

ProjectPARK

IMPORTANT PARK FEATURES FOR:
OLDER ADULTS

ProjectPARK: a study with older adults 65+ years to identify the park features they consider to be most important for their park visitation, park-based physical activity and social interaction (2017-2020)



30 completed a walk-along interview in a park to discuss park features



258 rated 42 photos of different park features



243 completed a survey to identify the relative importance of park features

TOP 10

FEATURES THAT ENCOURAGE OLDER ADULTS TO VISIT PARKS

- 1 Shady trees
- 2 Peaceful and relaxed setting
- 3 Walking paths
- 4 Birdlife
- 5 Gardens, landscaping and plants
- 6 Water feature like a pond, lake or creek
- 7 Café
- 8 Grassy open space
- 9 BBQ/picnic area
- 10 Signage, information maps

TOP 10

FEATURES THAT ENCOURAGE SOCIAL INTERACTION IN PARKS

- 1 Peaceful and relaxed setting²
- 2 Shady trees
- 3 Walking paths¹
- 4 BBQ/picnic area
- 5 Café
- 6 Birdlife
- 7 Gardens, landscaping and plants
- 8 Water feature like a pond, lake or creek
- 9 Built picnic shelter
- 10 Quiet, secluded seating area

¹Particularly for females ²Particularly for males

TOP 10

FEATURES THAT ENCOURAGE OLDER ADULTS TO BE ACTIVE IN PARKS

- 1 Walking paths
- 2 Shady trees
- 3 Peaceful and relaxed setting
- 4 Birdlife
- 5 Gardens, landscaping and plants
- 6 Water feature like a pond, lake or creek²
- 7 Grassy open space¹
- 8 Signage, information maps
- 9 Well maintained grass¹
- 10 BBQ/picnic area

A peaceful and relaxed setting, shady trees and walking paths were the top three features for older adults across all outcomes

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