Elderly Living in the City
P5 Presentation Pien Kuijpers
Concept
Motivation

Trends

> Aging population
The amount of elderly people is growing

> Aging in place
An increase of older people who continue living in their home

> Living alone
An increase of elderly people living alone
Problem field

Problem analysis

> The neighborhood becomes more important for older people aging in place and it should meet their everyday needs

> Elderly are more dependent on facilities, activities and social contacts in the nearby surroundings

> At this moment, the living environment often create problems for older people and therefore limit elderly to age successfully in a place they desire

> Social & physical components
Aim

To create a neighborhood that keep elderly active (social & physical) and that facilitate the preference of the majority of older people to remain in their homes and neighborhood for as long as possible.
The Hague is the second largest city in The Netherlands who has and will have the highest percentage of people over 65.

In The Hague, the amount of elderly people is more growing than other age groups the upcoming years.

The Regentessekwartier, is chosen as location of study.

Between 2016-2021 the number of older people will strongly increase in this neighbourhood.

A lot of elements of the neighborhood are negatively assessed by elderly living in The Hague, such as public spaces & mobility.
Research question

> Which spatial interventions and interventions in the public space are needed to create a more suitable and pleasant urban living environment for elderly aging in place in The Hague?
Methods

> Literature review

> Surveys
(conducted on the street and at the independent senior houses of residential care center / retirement home Het Zamen & Jonker Frans)

> Analysis of the neighborhood
Literature review

> In the theoretical framework the general characteristics of the urban environment that facilitate elderly to age in place in a pleasant way according to the existing literature were reviewed.

> To age successful in place, it is important that elderly stay active, that they maintain their health & well-being and that factors in their environment enhance and support this.

> The neighborhood environment can contribute to the health and vitality of older people through:
  - the stimulation of outdoor/physical activity
  - good access to services and facilities
  - the provision of opportunities to meet and interact with others
Services & facilities

> Destinations

> Services & facilities provide destinations for older people to walk or bike to, to be part of public life and they increase the independency of elderly people

> It is important that daily facilities can be combined with other activities or needs, such as social contact, this stimulates older people to go out

> Functional facilities & recreational facilities
Mobility & street characteristics

> Movement

> Mobility affects the independence of elderly and good accessible streets keep elderly active which is important for maintaining their health and vitality.

> Accessible wide (2 m) sidewalks with no physical obstacles.

> Inviting, pedestrian-friendly routes with differentiation in streets.
Social interaction & contacts

> Social interactions and contacts positively affect the well-being of older people. It contribute to the prevention of loneliness.

> Social interactions & contacts can be stimulated by:
Transition zones, third places and opportunities to stay (benches) near functional facilities and public spaces
Location analysis

- Regentesplein
- Regentesselaan
- Wemaarstraat - shopping street
- Newtonplein
- Koningsplein
- park Kortenbos
- park de Verademing
- former industrial area
- city center
Street characteristics (movement)

> The Regentessekwartier is a compact urban environment with long rows of continuous facades and similar streets.

> Parking is often dominant in the streets and takes a lot of space.

> Therefore in most streets the sidewalks are small. Which is not attractive for elderly.

> Moreover, elderly from the survey complain that the sidewalks are uneven and that there are many bicycles parked on it.

> The bicycle parking problem is seen as a negative thing by many residents of the area.
Weaknesses

Street characteristics (movement)

> Many residents are not satisfied with the quality of the public space and the traffic safety of the characteristic streets Regentesselaan, Beeklaan and Weimarstraat.

> These streets are lacking safe pedestrian crossings.

> This makes it unattractive and difficult for elderly to move along these streets.
Weaknesses

> Because of the neighborhood density and the profile of the streets, there is little space to do anything outside.

> This threatens the living quality of the area

> The public space could be better used

> More opportunities for recreation, encourage elderly to go outside and to be physical active. Besides, it gives a greater chance of social interaction.
Weaknesses

Facilities (destinations)

> The relations between facilities and public spaces could be reinforced. In order to combine other activities or needs while visiting daily facilities. This stimulates older people to go out.

> In addition, facilities or streets with facilities often don’t have opportunities to stay there for a while. They function more as a crossing space.
Weaknesses

Facilities (destinations)

> The former municipal industrial area needs a lot of improvement.

> The residential care center / retirement home Het Zamen has no supermarket or other shops nearby. The respondents of the survey who live here mentioned this as a great shortage.

> Park De Verademing is not easily accessible and has no strong connection with the neighborhood.
Focus on destinations and movement

Destinations: the reason or stimulation to go outside and to move (walk or bike) to a place. This often includes a social activity.

Movement: spatial features which makes it easy and attractive to move from one destination to another.

They both stimulate physical activity, the independency of elderly, to be part of society and they positively affect the health and well-being of older people.

Besides, the interventions will create a more attractive and liveable neighborhood for all residents.
4 lines

> The design consists of “4 lines”:
  - green structure
  - blue structure
  - neighborhood shopping street
  - main lane of the neighborhood
Green structure

Newtonplein
Blue structure

> The blue structure runs from east to north.

> The Suezkade is part of the green structure of the city and has the potential to get a recreational function.

> Destination: the quay of the Verversingskanaal will become a new public open space, to stay or recreate.

> Movement: the canal will become accessible and attractive to move along. From the south to the north of the neighborhood.

> Sightlines, the old power station and art can be used to emphasize the story, identity and qualities of the canal.
Neighborhood shopping street

> The Weimarstraat

> Used by a lot of elderly

> At this moment, the street is not elderly friendly. Lack of safe crossings and benches.

> Destination: the Weimarstraat can become a high quality shopping street with both a recreational and functional function.

> Movement: a new pedestrian-friendly profile makes it easier to move along this street and to make use of the facilities (destinations).

> To stimulate elderly to use the street as a destination for their daily walk.
Neighborhood lane

> Regentesselaan

> Connects a lot of neighborhood streets in west east direction.

> It has a wide profile but it is not a main access road.

> Destination: the street has the potential to be transformed into a residential street with public spaces for residents. These public spaces will become destinations

> Movement: a smaller road & safe crossings will make the street more attractive for elderly to move along