

Starting a Nordic Atlantic network for Ageing in an Accessible Arctic

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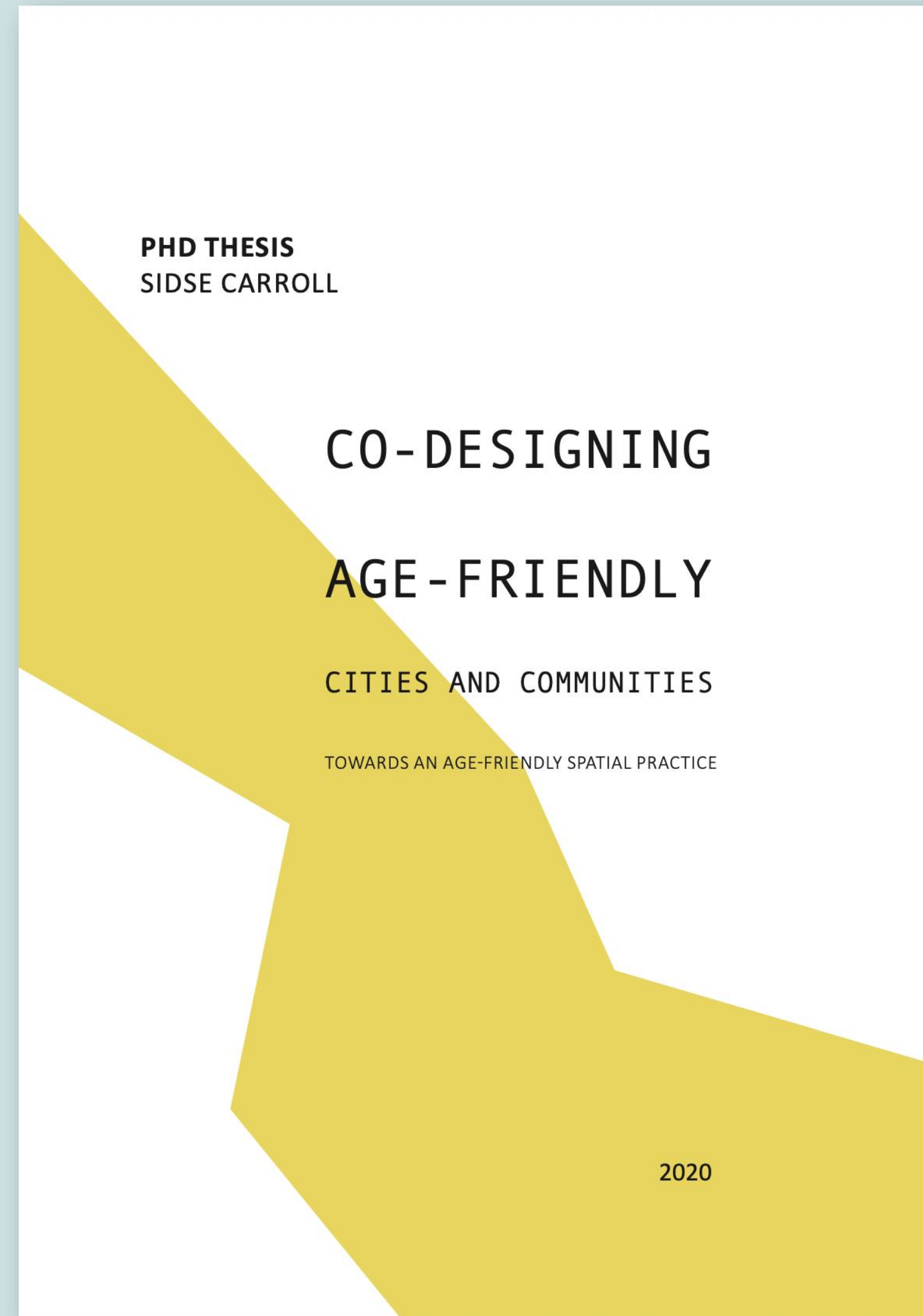


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Co-designing as a common method

Co-designing age friendly spatial practices
(Sidse)

Co-designing as organizational change
(Manuela)



Inspiration to get started...

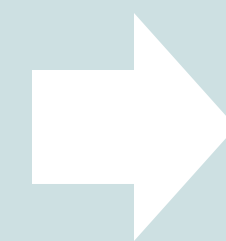
«For us, it seems more difficult to initiate age-friendly programs in our Arctic regions. The territories and northern Quebec have more winter commonalities with each other than with the southern areas of the country...

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



Greenland

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



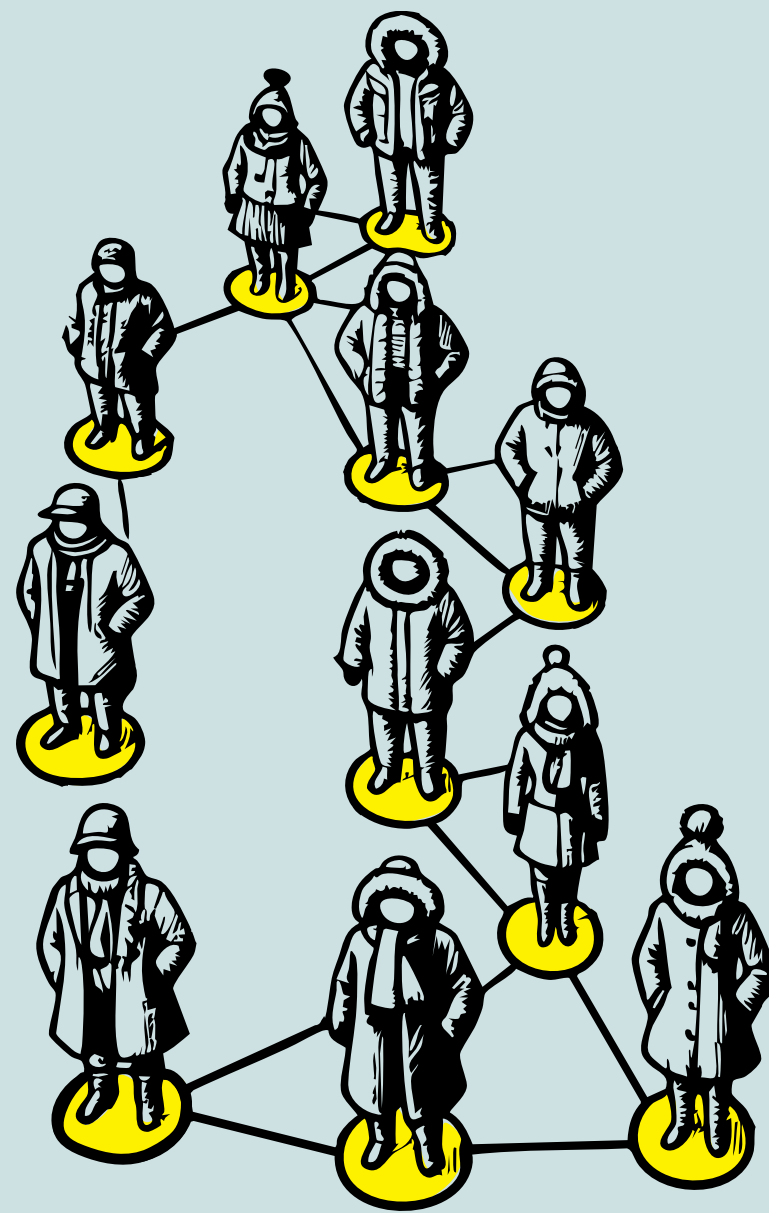
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/AT Arkitektur

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University of
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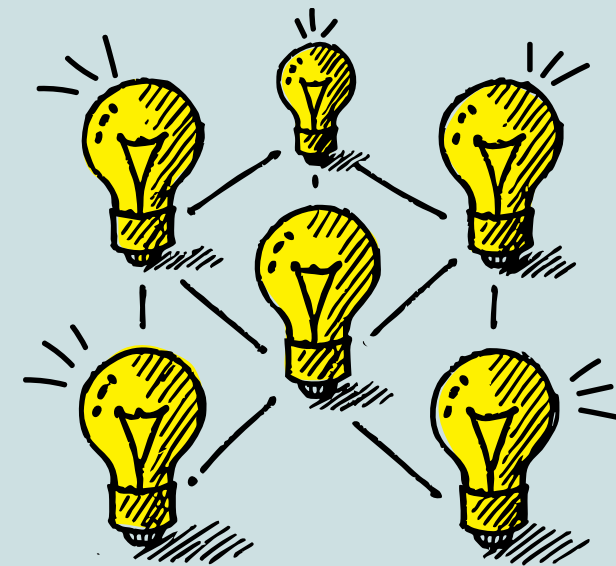
Ageing in an Accessible Arctic

Project goals:



01

Invite stakeholders to collaborate across the NORA-region.



02

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

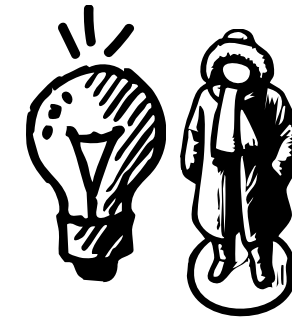
Methodology overview



Stakeholder mapping & outreach.



Online interactive workshop with NORA-region 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

The image shows a screenshot of a complex spreadsheet used for stakeholder analysis. The spreadsheet has multiple columns and rows. The columns are color-coded: some are yellow, some are green, and some are orange. The rows contain text, likely names of stakeholders and their associated information. There are also some colored bars and markers within the cells, possibly indicating different categories or statuses. The overall layout is dense and organized, typical of a data analysis tool.

Online interactive workshop



Examples of outdoor winter environments that...

Prevent loneliness

Support people with functional limitations

Are used by services



Examples of outdoor winter environments that...

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



Examples of outdoor winter environments that...

Support people with functional limitations

District heating heated streets

ACCESSIBILITY SWEDEN

Snow melting with district heating

ACCESSIBILITY NORWAY



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



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

Examples of outdoor winter environments that...

Affect other areas

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

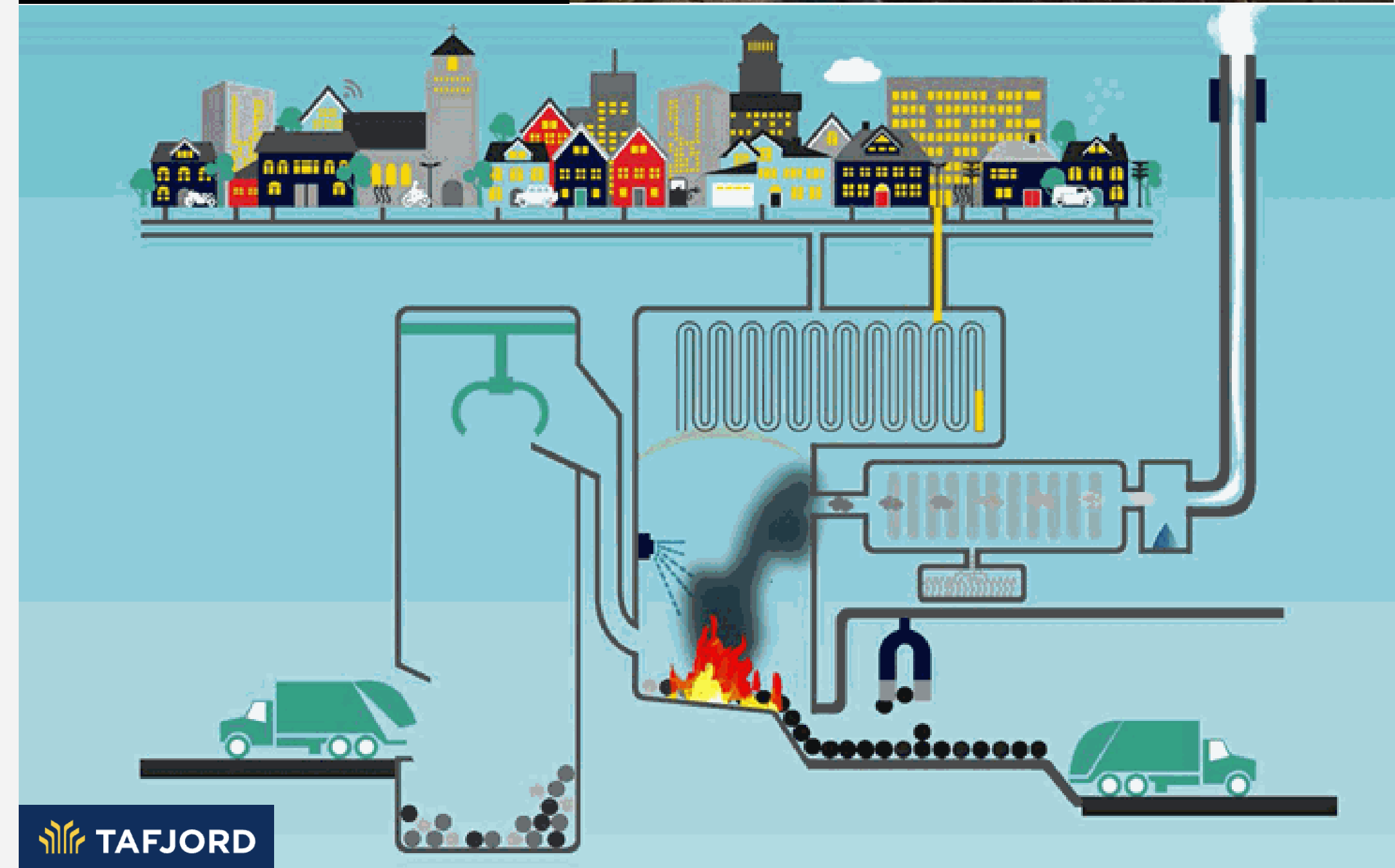
ICELAND OTHER

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

NORWAY OTHER



Photo: Anne Berit Rafoss

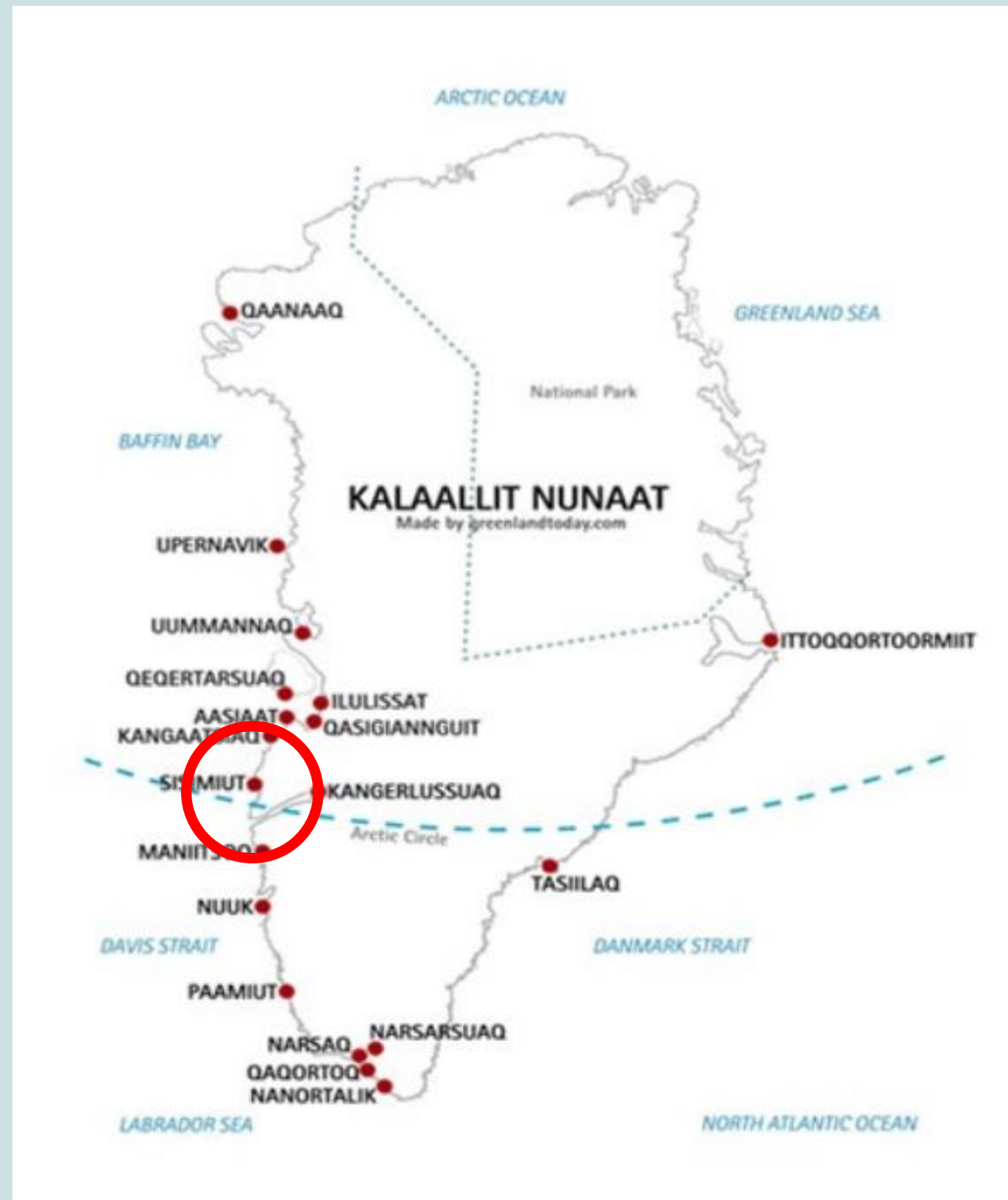


TAFJORD

In-person workshop in Greenland

Photo: Sidse Carroll

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



Ovelse 1: Kortlægning af tilgængelighed og udendørs fællesskaber i Grønland

Kort:
Alder:
Privatperson _____ eller organisation _____ (sæt kryds)

- Giv et eksempel på et godt sted i Grønland, hvor man oplever fællesskab udendørs (marker med et 1-tal på kortet og skriv hvorfor)
- Giv et eksempel på en bosted i Grønland med nem adgang for alle (fx gangbesværet, med barnevogn, mv.) (marker med et 2-tal på kortet og skriv hvorfor)
- Giv et eksempel på et udendørs forholds, som gør det svært for andre mennesker at bo et sted og komme rundt i Grønland? (marker med et 3-tal på kortet og skriv hvorfor)

Ovelse 2: Tilgængelighed i hverdagen i Sisimiut

Kort:
Alder:
Privatperson _____ eller organisation _____ (sæt kryds)

- Forestil dig, at du står ved din hoveddør. Vælg en rute på 10-15 minutter til en offentlig bane i byen. Hvilken rute vælger du? (Markér på kortet og skriv hvorfor.)
- Forestil dig nogle barrierer, der kunne være med til at gøre det svært at komme rundt. Det kan være høje skridte, der er for stejle eller for stejle, eller en for smal passage. Hvad er nogle af dem? (Skriv på kortet og skriv hvorfor.)



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”

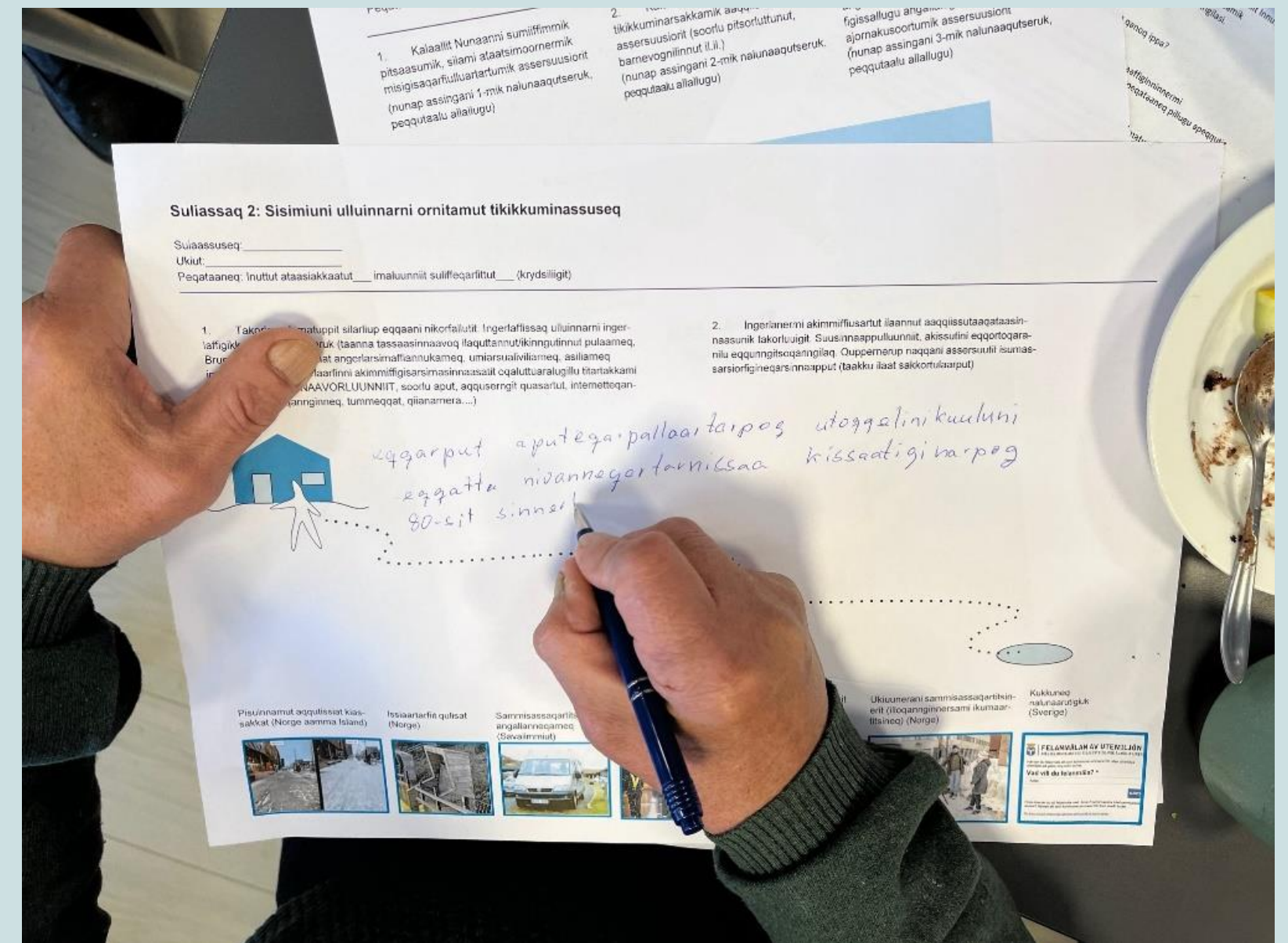


Workshop insights

- 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"



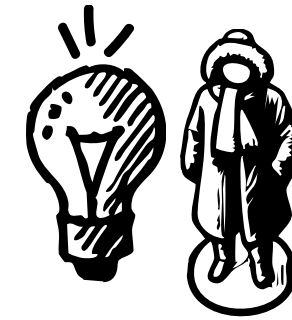
Zooming out: What have we learned?



Stakeholder mapping
& outreach.

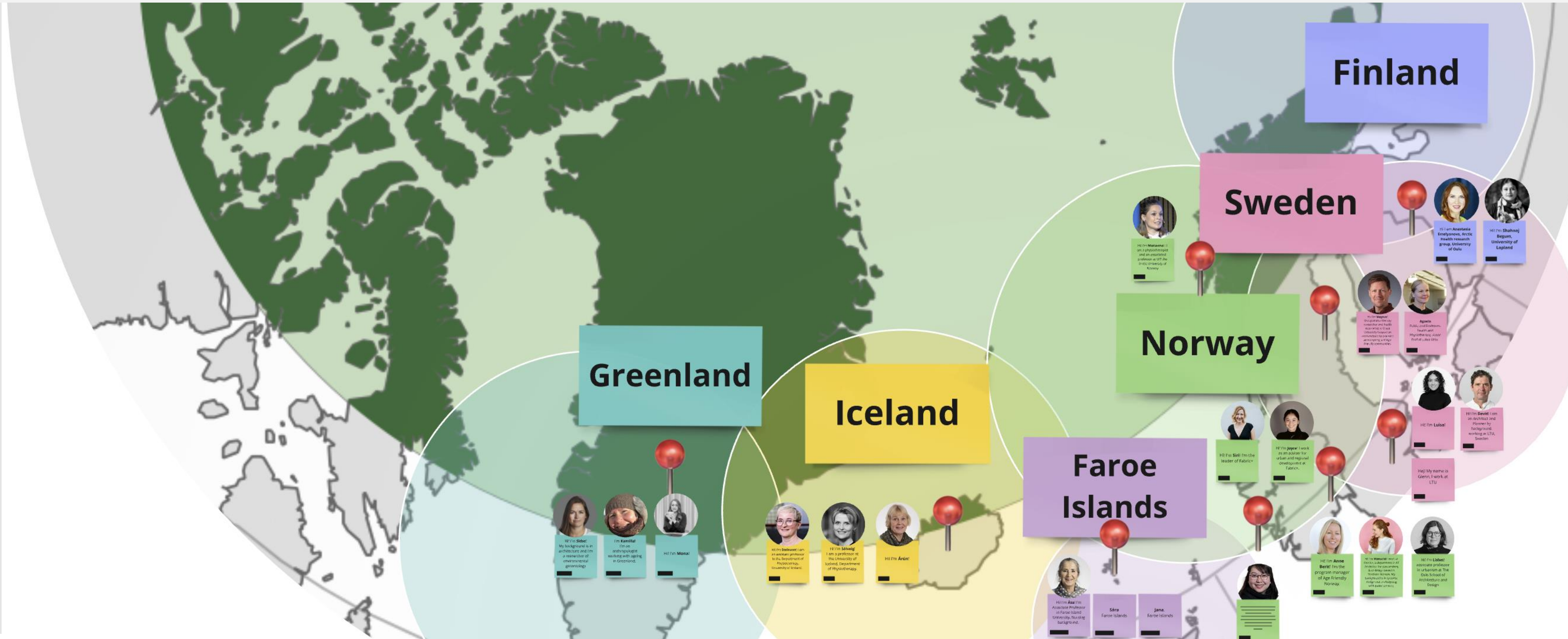


Online interactive
workshop

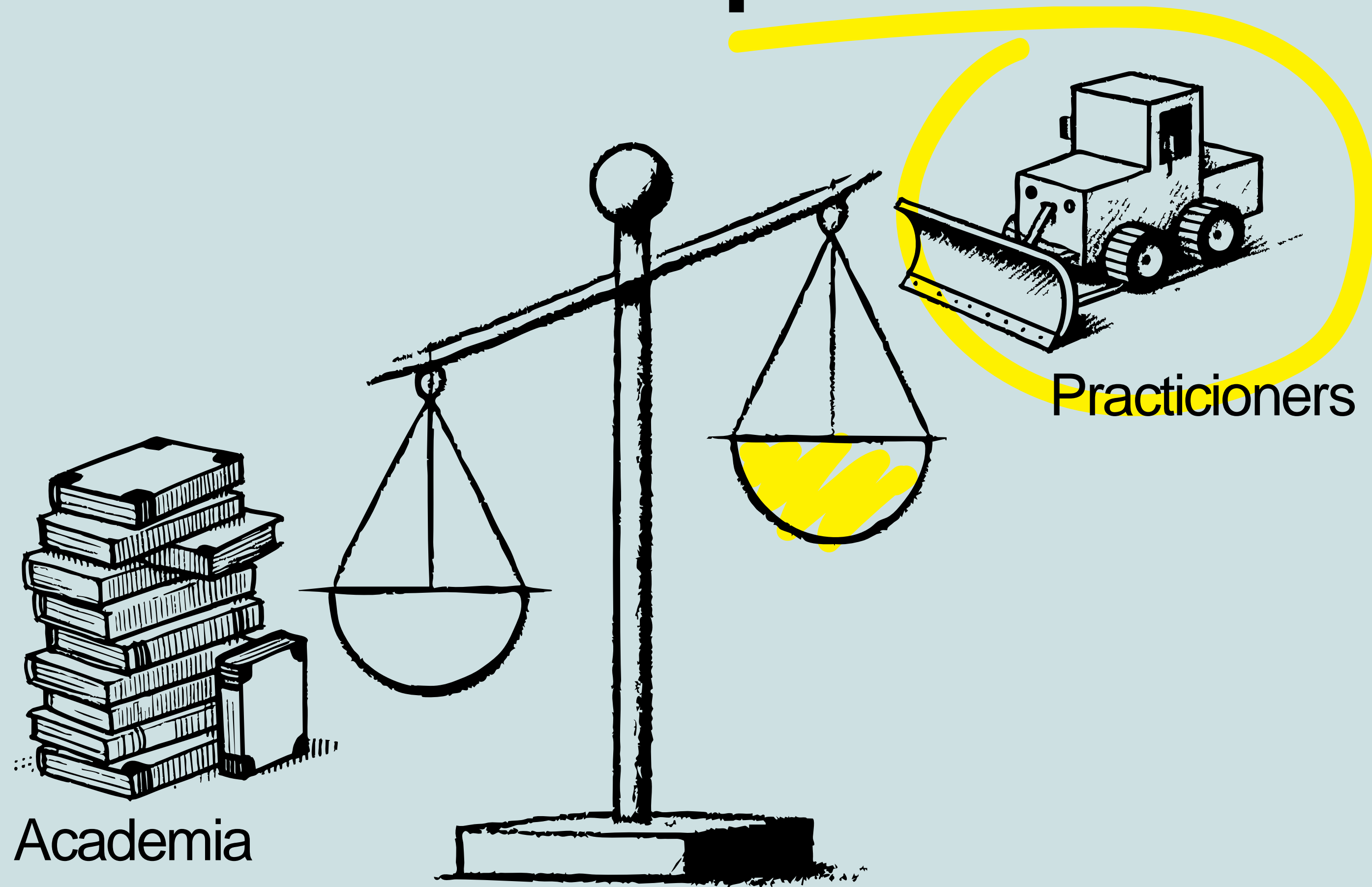


In-person workshop with
older adults in Greenland

We need more arenas to share...



We need to involve more practitioners...



Importance of local involvement.

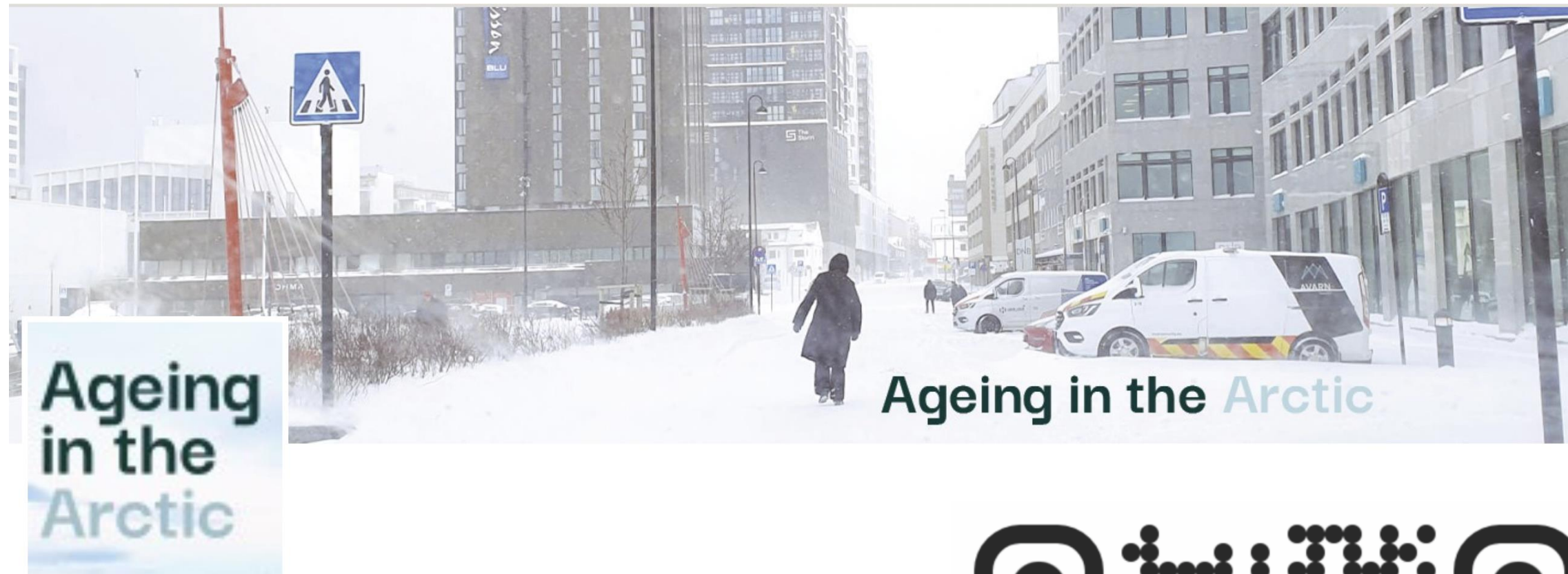
■



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

Photo: Kamilla Nørtøft

Join the LinkedIn group for Ageing in the Arctic!



Ageing in the Arctic

Public group



58 members

Academia (25%): **Practitioners (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!

