



Inclusive Design for Getting Outdoors

Home Zones and DIY Streets: Tools for Research

INCLUSIVE DESIGN FOR GETTING OUTDOORS

Home Zones and shared spaces



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2



Are Home Zones a good solution for an ageing population?

How does implementation of shared space projects such as Home Zones affect older people's access outdoors and quality of life?

Does implementation of such schemes result in environments where older people:

- Go outside more often?
- Spend more time outside in the local environment?
- Have better social networks?
- Have a better quality of life?

Research Tools: Structured Interviews

Difficulty Ranking		ACTIVITIES I USUALLY DO																
		Your outdoor activity	Place where the activity is normally undertaken	How difficult does the local outdoor environment make it for you to carry out the activity?					How important is this activity to you personally?					How enjoyable is this activity to you ?				
				Very easy	Easy	Neutral	Difficult	Very difficult	Important	Neutral	Not important	Very not important	Enjoyable	Neutral	Not enjoyable	Very not enjoyable		
		<i>Gardening</i>	<i>Backyard</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
		<i>Just go for a walk</i>	<i>Clapton Park</i>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
				1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
				1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Research Tools: Structured Interviews

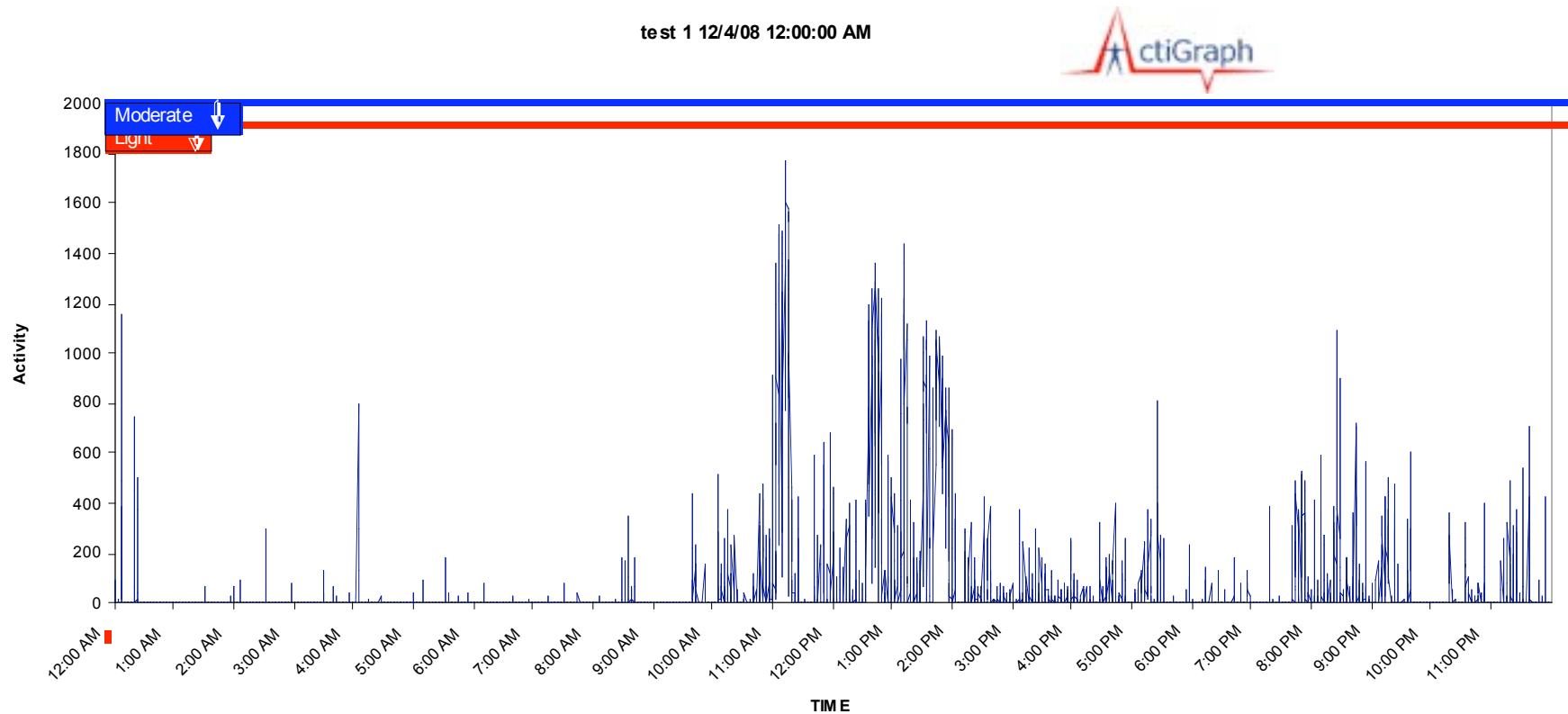
PART 3						
HOW OFTEN YOU GO OUT						
<p>We would like to know how often you do the following outdoor activities: walking where the main purpose is to get to places (including shopping and visiting friends), walking for recreation (including walking a dog), gardening and other outdoor activities (including sports, reading, talking to people or simply sitting outside).</p> <p>Please indicate how often you do the activities in a Winter month (e.g., December, January or February) and a Summer month (e.g., June, July or August) by circling the number that best describes your response.</p>						
		Never	Once a week or less	2-3 times a week	4-6 times a week	Once or more a day
Winter (e.g., January)	1. Walking to get to places	1	2	3	4	5
	2. Walking for recreation	1	2	3	4	5
	3. Gardening	1	2	3	4	5
	4. Other outdoor activities	1	2	3	4	5
Summer (e.g., July)	5. Walking to get to places	1	2	3	4	5
	6. Walking for recreation	1	2	3	4	5
	7. Gardening	1	2	3	4	5
	8. Other outdoor activities	1	2	3	4	5

Research Tools: Activity Diaries

6 Activity Diary - Day 1

Morning
I got up and put the activity monitor on at: : (specify time)
I went out of the house at: : (specify time)
I was (tick one): <input type="checkbox"/> Alone <input type="checkbox"/> With a Relative <input type="checkbox"/> With a Friend <input type="checkbox"/> Other (please specify):
I went to (specify the location):
The main purpose of going out was:
I travelled there by (tick all that apply): <input type="checkbox"/> Walking <input type="checkbox"/> Cycling <input type="checkbox"/> Bus <input type="checkbox"/> Car <input type="checkbox"/> Train <input type="checkbox"/> Other (specify):
While I was outdoors I did the following things (tick all that apply): <input type="checkbox"/> Sit outdoors <input type="checkbox"/> Walk <input type="checkbox"/> Cycle <input type="checkbox"/> Visit friends <input type="checkbox"/> Shop <input type="checkbox"/> Go to the doctor <input type="checkbox"/> Play Sports <input type="checkbox"/> Garden <input type="checkbox"/> Other (specify):
While I was outdoors I met/chatted with the following for more than a few minutes (tick all that apply): <input type="checkbox"/> Relatives <input type="checkbox"/> Friends <input type="checkbox"/> Neighbours <input type="checkbox"/> Strangers <input type="checkbox"/> Other (please specify):
Did you plan to meet them or was this by chance? (tick one): <input type="checkbox"/> Planned to Meet <input type="checkbox"/> Met by Chance
I went back into the house at: : (specify time)
Please use this space to report on other activities or outings:

Research Tools: Activity Monitors

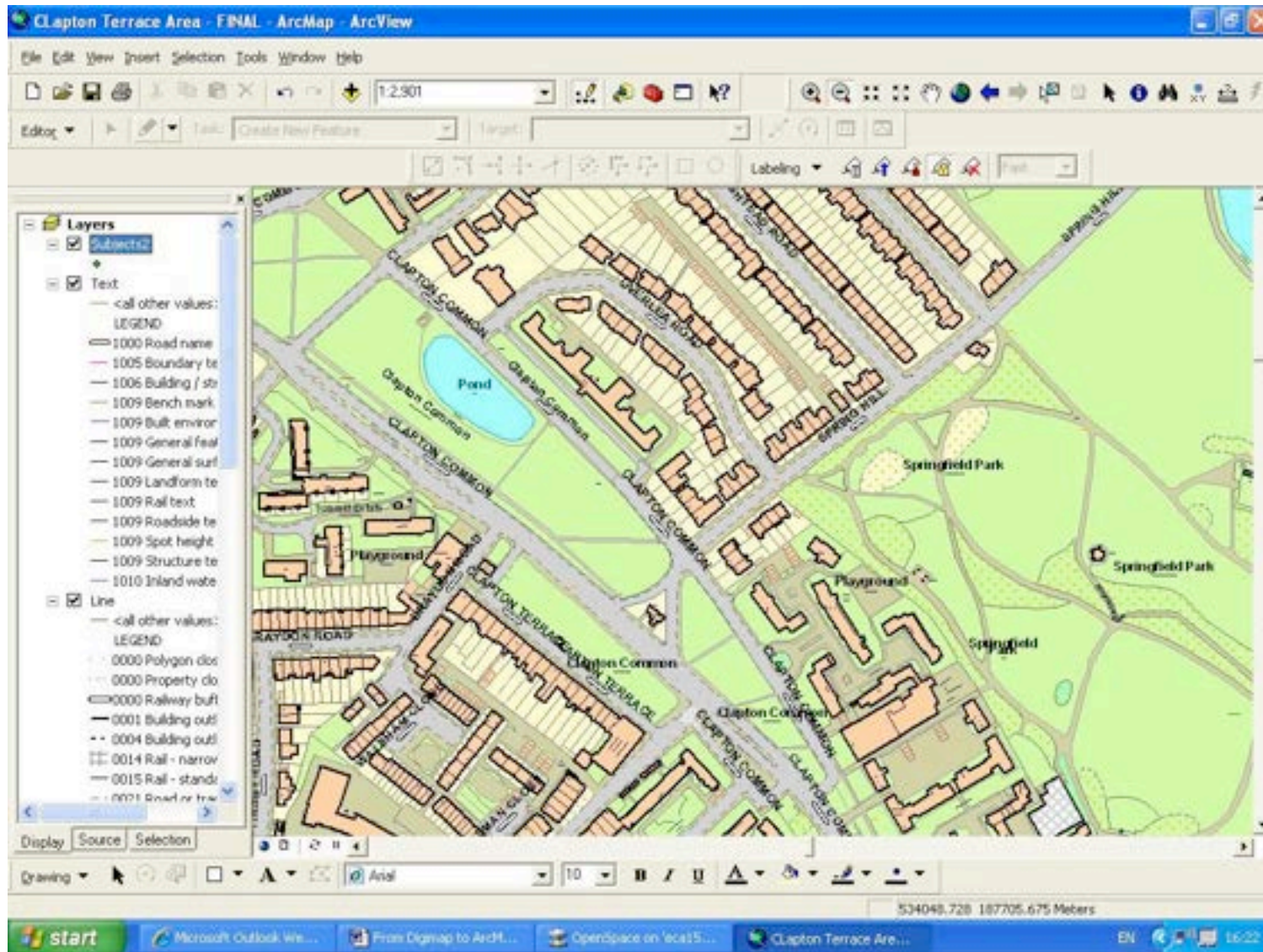


Research Tools: Street Audits

Date & time		
Surveyors		
Map no.		
Street		
Segment ID		
1 Types of buildings or features (mark D if a, b or c are obviously dominant, and circle all present)	Side 1	Side 2
a Residential buildings		
Detached houses	1	1
Semi-detached houses	2	2
Terrace houses (houses are connected and have a doorway for every house)	3	3
Flats / Tenements	4	4
High-rise flats	5	5
Flats over retail	6	6
Other (specify)	7	7
b Types of commercial destinations		
Petrol station	1	1
Fast food restaurant	2	2
Other restaurant	3	3
Pub	4	4
Convenience or small grocery store	5	5

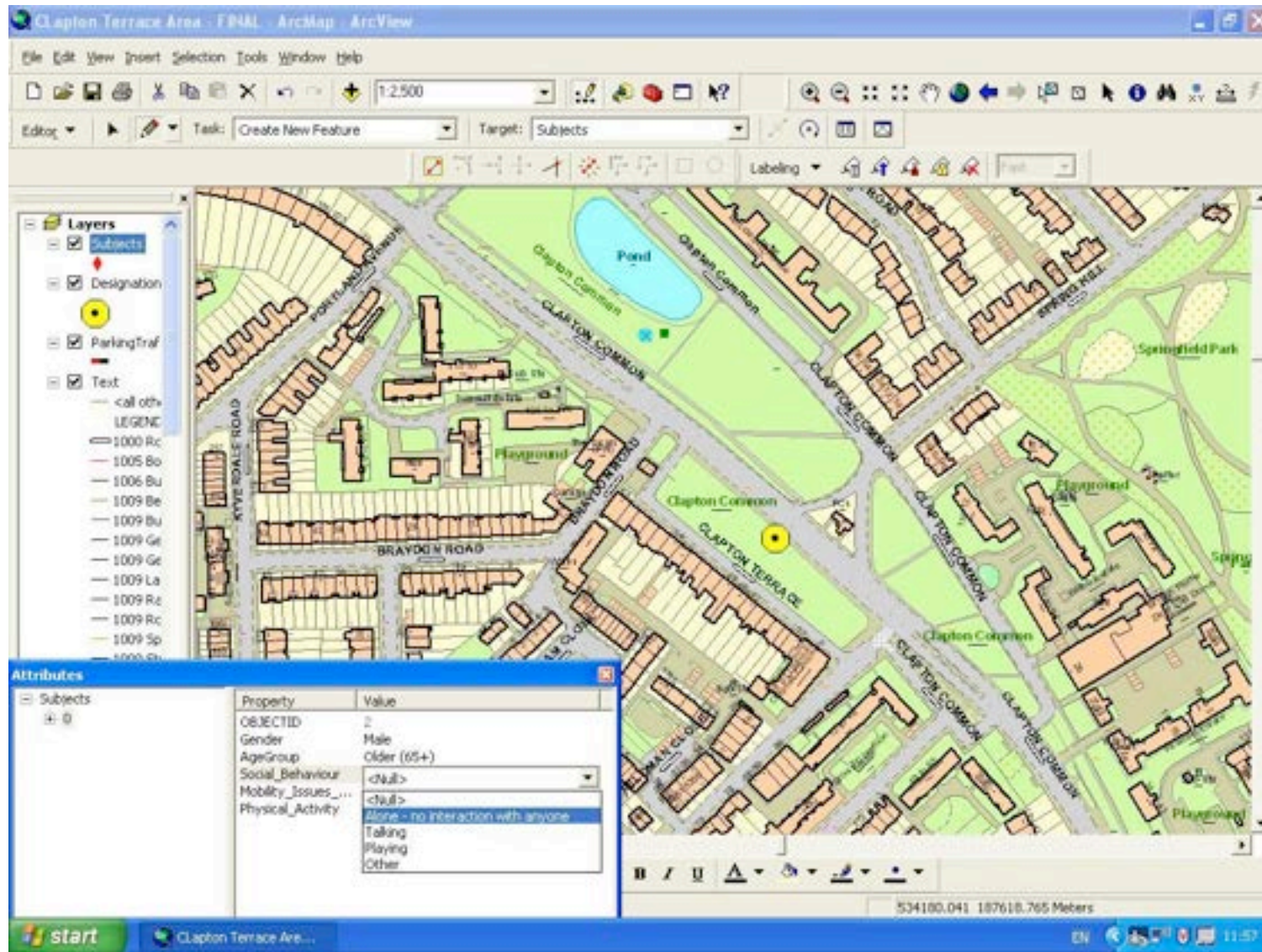
If there is a transport stop, is there seating?	N/Y	
Types of recreational facilities		
Indoor fitness facility	1	1
Park	2	2
Playground (i.e. park or school)	3	3
Swimming pool	4	4
Golf course	5	5
Sports / playing field / tennis court	6	6
Sports track (park or school)	7	7
Other recreational facility (specify)	8	8
Derelict land	1	1
Path for walking		
Type of path		
Pavement	1	1
Unpaved track	2	2
Other (specify)	3	3
Path location		
Next to road	1	1
< 1 m of kerb	2	2
Between 1 & 2 m of kerb	3	3
Between 2 & 3 m of kerb	4	4
> 3 m of kerb	5	5
Not on, or following direction of road	6	6

Research Tools: Behaviour Observations



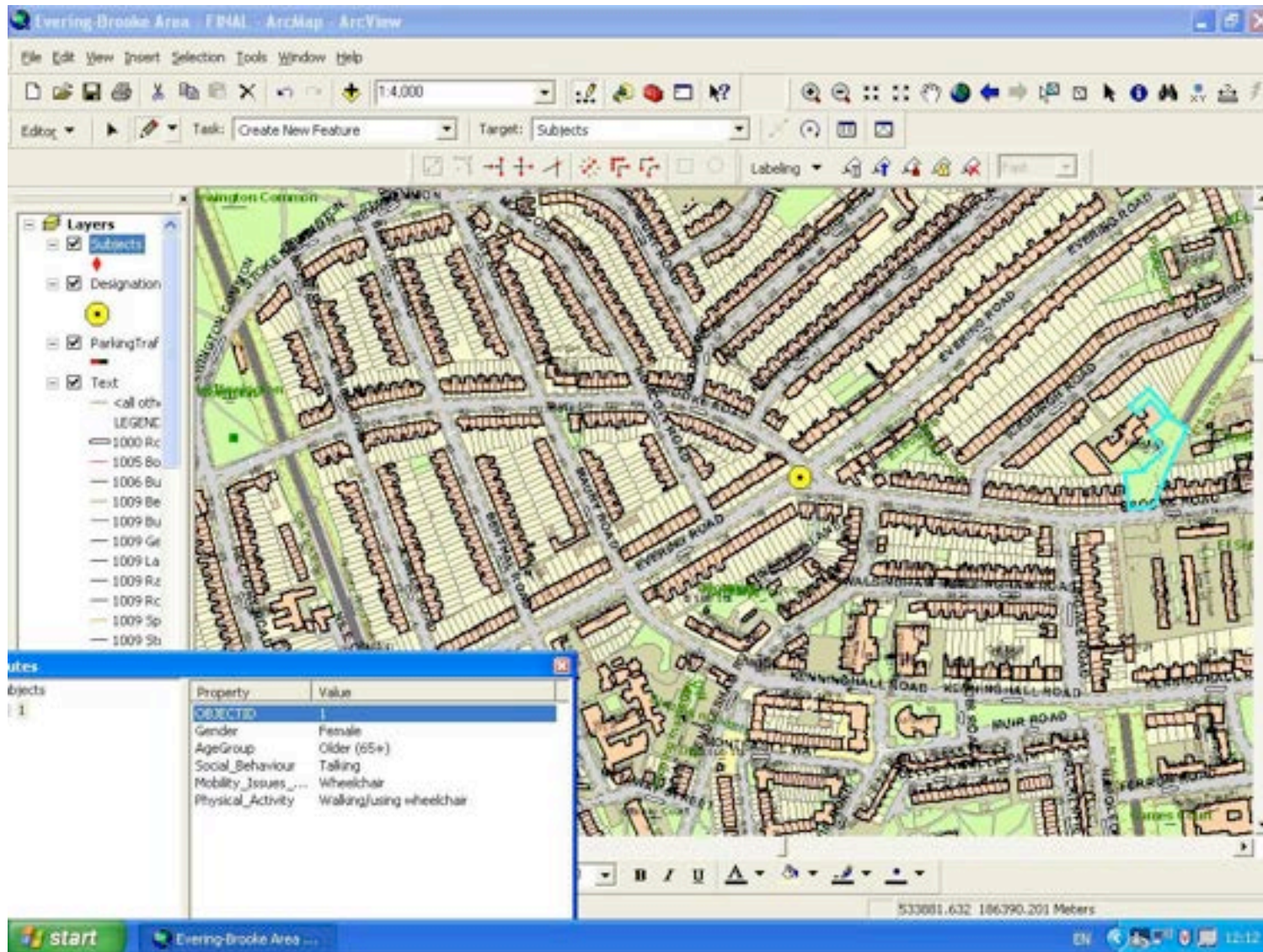
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Research Tools: Behaviour Observations



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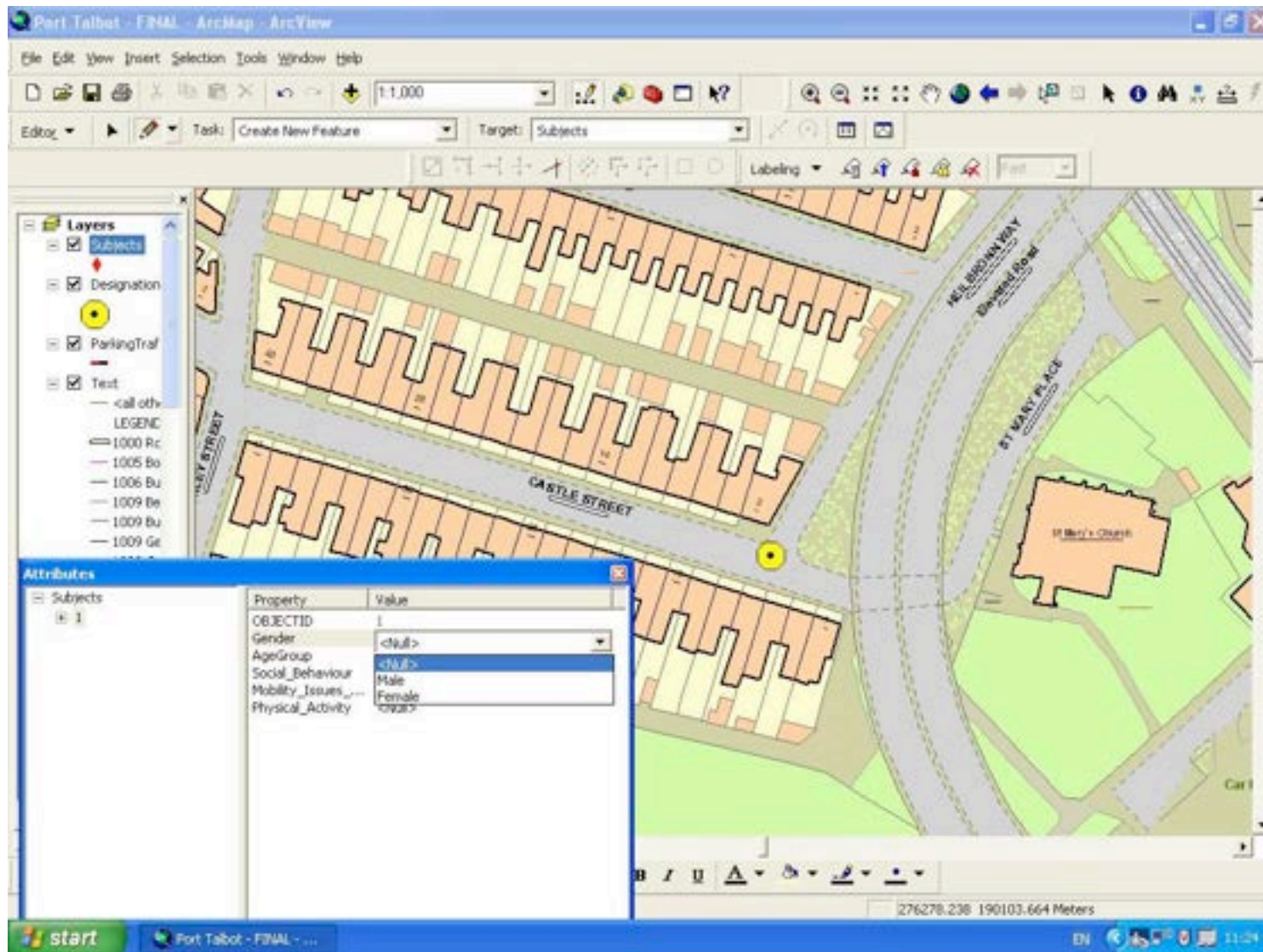
Research Tools: Behaviour Observations



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Research Tools: Behaviour Observations



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Programme of Field Work

First week - Interviews, give out activity monitors and diaries

Second week - Collect diaries and activity monitors, street observations and audits

9th – 20th June Islington, Monsell Road, London

Hackney - Clapton, London

23rd June – 4th July Hackney – Brooke Road, London

London Control site(s)

7th - 18th July

Bridgend and Port Talbot, Wales

Bridgend and Port Talbot control sites

Other Sustrans DIY Streets to be surveyed: Torquay,
Sheffield, Coventry, Manchester, Cardiff (?), Oxford

Visit our website www.idgo.ac.uk



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