



Designing liveable neighbourhoods to support healthy ageing

Why is liveability and healthy ageing important?

In Australia, more than 6 million people will be 65 years or older by 2031 and supporting ageing in place has never been more important. The places where people are born, live, learn, work, play and age are important influences on health and wellbeing and urban planning and neighbourhood design have an important role in shaping the long term health of residents and for supporting healthy ageing.

What is liveability?

Liveable neighbourhoods include a range of different local services and amenities that are easily accessed through walking, cycling and public transport. They encourage and support more active lifestyles, are safe and support sustainability, include affordable and diverse housing options, public open space, public transport, local education and employment options, leisure and recreation, shops and local services.

What is the Liveable Neighbourhoods for Healthy Ageing research project investigating?

This project will investigate the liveability factors that influence healthy ageing using longitudinal analysis that will link people to the liveability factors in their local environment. It will also talk to older people about why they think liveability is important and the project will investigate the reasons for moving house or staying in the same address to understand the environmental and social influences that impact people as they age.

What is the Liveable Neighbourhoods for Healthy Ageing research project investigating?

- Conceptualise and develop new measures about neighbourhood liveability in mid- to older adulthood
- Use longitudinal statistical analysis of mid- to older adults to understand local liveability features that support healthy ageing in people who either stay and age in place or change addresses
- Investigate individual preferences and the self-selection factors that might influence the neighbourhoods that people choose to live in during later adulthood
- Investigate the influence of socio-economic factors on local liveability and healthy ageing in later adulthood

Why is this research important?

This research will help to identify the most important liveability features of local neighbourhoods that support healthy ageing and ageing in place. It will provide new understanding about what liveability means for older people and how neighbourhoods could be designed in the future to better support ageing in place. It will also provide new information about moving or staying in the same location and the role of socioeconomic factors and personal preferences in making these decisions.



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Further Information

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