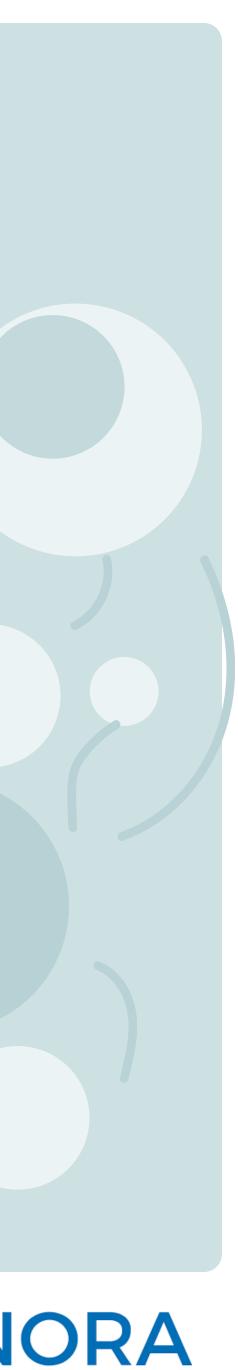
# Starting a Nordic Atlantic network for Ageing in an Accessible Arctic

Manuela Aguirre, PhD Design Director, Fabric+

Sidse Carroll, PhD Researcher, Center for Public Health in Greenland University of Southern Denmark (SDU)







### Team



### Manuela Aguirre, Design Director, Fabric+



Joyce Aguirre, Advisor, Urban and Regional Development, Fabric+







Sidse Carroll, Researcher, Centre for Public Health. in Greenland, SDU



Kamilla Nørtoft, Associate Professor, **Centre for Public Health** in Greenland, SDU







### **Co-designing** as a common method

Co-designing age friendly spatial practices (Sidse)

Co-designing as organizational change (Manuela)







#### CO-DESIGNING

#### AGE-FRIENDLY

CITIES AND COMMUNITIES

TOWARDS AN AGE-FRIENDLY SPATIAL PRACTICE





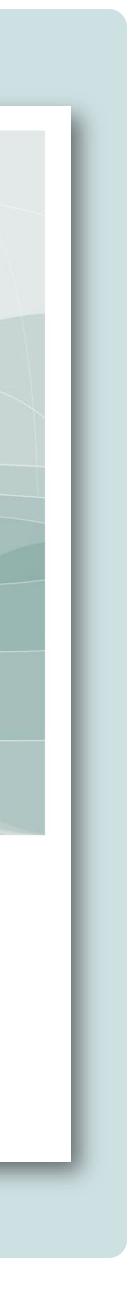
Manuela Aguirre Ulloa

#### TRANSFORMING PUBLIC ORGANIZATIONS INTO CO-DESIGNING CULTURES

A study of capacity-building programs as learning ecosystems







### Inspiration to get started...

«For us, it seems more difficult to initiate age-friendly programs in our Arctic regions. The territories and northern Quebec have more winter commonalities with each other than with the southern areas of the country...

I think our Arctic communities would feel more understood by other Arctic communities – even if these are located in other countries...»









### We found another «Ageing in the Arctic» project



### **Bodø**, **Norway**







#### Ageing in the Arctic 2017-2022

Living conditions, quality of life and health promotion among older people in Greenland







### Greenland







# Can we start a learning network for Ageing in the Arctic?



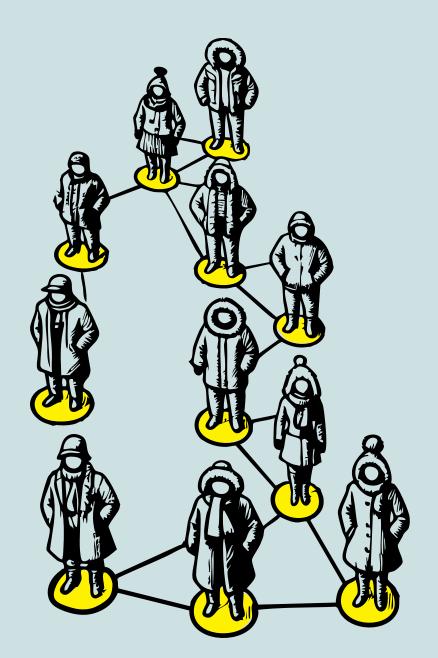








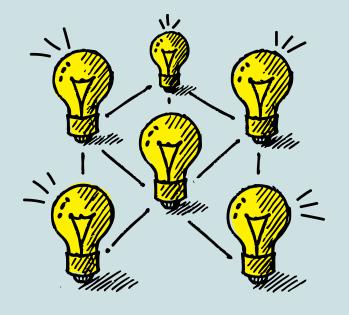
### Ageing in an Accessible Arctic **Project goals:**





Invite stakeholders to collaborate across the NORA-region.







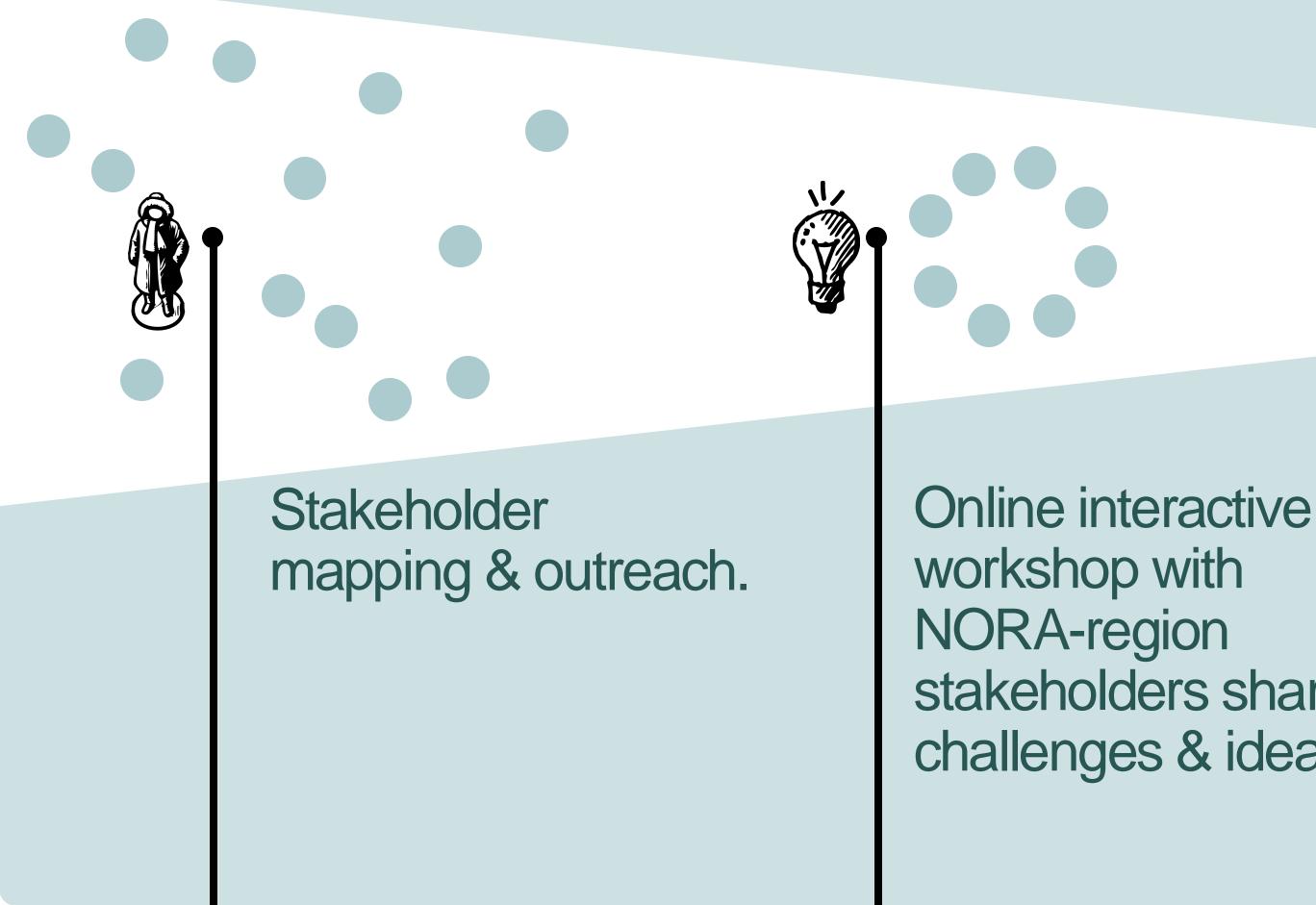
Create a common ground of knowledge for how wintery and arctic climates affects the opportunity for healthy ageing.







### Methodology overview









stakeholders sharing challenges & ideas.

In-person workshop with older adults in Greenland, giving feedback on the ideas from the online workshop.







### Stakeholder analysis in the NORA-region

80 stakeholders were identified through literature and case reviews

35 were invited to the online workshop

20 participated, 89% from academia



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### Support people with functional limitations

# Are used by services





#### **Prevent loneliness**

In Sisimiut there is an sports association for elderly where they go for a walk together three times a week

PREVENTING LONELINESS

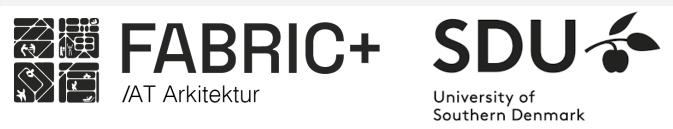
GREENLAND

The "Norðoya Gongufelag" (Walking Club) organizes walks where everyone is welcome

PREVENTING LONELINESS

FAROE ISLANDS





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Norðoya Gongufelag.









Support people with functional limitations

District heating heated streets

ACCESSIBILITY SWEDEN

Snow melting with district heating

ACCESSIBILITY NORWAY



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After and before street heating in sidewalks and bike lanes was turned on in Skårersletta. Photo by Lorenskog Municipality, Norway





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# Examples of outdoor winter environments that...

### Are used by services

Free bus rides for all retirees

GREENLAND SERVICES

In Sisimiut, the elderly and people with functional limitations receive a buscard they can use to get around. The elderly also takes the bus just to take a tour around the city and to talk to each other.

GREENLAND SERVICES









Senior citizens from Kommuneqarfik Sermersooq can travel with the buses for free. Please show your senior citizen buscard to the bus driver. Photo by Leiff Josefsen





#### **Affect other areas**

Available rest areas/benches support older people to be outside and/or take a walk

ICELAND OTHER

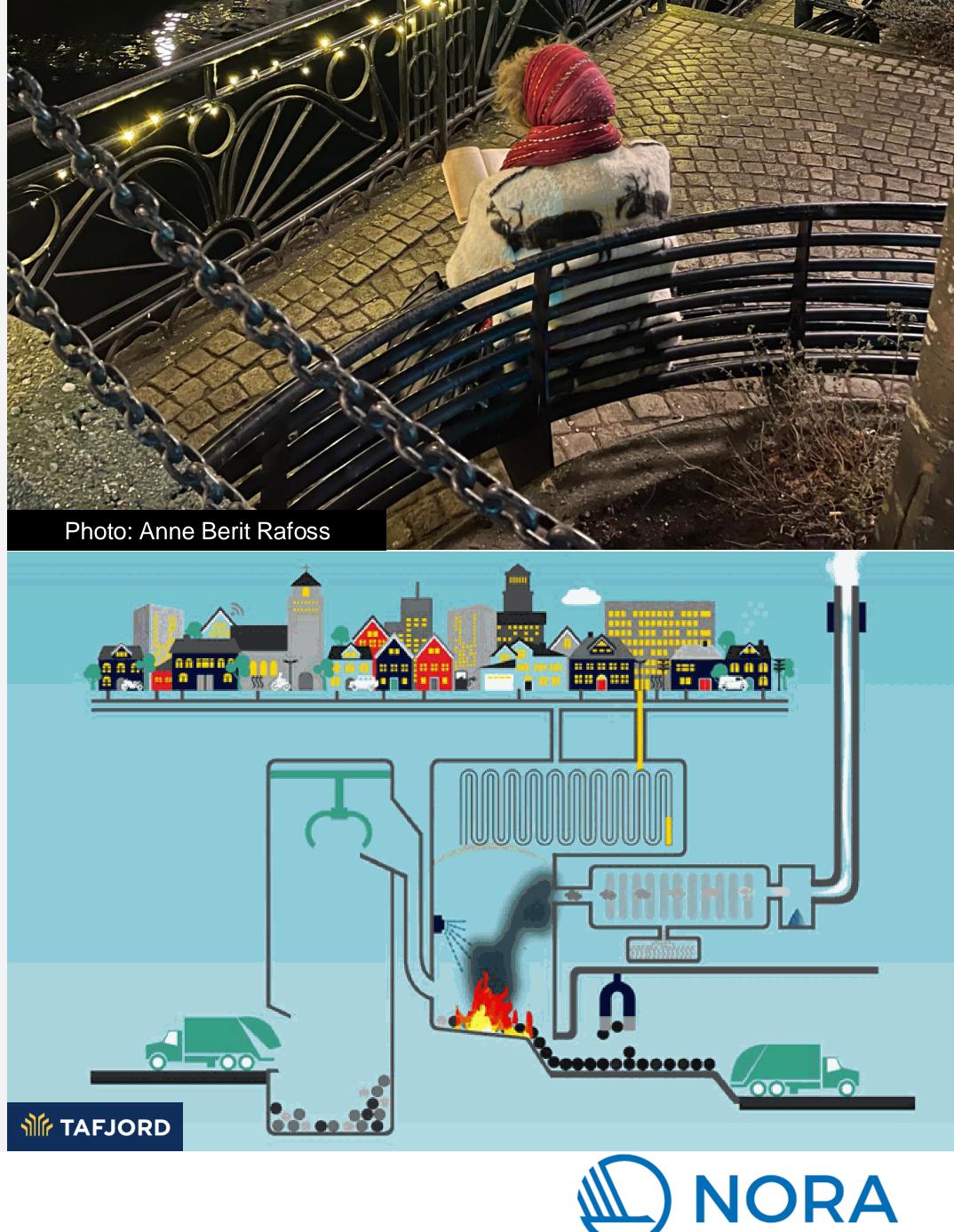
In Ålesund, they have created heated benches using excess heat.

NORWAY OTHER





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### In-person workshop in Greenland



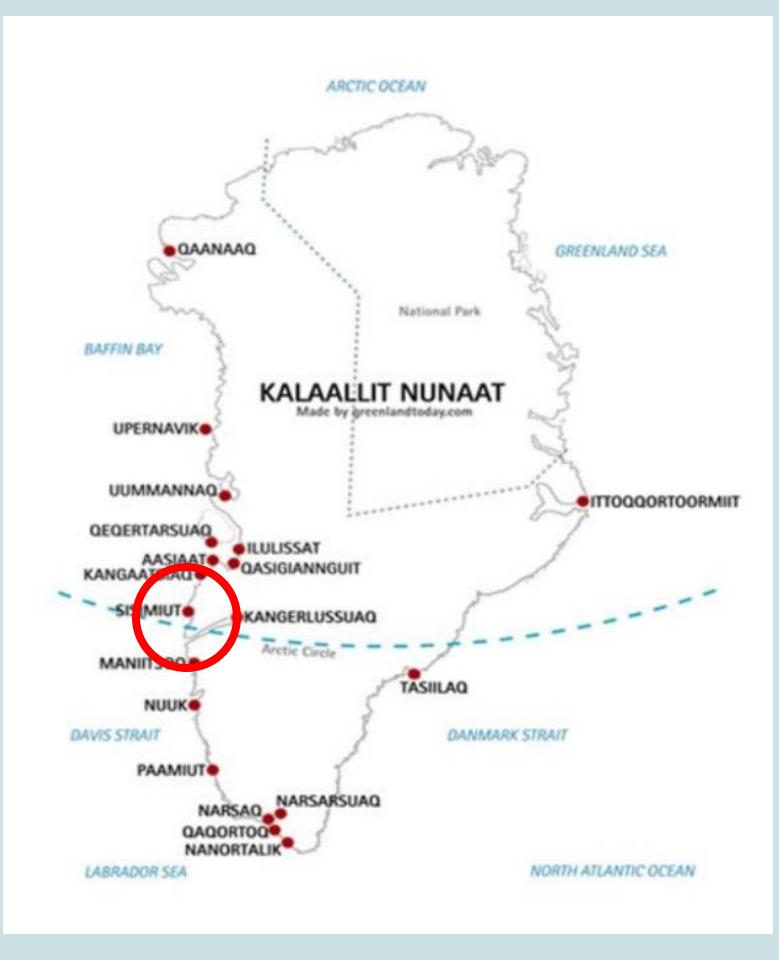








### Sisimiut, Greenland

















### Previous research in Sisimut, 2018

- Access to nature - even with mobility aids

- Meeting place to enable larger groups and families to meet and spend time in nature

Source: Carroll, S. (2020). Co-designing age-friendly cities and communities: towards an age-friendly spatial practice.











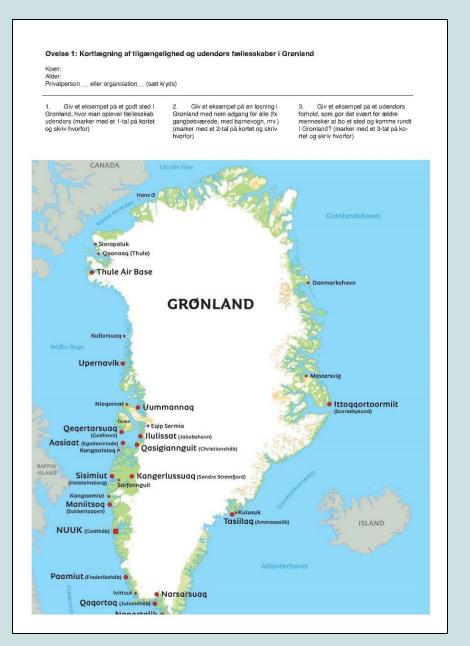


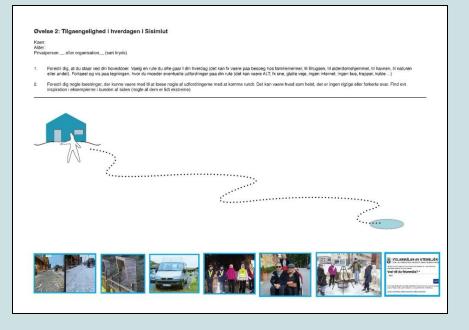


### Collaborative workshop, Oct 2024















### Workshop insights

- Winter and weather condition

"By our house there is a lot of snow and insufficient snow removal – especially when there is drifting snow. It can be very slippery. I once fell and hurt my head. We need more gritting and snow removal. I am not always able to use my machine."

- Access to nature











### Workshop insights

- The role of communities and places for gathering

"I am head of the older people's association. I don't know what I'll be able to do when I can't drive any longer. If I get an electrical scooter, the batteries will not be able to last (because of the cold). I will not be able to participate in the older people's association"

- Facilities such as benches and bus routes

"All the benches are removed during the wintertime. They get covered by snow. Only the motorists get the service of snow removal"













### Workshop insights

- The ability to stay fit and healthy

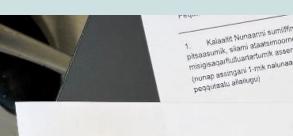
"I suffer from diabetes. We are asked if we are staying active. I want to go for walks and go into nature, but it is hard to follow the recommendations because of the weather and the inaccessibility. I feel the changes in the weather on my body. Then I can't walk."

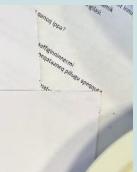
"Us older people, we want to stay fit and healthy too"

















### Zooming out: What have we learned?









#### In-person workshop with older adults in Greenland



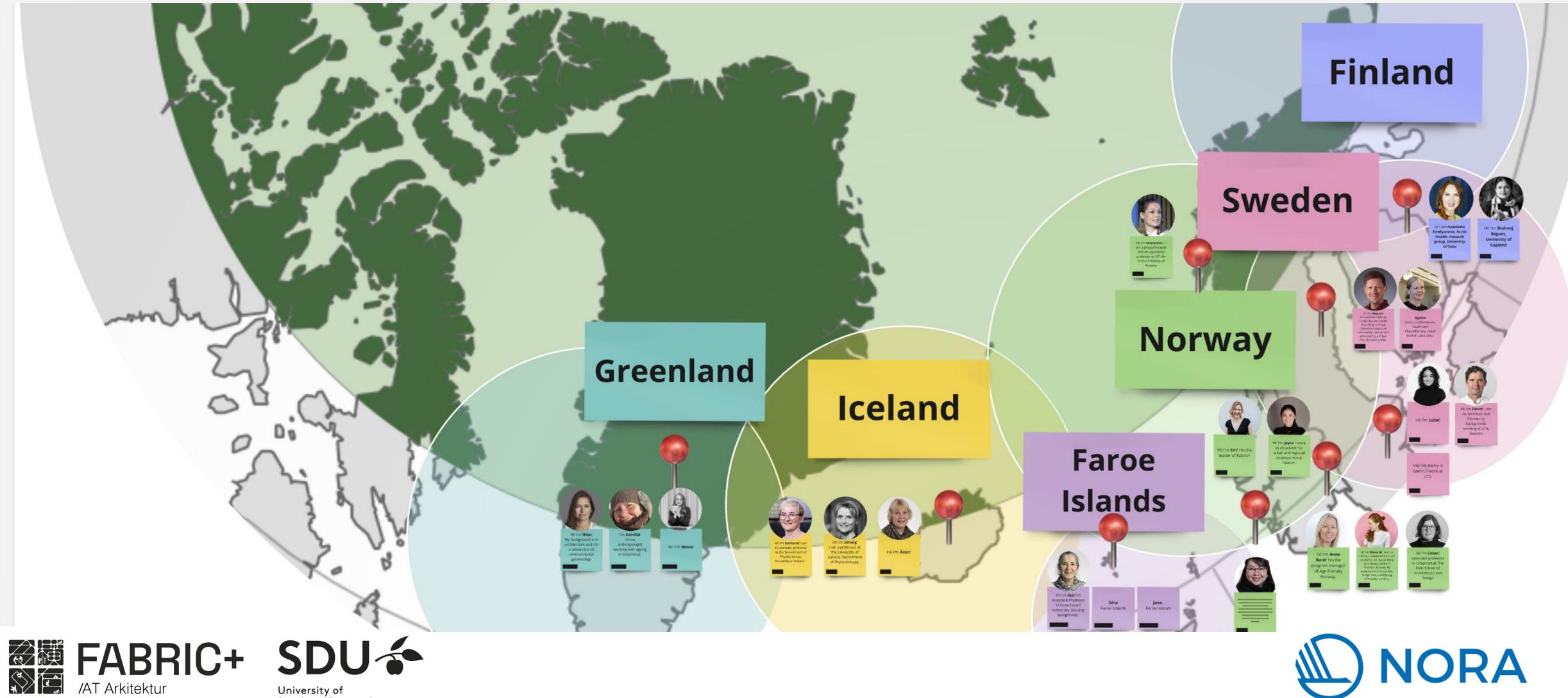






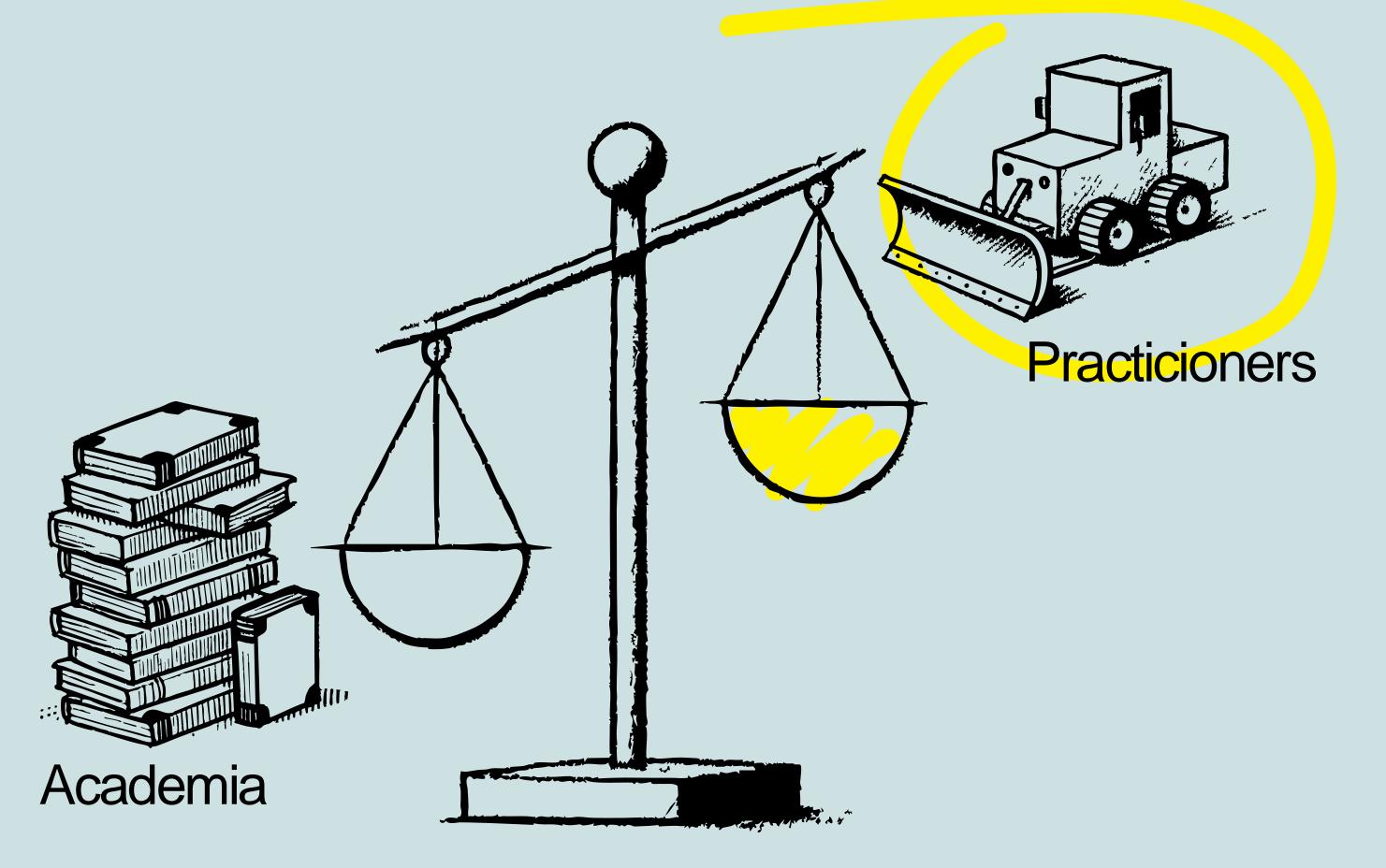
**Min the** Arotic AiAA Participatory Webinar: Sept. 25, 1-3PM CET

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### We need to involve more practicioners...













### Importance of local involvement.



Photo: Kamilla Nørtøft



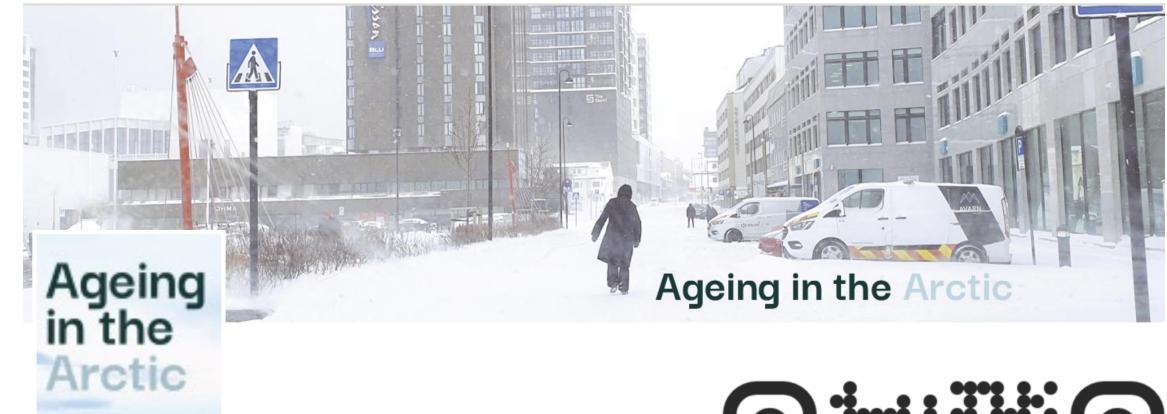


District heating would not work in rural Arctic, nor anywhere in Greenland





## Join the Linkedin group for Ageing in the Arctic!



#### **Ageing in the Arctic**

**iii** Public group





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Southern Denmark

### **58 members**

Academia (25%): Practicioners (15%):

Professor · 13.8%

Lecturer · 3.4%

**Postdoctoral Researcher** · 3.4%

**Research Secretary** · 1.7%

Other (60%)

Architect · 5.2%

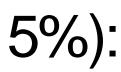
**General Manager** · 5.2%

**Chief Executive Officer** · 3.4%

Planning Specialist · 1.7%







### Let's get ready for an interactive session!

# **AhaSlides**