

Cities, Communities and Homes: Is the Urban Future Livable?

1. Paper / Proposal Title:

The role of cultural orientation in therapeutic landscape design

2. Format:

Written paper and verbal presentation

3. Author(s) Name:

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4. University or Company Affiliation:

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5. Abstract (300 words):

Globally, ageing populations will challenge urban and rural areas to find not only suitable housing, but to develop more efficient ways of maintaining health and social connectivity during peoples' later years. Ethnic complexity and contextual diversity can create uptake barriers in relation to physical activity and exercise for this older demographic, causing inequality in health outcomes. The multicultural nature of New Zealand means that while 'individualistic' western values prevail, there is also a large portion of the population that have different social, cultural, and ethnic values. These groups of people are often from multi-generational family units that stay active differently to that of the dominant culture. The outdoor environment offers an important platform for engaging older adults from a variety of social, cultural and ethnic orientations for the purpose of improving or maintaining their physical and mental health, as well as facilitating their social and cultural connections.

This project investigates the many different landscape requirements that contribute to the accommodation of ethnic diversity. Using a multidisciplinary lens, the project

compares existing technologies such as exercise equipment for the elderly, motivational strategies and eHealth technologies with medical research that reports on related health benefits and issues. It finds that much current technology and equipment is ill-suited to the needs of its intended audience and that it is predominately designed under a western paradigm. This study looks at the requirements and potential of a more inclusive landscape design that acknowledges different modes of health, recovery and rehabilitation, providing suggestions how more efficient and culturally appropriate ways of maintaining health and social connectivity can be integrated during peoples' later years.

6. Author(s) Biography (200 words each):

Chelsea Kershaw is a postgraduate student in Landscape Architecture, researching therapeutic landscapes.

Joelle Lim is a postgraduate student in Architecture with research interest on designing for disability and the roles of equipment and technology.

Bruno Marques, Director of Postgraduate Programmes and Lecturer in Landscape Architecture, Victoria University of Wellington, School of Architecture. His main research interests relate to the integration of indigenous methods in participatory design in landscape rehabilitation and ecosystem services.

Jacqueline McIntosh, Senior Lecturer, Victoria University of Wellington, School of Architecture. Her main research interests are design-led culturally-appropriate participatory design for improved health and well-being.

Dr Jon Cornwall is a Senior Lecturer in the Graduate School of Nursing, Midwifery and Health at the Victoria University of Wellington. A registered physiotherapist, Jon also has a PhD in clinical anatomy and an additional qualification in physiology. He is interested in age-related change in skeletal muscle, with one of his main research foci an exploration of the mechanisms contributing to functional changes in skeletal muscles during old age. Jon is affiliated to the Department of Physiology at the University of Otago (New Zealand), and the Institute for Health Sciences at the Zurich University of Applied Sciences (Switzerland).