The Value of Urban Design in relation to Healthy Ageing

Author: Sule Onur
Kadikoy Municipality
Manager of Strategy Development Department
&
Healthy Cities Coordinator
December, 2006
Figure 1. "The Good Life" as Adapted From Lawton (1983), With Elements of Current Study Highlighted.
1. Behavioral competence:

- Physical health
- Functional health
- Cognition
- Time use
- Social behavior
2. Psychological well-being:

the set of evaluations made by an individual about inner life, including positive and negative affects and overall happiness.
3. Perceived quality of life:

the set of subjective evaluations made by an individual about domains of life such as housing and neighborhood or family and friends.
4. Objective environment:

- the physical environment: natural and man made
- the personal environment: composed of significant others
- the small groups: with whom the individual interacts face-to-face
- suprapersonal environment: characterized by the aggregate of persons in the proximal locale of the individual
- Institutional and normative cultural forces: to which the individual is exposed.
4. Objective environment:

4.1. Physical environment

importance of the physical environment to elderly is in general defined as:

- Physical environment affects the quality of life
- Living environment exerts impacts on elderly persons’ attitudes and behavior
4. Objective environment:

4.1. Physical environment

Physical living environment and elderly persons’ physical and psychological health are related because, in general it is argued that:

- Poor environment makes life more difficult for the elderly
- Poor housing conditions and hygiene cause disease & accident
- Feel more socially isolated
- Noisy and crowding environment leads to poor health
- Poor environment causes more psychological stress
- Lost sense of hope causes chronic strain
And good urban design:

has the potential to create:

- better public health
- greater social equity
- enhanced land values
- a more vibrant local economy
- reduced vehicle emissions
- More sustainable use of non-renewable resources.
Four key domains of *neighborhoods* that may affect the health of elderly people is highlighted:

1. environmental stressors
2. environmental pollutants
3. safety/mobility/Access measures
4. Social and economic environment.
3. Safety, mobility and access:

3.a. Connectivity

well connected cities, towns and neighborhoods can:

- enhance land values
- make local shops and facilities more viable
- enhance people’s safety and security
- encourage more walking and cycling, leading to health benefits
- reduce vehicle emissions through fewer cars being used for non-trip works
3. Safety, mobility and access:

3.b. Safety
reduces social isolation within
neighborhoods.

3.c. Access to basic services
new urbanism

The common approach of new urbanist design based on the principles of planning and architecture that work together is maintained as:

- to create human-scale, walkable neighborhoods, appropriate architecture
- to develop planning for mixed use and balanced development of such as housing and jobs
- to support regional planning for open space.
3.d. Density vs urban sprawl

High urban density allows a greater number of public amenities and transport facilities to be located within walking distance.
3.e. mixed use

- allow efficient use of parking and transport infrastructure
- lower household expenditure on transport
- increase the viability of local shops and facilities
- encourage walking and cycling—thus reducing emissions
- enhance social equity
- increase personal safety
- offer people convenience, choices and opportunity which lead to a sense of personal well being
3.f. adaptability

- extend the useful economic life of buildings and public spaces
- increase the diversity of uses and users in public space, and the length of time it is used for
- encourage the conservation of non-renewable resources
- contribute to economic success over time
3.g.disability:

Self reported problems with neighborhoods:

- functional loss,
- excessive noise
- inadequate lighting
- heavy traffic
- limited access to public transportation.

2.2 Controlled Crossings
a) Design of crossing point

*Inset controlled crossing*

*In-line controlled crossing*
4. Social and economic environment:

It is defined as a macro-environment including the norms and values operating in the individual's culture so that the attitudes of the general populace to the elderly make it easier or harder for them to function.
4. Social and economic environment:

- Crime
- Discrimination.
4. Objective environment:
   4.2. Personal environment

   It includes groups whom the individuals interact face to face and it refers to the social networks, or support systems.
4.2.1. public realm

A high quality public realm is thought to:

- increase the use of public space and support associated business
- encourage greater participation in community and cultural activities
- enhance personal safety
integrated decision-making in urban design:

An integrated approach to urban design decision-making is said to:

- allow more opportunities for greater numbers of people to benefit from urban design, over a longer term and at a larger scale
- by working with complementary economic, social and environmental policies, allow urban design to produce the greatest possible benefits
User Participation in urban design

User participation in urban design activity is said to:

- improve the fit between design and use needs
- develop a sense of community and ownership over the final result
- offer cost savings by encouraging greater user support for change
By User Participation

- Users have essential expertise and information that can assist the design process.
- Realistic, more informed public expectations and understanding can develop.
- People can see how their individual needs or concerns fit into the wider picture.
- People may feel a stronger sense of ownership over the end result.
- A stronger sense of community may develop.
- The interests of people whose needs might otherwise be ignored are protected.
**local character in urban design**

Urban design that respects and supports local character can:

- attract highly-skilled workers and high-tech business
- help in the promotion and branding of cities and regions
- potentially add a premium to the value of housing
- reinforce a sense of identity among residents, and encourage them to help actively manage their neighborhood
- encourage the conservation and responsible use of non-renewable resources
Thank you for your attention