

Fostering an Age-Friendly Sustainable Transport System: A Psychological Perspective

Tuesday, September 24, 2024 5:30 PM (10 minutes)

The aging population is rapidly growing across the world, with the number of people aged 65 or older projected to reach 1.6 billion by 2050. As such, it is essential to consider how to develop sustainable transport systems that are age-friendly. This perspective proposal investigates how to foster an age-friendly transport system with a particular focus on public and sustainable transport options for the elderly. Existing transport systems are evaluated to determine their adherence to an effective age-friendly transport system in terms of three main requirements, namely affordability, accessibility, and safety. Then, a psychological perspective is introduced by considering the psycho-physical needs and preferences of the elderly as well as individual factors affecting them. Four areas are considered: (a) independence and autonomy, (b) comfort and convenience, (c) social inclusion and ageism, (d) physical health and well-being, especially injuries due to mobility and fear connected with them. Finally, a proposal is made about psychological training programs directed to both elderly users and transport workers to overcome concerns for an age-friendly transportation system. Such programs could effectively support the age-friendly use of public transport systems simply by increasing the age-friendly skills of both users as well as transport workers.

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