



UAA 45 (2015), Miami, April 8-15

Toward 'walkable' residential environments

Key-elements of favourable environments for walking...

- **Proximity / Accessibility to local amenities** (Rosenberg, Everitt, 2001; Aparicio, Séguin 2006, Negron *et al.*, 2012).
- Availability of transportation options, in connection with the car... (Banister, Bowling 2004; Fobker, Grotz 2006).
- Positive experiences / outcomes of getting around (Borst et al., 2009; Lockett, et al., 2005; Lavery et al., 1996; Stahl et al., 2008).



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In the context of aging to walk ...

- Allows the realisation of activities (Banister, Bowling, 2004; Fobker, Grotz 2006).
- Has **psychological and physical benefits** (Banister, Bowling 2004; Spinney *et al.,* 2009; Fobker, Grotz 2006)
- Gives a sense of autonomy (Metz 2000).
- Is an essential element of 'active aging' (Walker 2002).

« For older adults, maximizing the attractiveness or safety of a walking path is more important than minimizing the distance to a destination » (Michael et al., 2006: 738).

































R5 Même si tu ne mets pas de légende détaillée, tu pourrais au moins indiquer la barre qui va du rouge au vert en indiquant Witout safety and comfort et Great safety and comfort Rev; 2015-04-08



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Findings and perspectives

- In suburbs walkability is not as low as what we hypothesized – great pedestrian potential is observed.
- Contrary to urban neighbourhood, walkable suburban streets are local, those lacking of utilitarian destinations.
- Leisure walking is feasible in the suburbs, even easier than urban districts due to the presence of low obstacles.



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Findings and perspectives

- In New-Urbanism neighbourhood most streets have high walkability level.
- This reflects the quality of urban design, which is a founding criterion of this approach.
- However, distances remain high and the less walkable street segments are those leading to planned amenities.
- A great functional walkability that is planned 'on paper' seems to be not enough, especially if the environment lacks of mixed-uses.



Next steps for research and actions

- To develop WATS with focus groups, interviews, and collaborative tables.
- To add other metropolitan areas to the WATS database.
- To contribute to age-friendly municipalities program through collaborations with cities.
- To steer an action-research on aging, planning, and health in medium-sized cities in the Province of Québec.