

Movement, meaning and mingling in natural environments

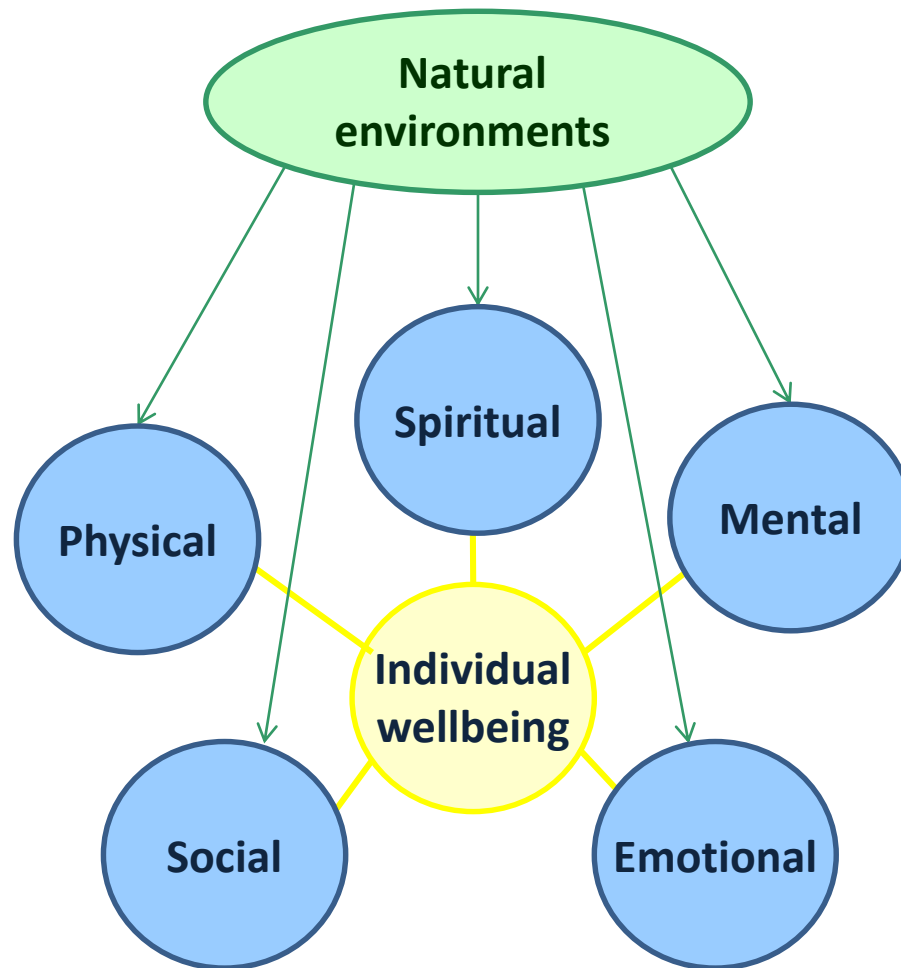
Sarah Bell

1st July 2016

Outdoor natural environments: An active space for the older adult?



A brief background...



Adapted from: Warber et al (2013)



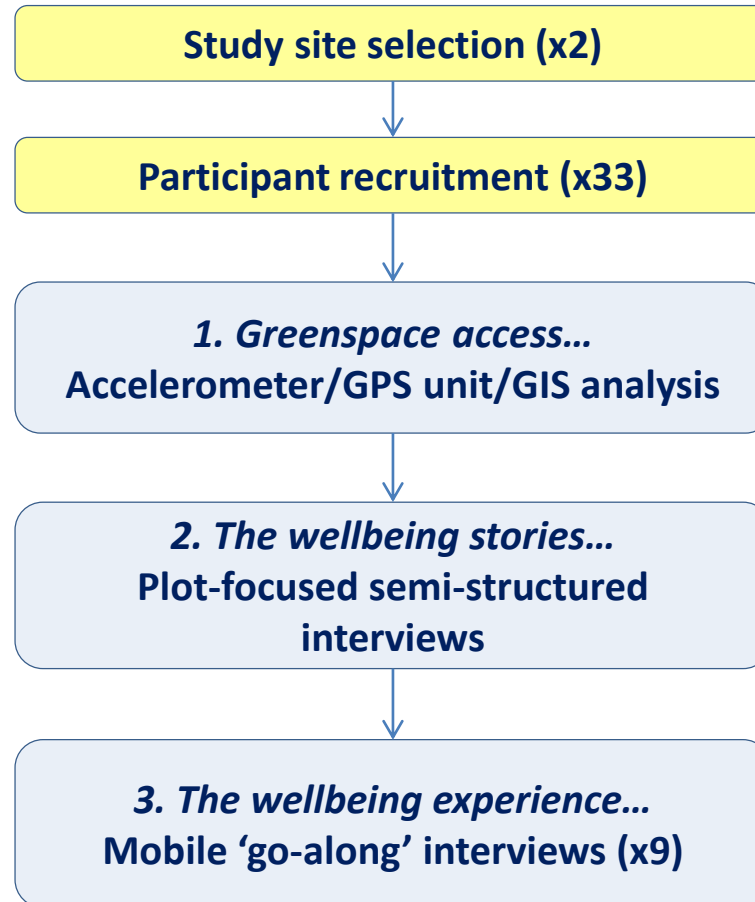
A brief background

Older adults, natural environments and physical activity...

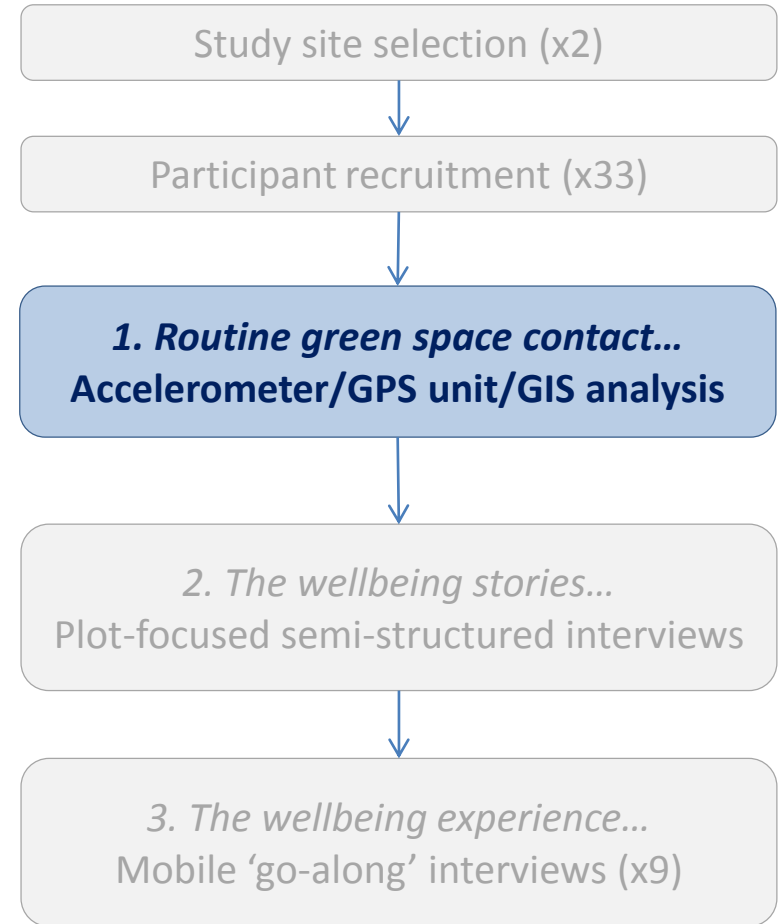
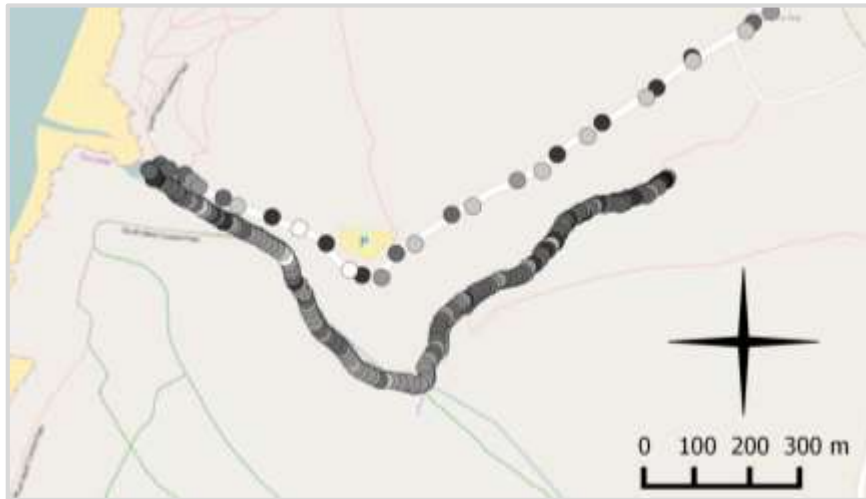
- Landscape design, walkability (I'DGO & I'DGO TOO)
- 'Third places' & natural neighbourhood networks (Gardner, 2011)
- Intergenerational interaction, 'excuses to play' (Spencer et al., 2013)
- Social identity, dropping the 'mask of ageing' (Milligan et al., 2005)
- Sense of purpose, structure and routine (Finlay et al., 2005)



Using geo-narratives



Using geo-narratives



Using geo-narratives



Study site selection (x2)



Participant recruitment (x33)



1. Routine greenspace contact...
Accelerometer/GPS unit/GIS analysis



2. The wellbeing stories...
**Plot-focused semi-structured
interviews**



3. The wellbeing experience...
Mobile 'go-along' interviews (x9)



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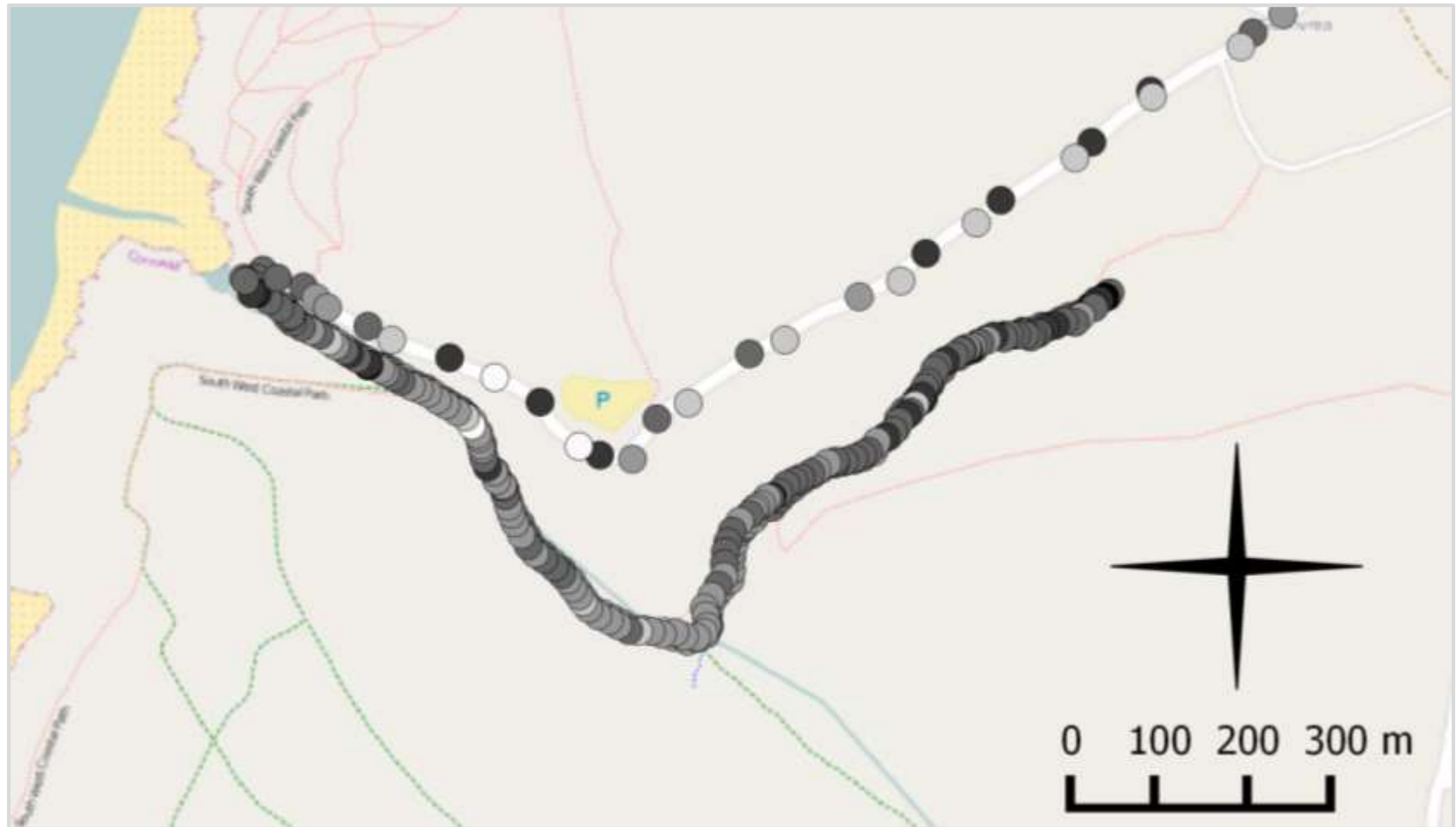
Movement



<http://www.falmouthtowncouncil.co.uk/services/allotments>



Movement



Movement



Meaning



Mingling



<http://www.roughguides.com/article/five-top-cycling-breaks-around-britain/>



Mingling



<http://earthwrights.co.uk/projects/10050#gallery>



Adapting



Adapting

Ron: We go to the Eden Project two or three times a year... Par Beach to look at the swans and Canada geese and...

Olive: We like to go up on the moors don't we? Have a cup of tea!...

Ron: Any free afternoon, if we don't know what else to do, we might go down to Heligan...

Olive: I mean we don't go down to the jungle down there because that's too much of a climb for him, we used to didn't we but latterly we haven't done it.

Ron: Trying to keep things on a level keel...

Olive: Well, since you had your heart attack you can't do it can you?

Ron: Well, it's not wise.



Concluding reflections

- Importance of wider motivations driving active place interactions;
- Physical activity can be approached in diverse ways:
 - Health concerns
 - Passion for a particular activity
 - Immersion in a valued setting / type of setting
 - Desire for sense of purpose, achievement or creativity
- Meaningful active experiences are often *shared*;
- Individual and shared adaptations often made to maintain these social and place connections, balancing movement with the need to pause;
- Need to design environments that support this balance.



Thank you

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& thank you to my supervisory team and participants...

