

life quality
of senior citizens



in relation to
mobility conditions

Research Summary N° 1

Workpackage 1: Workshop I

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The project

SIZE – "Life quality of senior citizens in relation to mobility conditions" (project number QLK6-CT-2002-02399) is a project in the framework of the specific research and technological development programme "Quality of life and management of living resources", key action 6 "The ageing population and disabilities" in EU's Fifth Framework Programme.

European policy regarding the elderly aims at maintaining their mobility. This is a central element of their integration in society. Senior citizens want to stay autonomous and independent as far as possible. Without the possibility to maintain mobility, senior citizens cannot lead an independent life, with many other problems such as isolation and health problems as a consequence.

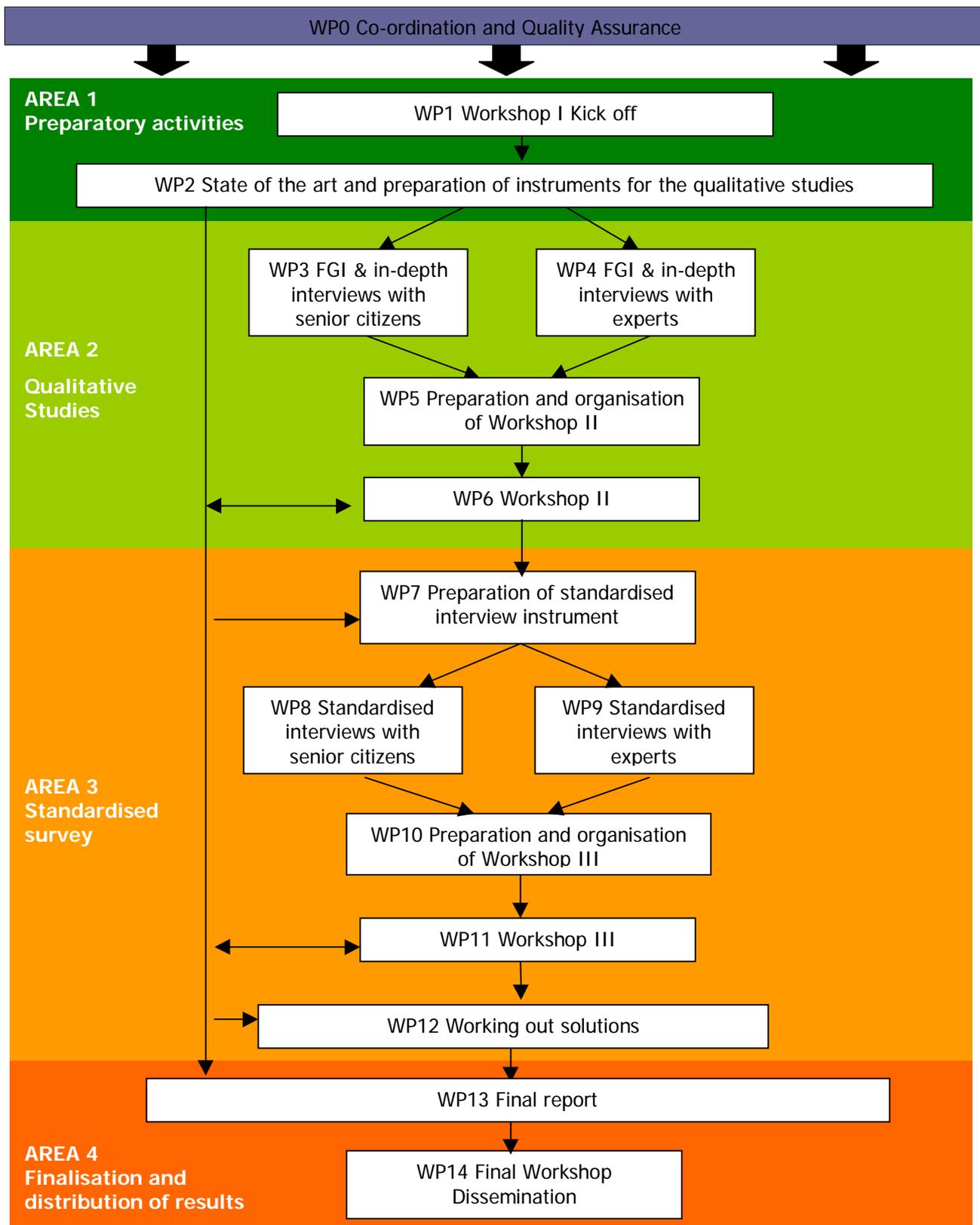
The project **SIZE** has a life-span of 3 years and is divided into 4 research areas: State-of-the-art & preparatory activities, qualitative studies, standardised survey and finalisation & distribution of results.

The general objectives of **SIZE** are:

- To explain and describe the present mobility and transport situation, the problems, needs and wishes of different groups of senior citizens from their own perspective compared with experts' points of view ("experts" being sociologists, psychologists, traffic experts, experts on gerontology, politicians, policy makers, experts of other related EU projects, etc.);
- To motivate action by the authorities and other relevant groups in society who are, or feel, responsible in this area, by making discrepancies in problem identification transparent;
- To identify relevant solutions for existing problems and to provide guidance for setting up and implementing policies aimed at "keeping the elderly mobile".

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Structure of the project SIZE



WORKPACKAGE 1: WORKSHOP I

Location / dates

The Kick off Workshop organised by the workpackage leader, University College Cork, was held in Cork, Ireland on 17th and 18th February 2003.

Participants

All the Consortium partners (including the senior citizens associations) except Lund University, participated in the closed sessions of the Workshop resulting in a total attendance of 27. The public session was attended by 15 invited representatives of the principal Irish senior citizen associations and social care organisations as well as by the Consortium members.

Objectives

Workshop I was the initial meeting of the SIZE Consortium. The aims of the meeting were to specify the working procedures and administration of the project, to prepare specific work plans for Area 1 (State of the Art) and Area 2 (Qualitative Studies) and to coordinate activities. Also, to present the project to representatives of Irish senior citizens associations and social care experts in order to get their views and suggestions on the proposed work programme.

The detailed objectives included:

- A clear understanding on the roles and responsibilities of each partner
- Agreement on administrative and reporting procedures including quality assurance
- A consortium agreement

- An agreed workplan for the production of the State of the Art Report (WP2)
- Input for the qualitative instruments and agreement on a workplan for WP3 and WP4
- Organisational questions / input for later work (WP 5 to WP9)
- Possible solutions for identified problems (WP12 and WP13)
- Initial consideration of the dissemination strategy (WP10, WP11, WP14)

Consortium sessions

The Workshop was very productive and constructive. The entire first day was spent in discussing general issues such as the aims and objectives of SIZE, the workplan, the role of the different participants including the senior citizen association partners, project administration and the coordination of activities. Detailed presentations on these and other aspects were made by the Financial and Scientific Coordinators. The workshop participants raised and discussed many organisational and work questions; the consortium consists of a diverse group of partners including some which had not previously participated in EU projects and consequently, there were some differences in perception on parts of the workplan. However, general agreement was reached on both the workplan and the organisational and administrative proposals presented by the coordinators. Additional agreed suggestions included producing a SIZE brochure.

The second consortium session took place on Day 2 of the workshop. The work to be undertaken during the first year of the project was considered in detail. First, the workpackage leader of WP2, the State of the Art Report, presented a draft work plan as a starting point for discussion and agreement by the workpackage partners. This included the necessary work, its proposed division between the partners involved and the proposed time line for the completion of each part of the work. The draft work plan was agreed with minor amendments by the consortium.

A detailed joint presentation of parallel Workpackages 3 (Qualitative Interviews with Senior Citizens) and Workpackage 4 (Qualitative Interviews with Experts and Decision Makers) was next made by the workpackage leaders. Again, the objective was to present draft work plans as starting points for discussion and cooperation by the workpackage partners. Many questions were raised regarding the methodology and details of the work to be undertaken and of the limitations caused by resource constraints. It was agreed that the workpackage leaders would circulate the work plan to the partners involved.

Finally, preliminary arrangements were announced for the next Workshop to be held in Brno, Czech Republic early in 2004.

Public session

The first session of the second day of the workshop consisted of a presentation on the SIZE project by the Scientific Coordinator for representatives of Irish senior citizens organisations and of organisations with responsi-

bilities for social care and the elderly in Ireland. This presentation resulted in a very positive response towards the SIZE project from those attending, particularly since it was agreed that the opinions and needs of the elderly were not given sufficient weight in the formulation of proposals for the improvement of transport and the pedestrian environment. A number of participants questioned whether the project could be extended to specifically cover mobility for the disabled. However, it was pointed out that the consideration of disabilities would have to be limited to the disabilities which would be expected in the normal course of ageing. The representatives of the various organisations attending the workshop session welcomed the SIZE project and agreed to support its future work.

Summary of results

- Agreed basis for the development of Area 1 and Area 2 (WP2 to WP6)
- A specific workplan for the State of the Art report (WP2)
- A preliminary workplan for WP3 and WP4 (Focus Group Interviews and In-depth Interviews with senior citizens and experts)
- Preliminary consideration of the next workshop, Workshop II
- Very positive response from Irish senior citizen organisations
- Deliverable D2: Minutes of Workshop I and Specific Workplan for Area 1 and Area 2. March 2003
- Consortium agreement

THE SIZE CONSORTIUM

14 SIZE Partners from 8 different countries:

Psychologists (specialised in the methodology of behavioural sciences, gerontology), sociologists (gerontology, life-quality, traffic and transport research – traffic safety, mobility, sustainability), and civil engineers and architects (specialised in urban research - sustainable urban development, road design, pedestrian mobility, vulnerable road users).

The researchers are supported by 5 national senior citizens associations.

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