



ACTIVE AGEING

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Barriers and enablers to
making communities liveable
for older people.



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Focus of the presentation:

Introduce the research team

Then tell you about:

- Why we did the study
- What the study was about
- What we did
- What we found
- The next steps
- Find out what you think we should do next



ACTIVE AGEING

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Active Ageing Research Group
Faculty of Health & Environmental Sciences
Co-directors
Associate Professors Stephen Neville & Valerie Wright - St
Clair



Active Ageing Research Group

Purpose: Working with older people to live well

AARG aims to:

1. Co-create research priorities and projects with older adults, communities and organisations
2. Advance gerontology research methods and theories
3. Provide quality evaluation of services working with and for older people
4. Translate research findings into policy and practice to advance community livability



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Other team members:

Dr Jeffery Adams (Massey University)

Sara Napier (Auckland University of Technology)

Kay Shannon (Auckland University of Technology)



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Background:

- We are living longer
- 'Ageing in Place'
- More people aged 65 years and over living in communities
- Communities need to be appropriate places for older people to live in



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Liveable/AFC:

- Transportation
- Environment/physical spaces
- Opportunities for social participation
- Feeling respected and included
- The availability of community and health services



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In summary we believe:

That supporting communities that are age-friendly can allow older people to age in place in their local neighbourhoods, resulting in improved health and well-being.



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Research Process:

- Ethical approval was gained from Massey University and AUT Human Ethics Committees
- Advertised in a variety of places including Mahurangi Matters
- Qualitative interviews (N=45)
- Digitally recorded
- Transcribed the interviews
- Undertook a thematic analysis of the transcribed data



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Types of questions we asked:

- Tell us about your community.
- What are some of the difficulties you have with driving, walking or other means of around?
- Do you feel like you have a say in your community?
- How social and friendly is your community?
- What have been your experiences in accessing services in your community?
- Is there anything else you would like to tell us about your community?



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Key findings:

- General findings
- Transport
- Physical environment
- Social environment



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General findings:

- Majority of participants were women
- European and well educated
- Most people had enough money to do the things they wanted
- Well connected to the local community
- The majority of people owned their own home
- Most people moved to Warkworth for the lifestyle, rural environment and affordable housing



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Transport:

- Having access to a means of transport was important for people to be connected and involved in the community
- Being able to drive
- Lack of public transport options available



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The Physical Environment:

- Lack and quality of footpaths on roads makes walking hazardous
- Curbs difficult to negotiate
- Crossing some roads were challenging
- Issues with parking
- People with disabilities found the town difficult to get around



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The Social Environment:

- Community is friendly and welcoming for most people
- Information centre valuable to finding out upcoming events and activities
- Mahurangi Matters popular source of community information
- Plenty of opportunities for volunteering
- Family and friends very important



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Next Steps:

- With your help use the findings to plan the next stage of the research programme
- Influence policy makers and town planners where possible
- Present the findings at conferences
- Write articles for publication



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Discussion:

- Do these findings resonate with you?
- Is there anything we have missed?
- What future work do you think we need to do?

Thank you.