

CIHR IRSC

Canada – UK Study Tour: The Science of Age-Supportive Built Environments

London and Edinburgh, UK
March 8 – 12, 2010



Canada

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Partnership

- ❖ **The Partners:**
 - ❖ Institute of Aging, Canadian Institutes of Health Research
 - ❖ British High Commission – Science and Innovation Office (Toronto)
 - ❖ UK Engineering and Physical Sciences Research Council (EPSRC) programme KT-EQUAL
 - ❖ Canadian High Commission, London

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Mobility in Aging Strategic Research Area

- ❖ Launched in 2005
- ❖ To address research and knowledge translation needs within the range of *intrinsic* and *extrinsic* challenges (from biological to environmental) associated with Mobility in Aging.
- ❖ **Challenges:**
 - ❖ CIHR is a [health](#) research funding agency
 - ❖ few researchers and decision-makers linked to extrinsic factors, such as [transportation, housing and community design, applications of technology](#) and other aspects of the built environment have identified with the CIHR-IA Mobility in Aging initiative.

Canada

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The Challenge...

- ❖ **Pockets of significant Canadian research expertise** on extrinsic factors related to MiA
- ❖ **Little opportunity for collaboration or transfer of knowledge** either among these groups or with relevant external stakeholder communities
- ❖ **Yet, Canada has been an international policy leader in the WHO Age-Friendly Cities movement, now seeking scientific underpinnings to enable accreditation and evaluation**

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The Opportunity

- ❖ **UK research councils implemented key research programmes relevant to design of age-supportive physical environments**
 - ❖ EPSRC EQUAL (Extending Quality Life) Initiative
 - ❖ EPSRC SUE (Sustainable Urban Environments) Programme
 - ❖ *Enabled practical policy and implementation guidance and novel scientific, technological and design responses*
 - ❖ *Influencing regulations, codes and standards*
 - ❖ *Close to leading-edge of practice*
 - ❖ New Dynamics of Ageing (NDA) Programme - unique collaboration among five UK research funding councils
 - ❖ Some built environment-related projects

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Objective: Canada – UK Study Tour

- ❖ **To enable exchange of Canadian and UK expertise and experience in:**
 - ❖ Research underpinnings of age-supportive design of the built environment
 - ❖ **Knowledge-transfer** among researchers and decision-makers including design and construction professionals, planners, and thought-leaders in industries such as transportation, town and country planning, housing, and technology.
 - ❖ **Research, policy and practice!**

Canada



Academics/Researchers - Canada

Established:

Professor Geoff Fernie, Vice President, Toronto Rehab
Professor Helen McKay, Department of Orthopaedics and Family Practice, University of British Columbia
Professor François Béland, Faculty of Medicine, Université de Montréal

New Generation:

Dr Philippa Clarke, Survey Research Center, University of Michigan
Dr Spencer Moore, School of Kinesiology and Health Promotion, Queen's University
Dr Antonio Paez, School of Geography & Earth Sciences, Associate Member of School of Civil Engineering, McMaster University



Policy Specialists – Canada

Dr John Millar, Executive Director, Population Health Surveillance, Provincial Health Services Authority, British Columbia
Glenn Miller, Vice President, Education and Research, Canadian Urban Institute, Toronto
Dr Vasanthi Srinivasan, Director, Ontario Ministry of Health and Long-Term Care

Organisers:

Professor Anne Martin-Matthews, Scientific Director, Canadian Institutes of Health Research - Institute of Aging
Dr Susan Crawford, Deputy Director, Canadian Institutes of Health Research - Institute of Aging, in Vancouver
Dr Caroline Martin, Science and Technology Advisor, Canadian High Commission



Special Guests - The Three Big Johns

Dr John Beard, Director, Department of Ageing & Life Course, WHO

Professor John Frank, Director, Scottish Collaboration for Public Health Research and Policy (SCPHRP), Medical Research Council (MRC) and Chief Scientist Office (CSO)

John Armit, Chair, EPSRC and Chair UK Olympic Delivery Authority



The UK participants

Academics/Researchers
 22 in various seminars
 + 12 in public seminar

Policy Makers/Practitioners
 15 in various seminars
 + 40 in public seminar
 + 3 Members of Scottish Parliament
 + 1 Member House of Lords

Organisers
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Programme - Monday Age-Friendly Environments, Social Capital, Health, Civic Design, Participation

London

Initial Briefing – Sunday evening
 Research seminar and policy discussions – Monday



- Setting the Scene for Urban Environments in Canada and the UK
- Age-friendly research, housing and cities: a UK perspective
- *Age-friendly cities: the Canadian perspective*
- Environment & Identity in later life
- *Measuring and assessing the importance of social embeddedness on the health of Montreal adults*
- Designing with dignity (hospice design)
- The Weakest Link: mobility and public amenities (public toilets)
- A Policy Makers Perspective



Programme – Tuesday am Visit to PAMELA Lab

London

- The Rough Guide to funding for ageing research



- Presentation of PAMELA (pedestrian environment laboratory)





Programme – Tuesday pm

The Science of Age-Supportive Built Environments

London

Public seminar and evening reception with practitioners and policy makers



John Armit & John Beard with Anne & Peter

Mental health & the urban environment: lessons from FORESIGHT

- *The challenge of senior's health and mobility*
- Designing for older people with HADRIAN
- *How to solve the every-day problems faced in later life*

• *Policy led discussion*



Programme – Wednesday

Accessibility

London

Research seminar and policy discussions –
Travel to Edinburgh



- Benchmarking older people's travel needs
- *Social participation among older adults with disabilities: The role of the urban environment.*
- Designing for wellbeing in the built environment
- Using AMELIA to improve accessibility for older people
- *Older people's travel behavior: evidence from Canada*

• Policy discussion, initial findings



Programme – Thursday

Out and about, Wellbeing, Spaces for Society

Edinburgh

Research seminar and policy discussions

Visit to Scottish Parliament and lunch with MSPs



- Getting Outdoors
- *Riding Cars with Seniors: Accessibility Implications of Mode of Travel*
- *Accessibility and Safety of Outdoor Environments for Seniors and People with Disabilities*
- Exercise for Wellbeing and Fitness in Older Adults
- *Cognitive Function in the Community Setting: The neighborhood as "Cognitive Reserve"*
- Older People's Use of Unfamiliar Space *Neighborhood Social Environments, Age and Park Use in Montreal*



Programme – Friday

Research into Policy, Policy into Practice

Edinburgh

Policy focused seminar with policy makers and practitioners

Visit organised by Living Streets
Debriefing



- Meeting the Needs of an Ageing Population in Scotland: Policy & Practice
- *Policy and Partnerships for Government and Community: A Canadian Perspective*



Outcomes

National level

Very unusual for researchers and policy makers to come together in this intensive way

Better connectedness within both national communities across research, policy and practice

Bilateral level

Perspectives and tools 'same yet different'
Breadth of the area in both Canada and UK accommodates the theoretical to the practical
Encouragement
Many possibilities for mutual development



Activities Since the Tour – One month on

Actions

1. Synthesis Grant on Age-Supportive Environments
2. Symposia at Canadian Association on Gerontology, December 2010
3. Presentations available on KT-EQUAL website
4. Many one-to-one discussions between participants – Canada-Canada, UK-UK, Canada-UK etc

Action plans

1. Canada – build critical mass from disparate community and encourage others to become involved
2. UK – 'pinning down' what might come next!





The Survivors



Canada