



**cycle
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DESIGN FOR LIFELONG
HEALTH & WELLBEING

Understanding How the Built and
Social Environment Shapes
Willingness and Ability to Cycle in
Later Life

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1st International Transport and Health Conference,
UCL, London 6th-8th July 2015








Outline **cycle
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Background:	Ageing populations Cycling in later life in the UK
Methods:	Overview of Cycle Boom project methods, sample, processing and analysis
Results:	Profiles of ageing velo-mobilities
Discussion:	How might urban settings support older adults to continue or reconnect with cycling?

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Ageing population

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Why study ageing and cycling?

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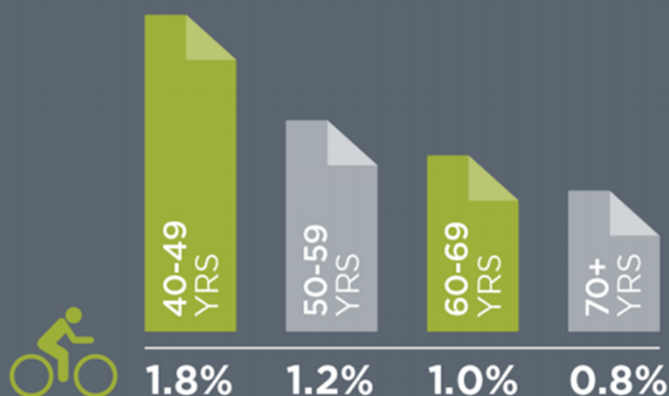
- Low-cost
- Low impact
- promote interaction
- connection to community
- independent mobility and wellbeing

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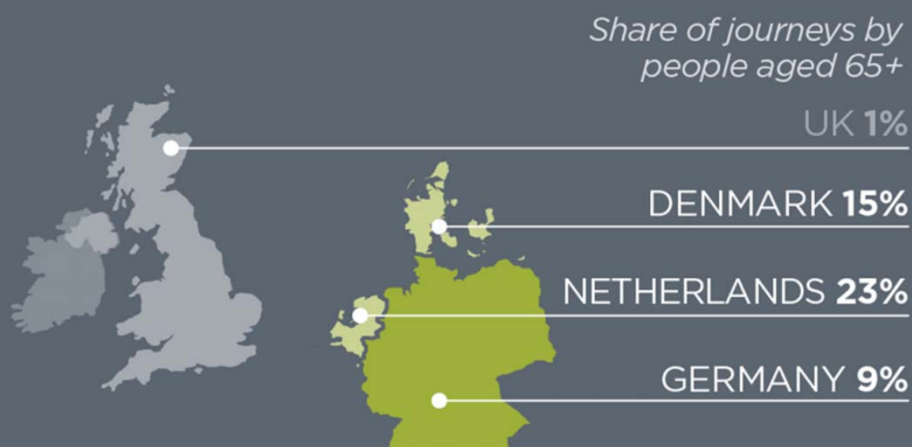
LOW LEVEL OF CYCLING AMONG OLDER PEOPLE IN THE UK

The share of journeys made by bicycle is low for all all age groups, but particularly low in older age.



DIFFERENT STORY ELSEWHERE

Cycling is an important method of transport in older age in other parts of Northern Europe.



Cycle Boom aims & objectives



- Develop better understanding of cycling amongst the older population in the UK
- Inform policy and practice

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Research questions



How are older adults domains for cycling in later life shaped by life transitions and past and contemporary physical and social settings?

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Research approach - life course perspective cycle BOOM

Lifecourse

Contexts

- Economic/policy
- Organisational/physical environment
- Social/cultural
- Individual

cycling status in mid and later life viewed “dynamically as the consequence of past experience and future expectation as well as the integration of internal motive and external constraint”


Giele and Elder, 1998

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Biographical and mobile methods cycle BOOM

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Research participants



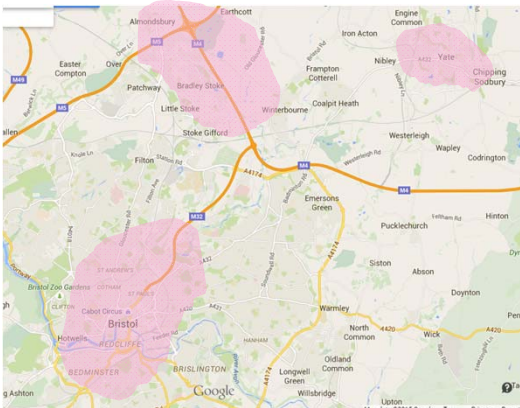
Bristol | Cardiff | Oxford | Reading

Gender balance

30 do ride

30 no longer ride


50s | 60s | 70+



Core | fringe | free-standing

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Processing



life history

recordings, grid, photos

↓

Case summary

30 + 30

ride

recordings, gps

↓

'gist'

30

post ride interview


recordings

Clips, memo

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HJ1


Results:
Empirical data



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Alfie

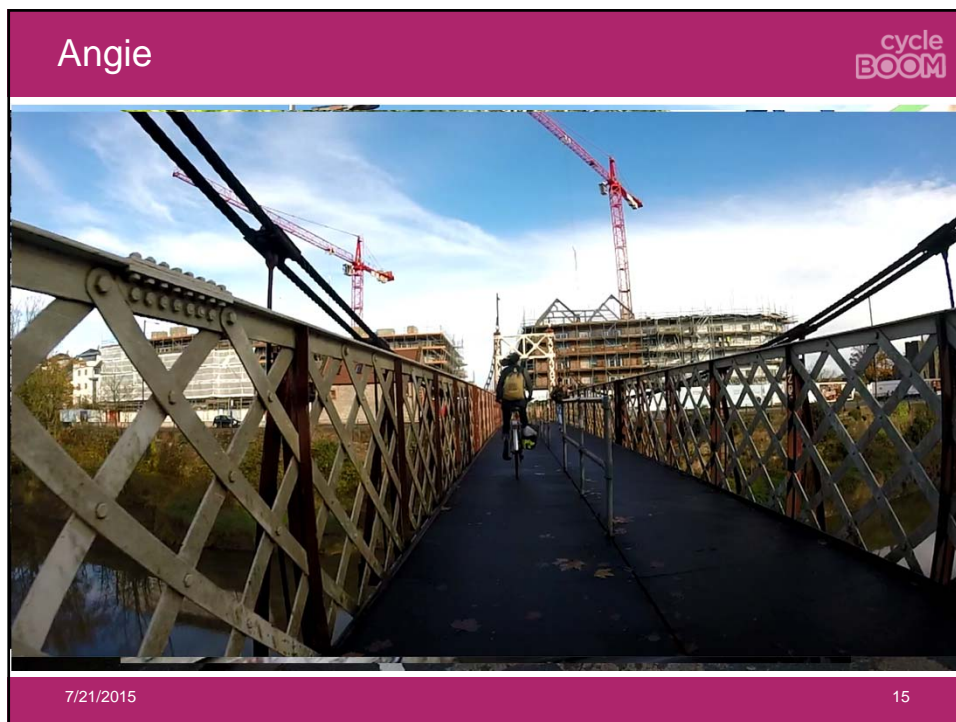
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Slide 13

HJ1 Kiron I'm not sure about this title- would you call it results or something else?
Heather Jones, 03/07/2015



Typology of cycling trajectories through mid and later life

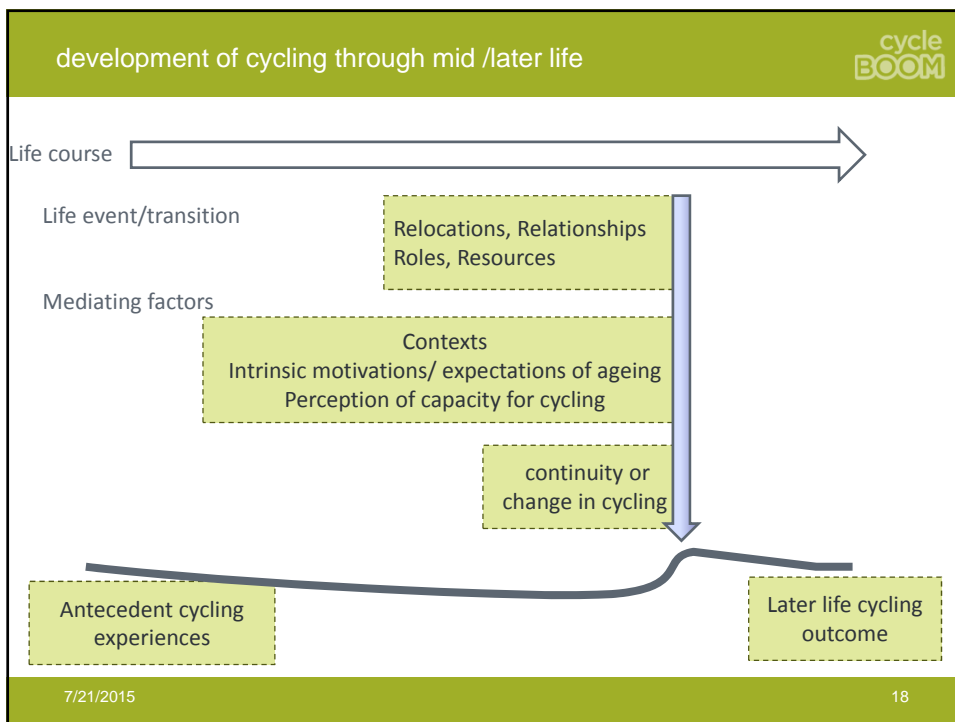
Continuing	Alfie
Restored	
Expanded	
Declining	Angie
Curtailed	
Absent	

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Influence of later life transitions on cycling			cycle BOOM
Type of life event/ transition	Examples	Implications for cycling	
Relocation home work	Down-sizing, down-shifting	Physical domain: Distances, infrastructure, safety, aesthetics	
Roles	Retirement/ down shift in work Caring	Time	
Relationships	New/dissolution Evolving relationships with (adult) children	Social support	
Health	Loss of fitness, flexibility, sensory and motor abilities Need for rehabilitation, management	Capacity and comfort	Motivation

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Challenge and support for older cycle users			
	Inner urban	Fringe	Common
Home	Tight spaces for storing and manoeuvring bike to street	Ancillary spaces and level access to street.	
Street	Crowded set off area	More spacious area to set off	
Neighbourhood	convoluted cycling provision, lack of segregation- exposure to traffic	Proximity to hinterland Segregated paths Intersections with distributor roads	Topography Corridors and gyratories with high traffic volumes
City area	Shorter distances to district centres and destinations	Greater distances to destinations Unrewarding stretches	Interstitial spaces afford permeability and route choice convoluted but direct sometimes undesirable links


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Implications for policy and practice

Supporting cycling in mid and later life

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Employment



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- Travel plan measures tailored towards later career employees
- Bike loans and pool bikes
 - Light weight, ergonomic, power assist
- Retirement preparation schemes
 - Retiring commuter cyclists
 - Activity into daily routine

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Local authorities, voluntary and commercial sectors



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Local events and groups for older adults to try and practice cycling

- differential fitness/confidence btw partners

Promote age-inclusive image of cycling

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Built environment

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- local routes
- Links from suburbs and exurban areas to key routes
- Storage and access
- Design and management of street curtilages
- Retirement villages as spaces for equipped for cycling

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Health services

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- Modes of mobility, activity and perceptions of fitness to cycle can be profoundly affected by health episodes.
- Support patients to resume or try active transport as part of recovery/ management of condition
 - Signposting to cycle training, local maps and groups
 - Partners mobility and activities affected
- NHS as employer
 - support active commuting
 - transitions to post working life

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EPSRC Pioneering research
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Lifelong Health & Wellbeing
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