

In the words of the Ontario Professional Planners Ins

levels of mobility, where mobility is considered the ability to make trips outside the home
ls and services. Suburban sprawl in Kingston makes many important amenities accessible
e automobile; therefore seniors who do not drive must figure out alternative ways to get

Option 1: Riding the Bus

Many of the seniors emphasized the importance of maintaining their sense of independence when it comes to mobility. Riding the bus provides seniors with a high degree of flexibility, and an important sense of independence; however waiting for the bus, enduring poor weather conditions when using the bus, the relative slowness of bus travel, and the sometimes discourteous drivers are some of the barriers to riding the bus.

Option 2: Walking

Many seniors also walk as a regular mode to get to places they need to go. Seniors can walk a range of distances from “a couple of blocks” to “ten blocks with breaks” to seven kilometres! However, for many

Option 4: Taxi

Most seniors do not use taxis as a regular mode of travelling because it is simply too expensive. One senior reported that a round-trip fare to the Cataraqui Town Centre from her home near the Kingston Centre would cost \$30. However, otherwise, seniors do find taxis easy to use and convenient.

The effect of income on mobility was also examined

Recommendations

Initiatives to improve mobility for seniors can be undertaken by many agencies. Improving mobility for seniors should be guided by the following principles.

1. Facilitate seniors' independence.

The National Advisory Council on Aging defines senior's independence as follows: "To be able to carry out life's activities within a normal community setting, to be able to make choices about these activities and to have a degree of control over one's life."

2. Recognize the diversity of the seniors' population.

Seniors are not a homogenous population. They differ by age, gender, education, income, physical health, and ethnicity, etc., which can shape their everyday experiences.

3. Reflect the progressive aging of the seniors' population.

