At the Intersection of Aging and Transportation

Impact of Aging on Transportation Needs & Wellness

What data shows how transportation needs change?

What affects optimal aging?

What is the role of transportation on optimal aging?

Jim Murphy  March 27, 2019
Well, that sucked.
Aging issues are

Multifaceted Intertwined

Not Consensus Oriented

Too Many in Silos

Addressed on interrelated basis

housing health services social services
What to Call Us

Senior
Citizens
Elders
Retirees
The Elderly
Gerontos
Seniors
Perennials
Older Adult
What Affects Optimal Aging

Optimal Aging

Healthy Aging

Successful Aging

aging well
effective aging

positive aging
The capacity to function across many domains—physical, functional, cognitive, emotional, social, and spiritual—to one’s satisfaction and in spite of one’s medical or other conditions.

It implies that no matter what state of health the person is in, one may still seek to optimize one’s capabilities or satisfaction with life.
Successful Aging

Absence of disease and disability; high cognitive and physical functioning; and active engagement with life.

While almost all elderly persons ascribed to such items as “remaining in good health” and “being able to take care of myself,” far fewer saw “living a very long time” or “being able to work” as important.
Factors that Contribute to Healthy Optimal Aging

• Biologic Factors
• Genetics or the individual's unique personal characteristics & behaviors
• Physical/Functional Health
• Nutrition
• Psychological & Social Factors
• Social & Economic Environment
• Social Support
Factors that Contribute to Healthy Optimal Aging

Adaptation

• Illness, functional loss, changes in the family, economic struggles, and other stressors---
  
  *opportunities to adjust and adapt*

Behaviors can be modified

• Selection of certain activities that are most satisfying and meaningful.

• Capacity is lost or reduced:
  – compensate different methods of accomplishing the same activities
  – altogether different activities
Role of Transportation on Optimal Aging

Accessible, Reliable, Affordable transportation is imperative if older persons are to remain Engaged in their Communities and have Successful, Optimal Aging
What does Optimal Aging mean in terms of Transportation?

• Keep older drivers safe behind the wheel.

• Making sure that safe and accessible public transportation options are available.

• Includes keeping older adults safe as pedestrians and cyclists.

• Providing other options such as the use of family, volunteers and technology.
What does Optimal Aging mean in terms of Transportation?

Getting to quality of life destinations

Groceries visiting friends/relatives
employment personal errands
Social activities beauty shops
volunteer activities work
health services church services
Transportation--Not Just an Issue for Older Adults

• Providers of health, recreation, and social services in communities worldwide.

• 78% of caregivers provide or arrange for rides for their loved ones, and some are getting older.

• Built environment and transportation infrastructure lack safe, viable options.
What data shows how transportation needs change?

- Older Adults and Boomers are fiercely independent.
- Driving the car where they need/want to go and when they want to go there.
Why are transportation needs changing

Pima County Population between 2010 and 2015

<table>
<thead>
<tr>
<th>Population Overall</th>
<th>3%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth – 19</td>
<td>-18%</td>
</tr>
<tr>
<td>20-49</td>
<td>+0.8%</td>
</tr>
<tr>
<td>50+</td>
<td>+12%</td>
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<tr>
<td>65+</td>
<td>+17.5%</td>
</tr>
<tr>
<td>85+</td>
<td>+20.5%</td>
</tr>
</tbody>
</table>
Aging and Transportation

- Old, Very Old, Very, Very Old
- Physical, Functional, Cognitive, Emotional, Social, Spiritual, Cultural
- Built environment and transportation infrastructure
- Driving, Being Driven, Public Transit
- Families, Government, Nonprofits, Business, Academia

Age Friendly/ Livable Communities for ALL
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