

## Academic Partners

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## I'DGO TOO Partners

Age UK  
Building Research Establishment  
CABE Space  
CCPR (Central Council for Physical Recreation)  
Cognatum  
Dept for Communities and Local Government  
Department for Transport  
EDAW  
EDI Group  
Elwood Landscape Design  
English Heritage  
Greenspace Scotland  
Guide Dogs  
Health & Safety Laboratory  
Homes and Communities Agency  
Ian Wall  
Institute of Highway Engineers  
International Longevity Centre  
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Living Streets  
London Wildlife Trust  
Marshalls Paving  
Mayer Brown  
NHS Health Scotland  
Peabody Trust  
Peter Brett Associates  
Phil Jones Associates Ltd  
Places for People  
PRP Architects Ltd  
RNIB Access Consultancy Services  
Royal Institute of British Architects  
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# Inclusive Design for Getting Outdoors

Why does the outdoor environment matter?

Researching how the design of streets and neighbourhoods can make a difference to older people's wellbeing and quality of life.



[www.idgo.ac.uk](http://www.idgo.ac.uk)

# Findings from I'DGO Phase 1 (2003-2007)

## Why does the outdoor environment matter?

Our surveys of over 770 people aged 65+ across Britain showed that the outdoor environment plays an important role in people's everyday lives, especially for socialising, getting physical exercise and fresh air, and for contact with nature. Walking is the main form of transport.

## Current barriers to access in the environment

In-depth interviews with older people showed that at least half faced problems in getting outdoors due to barriers in the environment and lack of supportive facilities. Concerns about safety were also significant. Audits of neighbourhoods and streets showed barriers ranging from narrow, poorly maintained paving to very limited seating. A survey of designers showed they have limited knowledge of how to consider the needs of older people in the design of streets and neighbourhoods.

## Improving the experience of local neighbourhoods

Older people in our survey told us these are the important factors:

- Lack of nuisance
- Quality paths and clear separation of bicycle lanes from footways
- Good facilities in parks and neighbourhoods
- Neighbourhood aesthetics (with variety and at least moderate amounts of greenery).

I'DGO has produced guidance based on its research for the detailed design of streets and open space in residential areas. See [http://www.idgo.ac.uk/design\\_guidance](http://www.idgo.ac.uk/design_guidance)

## I'DGO TOO – a second phase of research

I'DGO TOO focuses on the ways in which current government-led design policies and practice influence 'everyday' outdoor environments for older people. We know from I'DGO 1 what the likely benefits of the sustainability and urban renaissance agendas will be, but also where certain design features may actually create problems. Our aim is to influence age-friendly design approaches at a range of scales, from the places in and around people's homes to local neighbourhoods and wider urban environments.

"Having company, meeting people and communicating keeps your mind still fresh and thoughtful."

"It's my great pleasure in life; I can't bear to be indoors all day."



# I'DGO TOO - What we're researching now

## The implications of high-density urban housing for residential outdoor space

- What is lost and gained in high-density urban housing in terms of residential open space (ROS), e.g., gardens and balconies?
- How, and to what extent, do different types of ROS contribute to older people's wellbeing?
- How can ROS in high-density urban housing be designed to give maximum benefits to older people?

## Are pedestrian-friendly neighbourhoods a good solution for an ageing population?

A longitudinal study by OPENspace – the first of its kind – focusing on older people's experience before and after an environmental intervention.

Does implementation of 'shared space' projects such as Home Zones result in environments where older people:

- Go outside more often?
- Spend more time outside in the local environment?
- Have better social networks?
- Have a better quality of life?

## The effects of tactile paving on older pedestrians – 'real world' and laboratory investigations

Tactile paving is currently used to warn visually impaired people of road crossing points and the hazards at the top and bottom of steps.

In the 'real world', the objectives are to:

- Examine how blister and corduroy tactile paving is designed, sited and laid;
- Identify older people's perceptions and approach to using tactile paving;

In the laboratory, the objective is to:

- Quantify the relationship between tactile paving design parameters and the biomechanics of ambulation and risk of falling.



"I'd go outdoors if I could: wouldn't you?"