

60Plus-Check for selected streets, paths and public places. How age-friendly is your neighbourhood?



An age-friendly city or community is **health promoting and designed for diversity, inclusion, and cohesion, including across all ages and capacities**. Age-friendly cities or communities might have, for example: accessible and safe road and transport infrastructure, barrier-free access to buildings and houses, and public seating and sanitary facilities, among others.

A public space is said to be age-friendly and suitable for older people if people want to and are able to stay and move within it without hurdles, difficulties, and restrictions, even at an advanced age.

1. Hurdles can be, for example:

- a. business/shop entrances which are not barrier-free.
- b. cracks and unevenness of the sidewalks.
- c. billboards, parked scooters/bicycles, or other objects on the sidewalk.
- d. edges of the sidewalk that are too high and difficult to negotiate with a walker, crutches, or a wheelchair.

2. Difficulties may be or arise due to, for example:

- a. a lack of crosswalks on busy streets making it difficult to cross safely at a slower walking pace.
- b. walking breaks cannot be taken because there is a lack of consumer-free seating along walking and shopping routes, and if existent, the seats are not protected from the elements.
- c. too few wind- and weather-protected seats at public transport stations or in shopping areas.
- d. poorly lit or poorly shaded sidewalks.

3. Restrictions can be, for example:

- a. too great a distance between the public transportation stops.
- b. recreation zones and walking areas are not well connected to the public transport network.
- c. staying outdoors is not possible due to lack of consumption-free seating or are not in the shade and too close to heavy traffic.
- d. A lack of easily accessible public toilets/sanitary facilities.
- e. free wi-fi