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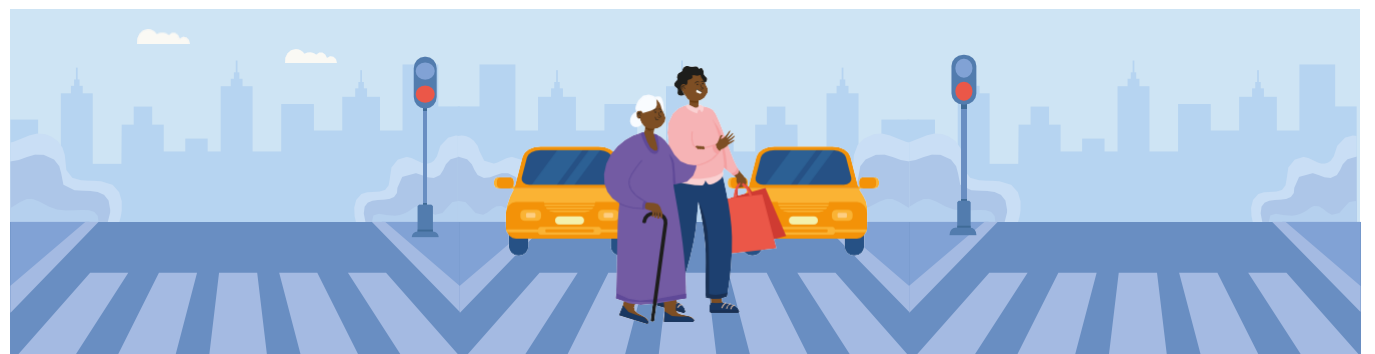
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Mobility and Transport Challenges in later life:

Lessons from the lived experiences of older persons in Selected African countries

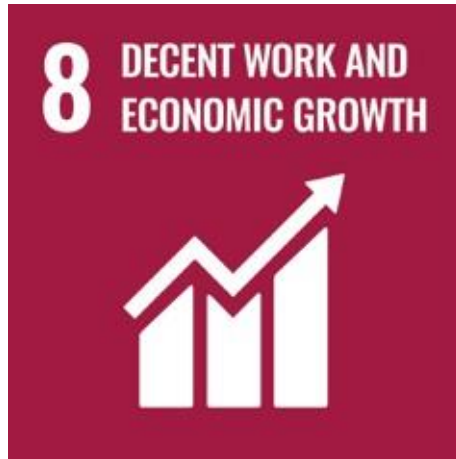
Presented by:

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SDGs on safe and inclusive mobility:

The ability to access safe and inclusive mobility is crucial to improving human living conditions and have positive impacts towards achieving the following United Nations Sustainable Development Goals (SDGs):



It enhances access to health care, food and connecting people with activities, recreation, and opportunities for social contact.

Characteristics of a sustainable transport system



A sustainable transport system must consider the **capabilities, safety, and convenience** of those using them, and must readily provide transportation options that should be easily accessible to all age groups.

Unfortunately, available evidence suggests that not much has been done regarding the mobility needs of older persons in most African cities. Active mobility is one of the key factors enabling them to maintain their wellbeing, independence, and social contacts.

However, they continue to be largely neglected in terms of relevant policies, planning and provision of infrastructures, which should ordinarily compel urban developers and transport planners to put key and special consideration during designs.



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This could be attributed to the unavailability of information and studies about the mobility needs, behaviors, and patterns of travel for older persons in Africa. Using data from workshop discussions, travel diaries and semi-structured interviews conducted in Nigeria and Uganda, this study investigates the mobility and transport needs of persons aged 60 years old and above, including understanding their travel patterns, needs and barriers/challenges to active mobility.

The study explores difficulties in accessing different public transport modes, using private vehicles, walking and cycling, and undertaking activities outside the home etc.



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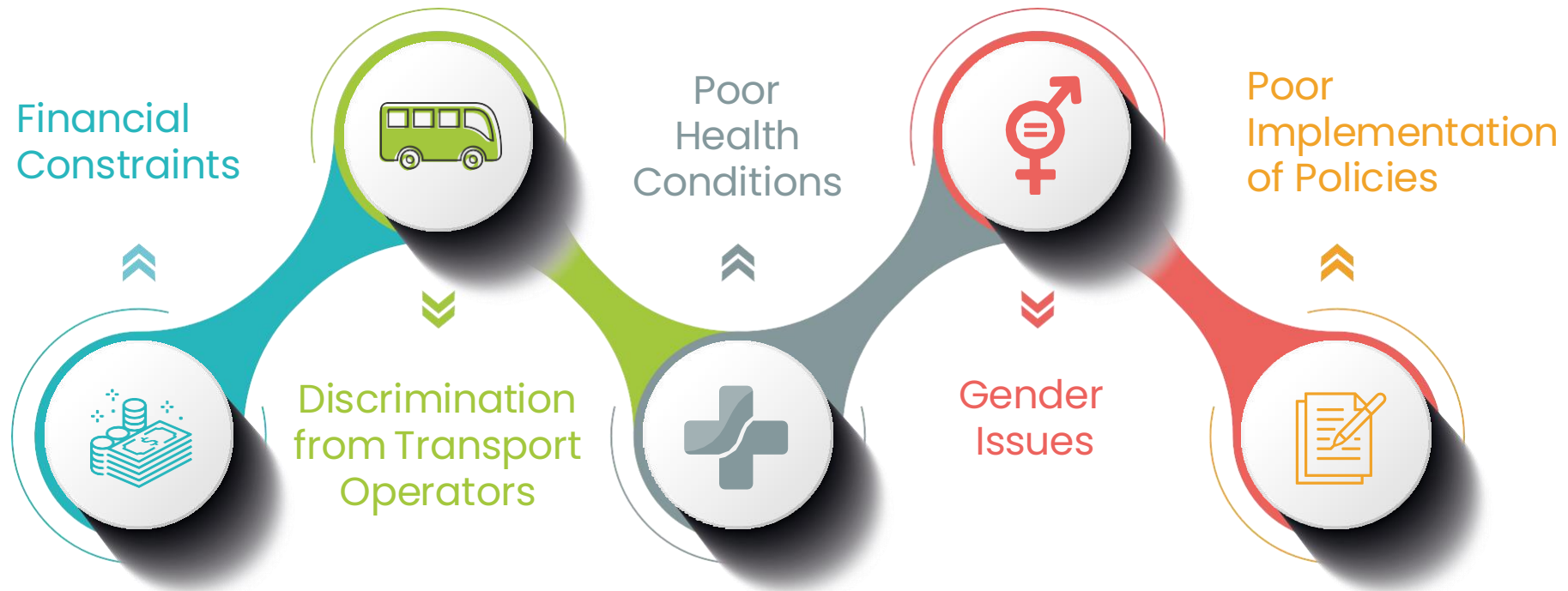
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Findings:

Factors hindering mobility of the elderly

Results showed that the following were the contributory factors to experiencing mobility challenges amongst older persons in Nigeria and Uganda.



Findings

Amongst out-of-home activities mostly affected, **medical appointments and social outings** were mentioned by participants in both countries.

However, there were some variations in perception regarding government policies on mobility and transport needs of older persons, implementation of these policies and their effectiveness, especially regarding access to public transportation in both countries.



Recommendations:

Improving the mobility and transport needs of older persons in Nigeria, Uganda and most African countries will require the combined efforts of all stakeholders, and an overall system-based policy reform involving both policymakers and older persons.



These results have implications for policy development including the planning and design of more inclusive age-friendly transport systems in sub-Saharan African countries and address the issues around transport inequities and exclusions and effects of these on travel behaviour of older persons.



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THANK YOU

