

# Designing a Strategic Masterplan for Age Inclusive Communities

Simon Butler

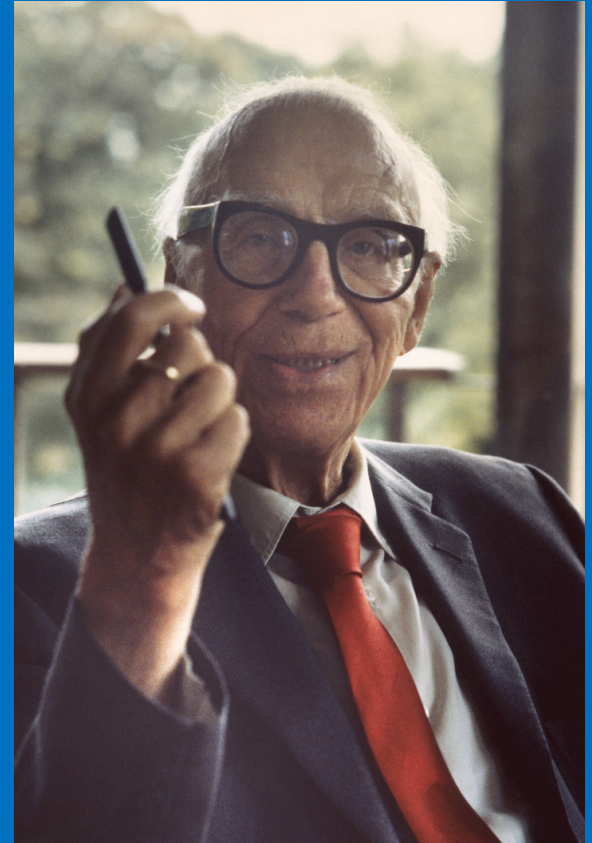
[simon.butler@arup.com](mailto:simon.butler@arup.com)

12<sup>th</sup> June, 2017

# 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



**Founder: Ove Arup  
(1895 – 1988)**

“Population ageing and urbanisation are two global trends that together comprise major forces shaping the 21<sup>st</sup> century.” (WHO 2007)

1950



11.75 working people to 1 aged 65+

2011



8.5 working people to 1 aged 65+

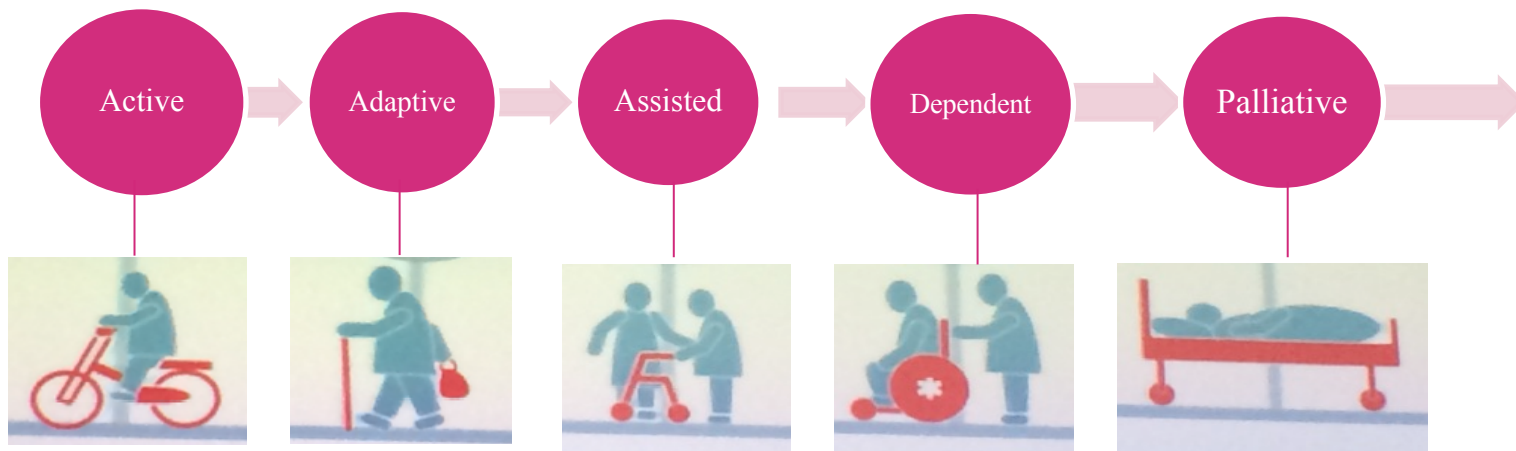
2050



3.9 working people to 1 aged 65+

Impact the economy but also lower number of formal and informal carers

# Designing for people as they age



Physical, Social and Mental Wellbeing

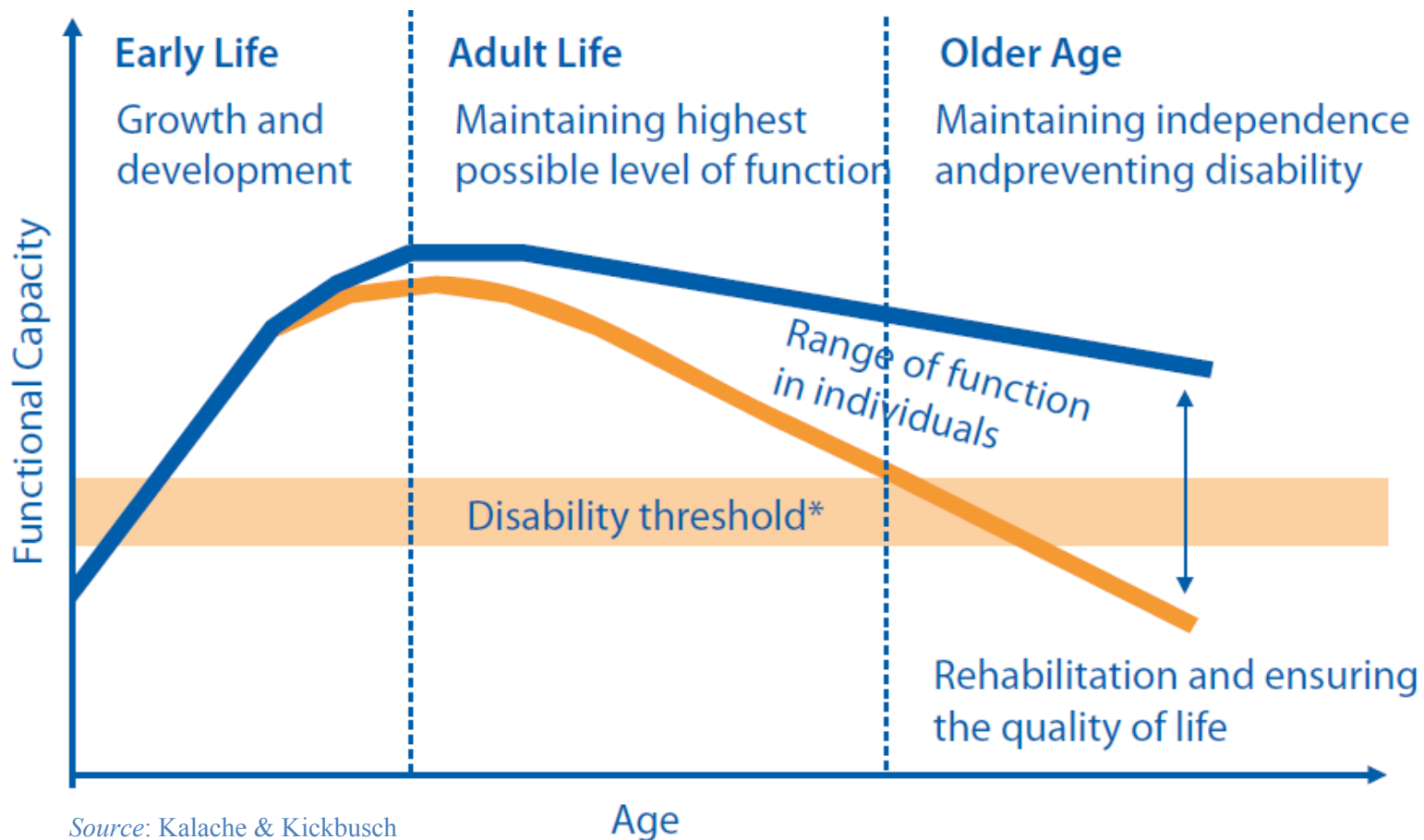


47% of older adults who leave Florida  
relocate to NYC



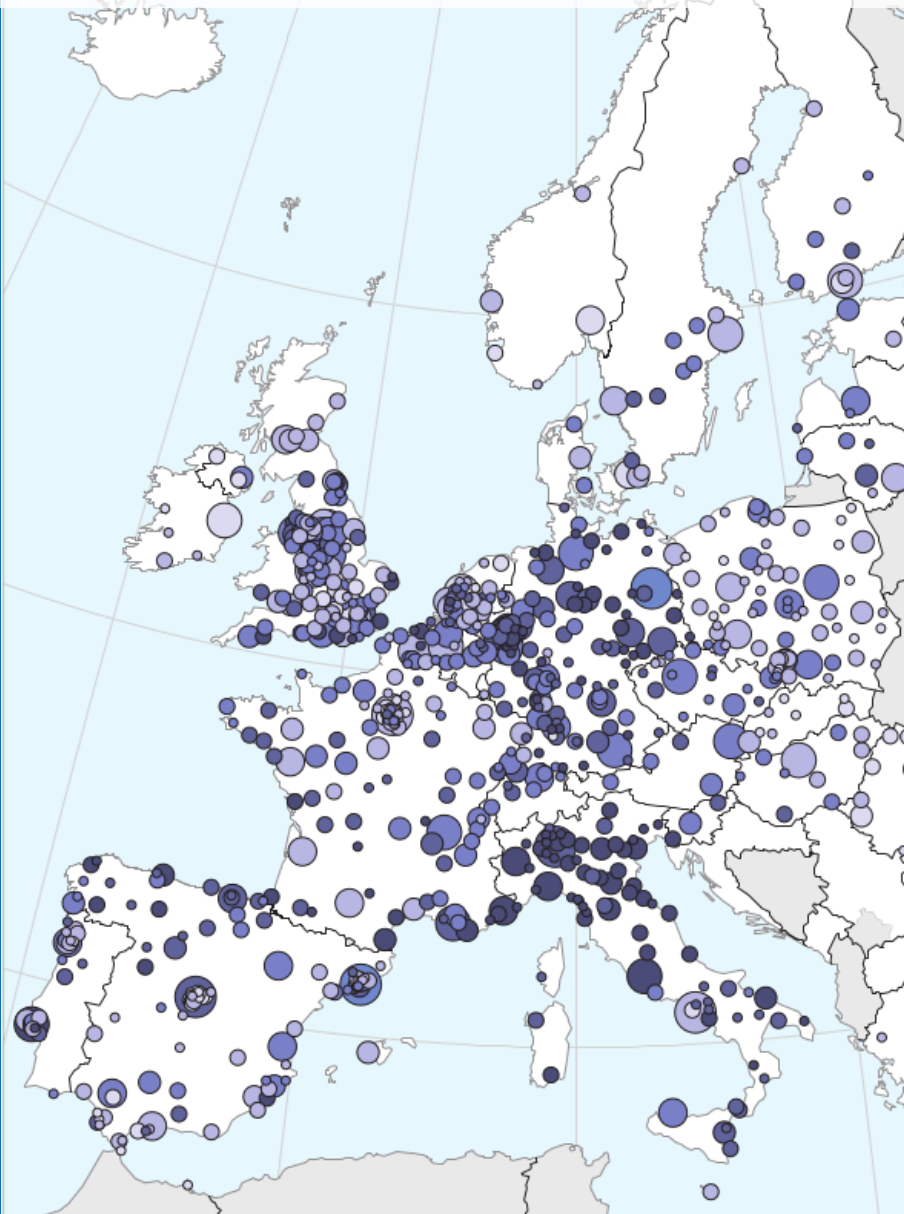
How can cities support healthy and active living for different groups of older people, so they can feel safe, secure and be able to take part in social life?

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





# Shaping Ageing Cities through Planning



Amsterdam

Berlin

Bruxelles

Copenhagen

Dublin

Lisbon

London

Madrid

Milan

Paris

## Shaping Ageing Cities 10 European case studies

#shapingageingcities

HelpAge  
International  
global network



Systematica

ARUP

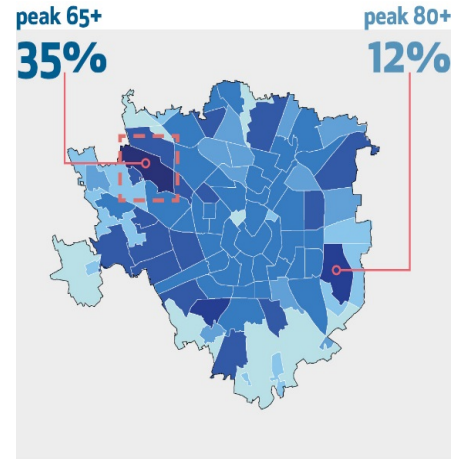
# Our Study

Elderly people are not equality distributed in cities.

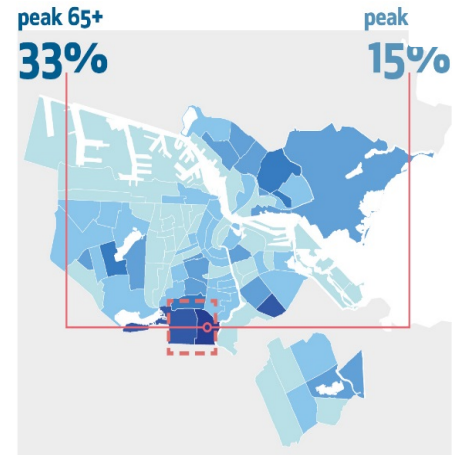
The distribution patterns are different across different cities

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

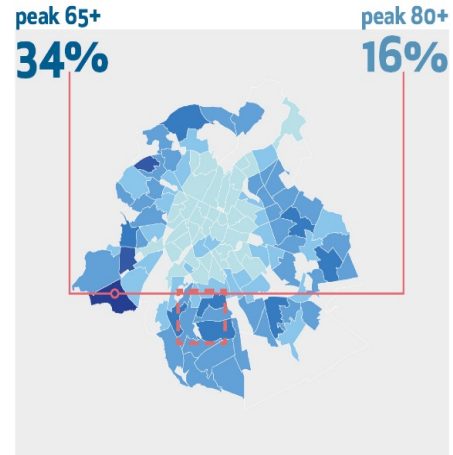
Case study of a single city, Milan



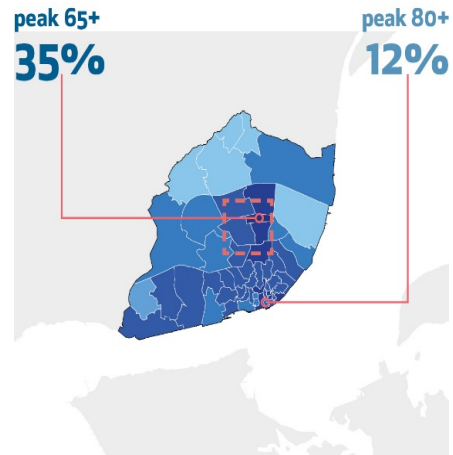
**MILAN**



**AMSTERDAM**



**BRUSSELS**



**LISBON**

# Seasonal Health Ageing and Resilience in Urban Populations and Environments



# Our Study

Impact of the built environment on health and wellbeing

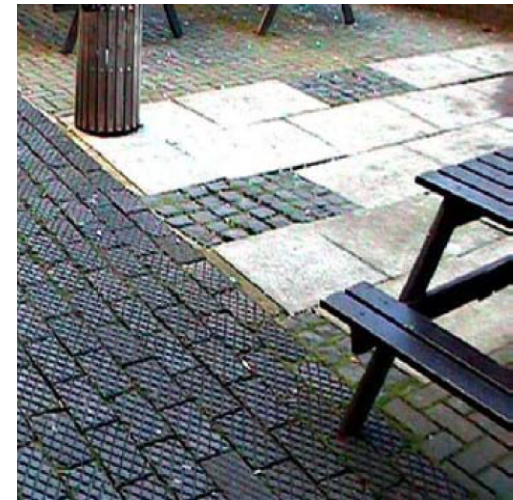
Design a framework for investment into public infrastructure



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

# 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



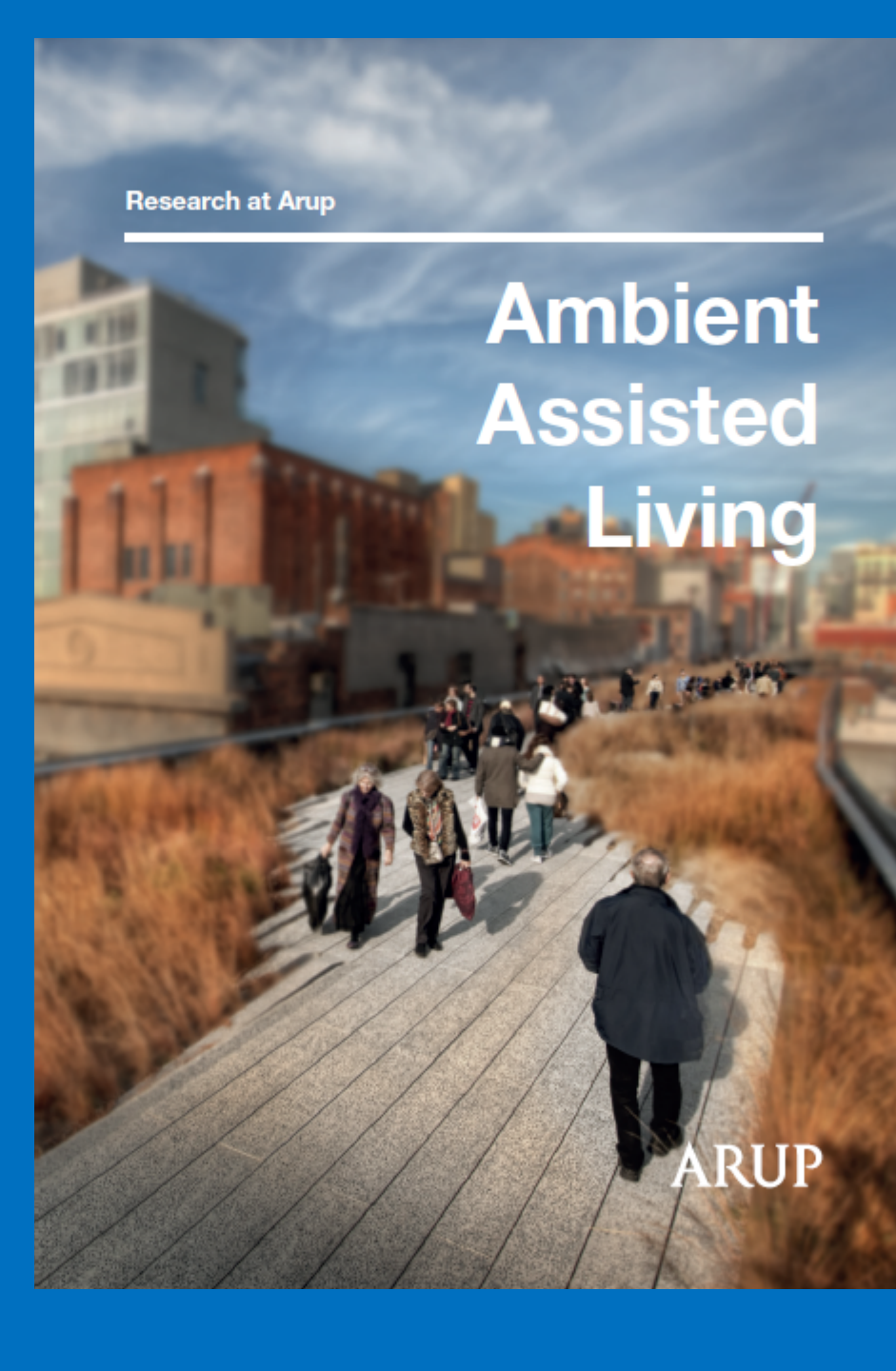
**Francesco, 76**

**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



Research at Arup

# Ambient Assisted Living

ARUP

## Our Research

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.

# And Finally...

The image shows two people, a woman on the left and a man on the right, working together on a large whiteboard. The whiteboard is titled "Jocelyn: A day in the life" and features a central horizontal timeline with six numbered steps. The woman is pointing to a sticky note that says "MEETS NEW PERSON (Katherine Conner)". The man is holding a pen and looking at the board. The whiteboard also includes a drawing of a cloud with rain, a small portrait of a woman, and various other sticky notes and text boxes. The overall scene suggests a collaborative planning or storytelling session.

**Jocelyn:**  
A day in the life

**Agging in the City**  
LEGIONS OF  
VULNERABILITY  
It's a city, it's not a life.

**MEETS NEW PERSON**  
(Katherine Conner)

**HEAVY RAIN**

4. Planning

5. Call daughter

6. Watching the sunset

2. Working on a book

**FALL**

1. ...

3. ...

4. ...

5. ...

6. ...

7. ...

8. ...

9. MEETS A NEW PERSON

10. ...

11. ...

12. ...

13. ...

14. ...



Thank you

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