



Source: <http://holonova.repubblica.it>



UNIVERSITÀ  
DEGLI STUDI  
FIRENZE  
**DIDA**  
DIPARTIMENTO DI  
ARCHITETTURA



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## Summary

### Introduction

#### 1. Challenges and opportunities of an ageing society

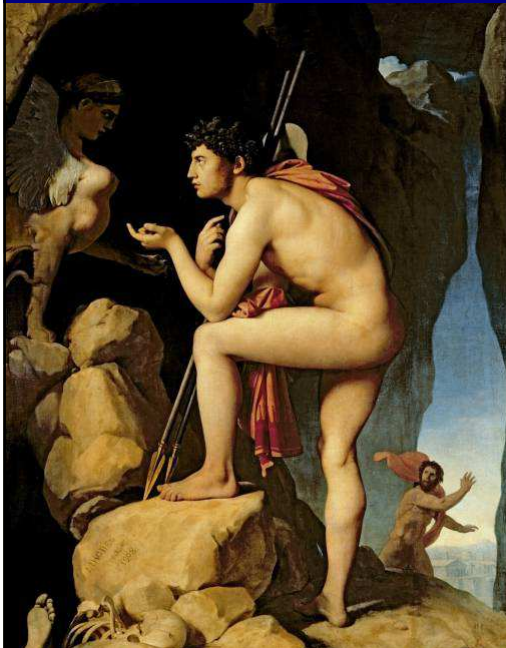
- Ageing society: a short overview
- Seniors are not all alike
- Active ageing

#### 2. Active Mobility as a strategy for a more inclusive city

- Urban spaces and Active Mobility
- Integration vs. Segregation of the urban functions
- Times and Spaces of the cities

### Conclusions

## The riddle of the Sphinx



"What walks on  
four legs in the  
morning, two legs  
at noon and three  
in the evening?"

Jean-Auguste-Dominique Ingres, "Oedipus and Sphinx", 1808

1. Challenges and opportunities of an ageing society

## Stages of Man's Life

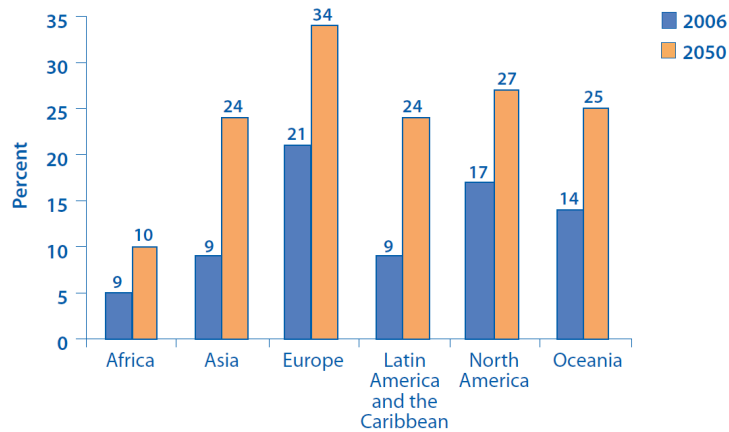


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## The Ageing Society

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



Percent distribution of world population 60 or over by region, 2006 and 2050.

Source: United Nations Department of Economic and Social Affairs

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## Ageing and Urbanisation



Source: <http://aphrc.org/how-to-address-poverty-among-older-people-in-our-society/>

1. Challenges and opportunities of an ageing society



## What is needed for healthy ageing

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

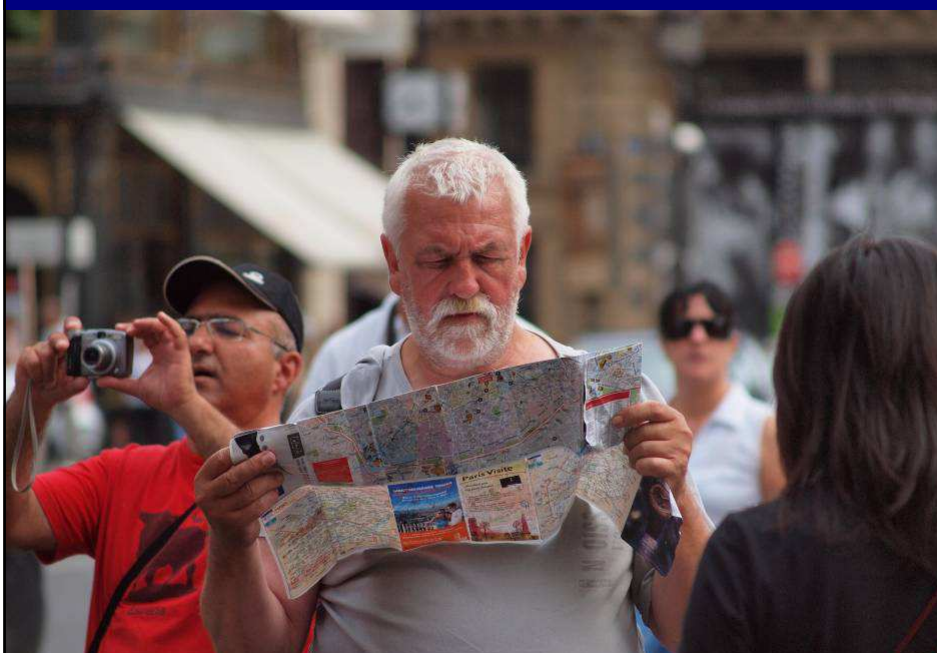
Development of systems for long-term care



Source: WHO

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## Senior tourism as an economic resource



Source: <https://theadventurepolicy.com>

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## Seniors are not all alike

### ► EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.

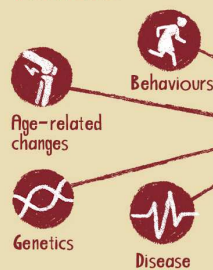


Some require full time assistance for basic everyday tasks.

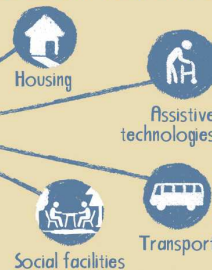
Health is crucial to how we experience older age.

### ► WHAT INFLUENCES HEALTH IN OLDER AGE

#### INDIVIDUAL



#### ENVIRONMENT THEY LIVE IN



1. Challenges and opportunities of an ageing society

Source: WHO

## Active ageing



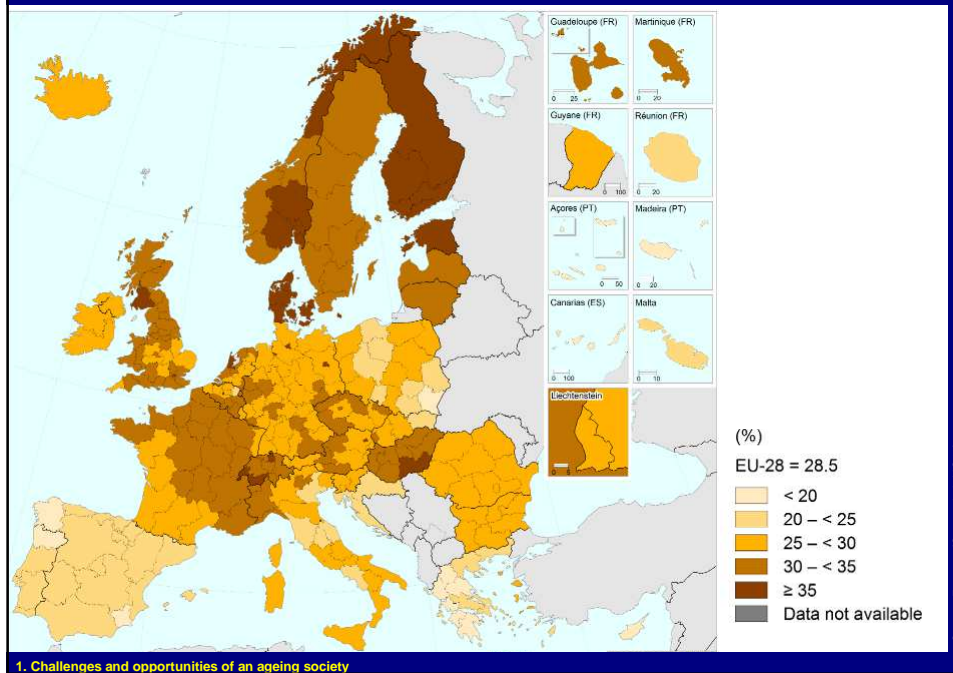
Active ageing is  
“the process of optimizing  
opportunities for health,  
participation and security to  
enhance quality of life as  
people age”.

(WHO, 2002)

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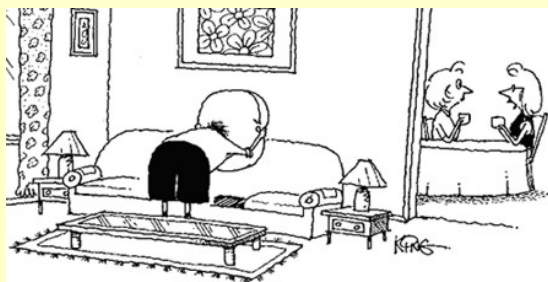
Source: Antonio Lauria

## Share of population aged 65 years and over living alone in EU-28 (2011)



## Some good questions about active mobility...

- How can urban scenarios promote active mobility?
- How can active mobility contribute to change the relationship between integration and segregation of the urban functions? and
- How active mobility can contribute to integrate times and spaces of the city in a more human way?

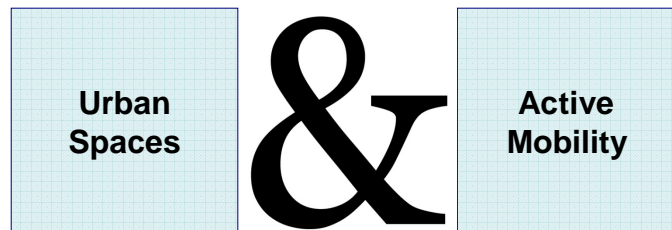


The doctor said he needed more activity. So I hide his T.V. remote three times a week.

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## a) Urban spaces and active mobility



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Mobility is a basic need for people of all ages



Source: <http://www.wallpaperup.com>

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Unattractive urban streetscapes do not encourage people to stroll



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Appelling urban spaces invite people to walk and sit together



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Sources: Antonio Lauria



## Orientation and Mobility in an urban context



"To go where we need to go... which way should we go?  
You know, we're just asking for a simple bit of information..."

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## Active Mobility for exercise and to stay in shape



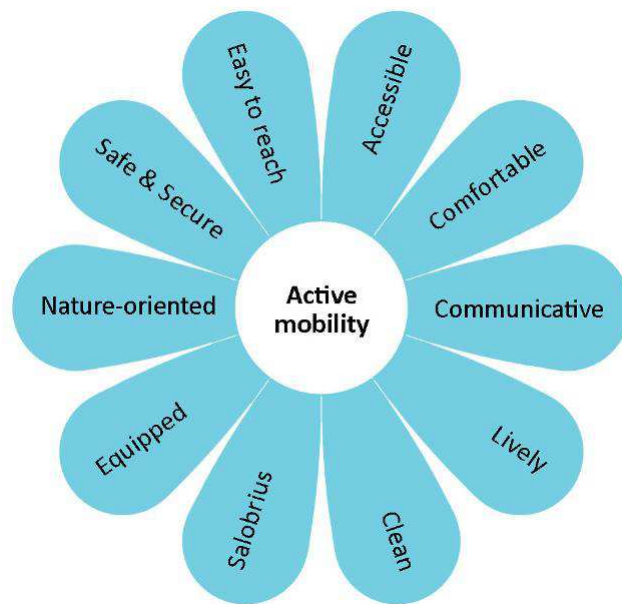
Children, the elderly and the disabled have the right to expect towns to be places of easy social contact and not places that aggravate their inherent weakness."

The European Charter of Pedestrians' Rights (1988)

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Source: Piero Maracchi

## Environmental requirements for active mobility



Source: Antonio Lauria

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## Urban landmarks



Source: Antonio Lauria and Luca Marzi

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## Affordance?



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Source: <http://architect.com/>  
Source: Antonio Lauria

## À la recherche de la nature perdue

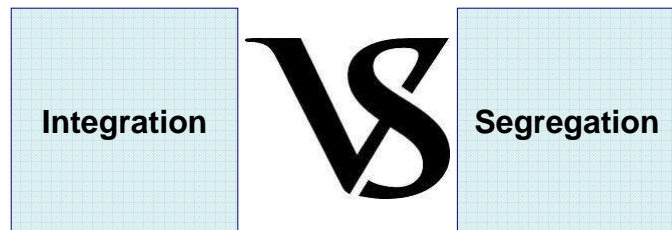


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Source: [www.discoverpiola.it](http://www.discoverpiola.it)

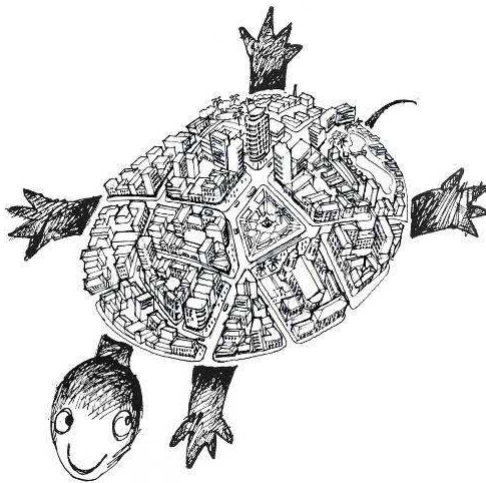


## b) Integration vs. Segregation



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## Integration of urban functions: the metaphor of Turtle



«It is important to have an integrated view of the city. It is like the turtle embodying life, work and movement. If the turtle's shell is divided into different parts, it will die. Similarly, in a city, the elements of living and working cannot be separated. There is an absolute need to integrate compatible urban functions within the city».

Jaime Lerner

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## Greetings from Sun City, Arizona



Source: <http://coteedarmor.fr/>

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## Bristol (UK): one example of the segregation of traffic movement from pedestrians



Source: by Arlingstone - Photographed by Adrian Pingstone

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## The Shared Space concept



Source: Ben Hamilton-Baillie, 'Toward Shared Spaces', Urban Design International, (2008), 13, 130-138.

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## Shared Space and Safe Space

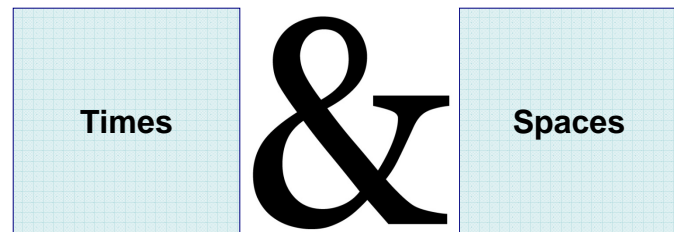


Source: <https://en.wikipedia.org>

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### c) Times and Spaces of the city



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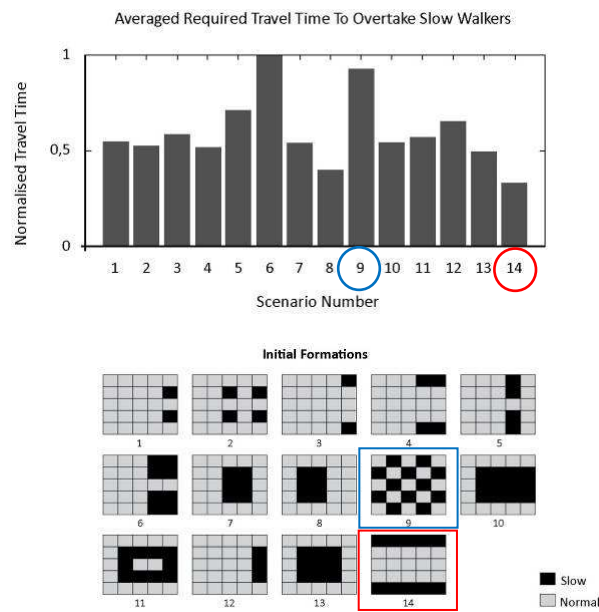
### Pedestrian dynamics/1



Source: <http://linuarencorporal.blogspot.it/2012/04/>

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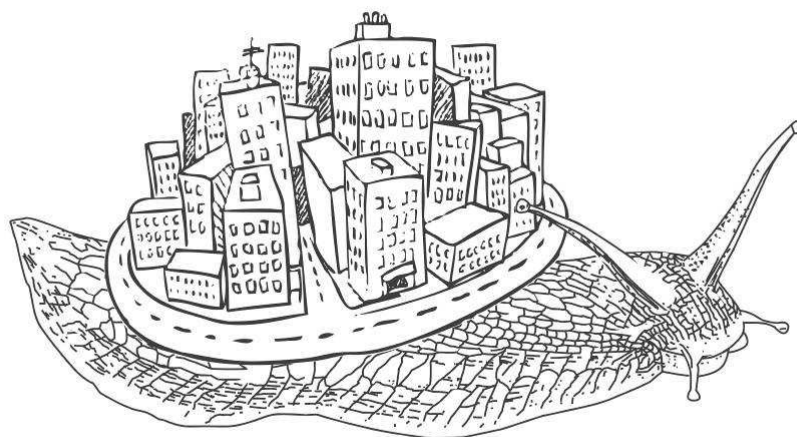
## Pedestrian dynamics/2



Source: Shimura, K. et al. (2014) Mobility analysis of the aged pedestrians. ... In Pattern Recognition Letters, (44) 58-63

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## (Re) discover the slowness



Source: Cristiano Coppi

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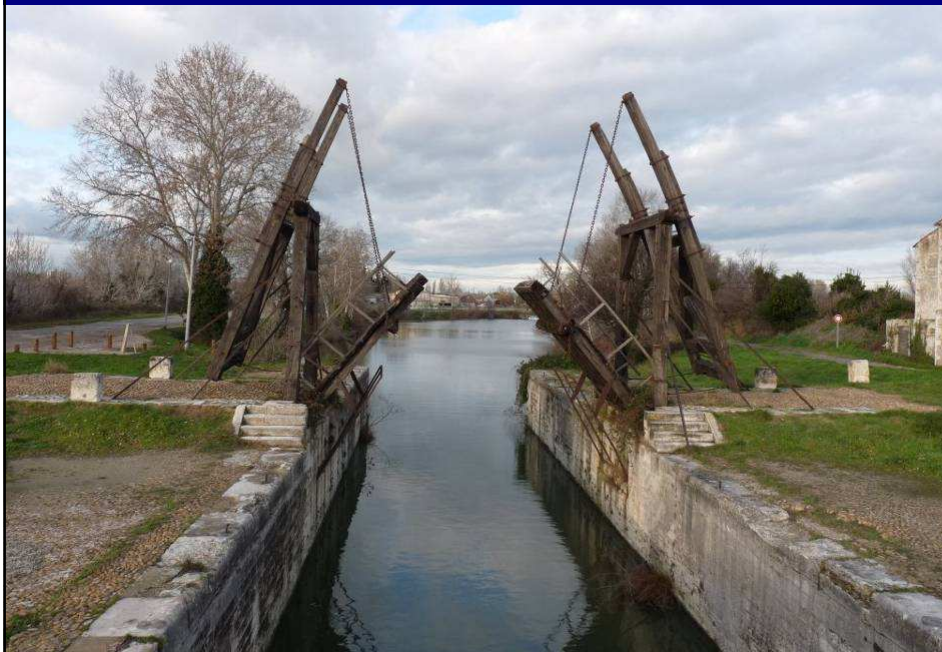
## Pedestrian crossing as urban barriers



Source: <http://www.thepoettimes.com>

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## Pedestrian crossing: the metaphor of drawbridge



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## Singapore: Green Man Plus System



Source: <http://www.channelnewsasia.com/news/singapore/jurong-marine-parade-and-1937914.html>

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## Time as a barrier/1



Source: [www.robertharding.com](http://www.robertharding.com)

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## Conclusions



«Come gather 'round people  
Wherever you roam  
And admit that the waters  
Around you have grown  
And accept it that soon  
You'll be drenched to the bone.  
If your time to you  
Is worth savin'  
Then you better start swimmin'  
Or you'll sink like a stone  
**For the times they are a-changin'.**»

Bob Dylan, The times they are a-changin'

Thank you for your attention



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