



Mutual Learning Platform

Mobility

Based on an interview with
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Access to public transport

- **Mobility** keeps people **fit** and **happier**
- One important condition is the access to public transport
- In some extreme situations older people are locked in their houses because they have no means to go out and move
- Some of them are afraid that they will get lost if they go out of their house, so they renounce to church, shops, people
- Researchers have been working on **intelligent devices** that can help the elderly navigate, orientate, reach their places



Mobility means also autonomy

- Equipping older people with **navigation systems** means that they can decide where to go. This autonomy improves the quality of their life
- Although technological devices are available, not all older people **accept technology** to help them
- They want to be autonomous by themselves
- Different persons means **different attitudes** towards technology . This is a point that must be considered when thinking about solutions for mobility



Urban planning and social inclusion

- Urban design is not adequate in most cases, neither for older people nor for the other age groups
- Some initiatives have been carried out, like for instance **friendly cities**. Nevertheless, there is still much to do
- A key point in promoting inclusive urban planning is the **education of planners and decision makers**



Work together for a more inclusive society

- The education of all people on social inclusion and mobility is an important issue
- The **information deficit** is still high, it is really a key point in the current society
- SiforAGE can give a concrete contribution to the general **awareness** on active and healthy ageing and on social inclusion
- To realize an inclusive society ~~for all~~ the participation and **contribution of older people** is necessary