

RESEARCH SUMMARY

Title	Older people's experience of travel in London
Objective	Impact of a lack of accessible transport on the lives of socially excluded older people in London
Date	June 2009
Methodology	Twelve in-depth travel immersions with older people, each lasting approximately three hours

Key findings

- Some older people experience barriers in their daily lives that can lead to them becoming less active. Transport, and the lack of access to it, has a key role in the process of people becoming less active and lowering expectations of what they can do.
- Physical, environmental, and information barriers to using transport may result in immediate physical and emotional impacts, such as pain and anxiety. These can lead to behavioural changes, resulting in less interaction with friends and family, greater reliance on others, their activities becoming more localised, and a loss of spontaneity.
- Making transport more accessible can help people maintain a more active lifestyle and ultimately maintain their emotional health and wellbeing
- Any initiatives to encourage people to use public transport need to let people know what support is available and support them to return to modes they have stopped using or to try new modes.
- Transport is only one of many factors that can drive the change in older people's activity. Initiatives will be most successful if they combine accessible transport with accessible destinations and provide support through voluntary organisations such as Age Concern as well as community transport initiatives.

Job number: 08225