Abstract
This paper reflects the ageing process as a normal and universal transformation, their physical and cognitive limitations when faced with a mobility system that is not adapted to the reality of the elders and which facts must be considered in a possible restructuring of the system in order to promote the quality of life of the elderly, access to goods, opportunities and social groups providing them with the necessary empowerment to independently fulfil their needs. Improve mobility is not just a set-directive, but rather a process of multidisciplinary collaboration and coordination with other urban policies and projects, such as health, infrastructure and land use, so that it serves the objectives and needs of the population, promote security for all citizens, reflect community values, and support the activities already under development and foster community sustainability. The objectives described, will have a positive impact on economic vitality, stimulates the development of land use, and promotes a healthier lifestyle and improved interconnectivity between activities. For an approach to these issues, we need to get a better understanding about the individual needs on the public space, the transportation system in social and political context. To satisfy elderly mobility a strategy is needed covering political, educational initiatives towards empowered mobility for elderly people.

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Peer-review under responsibility of WORLD CONFERENCE ON TRANSPORT RESEARCH SOCIETY.

Keywords: Mobility, Accessibility, Elderly, Quality of Life, Transportation

1. Introduction
The demographic pyramid is changing. Decades ago was foreseen that the population ageing would bring challenges in health, environmental, social and economic issues. Nowadays these premonitions become progressively more real.

Over the next few decades with the ageing of the baby boomer generation (those born between 1946 and 1964) combined with the increase in longevity and declining birth rates will produce a demographic transformation all over
the world. This demographic transformation will require special attention to accessibility and mobility issues in combination with the transport system which undoubtedly can play a key role to supporting ageing.

Good health, quality of life and independence are fundamental values for the life of the individual as well as mobility. Mobility is characterized by the capacity to travel by all modes of transport, including walking, cycling, driving his own vehicle or use the public transportation. Mobility enables access, which is the ultimate objective of any displacement of people or goods. The integration of good conditions of mobility and accessibility are crucial in ageing, because it will provide easy and convenient access to desired services as well as social integration.

One of the causes for the deterioration of the elderly lifestyle may be related to the decreased mobility capacity, in other words, difficulty in having satisfactory alternatives to find services. With ageing and the difficulty to access to resources the individual will experience a decline in their quality of life which can cause psychological implications due to social exclusion effects.

The link between health and mobility in the elderly have been neglected. The literature tends to be concentrated in pedestrians and drivers safety. The social sciences come into this topic as the sciences that study human behavior in their individuality and society. This could be a positive asset in the fields of engineering, i.e. regarding the transport system to promote a unique and prosperous environment for all citizens.

Mankind has overcome the challenge of extending human life. But now is time to tackle the effective success of that challenge.

1.1. Demographic Changes

It is predicted that in 2020 the number of elders will increase one billion worldwide, twice as many as today. This growing number of the population aged over 65 is a cause for concern, because it represents a change of scale in a problem usually addressing minorities and soon facing a very significant part of the population.

Directed to countries around the world and international organizations, the United Nations Population Fund (UNFPA, 2012) and HelpAge International in its report of 2012 "Ageing in the Twenty-First Century: the Celebration and Challenge" call for the sensitivity and the importance in relation to global ageing, defending urgent progress at the level of policies to enhance the quality of life of elder population. According to the UNFPA (2012) reports, there will be a worldwide increase of 10.3% from 2012 to 2050, rising from 11.5% of elderly people above 60 years to 21.8%. Figure 1 shows this relationship with expected numbers in different world regions (Fig. 1).

According to Carrilho (2005) and Correia (2007) this phenomenon about the age distribution shift is one of the major debates and challenges of our century because it makes us think about issues related to retirement age, means of subsistence, health, social security, technological adaptation and infrastructures prepared for the elderly population and this raises questions about the quality of life and how ageing can happen in a healthy way and, last but not least, how we can economically support the steep increase of a non-productive segment of population.

The ageing of the population will also bring implications in healthcare. The elder population the more these services
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