

Green Spaces For Healthy Ageing

Green spaces as an antidote to loneliness and social isolation

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“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.” – Jane Jacobs



Understating the Critical Nexus of Urban Green spaces for Healthy Aging

As global urbanisation grows and population ages, it becomes imperative to examine how these intertwining dynamics shape the social life of older people



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Social isolation



Loneliness

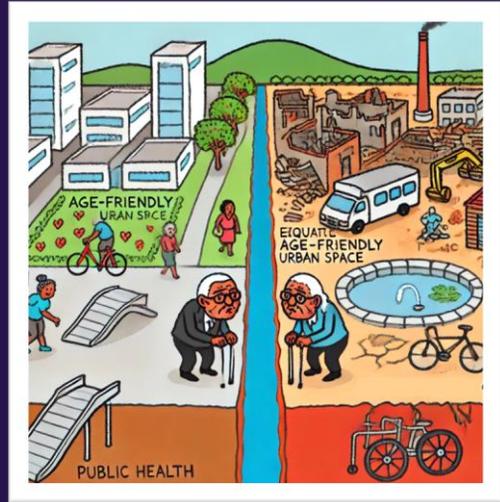


One can feel lonely in the crowd ...

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A central theme of our argument is spatial justice, a concept that connects social justice with the equitable distribution of resources and opportunities across urban spaces.



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We need to explore how urban environments can be reimagined to better include older people, particularly those specific needs.

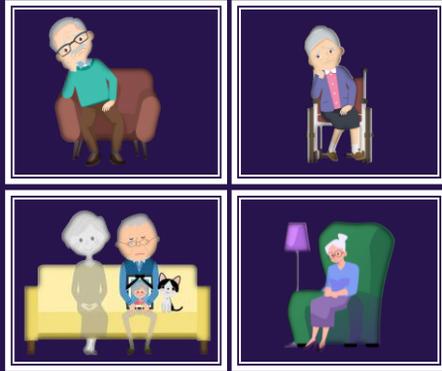


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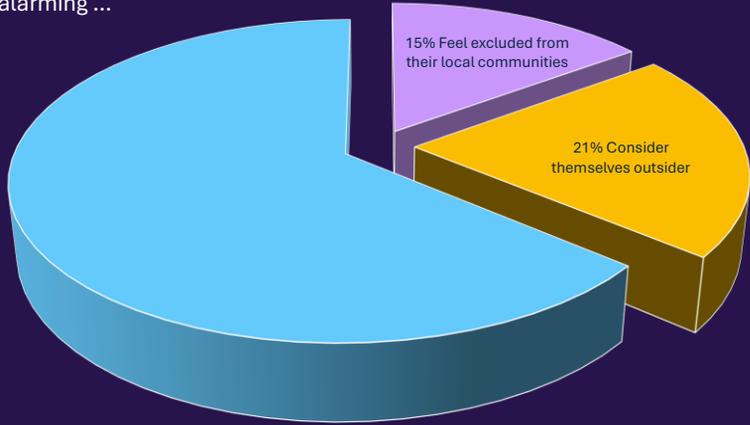
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- Loneliness and social isolation are significant public health concerns, particularly in urban environment that lacks community integration.
- In Queensland, data indicates that a substantial percentage of older adults experience feeling of exclusion and disconnectedness from their community
- Studies correlates social isolation with dire health outcomes, comparable to physical risks associated with heavy smoking and chronic diseases.



In Queensland, the statistics are alarming ...





Well-designed neighborhoods that provide easy access to parks and other public spaces can help reduce the negative effects of social isolation among older adults



Theoretical Framework

Right to the City

A concept that emphasises the rightful access of all city residents, particularly older adults, to urban resources and communal life, ensuring inclusivity in planning.



Adaptive Agency

This idea focuses on the capability of older people to adapt their behaviours and navigate urban environments, fostering social interactions despite inherent obstacles.



Research Questions

- How do older people experience social life in urban parks?
- How do older people practice their agency to come to terms with the barriers of visiting parks?

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Research Methodology

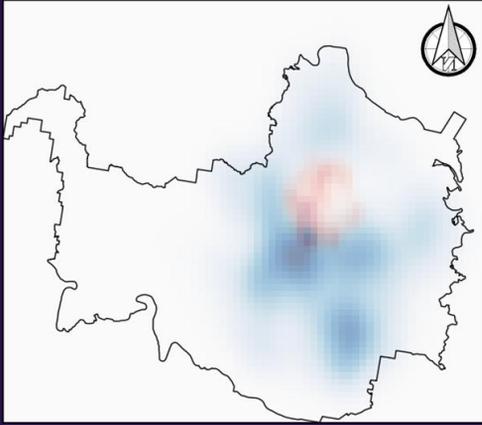


Mixed-Methods:

- Quantitative_Survey
- Qualitative_Semi-structured interviews
- Spatial_Maps

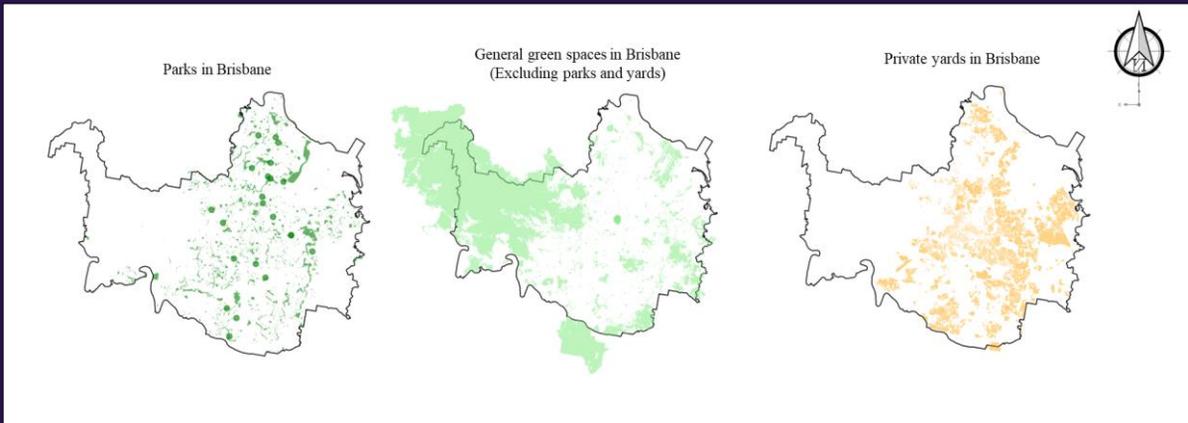
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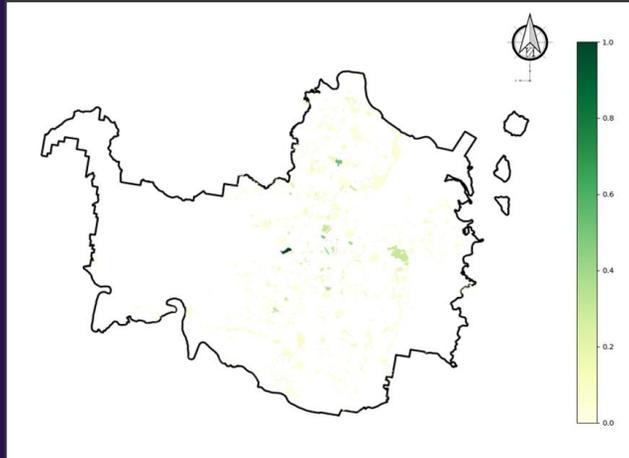
Map 1 Shows distribution of public spaces across Brisbane. Public spaces are considered as: townhall, library, public building, community centre, fountain, playground, sports centre, stadium, pitch, attraction, museum, gallery, and other public spaces.

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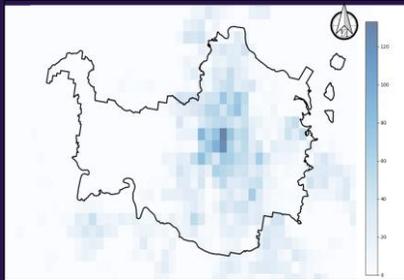
Map 2 showing the distribution of parks, general green spaces (excluding parks and private yards), and private yards.

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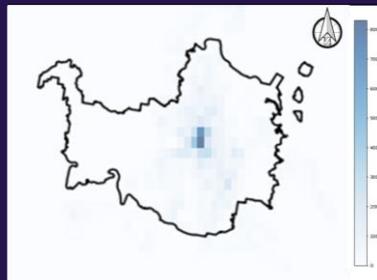


Map 3 shows the suitability of parks, measured by park size, amenities, and transport accessibility.

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Map 4 Shows density of bus stops in Brisbane



Map 5 Shows frequency of buses in Brisbane

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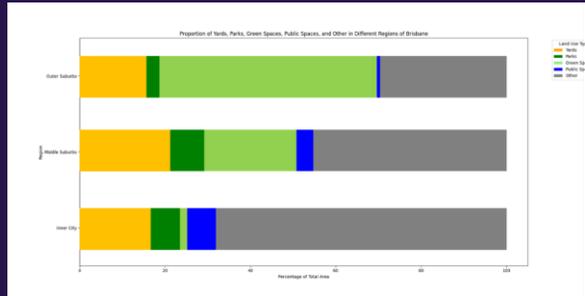
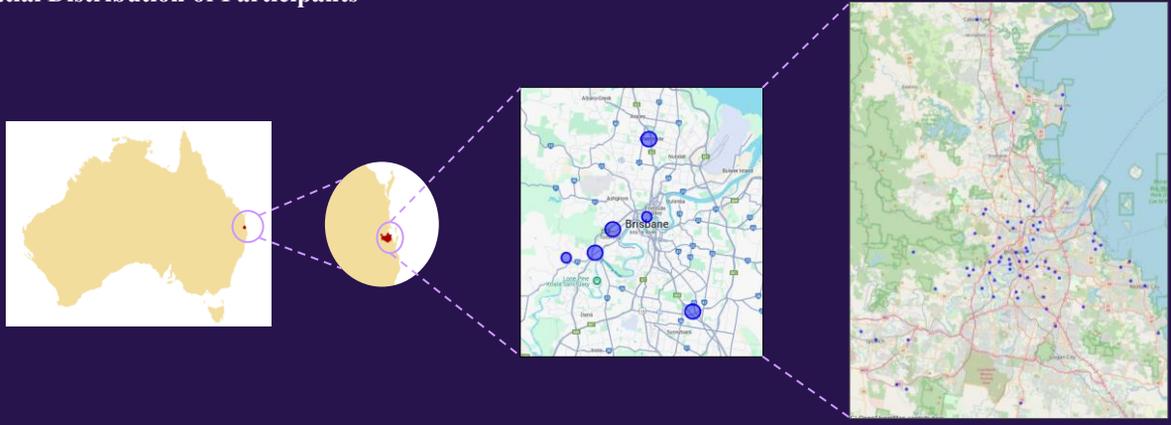


Figure 2 Proportion of land use categories including yards, parks, green spaces, public spaces, and other areas across different regions of Brisbane (Outer Suburbs, Middle Suburbs, Inner City).

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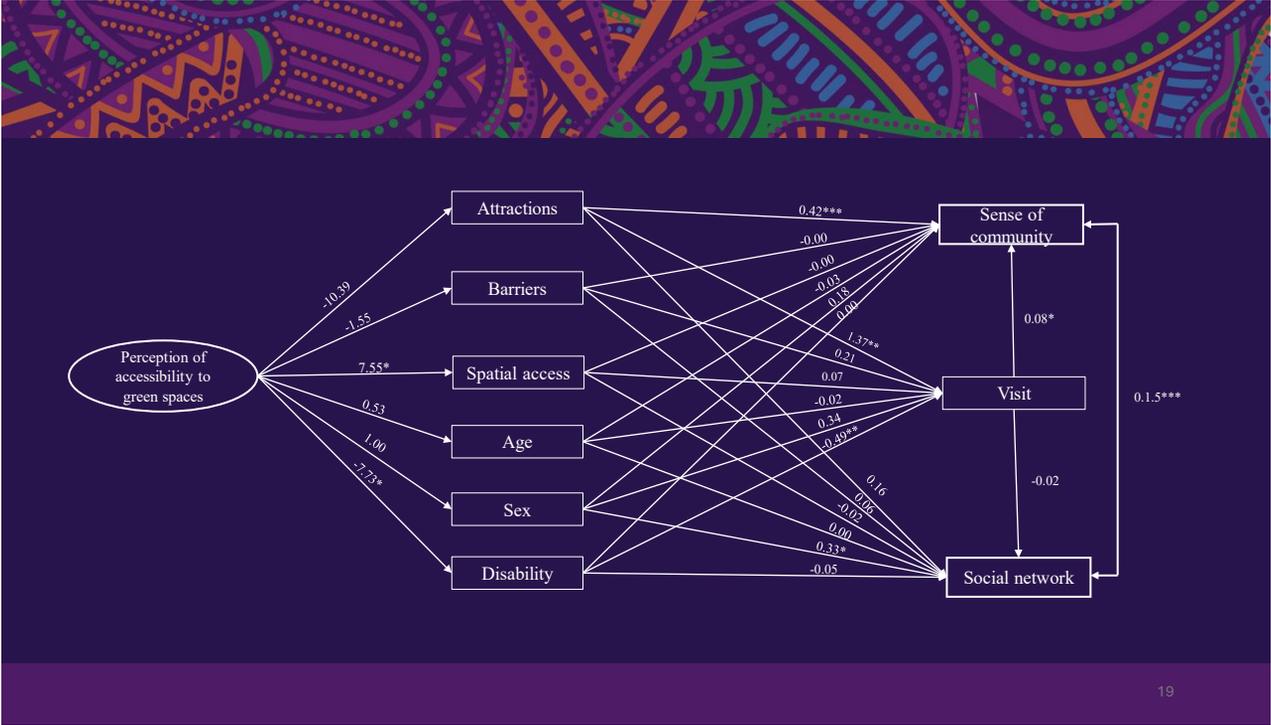


Spatial Distribution of Participants



Map 6 Shows distribution of participants across Brisbane Greater Area.

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Data Collection Details



Survey Collection Sites
Surveys were meticulously conducted at strategic locations, including shopping centres and community hubs to ensure broad representation of the older demographic.



GIS Mapping Techniques
Advanced GIS technology was leveraged to analyse accessibility to green spaces, enabling refined spatial analysis of participants' experience.



Interview
In-depth interviews were conducted with a subset of participants to gain deeper insights into their experiences and perceptions.

Alternative social spaces



Streets



Cafe



Shopping centre



Club

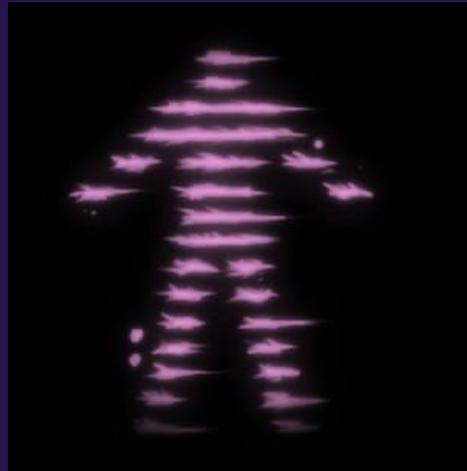
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Invisibility

"If you're experiencing reduced mobility, both physical and psychological, I guess it can leave you feeling like 'cellophane people'. You know, like in the cellophane song from the musical Chicago. People can see through you, walk around you, go past you, but no one really notices you ..."



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In the end ...

- Engage older adults in shaping the future of their communities, promoting spatial justice and equitable distribution of urban resources.
- Foster partnerships between policymakers, researchers, and older residents to create equitable and inclusive cities.
- Prioritize older adults in urban policies, especially in deprived neighborhoods, through greater investment in social infrastructure.
- Collaboration is needed among urban planners, policymakers, and researchers to create sustainable, inclusive cities for aging populations.
- Address digital exclusion among older adults by developing digital literacy programs and ensuring access to technology and resources.



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Urban planners, policymakers, and researchers must work together to create cities that are inclusive and sustainable from current to future

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Thank you