

# **Review of state-of-the-art SIZE**

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## **Mobility contributes to QoL**

- Mobility is an important basis of an independent life and relative autonomy
- Mobility is a mean to satisfy needs and reach important goals in life
- Car use far more attractive than public transport, also for elderly, and even for those who hardly drive
- Should we promote car use among elderly?

## Motorised transport threatens QoL

- Environmental quality: greenhouse gasses, resource use, pollution, waste, nature
- Social quality:
  - Negative: noise, accidents, health, social isolation
  - Positive: enables activities and fulfillment of goals
- Economic quality:
  - Negative: traffic jams, external costs
  - Contributes to GDP, employment
- Weight individual and collective interests

## QoL, transport and the elderly

- Will QoL reduce if people are less mobile or use their car less often?
  - Compare QoL of people differing in level of mobility or car use
  - Examine changes in QoL after mobility or car use levels decrease, on short as well as long term
- Is it possible to define threshold levels of mobility? Individual differences!

## Definition of QoL

- Diener (1995): QoL is the extent to which important values and needs of people are fulfilled
- Thus: identify important needs and values
- Social production function theory: distinguish goals from means to reach these goals

## Social production function theory

- Well-being is produced by optimising achievement of universal goals within available resources and constraints
- Goals:
  - Physiological: stimulation, comfort
  - Psychological: status, behavioural confirmation, affection
- Activities, e.g., visit friends, buy food
- Resources: e.g., time, money, knowledge, skills, transportation

## **Social production function theory**

- Thus: transportation is a mean, not a main goal
- Trade-offs between goals possible, e.g., in case of disability
- However, threshold levels exist
- Resources may fulfill multiple goals, and goals may be fulfilled with multiple resources.
- To what extent may important goals be fulfilled without (motorised) transport? What level of mobility is a prerequisite of good QoL?

## **QoL has a relative meaning**

- Importance of QoL indicators varies between groups, in time ? segmentation
- QoL has relative meaning, compared to a standard (e.g., previous year, other people, goals)
- Initial resistance to change is likely
- Individuals adapt to positive as well as to negative changes in their lives, adapt goals