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If an older person can't get out into their local neighbourhood, their quality of life diminishes. When someone becomes a prisoner in their own home, they miss out on opportunities to socialise, exercise, get fresh air, and experience nature.

But for too long the inclusive design of the outdoors has been neglected. The project I lead, Inclusive Design for Getting Outdoors (I'DGO), aims to redress the balance.

To date, we have worked with over three thousand older people across the UK, finding out why getting outdoors matters to them and what helps or hinders them to access their local neighbourhood. We hear that it's often the design or maintenance of environmental features, such as footpaths, road crossings and public open spaces, that can cause difficulties.

We also want to drive forward change. We work closely with professionals and government to imbed inclusive design principles in both planning policy and design practice, and to translate what we've learnt into practical guidance. This guidance is cited by the World Health Organization in *Global Age-Friendly Cities: A Guide*.



Professor Catharine Ward Thompson
Director of the I'DGO consortium