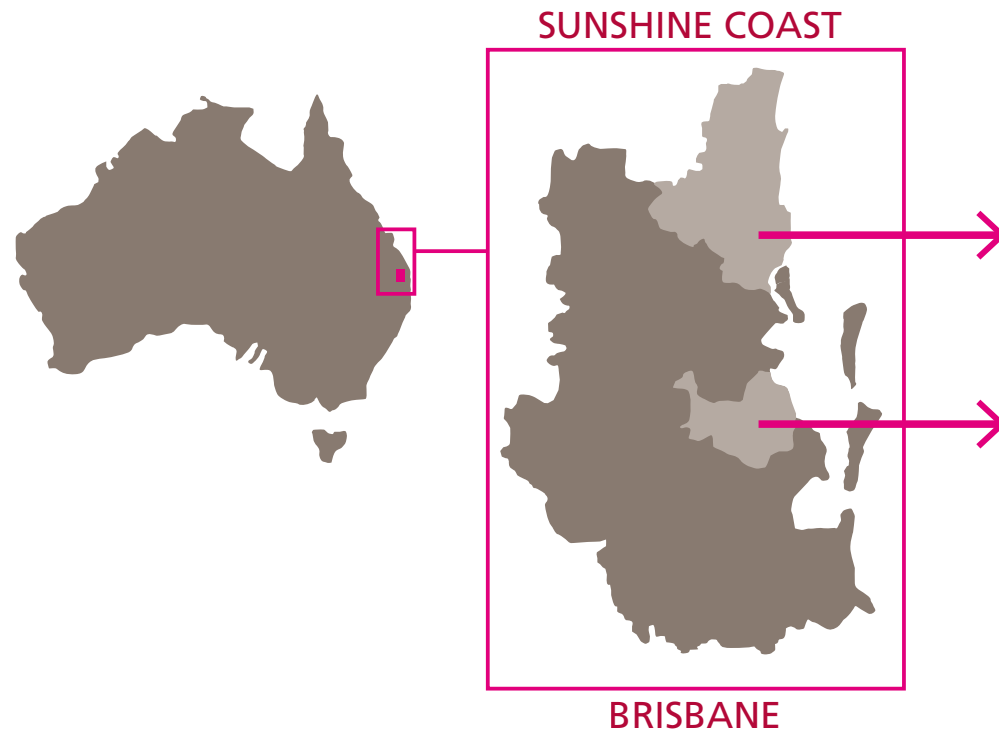
- How might seniors envision aged-freindly neighbourhoods and buildings in infill locations?

Neighbourhood	Total	Sunshine Coast	Brisbane
Pavements maintained, accessible, unobstructed	34	30+	4
Outdoor environment and aesthetics	30	15	15#
Meeting places that include older people *	29	11	18
Accessible services, close proximity to housing **	27	12	15
Green spaces – accessible	25	18+	7
Fostering interaction*	21	10	11
Local gathering places*	21	12	9
Outdoor seating	20	16+	4
Housing close to services **	18	6	12
Built amenity	17	6	11
Accommodation	Total	Sunshine Coast	Brisbane
Universal design	88	44	44
Housing meet environmental conditions	36	20	16
Range of suitable housing options in local area	32	10+	22
Appropriate design, well structured	30	10	20
Sufficient space	28	17	11
Safe in the home	24	10	14
Affordability	22	11	11
Private outdoor space	18	11	7

→ Project Partners



→ Project Focus



→ Comparison: numbers

Table 1: Comparison of Demographics: Brisbane and the Sunshine Coast

Demographics	Brisbane	Sunshine Coast
Population as at 20 June 2010 ³⁶	1,067,279	330,934
% Queensland total	23.6%	7.3% ³¹
Population 65+ as at 30 June 2010 ³⁷	122,610	56,163
% Region total	11.5%	17%
Projected population in 2031 ³⁸ (all age cohorts)	1,272,272	508,177
Projected population over 65 in 2031	212,486 ³⁹	116,730 ⁴⁰
% Region total	16.2%	23%
Area km ²	1,340.3	3,126.3
% of Qld ⁴¹	.1%	.2%

Brisbane, with a population of over a million, is a metropolitan area characterised by low density suburbs sprawled over an area of 1,340.3 km². The community is preparing for rapid changes with Council policy steering towards higher density living. This appears to appeal to those residents who wish to live close to a vibrant inner city with its services and activities, but is received with hesitation by others accustomed to a low density suburban lifestyle and wary of potential social issues around higher density living. Its vision includes terms such as ‘a youthful and enthusiastic city’, delivering ‘active and ‘healthy communities ... and an enduring legacy of livability for future generations’³².

→ Policy environment



Draft Seniors' Strategy: Delivering a seniors-friendly city 2012-2017:

Brisbane City Council's commitment to enabling seniors to benefit from and contribute to our shared vision for the future of Brisbane



Dedicated to a better Brisbane





→ Our participants

Table 2: Participant Age Profile by Location

Age Bracket	Brisbane	Sunshine Coast
55-64	3	4
65-74	8	16
75-84	7	4
85+	0	2
Total	18	26*

*Two participants could not continue

46 Lorenz and Kolb 2009

47 Carlson et al 2006; Castleden et al. 2008; Strack et al 2004

48 Lockett et al 2005

49 Condon 2008 p.1

50 Condon 2008

51 Saborta 2009

→ Photovoice Method

- 20 pictures to illustrate perceptions of 4 themes
- images are shared and discussed in small groups
- participants in control of responses





→ Charette Method

- Participants present Photovoice images to designers
- Emerging issues are tested on 'real' infill sites
- participants co-design and critique housing options





→ Photovoice results

Neighbourhood issues for participants were;

- well-maintained, unobstructed and level walking paths
- accessible public green space
- services & facilities in close proximity to housing
- access to places that fostered interaction among older people and with other generations
- built form amenity of housing and centres

Access generally referred to being within easy walking or driving distance or availability of good public transport.

→ Photovoice results

Accommodation issues for participants were;

- the importance of universal design,
- 'environmental design' as a physiological response to ageing as well as ethical and cost
- range of suitable affordable housing in the locality
- visual amenity, private open space
- feeling secure in the home
- Flexible designs for parking, storage, and uses to enable space to change over time.





→ Photovoice results

- outcomes consistent with other academic research
- concerns of high density living align with other ages
- design solutions will benefit the whole community





→ Resulting Principles

Neighbourhood Scale

- Principle 1** – Walking Paths and Walkways
- Principle 2** – Proximity to Services and Facilities
- Principle 3** – Outdoor Environment and Use of Green Space
- Principle 4** – Public Transport and Connectivity
- Principle 5** – Pedestrian Safety in Neighbourhoods and Towns
- Principle 6** – Safety for Older Motorists in Neighbourhoods and Towns
- Principle 7** – Sense of Community
- Principle 8** – Perceptions of Personal Safety

Accommodation Scale

- Principle 9** – Density and Visual Amenity of the Built Form
- Principle 10** – Universal Design
- Principle 11** – Sustainable Design Features
- Principle 12** – Private and Shared Outdoor Space
- Principle 13** – Versatile Spaces
- Principle 14** – Maintenance
- Principle 15** – Security in the Home



Neighbourhood issues for participants were;

- strong preference for 'human scale' neighbourhoods

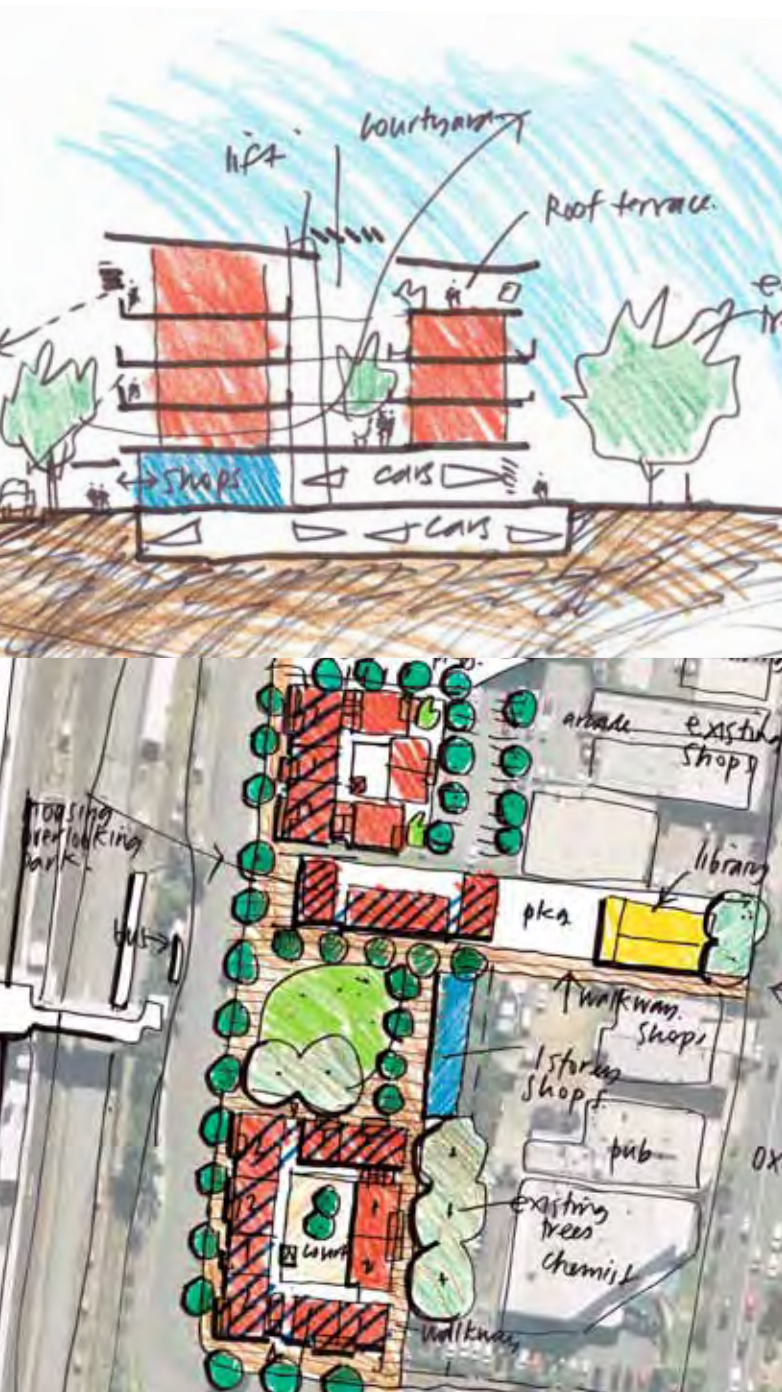
- mix of housing types to provide varied community

- education & employment strong attractors

→ Charette results

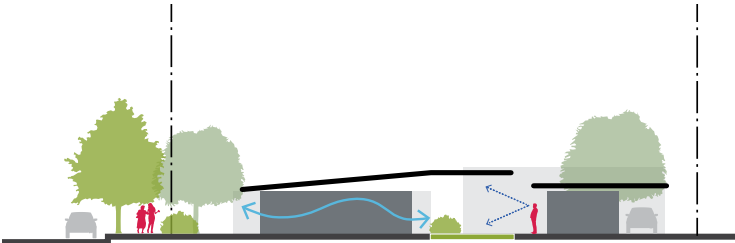
Accommodation issues for participants were;

- access to natural light/ventilation = perimeter form
- preferred size of community gives rise to 'clustering' of units around 15-20, maximum 30 dwellings
- solar offsets BC costs and thresholds suit clustering
- low/medium rise preferences driven by size of community/density, and BC costs around lifts, maintenance
- flexible unit design to enable range of care options
- responses for safety differ for men/women. Noise conflicts (young) can be resolved by design



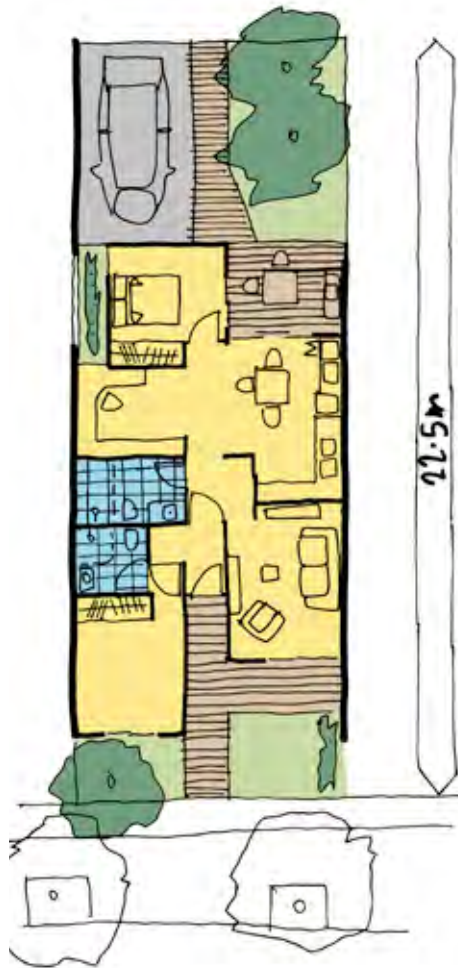
→ Typology 1

SHARED CARE
Garden house



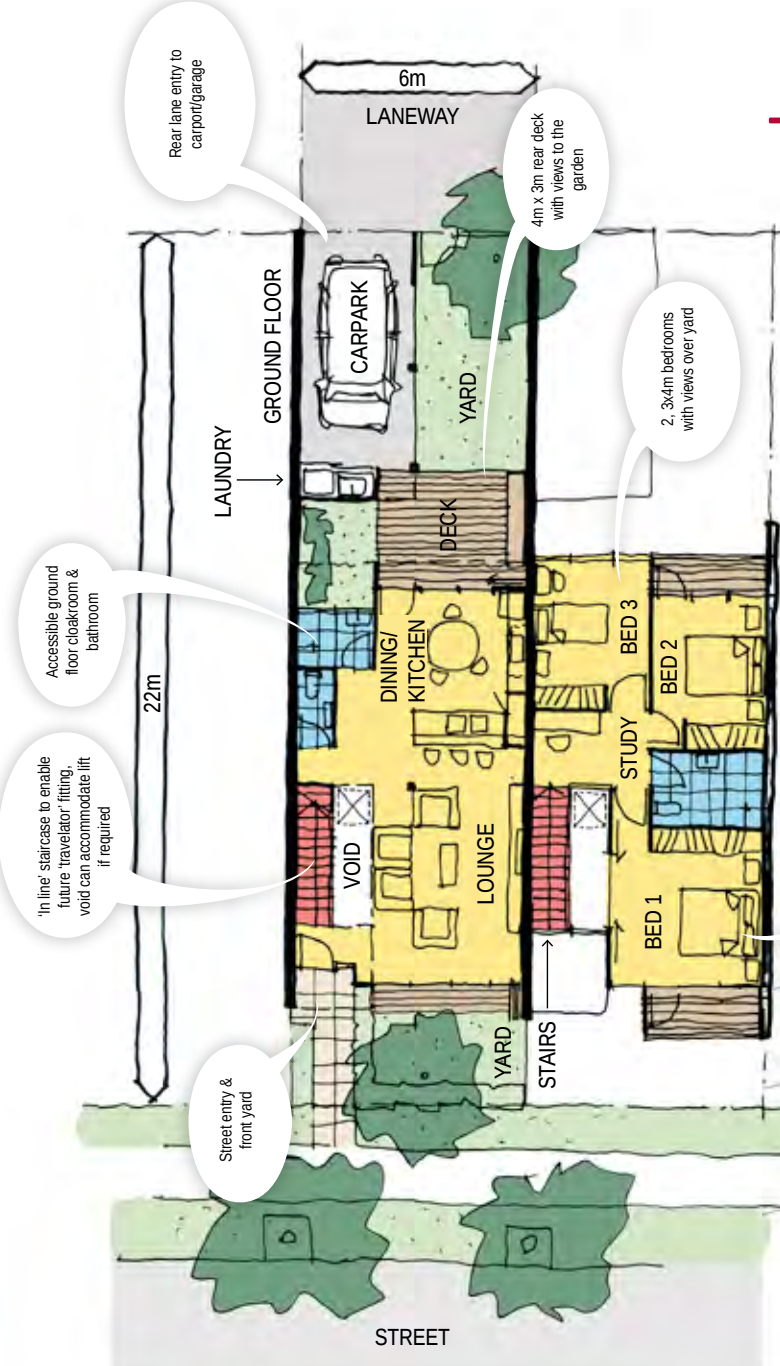
→ Typology 2a

COMPACT FREEHOLD LIVING
1 storey seniors terrace house



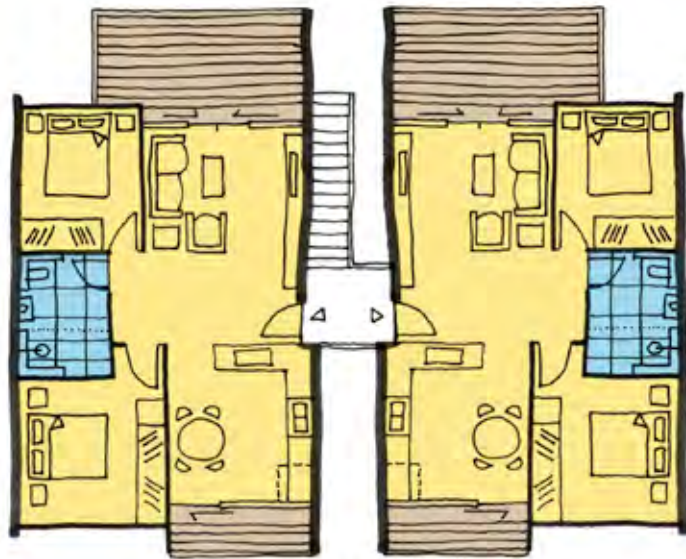
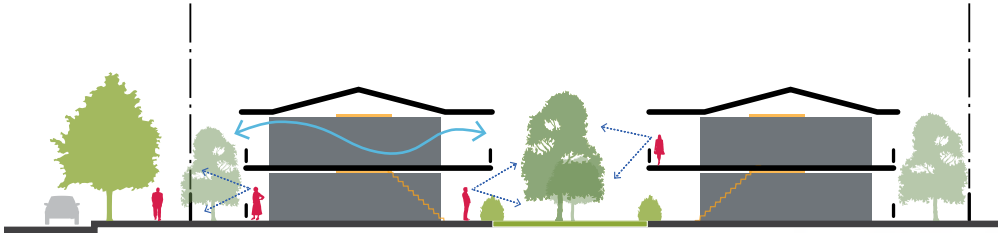
→ Typology 2b

COMPACT FREEHOLD LIVING 1 storey seniors terrace house



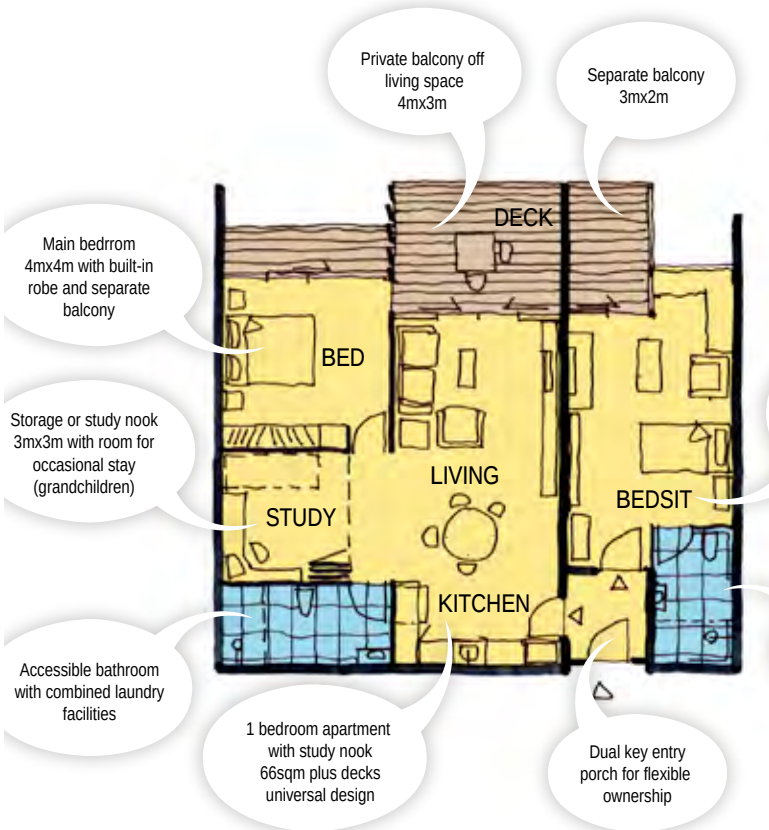
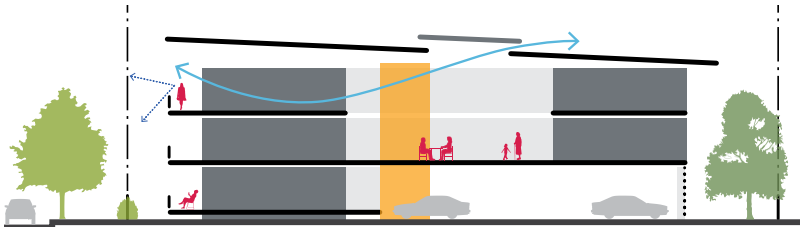
→ Typology 3

COMMUNAL OPEN SPACE vs CARS
2 storey townhouse complex



→ Typology 4

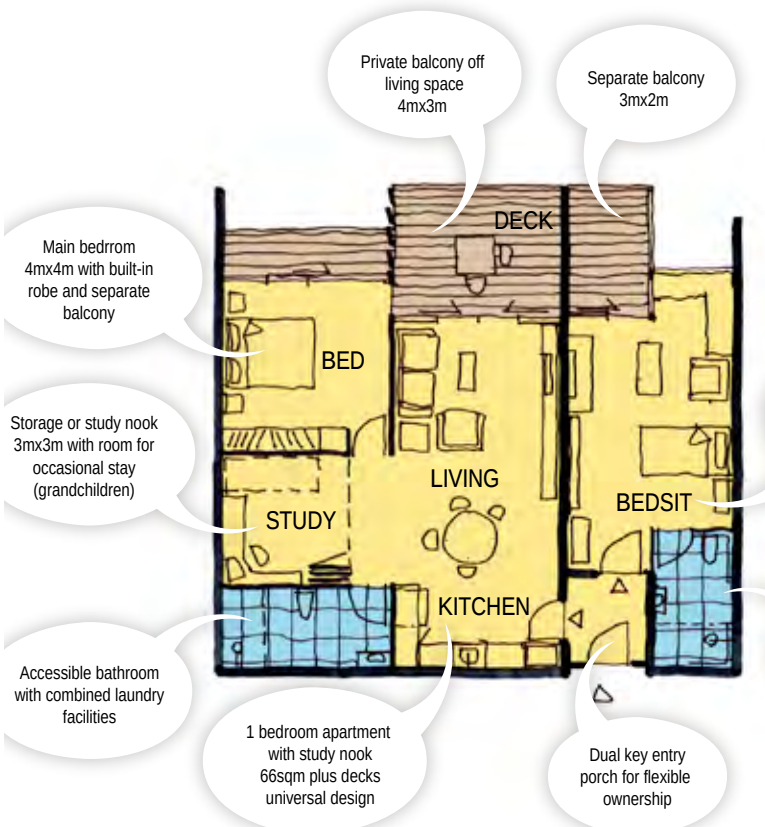
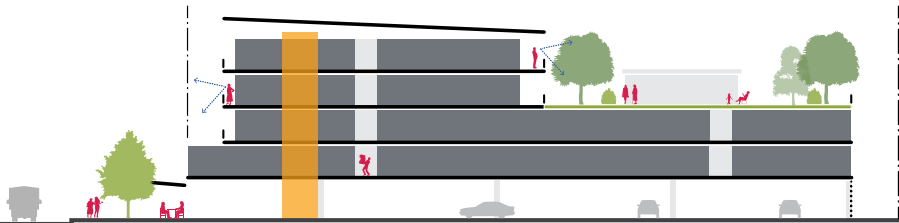
BALANCED APPROACH (LOW-RISE) 3 storey courtyard apartments



→ Typology 5a

MIXED USE

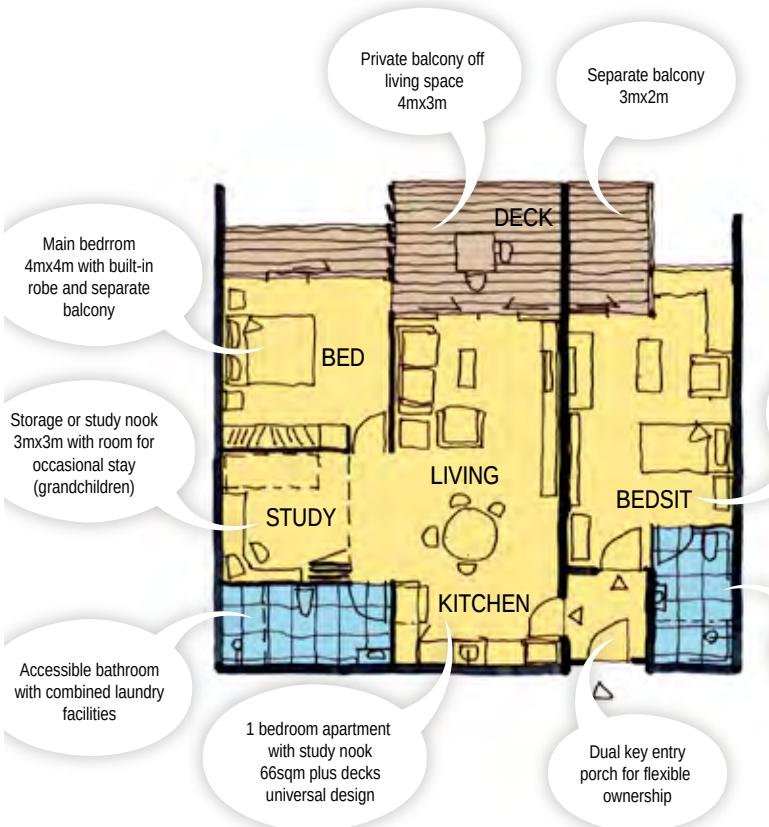
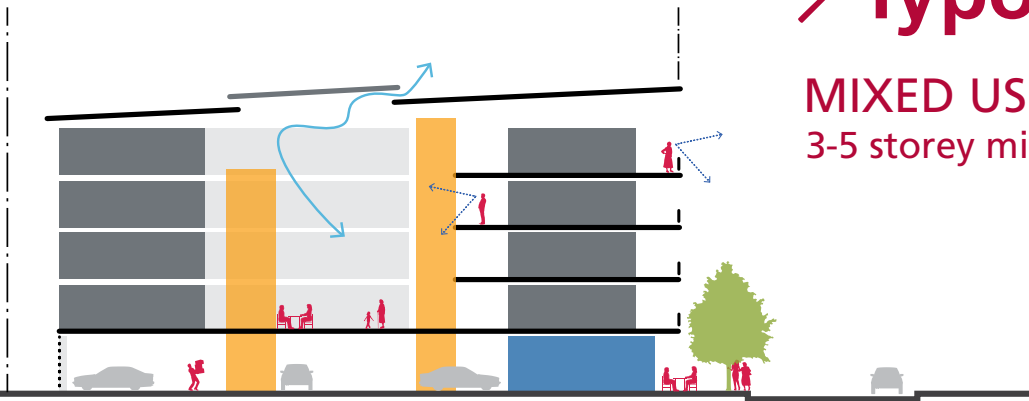
3-5 storey mixed use, mixed tenure apartments



→ Typology 5b

MIXED USE

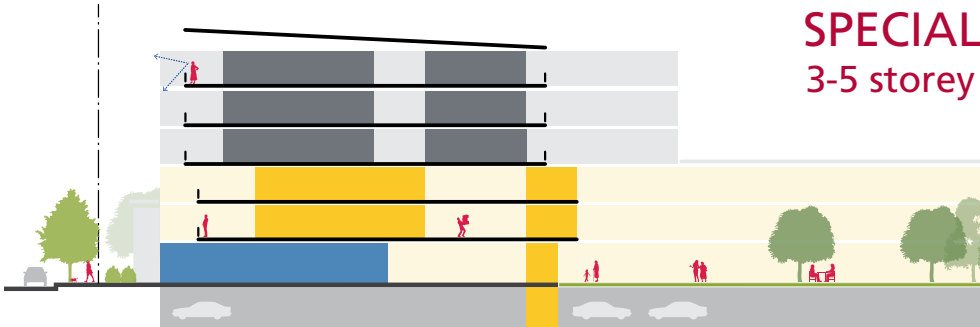
3-5 storey mixed use, courtyard apartments



→ Typology 6

SPECIALIST INTEGRATION

3-5 storey mixed use, courtyard apartments





→ Participant Feedback

Photovoice process was both clear and comprehensible. It was also an enjoyable task...our ideas and photos were captured with respect. (SC)

I was pleasantly surprised that there was so much consensus among the groups about the things that were important to us. (SC)

It made me more optimistic of alternative models being developed, not only for myself but for other seniors, particularly those with greater financial challenges (B)

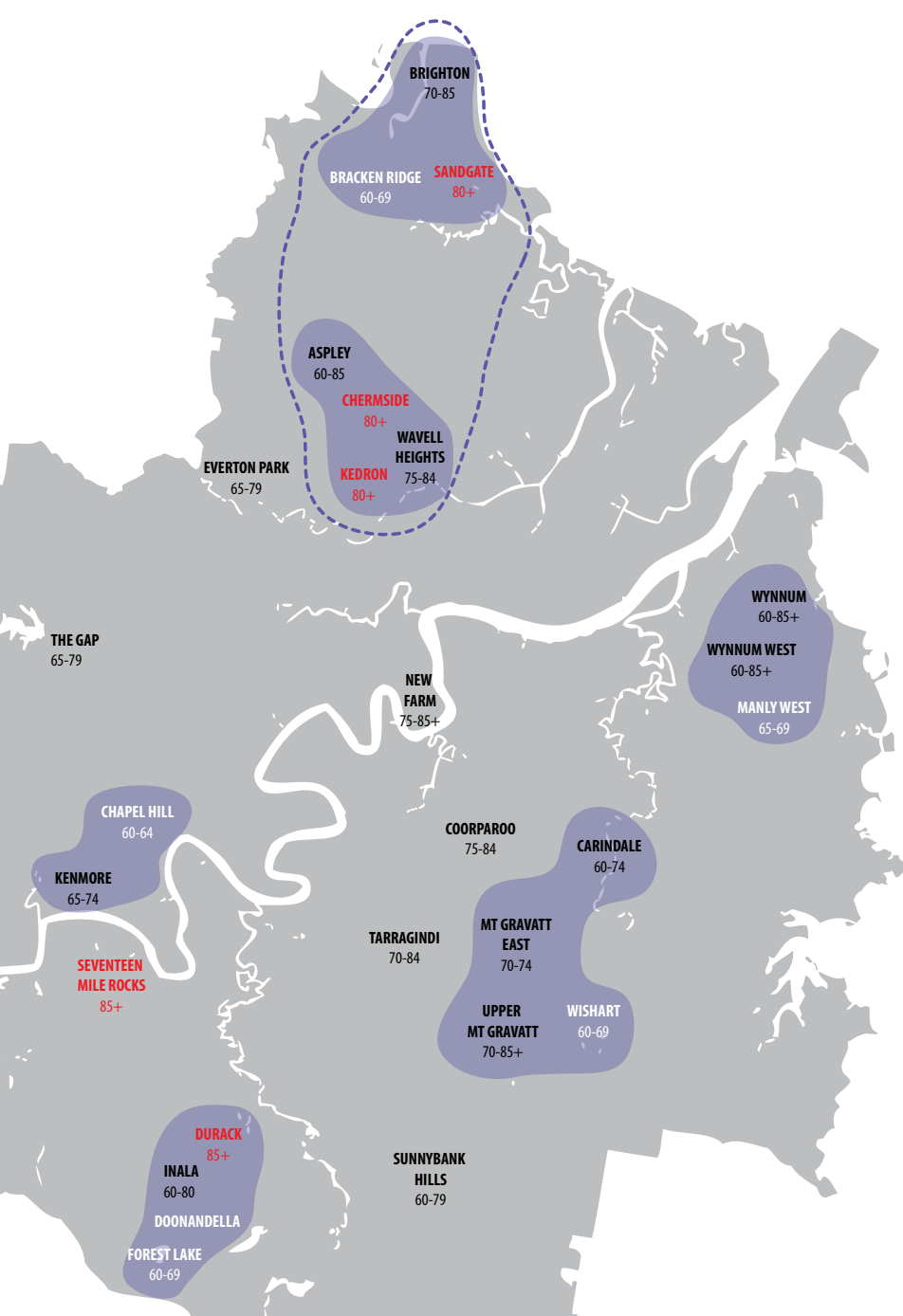
I felt it [the 3-5 storey development] was ideally suited for an infill in most places and was a design that would lend itself to most of the ideas the group submitted.(B)



→ The future?



→ Ageing in place?



Concentration of seniors across the city

Analysis of the 2006 Census indicates that many seniors live in suburban pockets across the city.

There are small clusters of suburbs with high numbers of seniors:

- northern bayside: Brighton, Sandgate, Bracken Ridge
- middle north: Aspley, Chermshire, Wavell Heights, Kedron
- southern bayside: Wynnnum, Wynnnum West, Manly West
- south-east: Mt Gravatt East, Upper Mt Gravatt, Wishart, Carindale
- south: Durack, Inala, Doolandella-Forest Lake
- west: Kenmore, Chapel Hill.

LEGEND

CONCENTRATIONS AGED 60-69

CONCENTRATIONS AGED 80+

CLUSTERS OF SUBURBS



Living Longer. Living Better Aged Care Reform Package

The Government is building a better, fairer and more nationally consistent aged care system. Under Living Longer Living Better, the aged care reform package provides \$3.7 billion over five years

\$955.4 million to **help people to stay at home** through:

- an integrated Home Support program
- more Home Care packages with new levels of packages
- greater choice and control through Consumer Directed Care available across all new Home Care packages
- fairer means-testing arrangements for Home Care packages

\$54.8 million to **help carers access respite and other support**

→ What role for community?

- We need engaged discussion about how to transition our communities to suit good ageing outcomes.



Accommodation Choices for Older Australians and their Families: what older Australians and their families need to know



→ Ageing in Neighbourhood

- Housing design needs to change to suit ageing
- Accommodation can't address locational issues
- Key principles are neighbourhood issues
- The way these are resolved will unlock many of the health and well-being issues of ageing
- Also provide a focus for delivering sectoral priorities (employment, productivity, care costs, infrastructure)

→ Ageing in Neighbourhood





Larger scale medium rise 4-5 storey mixed used development utilising existing open carparks for park-and-ride and commercial uses

→ Benefits

- Holistic approach to addressing housing preferences by providing a range of amenities to support ageing.
- reduces the stressors of moving throughout ageing
- Suggests a more 'community' based approach to housing/care/services > increased efficiencies
- Social, employment and active transit options increase independence > health & well being outcomes
- Aligns will federal policy of shift to 'home care' packages + necessary incentives for senior employment and productivity increases



→ Benefits

- Broader community benefits, including legacy housing for other user groups, small family units, students

New Study Says Young People Want Apartments, Not Houses; iPhones, Not Cars

by Lloyd Alter, Toronto on 10.19.10

DESIGN & ARCHITECTURE

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DRIVERS OF APARTMENT LIVING IN CANADA FOR THE TWENTY-FIRST CENTURY

It is a theme on TreeHugger that living walkable communities and dense cities use less energy per capita, and that the auto-centric suburb is perhaps the worst of all planning models if we want to reduce our energy and particularly our oil consumption. But do people really want to live in high density apartments if they have the choice? A new



→ Challenges

- Increased efficiencies implies a future shift out of suburban settings for providers?
- Increased competition for well-served urban sites.
- Most seniors don't live in such neighbourhoods. Many seniors are tied to 'suburbia'
- Mechanisms needed to de-couple & recast suburbs
- Encouraging a new focus on the benefits of multi-age neighbourhoods is the start

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