



URBAN AGING: A MIXED-METHOD ANALYSIS TO EXPLORE “AGING IN PLACE” IN THE CITY AS A CHANCE TO EMPOWER INDIVIDUAL’S HEALTHY LONG...

Title of presentation URBAN AGING: A MIXED-METHOD ANALYSIS TO EXPLORE “AGING IN PLACE” IN THE CITY AS A CHANCE TO EMPOWER INDIVIDUAL’S HEALTHY LONGEVITY

Abstract The increasingly pressing emergencies in terms of aging and urbanization force us to reflect on the relationship between health and urban environment. The project aims to investigate Aging in Place (AIP) in Bergamo city, focussing on the interplay between the city environment and individuals according to the new challenges posed by a need of a paradigm shift towards the perspective of empowered aging, far from an ageist stereotypical view.

The research starts from a biopsychosocial perspective and adopts the Bronfenbrenner’s ecological model of development. A over 75-year group of individuals living in Bergamo city is analysed as case study. Taking in mind two main focuses - individuals and places - quantitative and qualitative measurements are introduced. Through the introduction of this multiple approach, we would like to understand the aging individual’s life history, the motivation of a living choice inside the city, and the interaction with the urban environment. In this way we’ll be able to determine different grades of healthy longevity, and we’ll contribute to provide a fundamental perspective shift in the studies of aging and urbanization. Moreover, the work can contribute to better understand how to support AIP policies by better defining the urban spaces of the city.

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