

## *Moving closer to ag- friendly green mobility ...*

### The case of Gdańsk, Poland: Increase of knowledge of public authorities about senior citizen's mobility needs through improved participation

#### **Before the GreenSAM project:**

Gdansk faces the problem of an ageing community with over 120,000 residents over the age 60. For many years, the needs of elderly people were neglected and their voice not heard. The City authorities decided to take steps to change this situation and make an effort to activate this group of citizens. The intention to improve the situation was also a motive as to why the Municipality of Gdańsk joined the GreenSAM project and promoted and guided the introduction of the "Green Mobility for Seniors Advisory Board". The Advisory Board uses participatory processes in its work and will focus on one specific topic per year. The Board will thereafter compile its findings and opinions on the topic in a "Silver Age Mobility regulation", a set of policy recommendations that is to be submitted to the City Council.

#### **What was done?**

1. Gdansk introduced the "Green Mobility Advisory Board" as an advisory body to Gdansk Seniors' City Council. This team consists of 5 members and one of its tasks is to develop recommendations, opinions and directions on topics related to active mobility in the silver age, which can then be presented to the Gdańsk City Council and other stakeholder groups.
2. Seniors' voices were heard to find out what barriers keep seniors from active mobility and cycling. How to overcome these barriers were studied but also their needs and expectations on the matter were collected and used to prepare a report. The report indicates ways to overcome these barriers in the process of increasing mobile activity among seniors, along with an indication of entities that could implement them.
3. Gdańsk promoted cycling among seniors, especially those who, on an everyday basis, do not have opportunities to cycle and/or do not have their own bikes through bicycle events for groups of seniors with the use of purchased e-tricycles.
4. Seniors' opinions were collected to make the restart of the bicycle sharing system in Gdansk more age-friendly.



#### **Results**

- Advisory Board was established and will continue after end of the project. Seniors' opinions on active mobility will be presented in a more structured way.
- The document "Mobility of the Gdańsk inhabitants aged 60+" presenting barriers (physical and mental) in senior mobility was made available to all interested actors, by sending it directly to the appropriate e-mails as well as posting it on the city's website.
- A series of 12 (so far) bicycle rides for groups of seniors from Senior Clubs, Day Care Homes, etc. were carried out as a promotion of active mobility.
- Guidelines and recommendations for the bike sharing system operator have been formulated to make the system more friendly and open to the needs of seniors.

#### **Recommendations**

- In order to reach as many senior respondents as possible and to be able to reach those residents who are less active or have not participated in any social projects so far, do not limit yourself to only IT tools.
- Ask seniors about their mobility needs and patterns, and keep in mind the barriers! Involve seniors in developing the ideas for mobility solutions and infrastructure and make them see improvements in a real life.
- Identify and reach active elderly residents who will become the "locomotives" in carrying out different action. They are the ones who will reach others through their own example and personal contacts.

