



Bristol Ageing Better - Older Adult Consultations August 2016 Bristol Age Friendly City Manifesto Development

[Bristol Ageing Better](#) (BAB) is a partnership of 215 organisations working to reduce social isolation and loneliness among older people and help them live fulfilling lives. As part of their development of a World Health Organisation *Age Friendly City* Charter for Bristol, BAB conducted 10 focus groups during August 2016 with over 120 older adults across Bristol. Key findings relating to walking are as follow:

1. Obstacles on pavements, including cars and rubbish bins, prevent older adults from walking and getting around. This is particularly difficult for wheelchair users and individuals with walking aids.

“When you are on a scooter or wheelchair you literally cannot stay on the pavement in parts because the cars block so much of it that you can’t fit and you have to back up and get on to the road which then makes you feel unsafe.”

“Cars parked on pavement can be a big issue for older people with walking aids.”

“Cars, overhanging branches and bin are a big problem for people who are less able”.

2. Fear of cyclists on pavements is a serious issue.

“Yes, this is a huge issue, cyclists just go way too fast past you and it’s scary.”

“Yes, definite problem, footpaths should be footpaths.”

“They all agreed they hate cyclists on the pavement and most of them have personally known someone who was knocked over by a cyclist on the pavement”.

3. Toilets and benches are important supports to walking for older adults.

“Need (a bench) by the shops so that you can have a little rest before going in”.

“Other places you have to walking 10 minutes to find (a bench) and if you are not so confident about walking this is bad”.