

*Towards making Ireland the best
place in the world to grow old*

tilda

Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

Walking speeds in older Irish adults: implications for transport policy

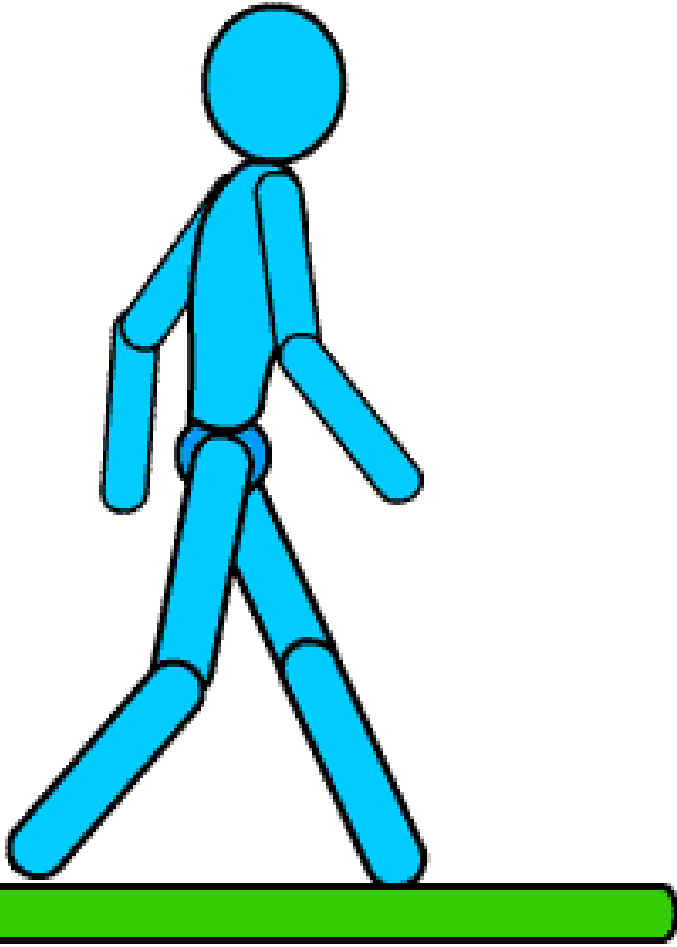
Dr Orna Donoghue

20
15





Walking speed depends on:



- Muscle strength
- Balance
- Reaction time
- Vision and hearing
- History of falls
- Fear of falling
- Psychological factors
- Cognitive function











6 seconds

Start to cross



**Continue but
do not start**





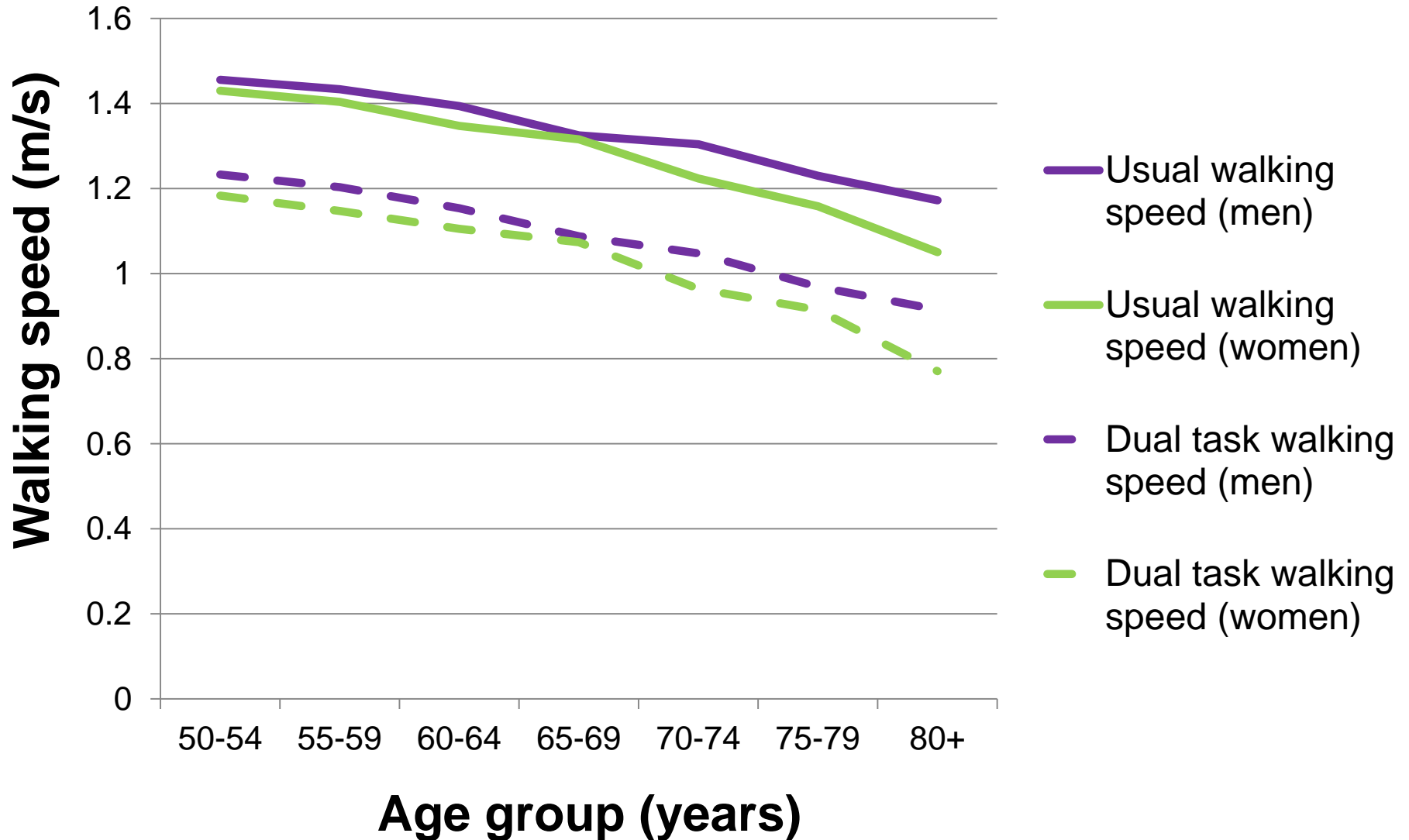


1.2 metres per second



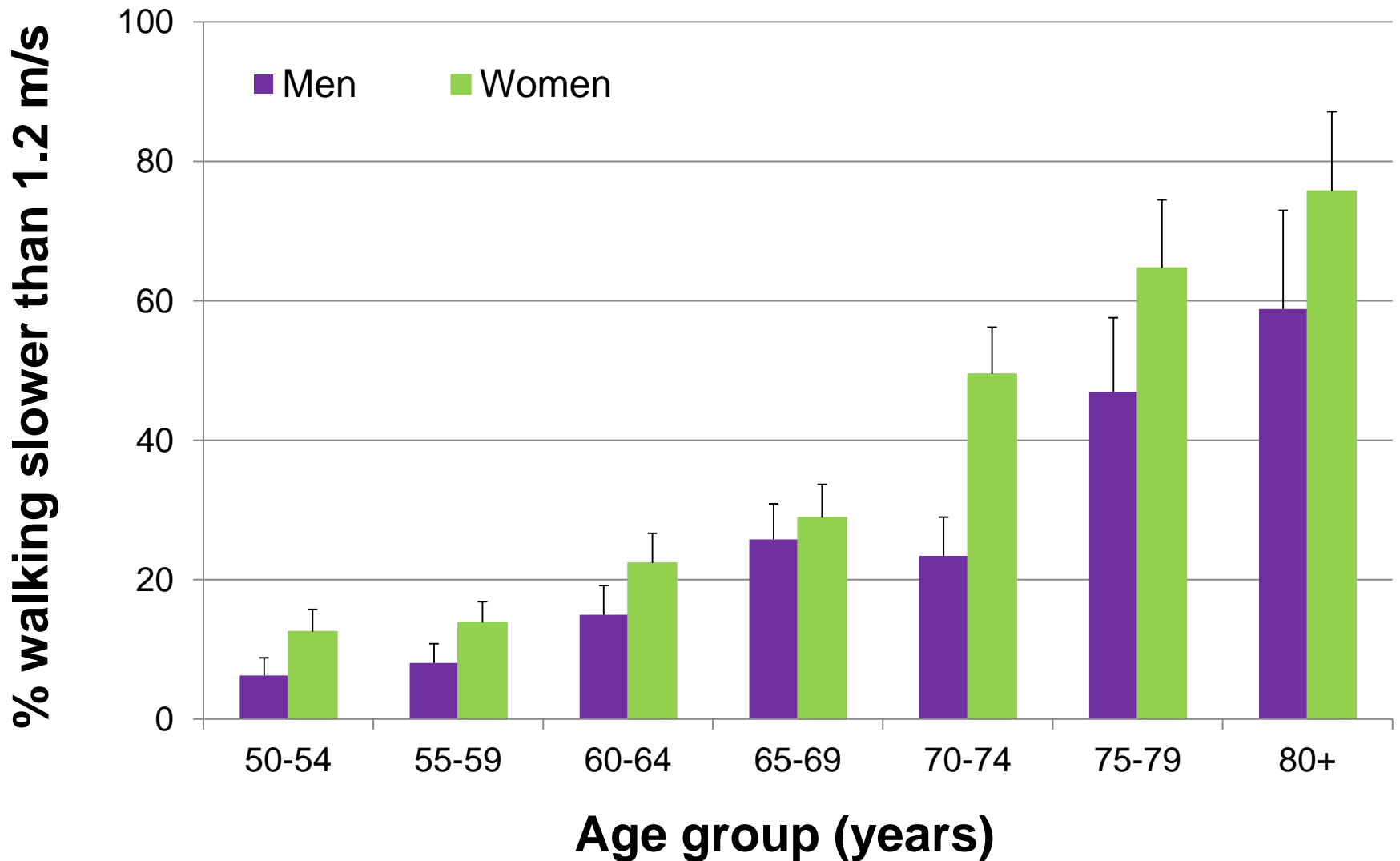


Walking speed declines with age



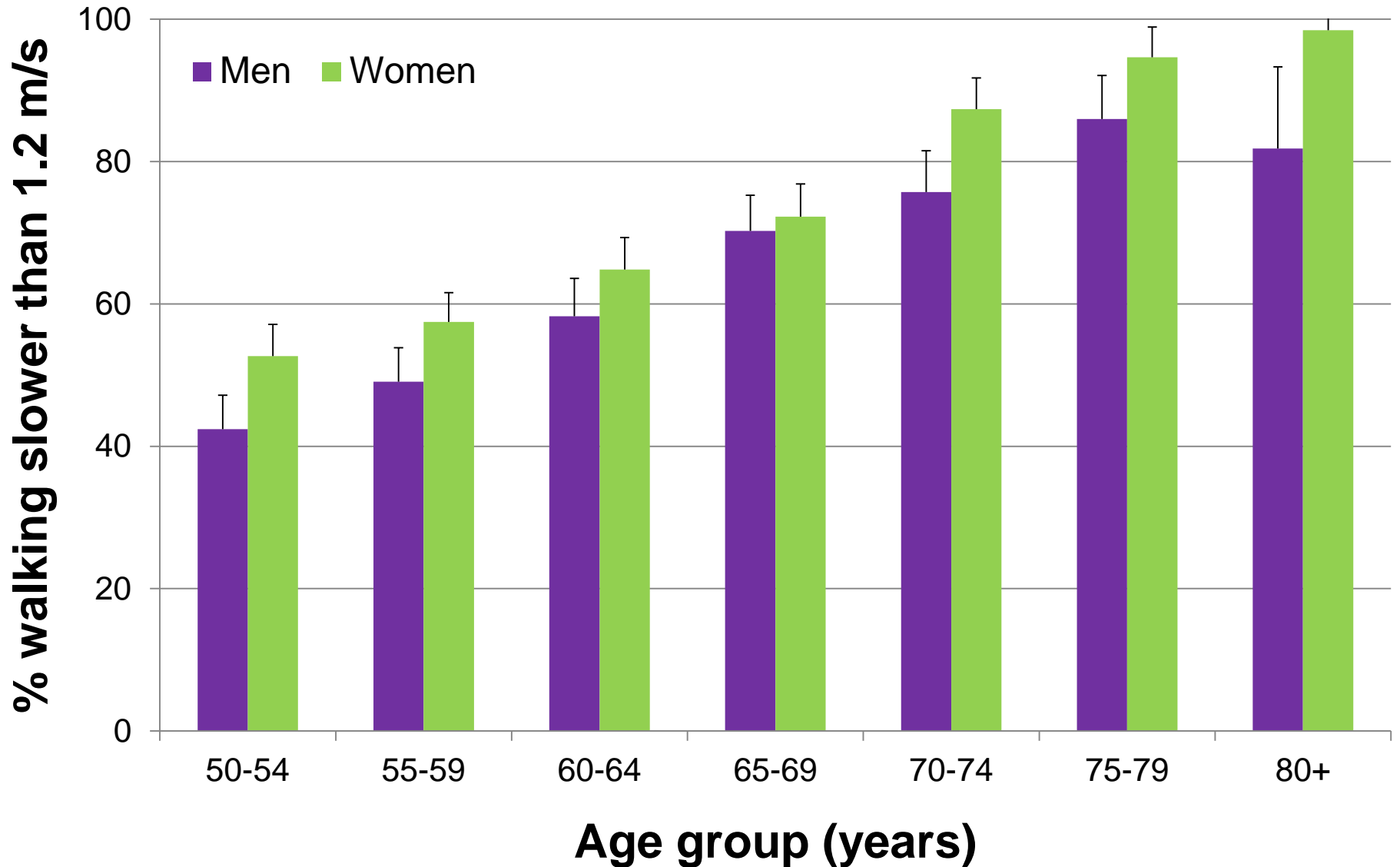
1 in 3 adults over 65

do not have enough time to cross the road



3 in 4 adults over 65

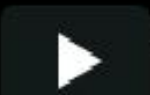
do not have enough time to cross the road



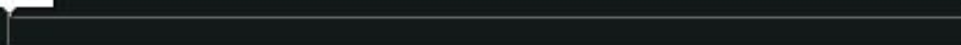


Driver Distraction Mobile Phones and Driving

from Road Safety Authority **PLUS**



00:50



||||| **HD**

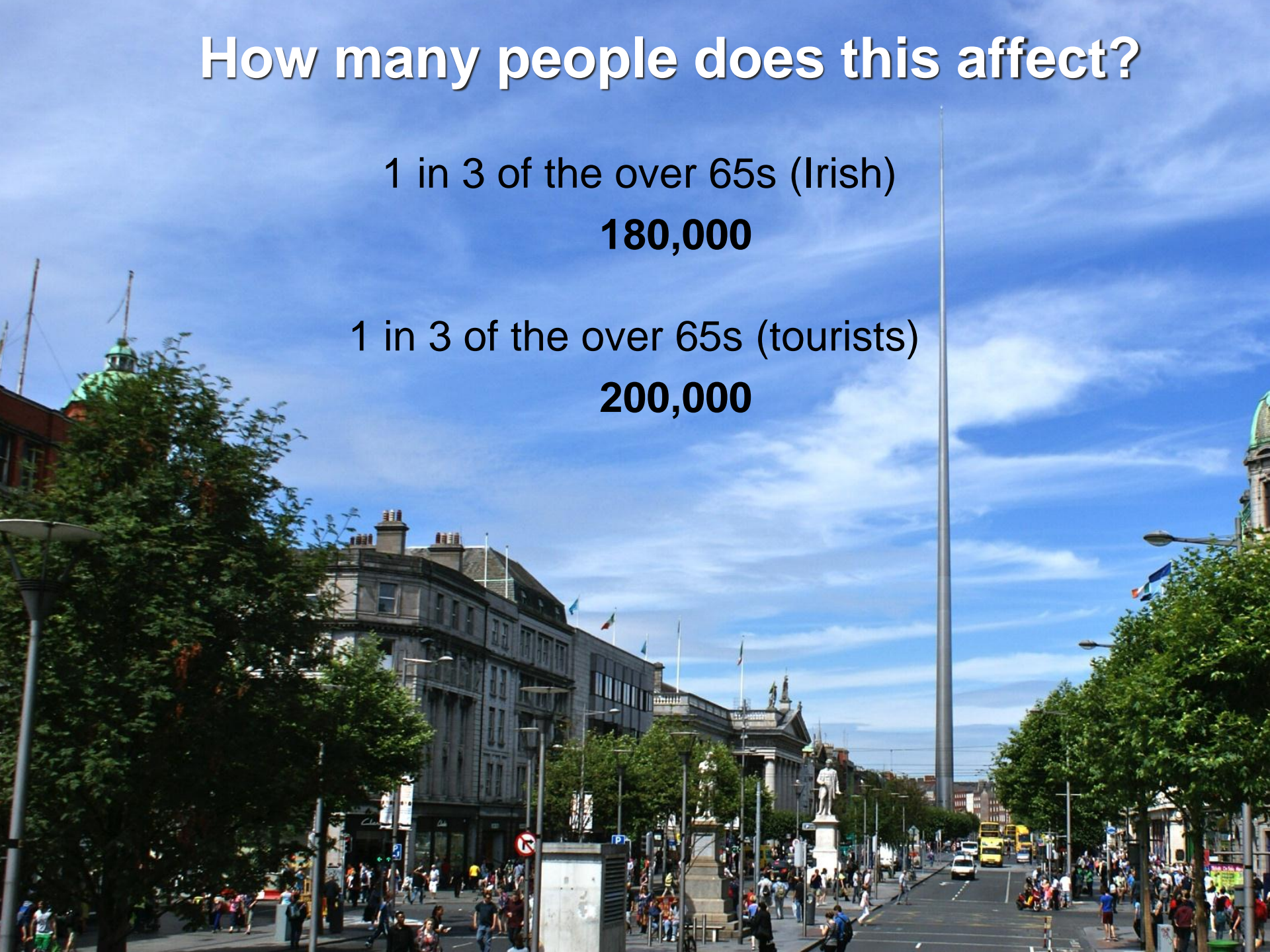
How many people does this affect?

1 in 3 of the over 65s (Irish)

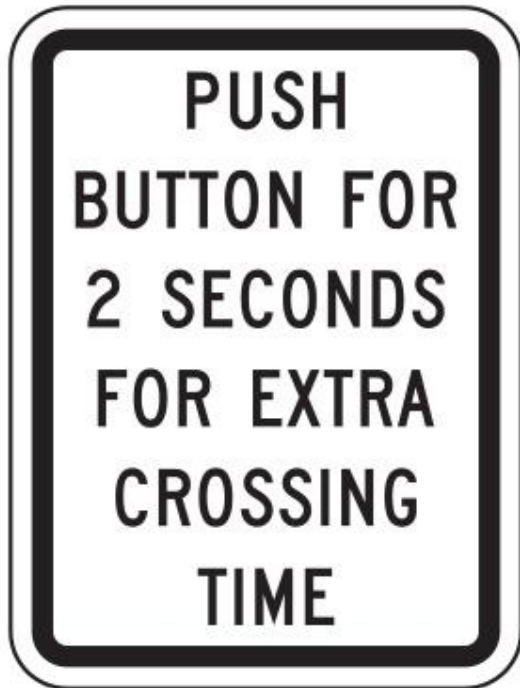
180,000

1 in 3 of the over 65s (tourists)

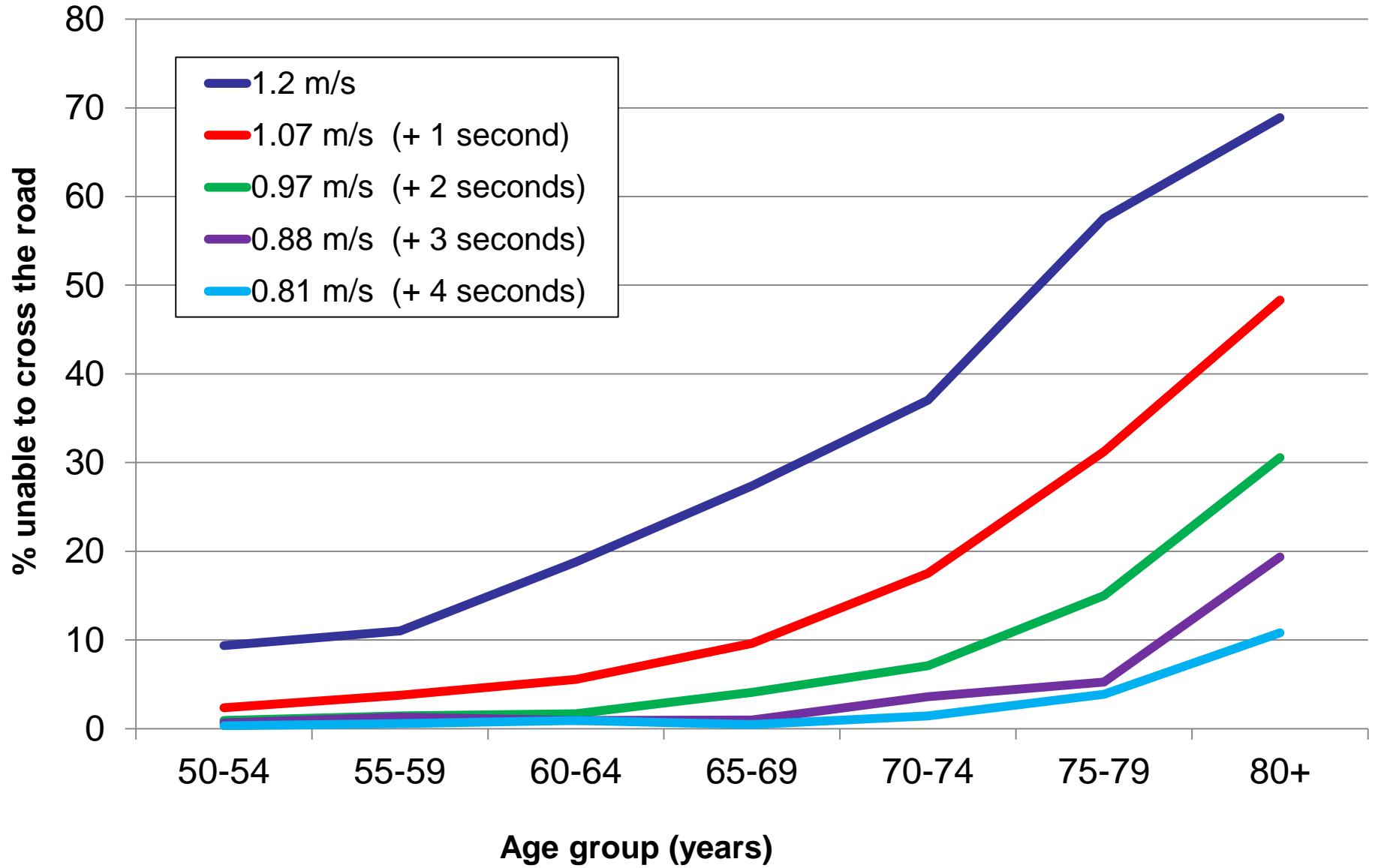
200,000



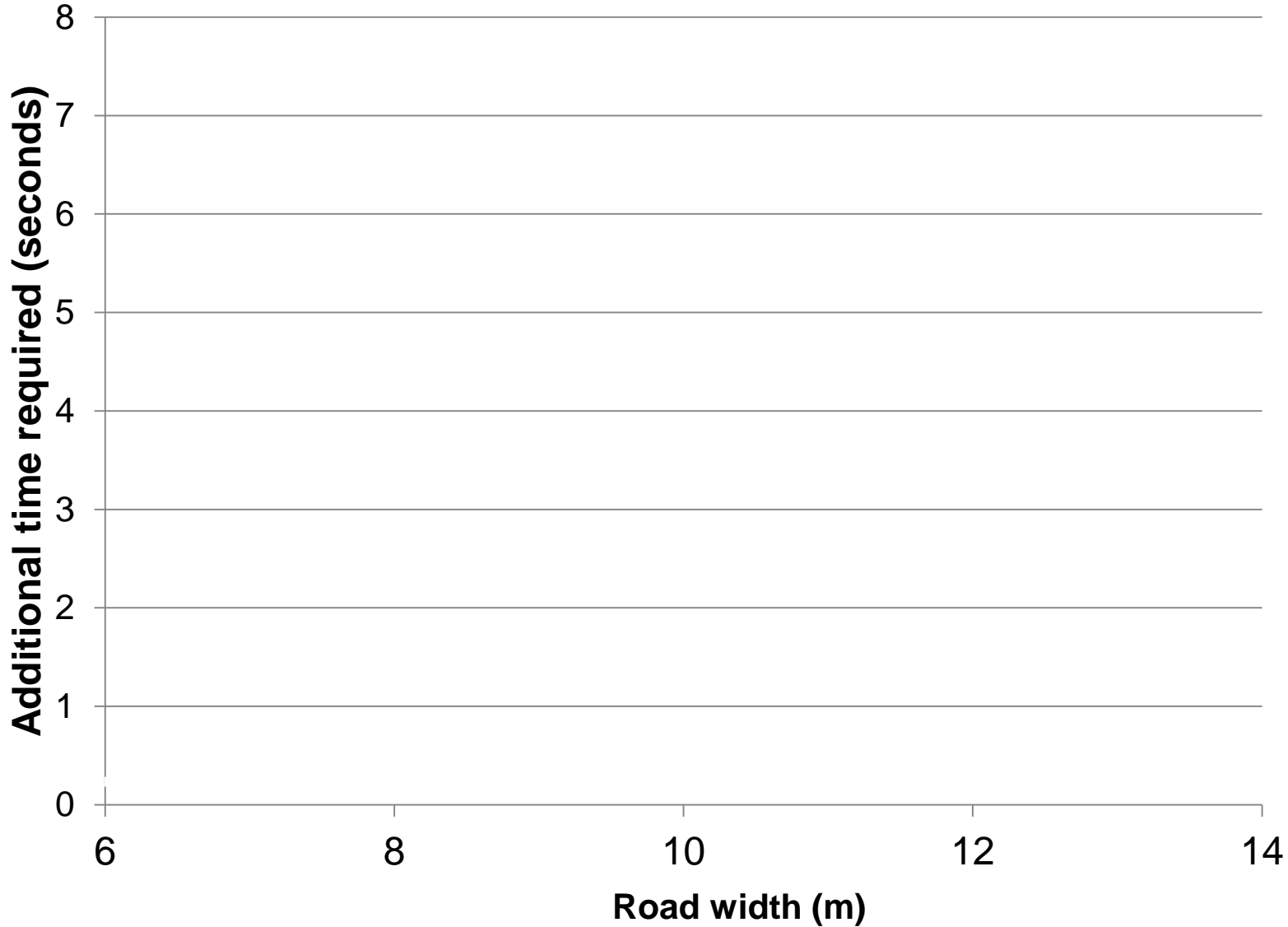
What can be done about this?



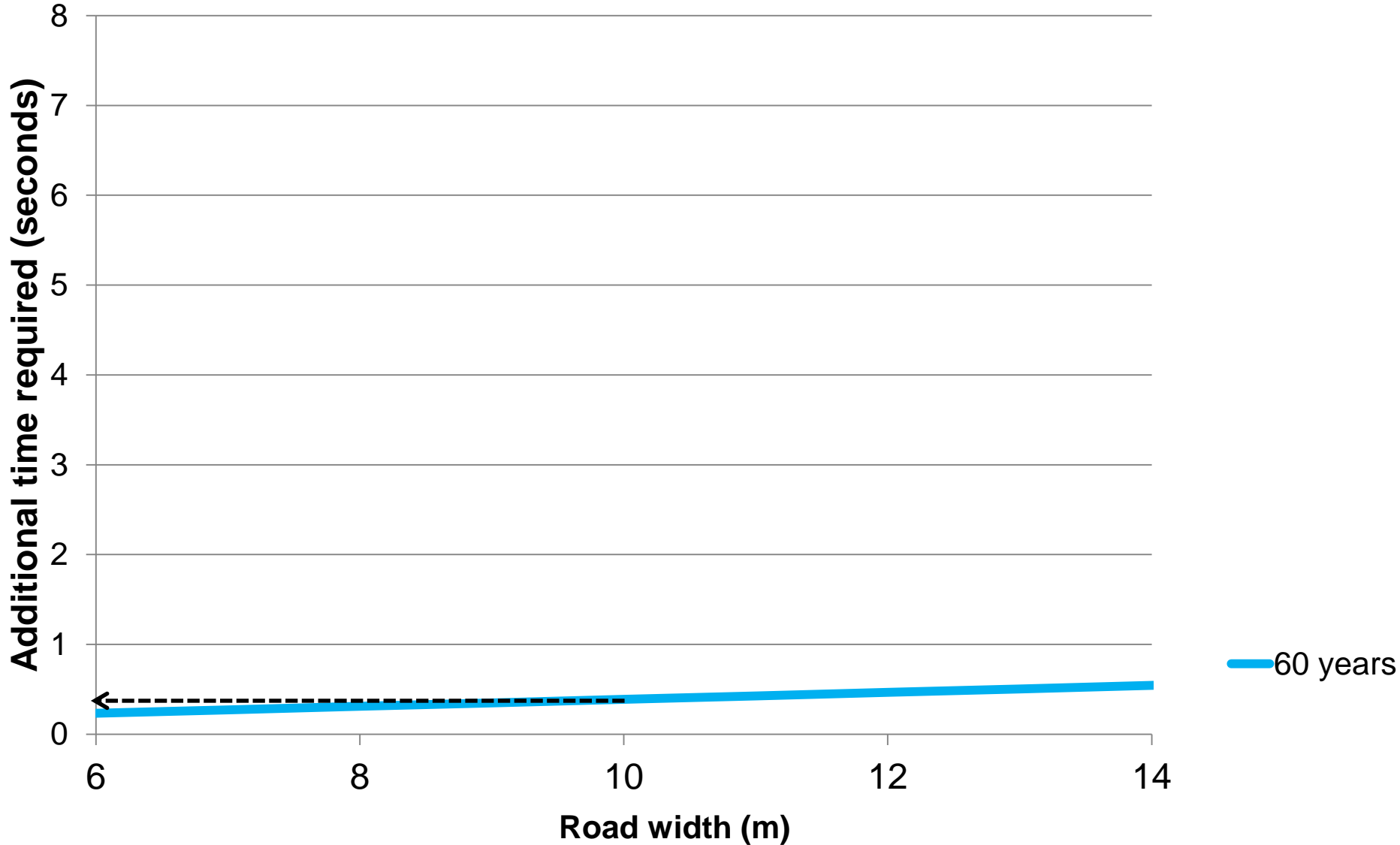
How many people will be able to cross if the duration of the amber light is increased?



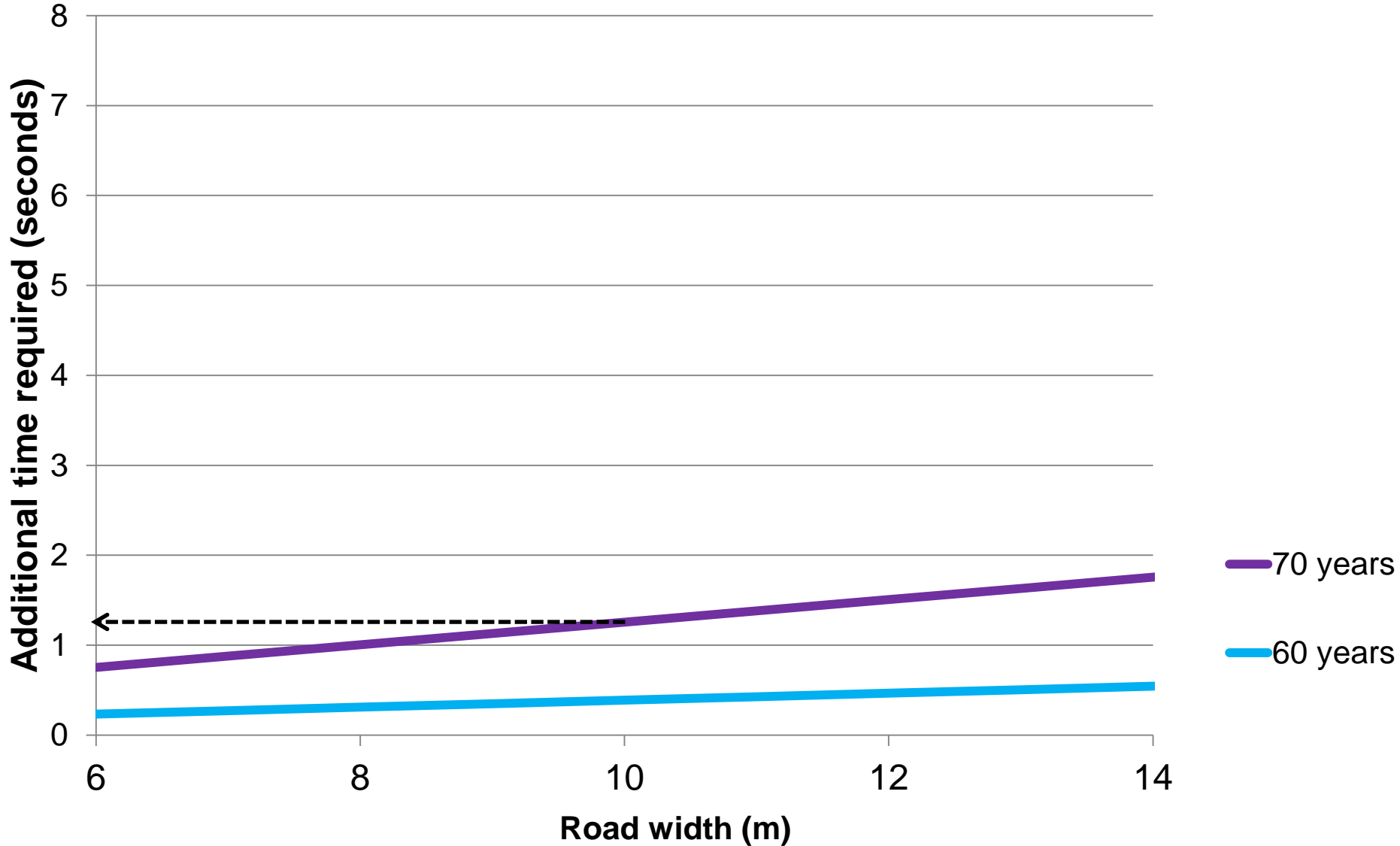
How much additional time is needed to allow Irish adults enough time to cross the road?



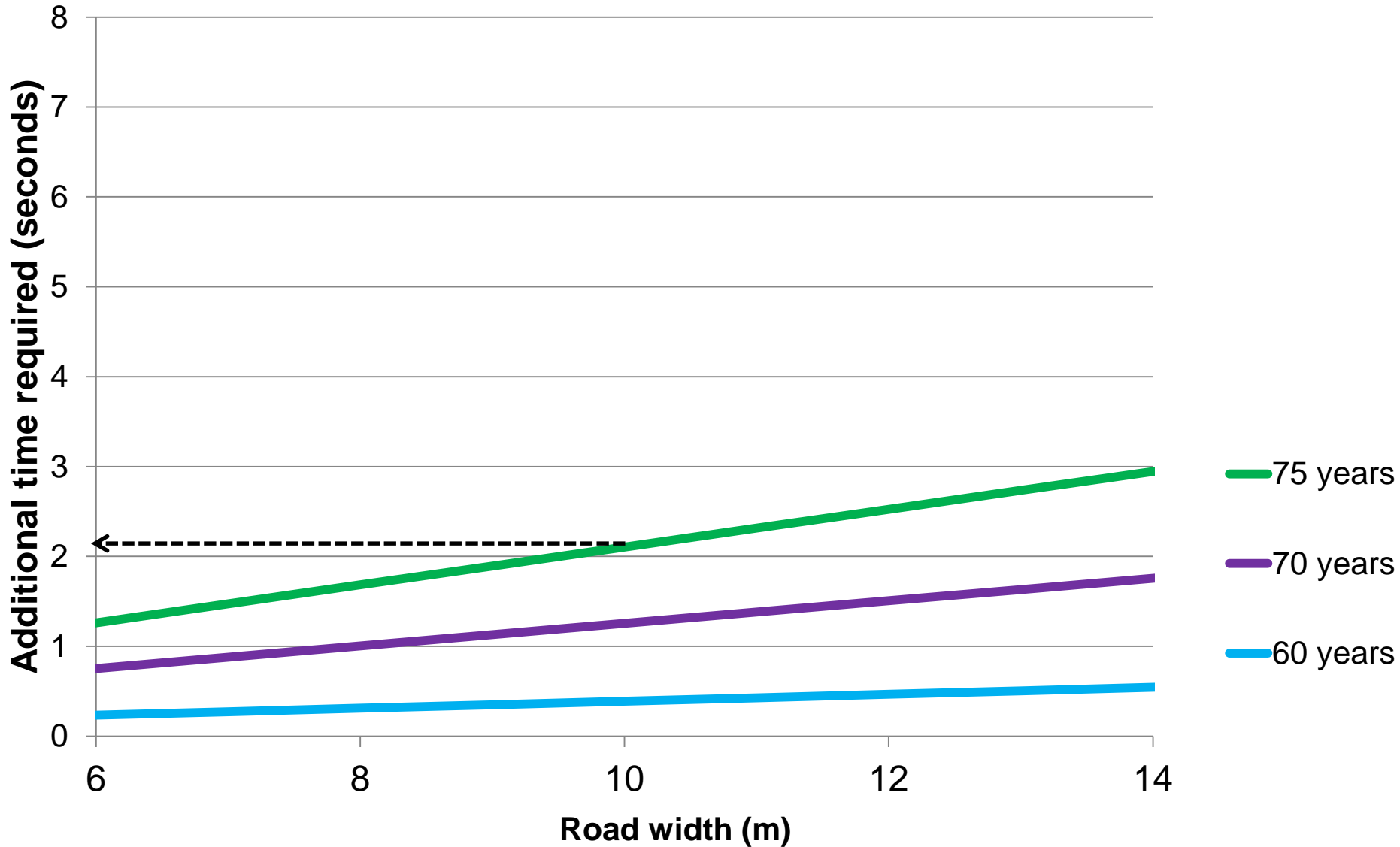
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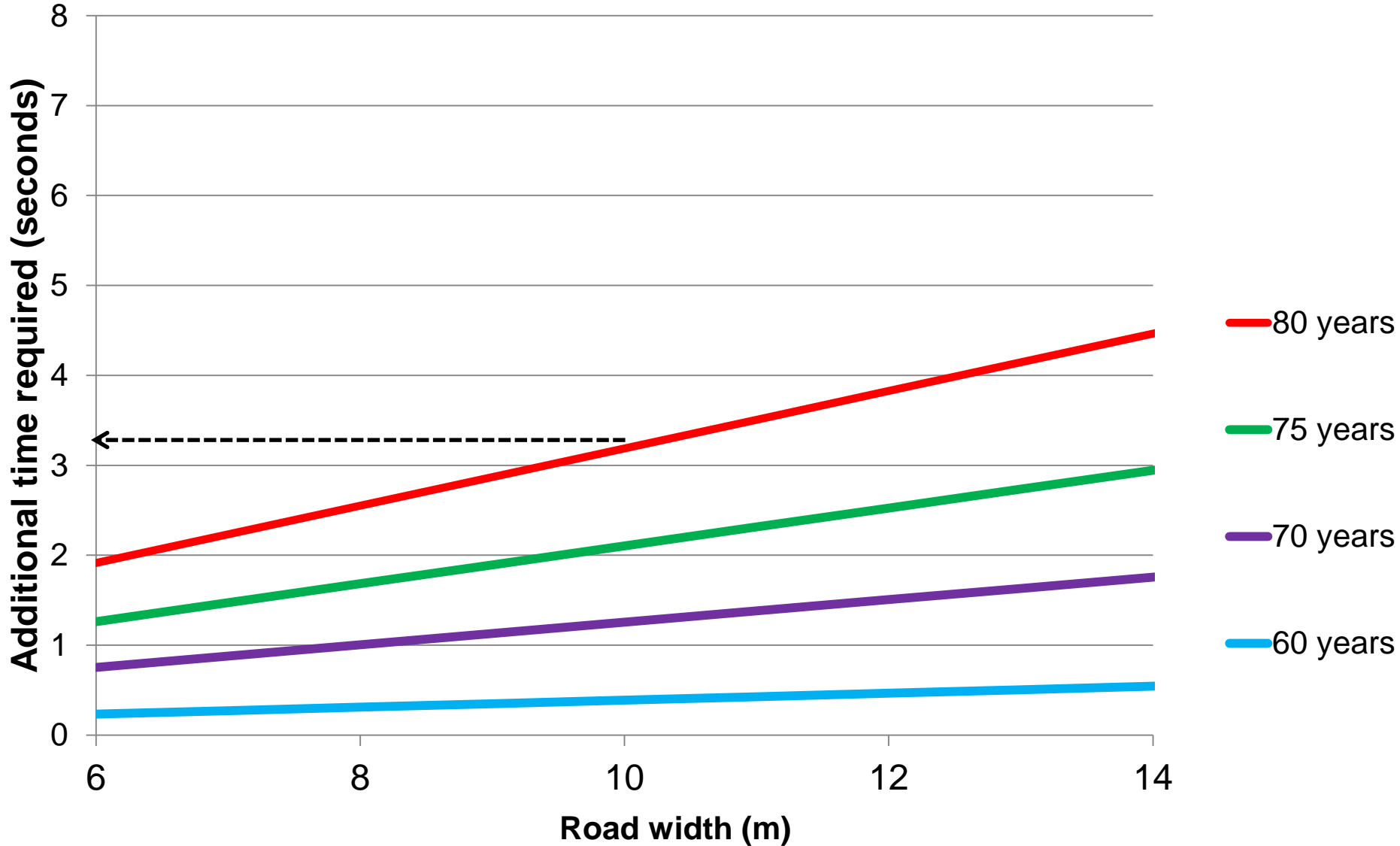
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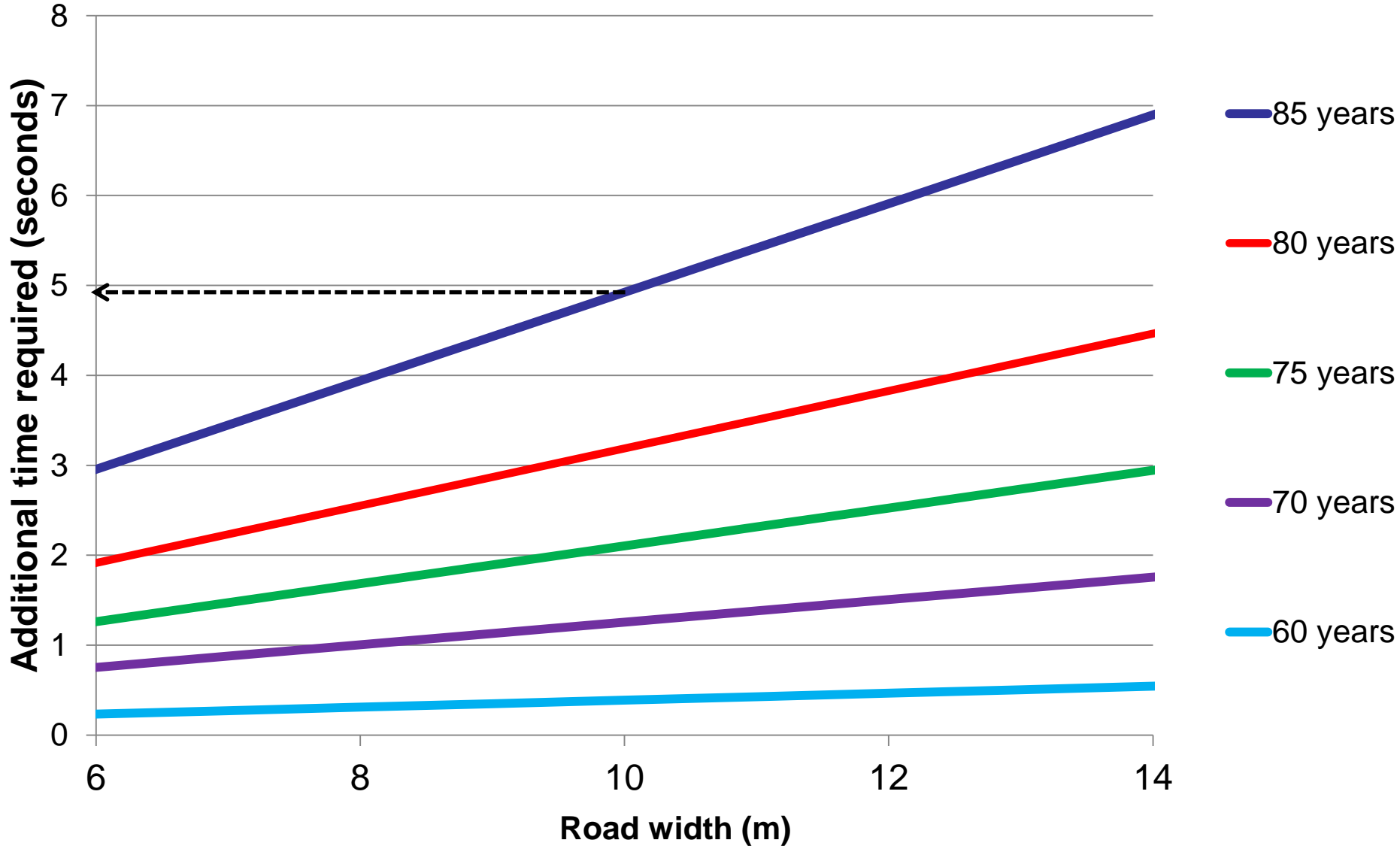
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Recommendations

- Pedestrian light settings should meet the guidelines & provide consistent messages in theory and in practice
 - Dublin City Council
 - Increased duration of amber light on >30 crossings
 - Introduced new policies
 - Data driven tool to assess impact of changes to the light settings
- Multidisciplinary approach to assess the wider impact on traffic flow, driver behaviours and feasibility of changes in pedestrian light settings
 - Demonstration/feasibility projects
- Education and awareness campaign
 - What the pedestrian light signals mean
 - Distractions when crossing the road
 - Pedestrian behaviour



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TRINITY
COLLEGE
DUBLIN



The
ATLANTIC
Philanthropies

