

# Session 1: Mobility and Travel Behaviour

*Summary by Song Siqi, Research Assistant, LKYCIC*

Speakers in the first session spoke on the broad theme of mobility, travel behaviour and physical activity for older adults. Their presentations were framed by the question: What matters in terms of promoting active travel among the elderly, and thus the quality of life?

Dr. Ester Cerin presented on findings from a systematic review conducted by her team on neighbourhood physical environment and its association with total leisure time and physical activity in older adults. In the review, they considered a number of built environment characteristics, including dwelling density, street connectivity, land use mix, walkability, and access of facilities. They found a strong link between the neighbourhood's physical environment and active travel time and with total physical activity. The findings regarding the leisure time activity, however, are relatively limited.

Dr. Gudmundur F. Ulfarsson presented on older people's transportation and mobility needs. He indicated that the transportation demand from the older aged segment of the population will increase over the years and therefore is a key area of research and policy focus. For older people who are able to drive, licensing and technological improvements were highlighted as key factors to facilitate driving among this older age group. For older adults who are unable to drive or walk long distances, transport alternatives are necessary to enhance mobility and consequently, quality of life.

Dr. Erja Portegijs presented some findings from her studies of older people's physical activity and life space in the municipalities of Muurame and Jyväskylä, Finland. Her studies show that physical activity increases as people move to greater life spaces. Environmental barriers such as dangerous crossroads, snow and high curbs may limit older people's mobility. Perceived environmental facilitators also play a key role in life space mobility. Older people's life goals can influence their mobility; the more goals, the higher one's life-space mobility.

Dr. Yuen Chau presented on the application of an innovative mobile crowding approach to understand the daily lives of older Singaporeans. He identified regions of interest among people above 55 years old and found that older adults stay at home for longer periods of time and tend to visit places near their homes than do younger adults. Popular places visited by older people included community centres, shopping centres, hawker centres and markets. Each popular location indicated different check-in patterns. For example, activity in community centres was heightened during mornings and evenings, while activity in hawker centres was greatest in the mornings.

Dr. Yuting Hou presented on findings from a study of the differences in travel patterns (trip generation, modal choice and destination choice) between older aged people and other age groups in Singapore. Results from the study indicated that 1) trip generation rates for all purposes and non-work purposes among older people are higher within the overall population; 2) older people are more likely to conduct active travel or private motorised travel, but are less likely to travel by public transit; 3) "transport-advantaged" places, such as subzones with higher trip generation rate for non-work purposes and higher share of walking and/or public transit trips are mostly concentrated around the commercial/activity centres.