

# TRAFICOM

Liikenne- ja viestintävirasto

## **Ikääntymisen vaikutukset Pohjolassa** -omatoiminen liikkuminen talvella ja elämänlaatu

Virpi Ansio, Traficom

Kävelysymposium 10.12.2024



#Walk21Portugal  
#EverybodyWalks

# Ageing in the Arctic

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The Norwegian Research Council  
Design and Architecture Norway (DOGA)



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everybody walks  
LISBON 14-18 OCTOBER 24





**-11° / +30°**

Temperature variation in the  
last 13 months  
(from Aug. 2023)

**-9.4° / +6.6°**

Temperature variation  
in Dec. 2022

**55,000**

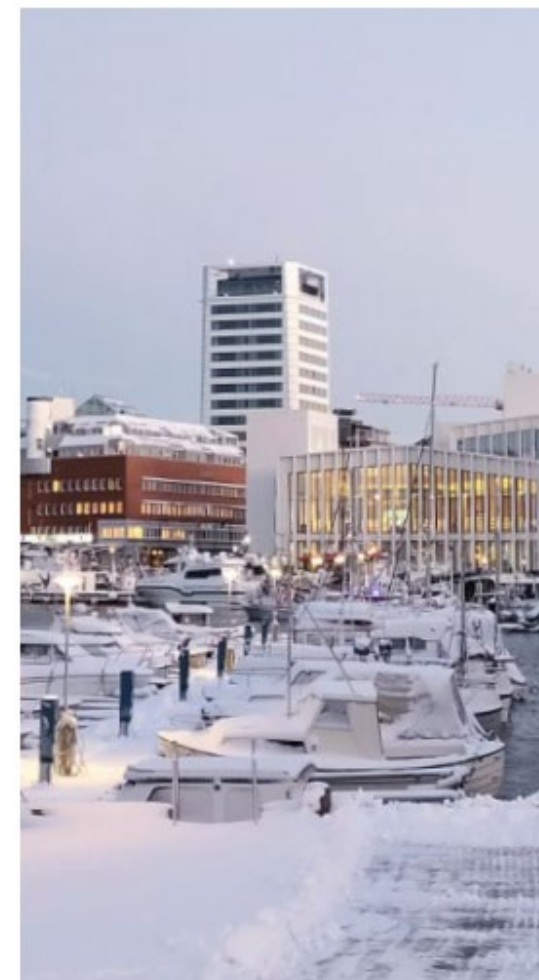
inhabitants

**305%**

Expected growth of individuals  
over 90 year of age in Boda  
Municipality by 2050  
(SSB, population projection)

**146%**

Expected growth of individuals  
aged 80-89 in Boda  
Municipality by 2050  
(SSB, population projection)



# How is winter experienced by senior citizens?



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# How do weather and road conditions affect the ability to be independent and maintain a high quality of life?



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How accessible are urban spaces and surroundings perceived by the elderly during winter?



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LISBOA 2020-2021



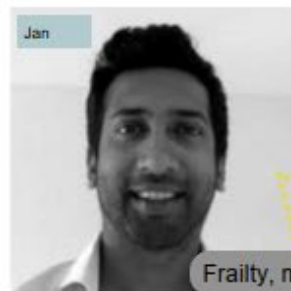
...and finally:  
What challenges  
and topics  
should be  
prioritised in  
order to develop  
solutions for  
better winter  
walkability?"





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OCTOBER 24



Jan

Frailty, medicine



Siri

Economic dev. and policy



Francis Odeh

Public health



Joyce

Transport planning



Integrated



Ingunn

Architecture and planning



Multiconsult

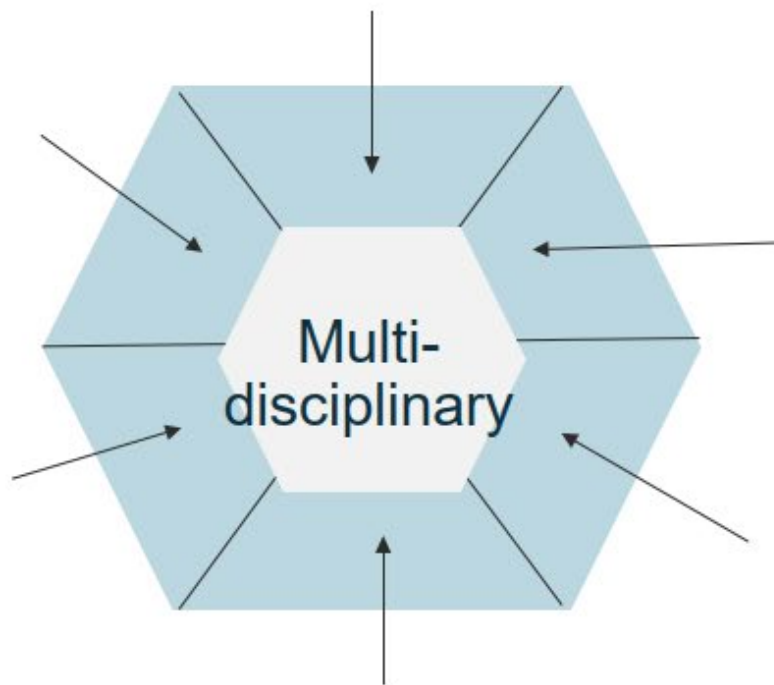


National policy



Manuela

Design



Multi-disciplinary



# We consulted over 300 seniors using a wide variety of methods



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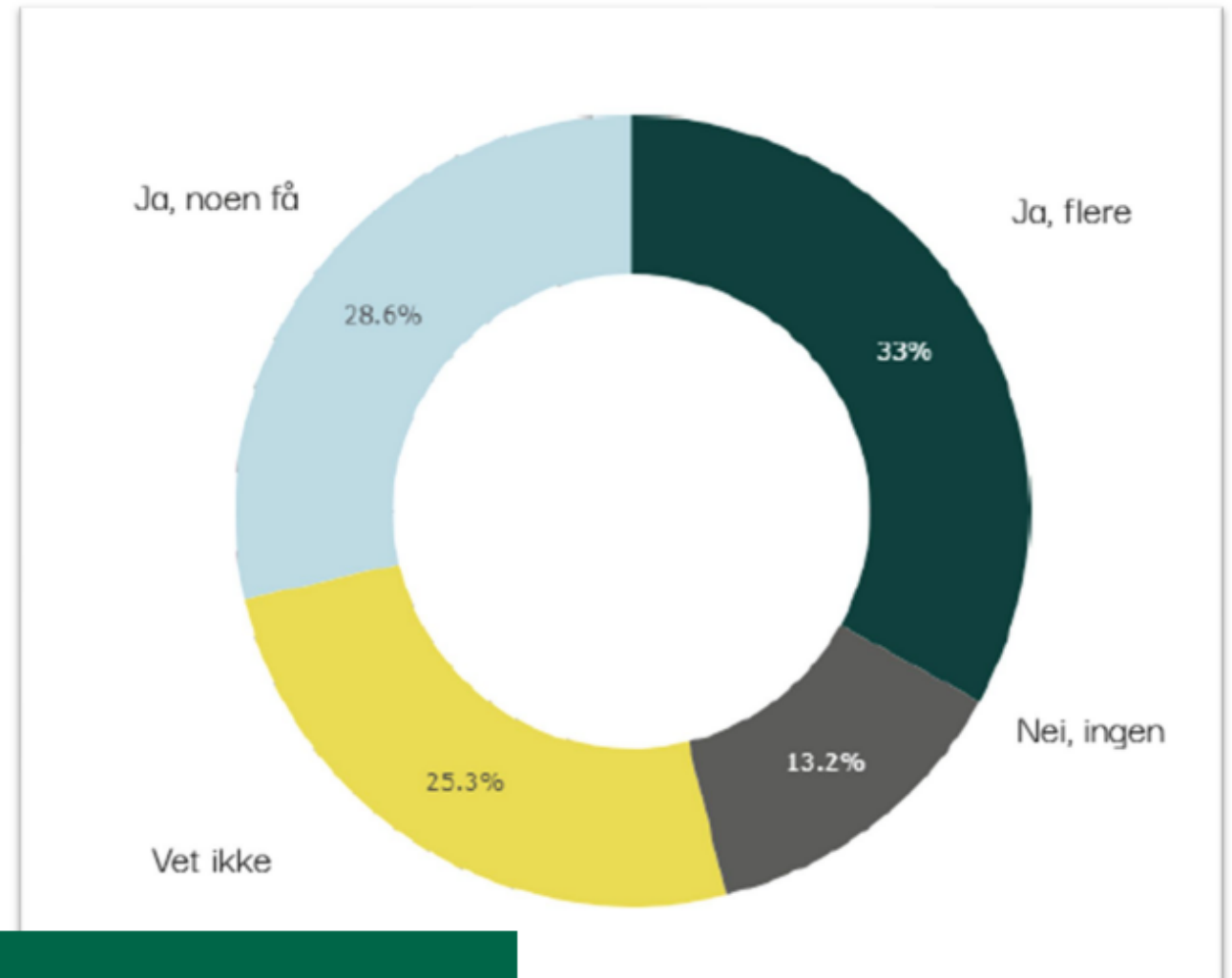




# Weather and road conditions exacerbates

**isolation** - Over 60% know «some» or «several» elderly who avoid going out in winter

It affects people's sense of **SAFETY**, **ACTIVITY** level, **HEALTH**, and their **DESIRE** to go outside.”



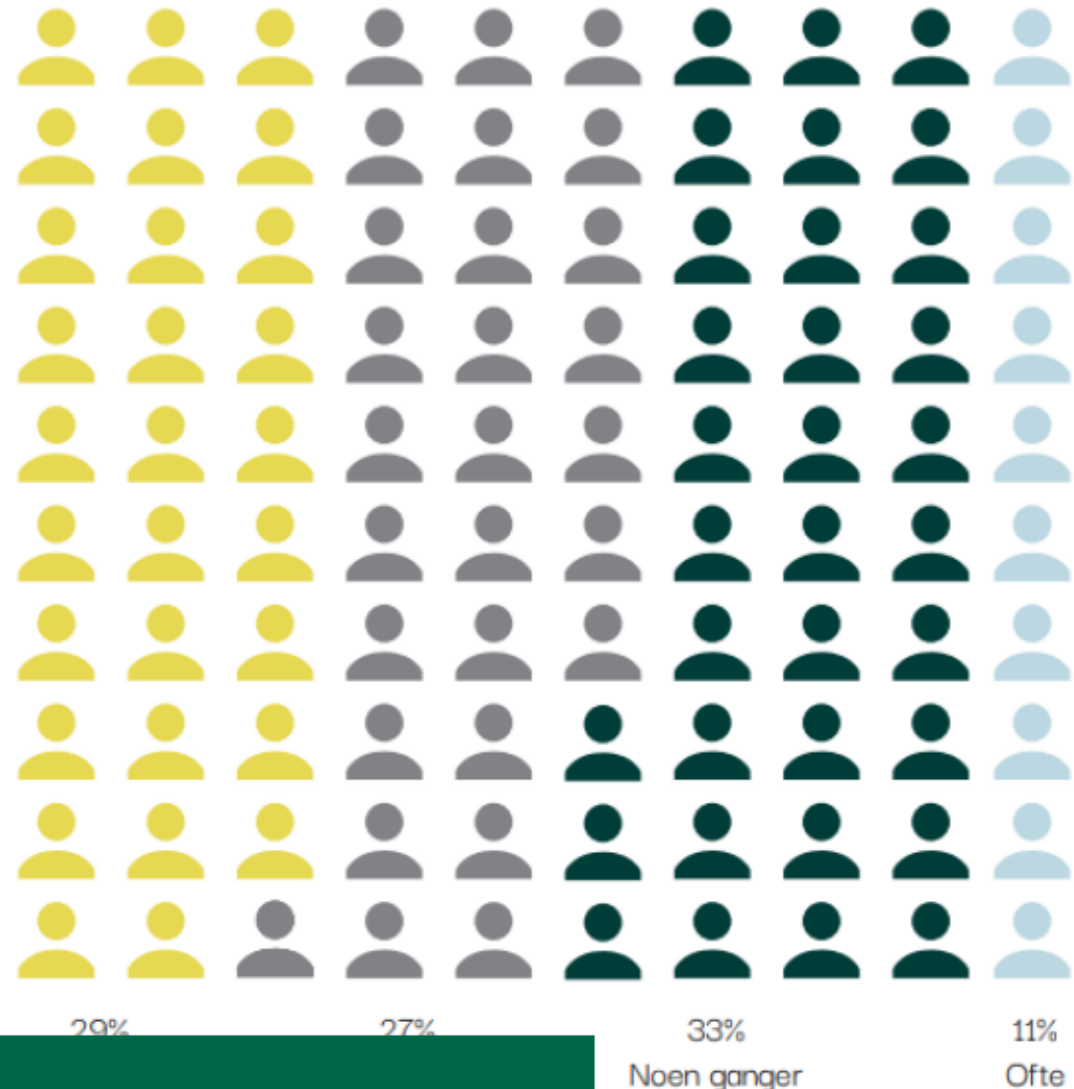


How often have you felt like you lack company this winter?

**44% often/sometimes lack company in winter...**

**Worsened by...**

- Living alone
- Previous falls
- Increasing age



# The cost of one hip fracture

- 51,000 euros: The cost of one hip fracture
- 95,000 Euros saved if two hip fractures are prevented
- 76 hip fractures on average per year in Bodø
- Cost for society: 3,4 million euros per year – half being paid by the municipality



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# Respondents who had experienced a fall before, feel more unsafe in their neighbourhoods

After falling on a holiday I am really scared to go outside when the sidewalks are slippery

Respondent



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# «Universal design» gets cancelled during much of the winter months.



bredden av gang og sykkelveien i Bodø sentrum.



# Bodø is not a «Spike-friendly city»

## How easy is it to use personal walking aids?



We need seating to be able to take our spikes on and off.

Mann, 82





# So... What can we do?



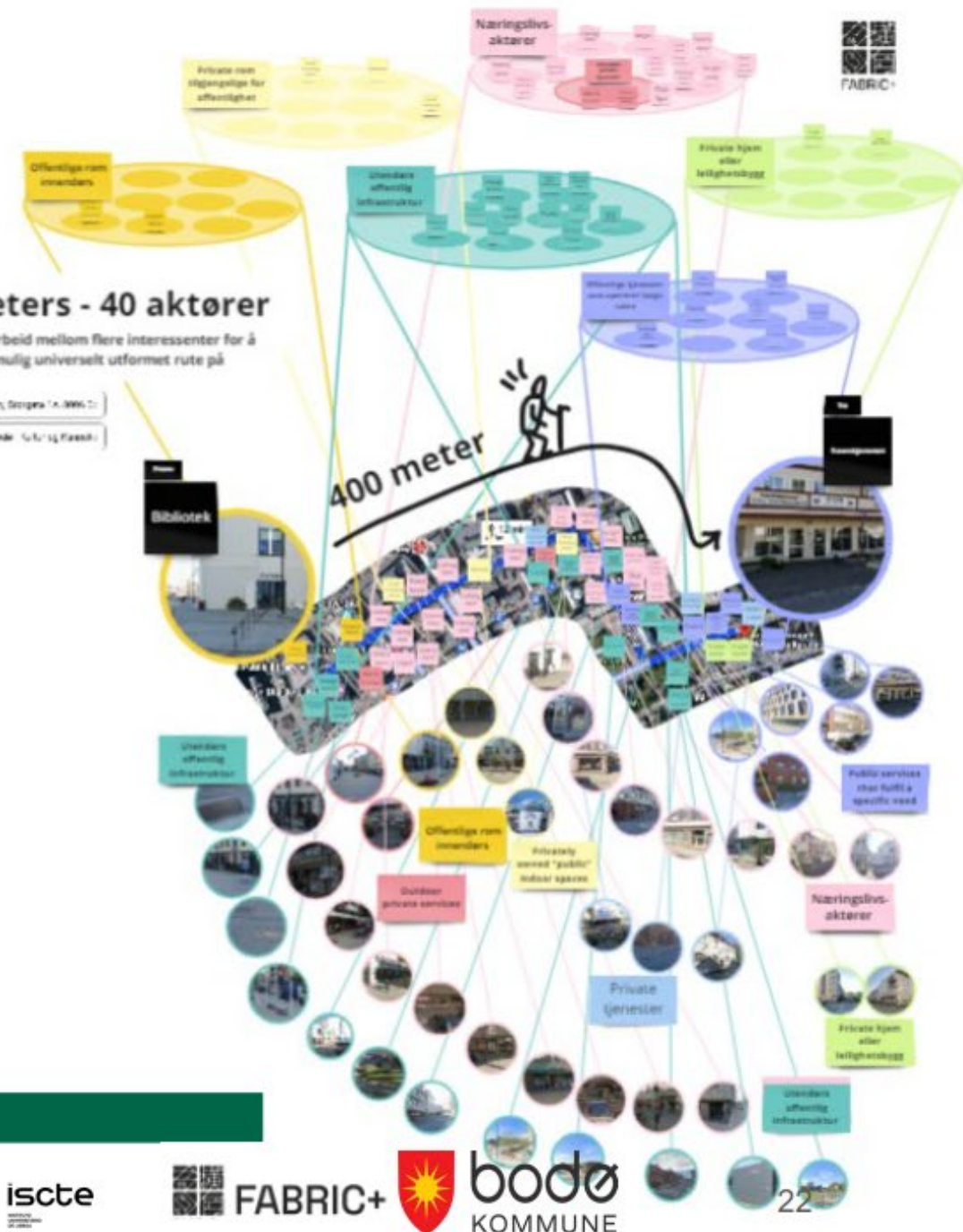
# Accessible Arctic – Walkable routes in winter

- We are testing an age-friendly route through the city centre this winter!
- Getting various actors along the street to collaborate and ideate solutions
- Understanding ‘what works’ in engaging various sectors and groups

## 400 meters - 40 aktører

Behov for samarbeid mellom flere interessenter for å skape en mest mulig universelt utformet rute på vinterstid

- ☐ (Dere Fås i Eiers, Skaper i A. 2006)
- ☐ (Kort og Kart 2010, 2011, 2012)



# Preventing falls in the environment – designing better data collection and utilisation

*«As a doctor facing a falls victim, I try to find out whether there is a medical reason behind the fall, or if the fall is due to an «accident».*

There are no mechanisms in place to gather the context of the fall – and understand how to improve the environment.

We are understanding how to best gather this data, to provide planners and technical departments with better data for more targeted interventions.





# We need your ideas!

<https://www.fabricplus.no/age-friendly-ideas>

# Ajatuksia Suomen kontekstissa

- ▶ Väestön ikääntyminen, ikäystävälliset talvikaupungit/-kunnat?
- ▶ Sukupolvien väliset erot?
- ▶ Puhetavat?





# Ajatuksia Suomen kontekstissa

- ▶ Väestön ikääntyminen, ikäystävälliset talvikaudet, kunnat?
- ▶ Sukupolvien väliset erot?
- ▶ Puhetavat?

Kun puhutaan talvesta, ei pitäisi puhua toisiin kulkumuotoihin vaihtamisesta? (ei kaikille mahdollista)

Kun puhutaan kunnossapidosta, puhutaanko myös mm. isolaatiosta ja elämänlaadusta? (+ näiden yhteiskunnallisista kustannuksista)

**Kiitos**

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