

# Virtual and imaginative travel in later life

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**ONE-DAY OPAN CYMRU WORKSHOP ON:**

## **PROLONGING SAFE MOBILITY IN LATER LIFE FOR INDEPENDENCE AND WELLBEING**

**Wednesday 11<sup>th</sup> December 2013, SURF Room, Swansea  
University, 10am-5pm**



# Introduction

## Internet usage is growing

### Use of Internet over 65s

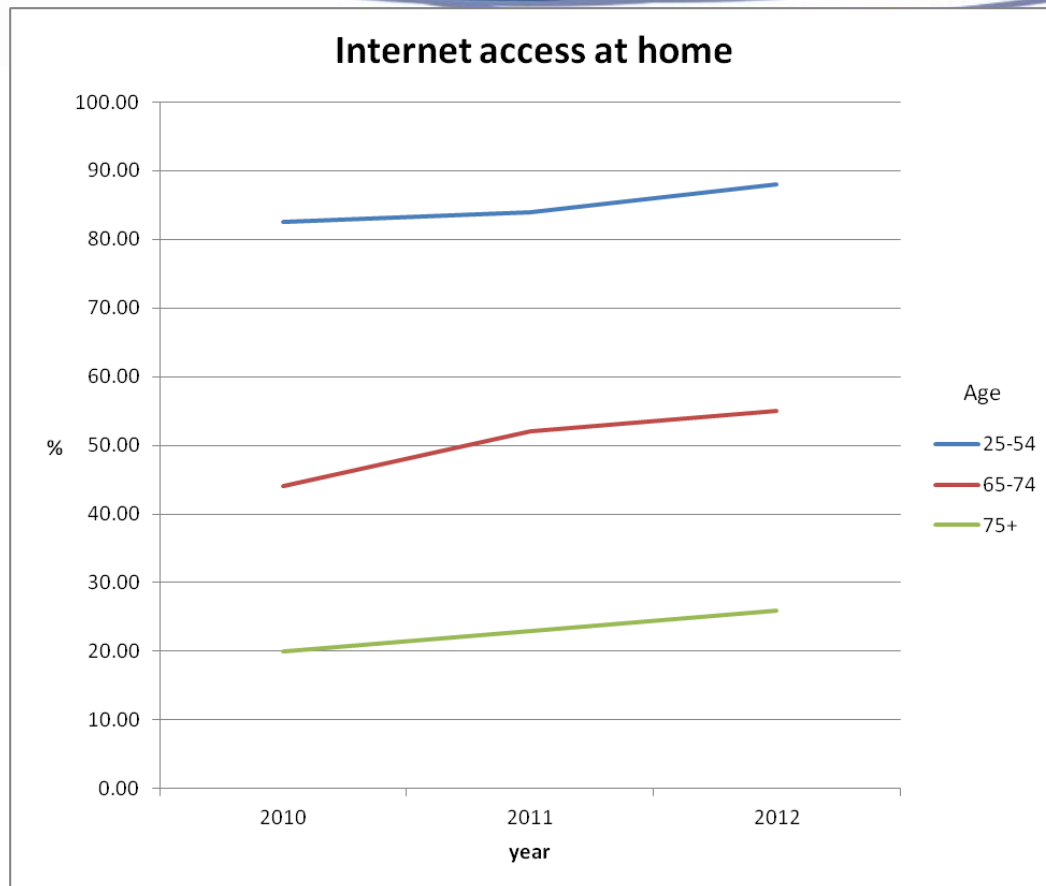
- Daily: 29% (67% all ages)
- Weekly: 11%
- Monthly: 4%

(OFCOM, 2013)

- Main reasons for not using
  - don't need it

(ONS, 2013; OFCOM, 2013)

- Moving to “Can't use it” as no longer being an excuse?





## **Wider beneficial effects of computer/Internet use**

- Users of internet = feel more in control of lives
- Owners of computers = feel more ability to learn new skills.
- People who reported not using the internet were more likely to say that they 'often' felt isolated from others.
- Conversely, people who said they did use the internet were more likely to respond that they 'hardly ever or never' felt isolated. The same pattern was found for loneliness.

(Mason, Sinclair and Berry, ILCUK, 2012).



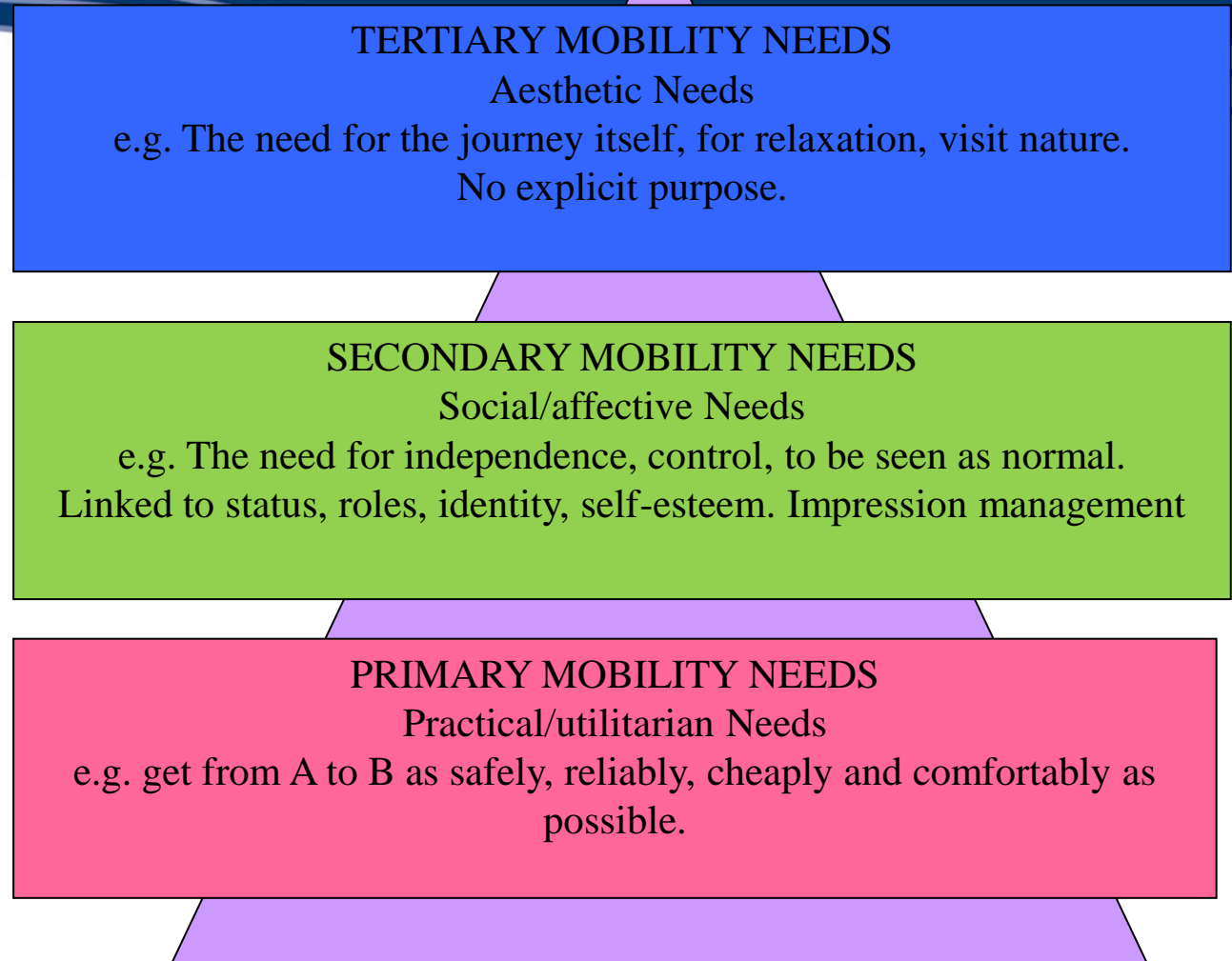
**What would older people like technology to help them with (Soparano et al., 2009)**

- **Social isolation** (loneliness, depression, boredom, social exclusion and disruption of patterns of daily living);
- **Mobility inside and outside the home** (challenges to personal mobility in terms of walking in the neighbourhood and use of public transport).
- **Keeping healthy and active** (included physical and mental activity, exercise, good nutrition, daily routines and adherence to medications);
- **Getting access to shops and services**
- **Increase community participation and contribution to local community;**
- **Safety and Security:** (falls, disorientation, control of household equipment);
- **Reduce forgetfulness** (appears to be a challenge to independence for many and concerns, for example, taking medication or finding objects in the house);
- **Accessing information/keeping up to date** (was a crucial issue as well as finding help and tradesmen to do jobs around the home);
- **Quality management of care provision** (is an important issue to ensure that the right amount and right quality of care is delivered in people's homes);



Travel needs

# Needs for travel



*"You can't ask other people to take you out for "a drive". They'd think you'd lost their senses. Anyway they have got better things to be doing with their time, then ferrying me about just for the sake, like"*

(female, gave-up driving at 80)

*"It's hard to explain I suppose. You just don't seem like you belong. I suppose yes there are feelings that you might be ready for the scrapheap now. The first step to it, you know"*

(Male, given-up driving at 76)

*"Well Dorothy and David from number 3 take me shopping every week, we all go, we have a bit of a time of it you know, it's a kind of outing. I never expected that. "* (Female, gave-up driving at 80)

A reduction in mobility can result in an increase in isolation, loneliness and depression and an overall a poorer quality of life.

### TERTIARY MOBILITY NEEDS

#### Aesthetic Needs

e.g. The need for the journey itself for relaxation, visit nature, use and test cognitive skills

On giving-up driving this level of needs is adversely affected  
Not so easy to ask for discretionary travel

### SECONDARY MOBILITY NEEDS

#### Social/affective Needs

e.g. The need for independence, control, to be seen as normal. Related to status, roles, identity, self-esteem. Impression management

On giving-up driving this level of needs is adversely affected  
Isolation, no longer part of society, no longer feel normal

### PRIMARY MOBILITY NEEDS

#### Practical/utilitarian Needs

e.g. get from A to B as safely, reliably, cheaply and as quickly as possible

On giving-up driving – this level of need is usually met

- friends
- accessible transport
- public transport
- teleshopping?





Satisfying travel  
needs by virtual  
technologies

Virtual

There are replacements on the Internet to reduce actual mobility



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Webcams

Virtual  
Environments

### TERTIARY MOBILITY NEEDS

Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.  
No explicit purpose.

Social  
networking

### SECONDARY MOBILITY NEEDS

Social/affective Needs

e.g. The need for independence, control, to be seen as normal.  
Linked to status, roles, identity, self-esteem. Impression management

Shopping  
online

E-health

Tele-working

### PRIMARY MOBILITY NEEDS

Practical/utilitarian Needs

e.g. get from A to B as safely, reliably, cheaply and comfortably as possible.

Examples: E-health

Carefully track own health

Independence, esp. rural areas, ownership over health

Reduce emergencies

## PRIMARY MOBILITY NEEDS

Practical/utilitarian Needs

e.g. get from A to B as safely, reliably and comfortably as possible.

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A tele-health monitor is installed at home allowing patient to measure pulse, blood pressure, lung capacity, lung function, electrical activity in her heart and other health indicators



Examples: Shopping online

Shop online

Browse time, still do it yourself, no need to move from comfort of own home

## PRIMARY MOBILITY NEEDS

Practical/utilitarian Needs

e.g. get from A to B as safely, reliably and comfortably as possible.



Preferred when done in a group.

AGE UK help sessions (e.g. Come Dine with Us – Tyne & Wear)

AGE Concern, Dorset – Musselwhite (2006)



## PRIMARY MOBILITY NEEDS

Practical/utilitarian Needs

e.g. get from A to B as safely, reliably and comfortably as possible.

Teleworking:

1993 by 2010: 80% of office workers  
would work from home/remotely

Telehubs etc. (AT&T, 1993)

- Remove the need for physical/  
literal/ corporeal travel
- Reduce need for workspace
- Did it happen? No?
- Why?
- Technology IS there and IS good  
quality.



## SECONDARY MOBILITY NEEDS

### Social/affective Needs

e.g. The need for independence, control, to be seen as normal.

Linked to status, roles, identity, self-esteem. Impression management



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The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

facebook



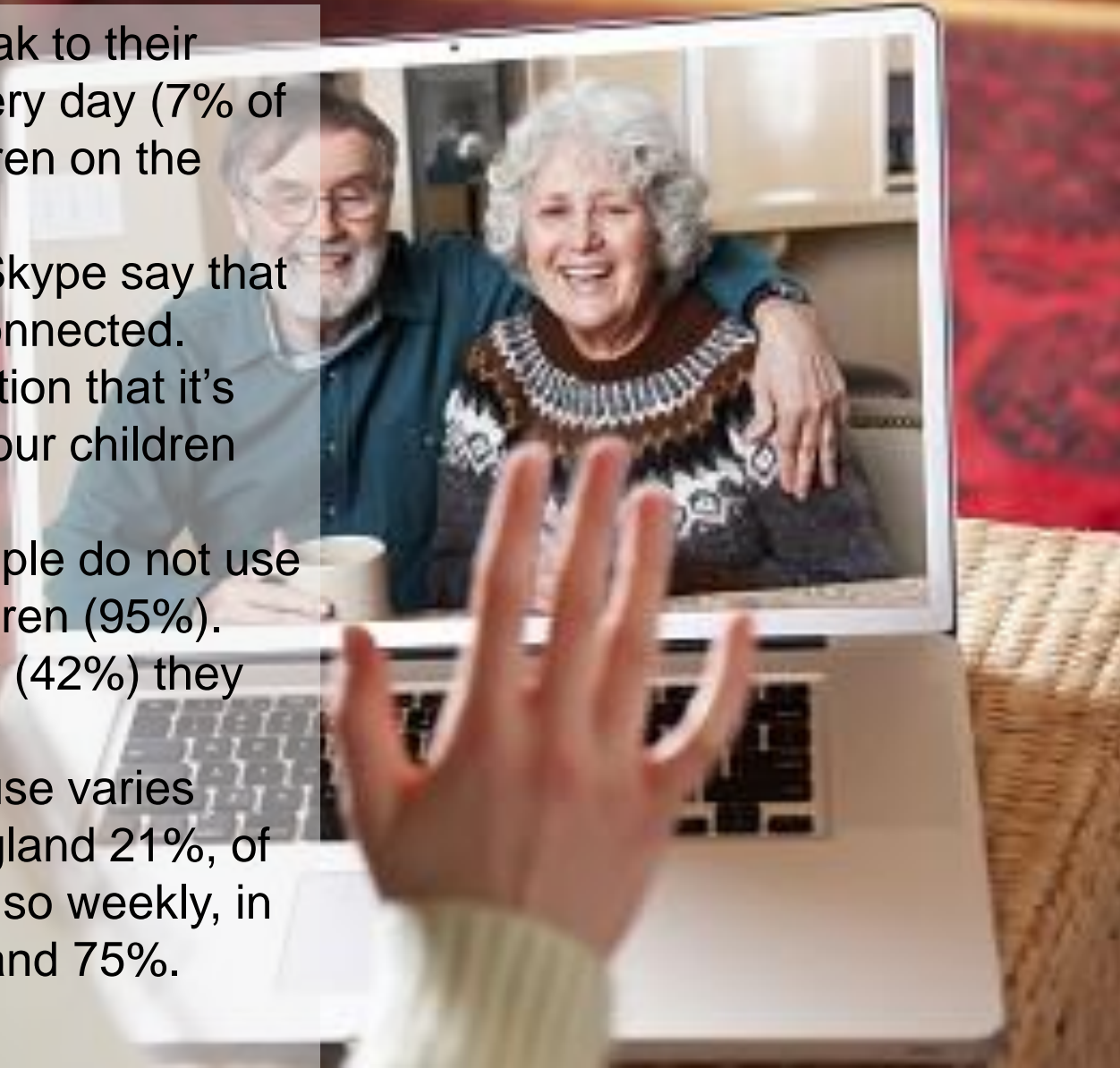
- Facebook big growth in use: 65% over 65s use. But many do not use frequently/give it up
- Twitter: 13% 50-64 year olds; 5% 65+ (compared to 30% 18-29 year olds)

## SECONDARY MOBILITY NEEDS

### Social/affective Needs

e.g. The need for independence, control, to be seen as normal.  
Linked to status, roles, identity, self-esteem. Impression management

- 40% of older people speak to their children on the phone every day (7% of never speak to their children on the phone).
- 85% of people that use Skype say that it helps them feel more connected. However, there is recognition that it's not the same as seeing your children (87%).
- The majority of older people do not use Skype to talk to their children (95%). This is because, for many (42%) they don't know how to use it.
- The regularity of Skype use varies across the nations: in England 21%, of those who use Skype, do so weekly, in Wales it's 38% and Scotland 75%.





Examples: Outside world in

TV

Radio

Still Walks

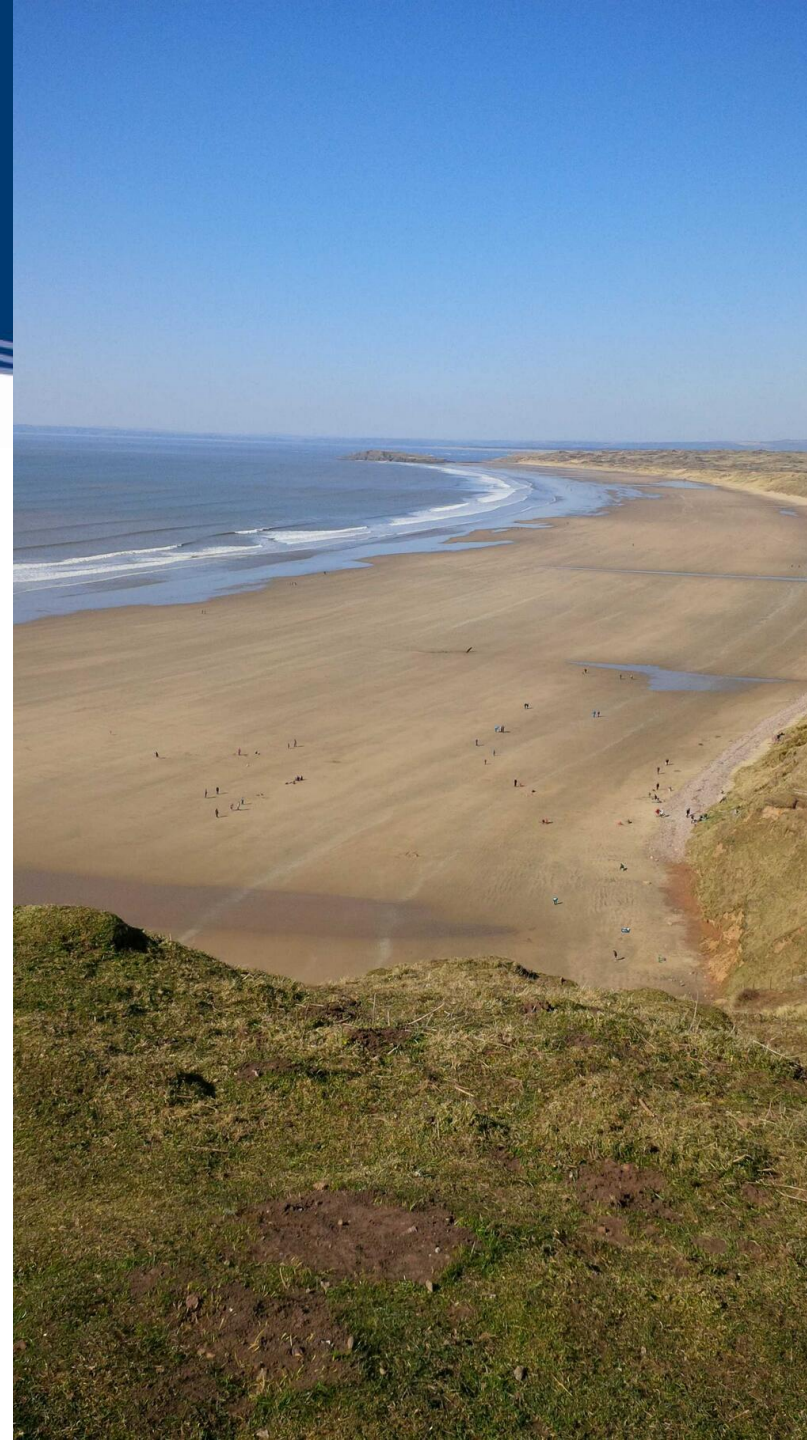
Webcams

Pictures

Biophilia – innate need to be with nature

Relaxing, calming.

Missing? – Control and movement,  
moving between things and sensory  
information. Interaction. The ordinary.





## TERTIARY MOBILITY NEEDS

### Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.



StillWalks™

*bringing the outside in - beautiful walks anytime, anywhere*



## TERTIARY MOBILITY NEEDS

Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.



Times Square, NYC



TorchCam



Niagara Falls, CAN



Scranton, PA



Anna Maria Island, FL



Belmont, NC



Times Square, NYC



New York, NY



EarthCamTV



Grand Haven, MI.



Sedona, AZ



Big Big Train - The ....mp3

Big Big Train - Brok....mp3

better-sooner-more-....pdf

Nudge\_or\_compel.pdf

in Square, Stavropol,  
Russia



Mehamn - Mehamn



Camera 9777



Camera 1663

Nosara surf camera  
Costa Rica



Camera 3425



near oslo, norway



iceland webcam



Camera 3467



Camera 1626



Camera 3710

## TERTIARY MOBILITY NEEDS

### Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.



Camera 3499



Camera 1684



Camera 9906



Camera 35



Camera 85



Ucluelet B



# TERTIARY MOBILITY NEEDS

## Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

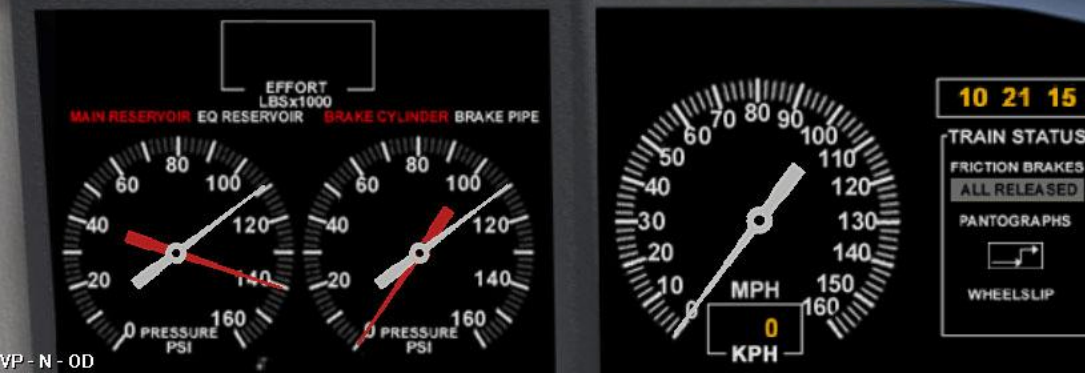
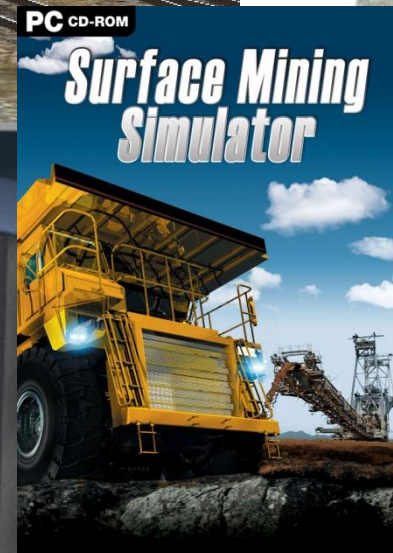
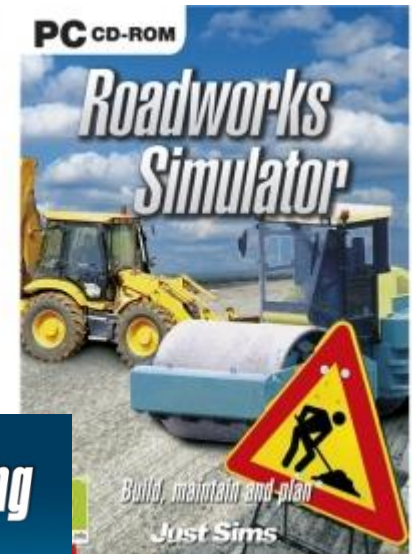
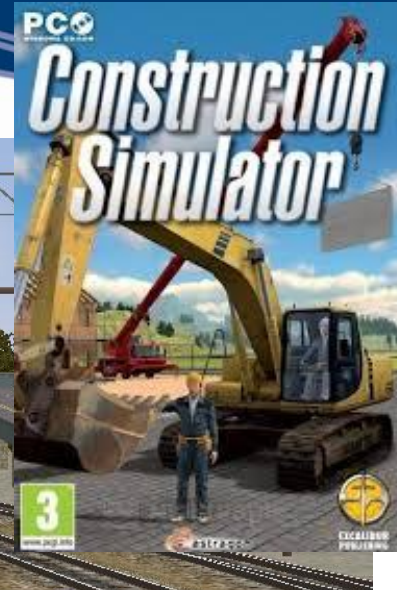
No explicit purpose.

Need for interaction

Simulated worlds



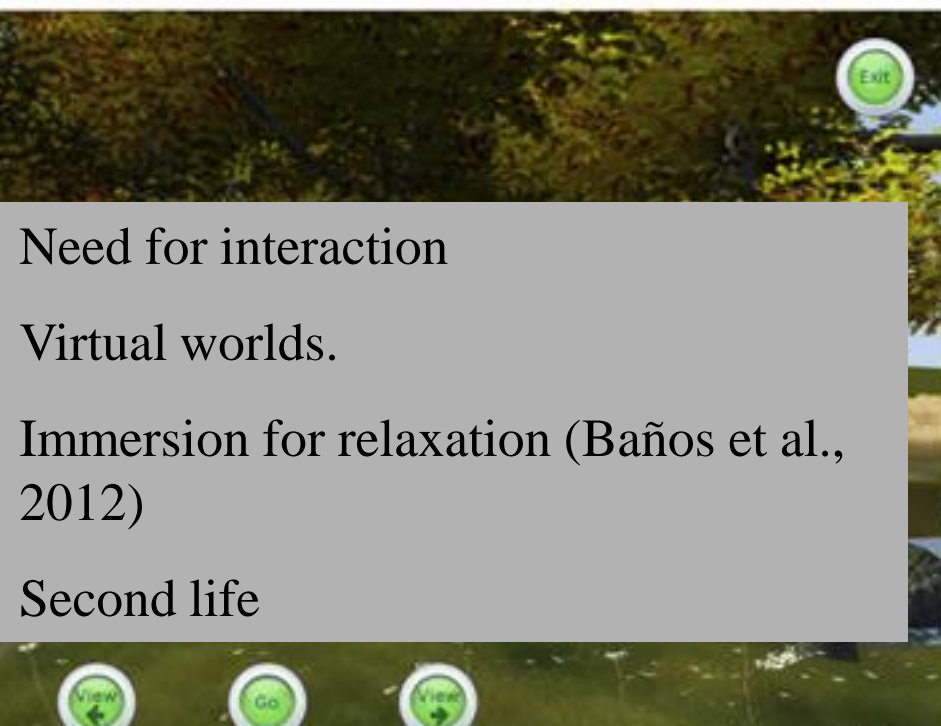
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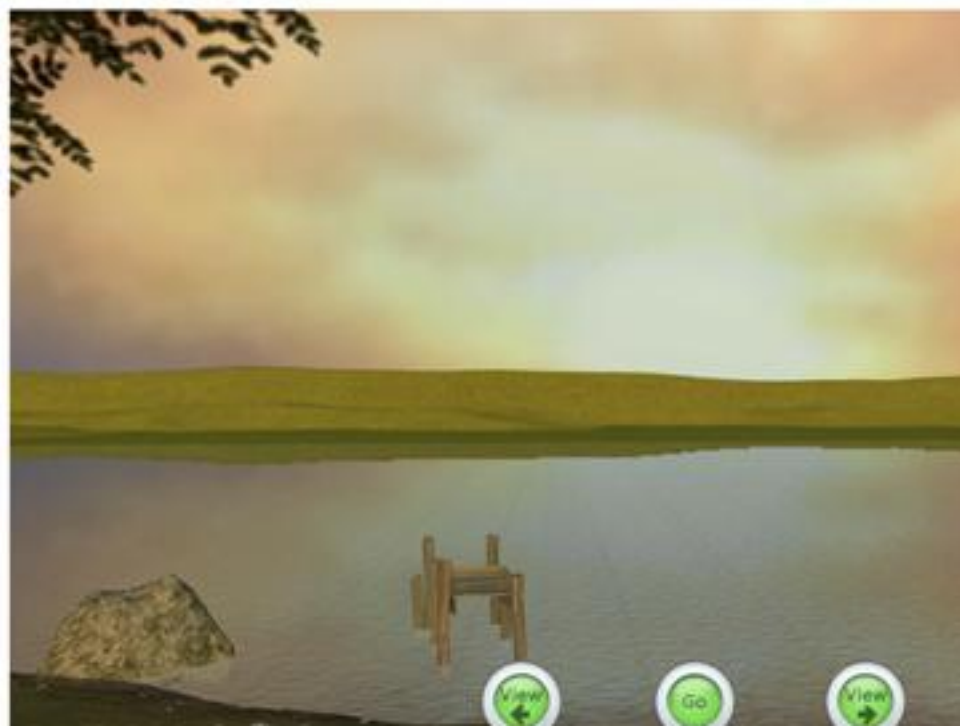




**TERTIARY MOBILITY NEEDS**  
 Aesthetic Needs  
 e.g. The need for the journey itself, for relaxation, visit nature.  
 No explicit purpose.



Need for interaction  
 Virtual worlds.  
 Immersion for relaxation (Baños et al., 2012)  
 Second life



## TERTIARY MOBILITY NEEDS

Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.

Virtual reality caves

Need more research with older people



# Potential

## Virtual

- Increase in technology and networking
- Increased accessibility
- Increased use – buying, talking, making friends, “visiting”, watching, interacting
- Own time



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“I will order stuff on the Internet rather than going to town to buy it, so I don't make that journey and it is just so much simpler on the Internet. Somebody else comes and drives and delivers it to your door (Male 60s).”

“I certainly see more of my grandson because of Skype (Female 60s).”

# Challenges

- What is missing from the “virtual” world compared to “reality”?
  - Touch, smell, sense, continuity, impression managed, staged
  - Informal, random, chance meetings
- Equal access?

“If I couldn't get to places..., although I've got a computer, I would stagnate. Because I like the social aspect of things. And I like the different characters you come across and it stimulates your thinking and makes life worthwhile to be able to go out and meet others (Male 70s)”

Parkhurst, G., Galvin, K., Musselwhite, C., Phillips, J., Shergold, I., Todres L. (forthcoming) Beyond Transport: Understanding the Role of Mobilities in Connecting Rural Elders in Civic Society  
in Hennessey, C., Means, R., Burholt, V., (Eds). *Countryside Connections: Older people, Community and Place in Rural Britain*. Policy Press, Bristol.



# Need to bring it together

Shopping

Journey  
Multi-  
sensory  
experience

TERTIARY MOBILITY NEEDS

Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.  
No explicit purpose.

SECONDARY MOBILITY NEEDS

Social/affective Needs

e.g. The need for independence, control, to be seen as normal.  
Linked to status, roles, identity, self-esteem. Impression management

Chat

PRIMARY MOBILITY NEEDS

Practical/utilitarian Needs

e.g. get from A to B as safely, reliably, cheaply and comfortably as possible.

Buy food



Senior-Chatroom.com







## Imaginative travel

## TERTIARY MOBILITY NEEDS

### Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.

Imaginative

I would miss not getting out and about. But look at the view from my garden of the fields. Look at it. If I really couldn't go out again I'd be a lot more better off than other people and other people in urban areas (Po2).

“look out my window don't you think I am very privileged.... people have got pictures like that hanging on their walls...I sit by here and I see the changing seasons and the sunrise on it....” (Female 80s)

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Imaginative

Human and Health Sciences  
Idorau Dynol ac Iechyd  
Active Ageing

## TERTIARY MOBILITY NEEDS

Aesthetic Needs

e.g. The need for the journey itself, for relaxation, visit nature.

No explicit purpose.

People remember places they  
have travelled



‘As far as I am concerned, I have spent 40 years of my life overseas anyway so I have no desire to go to these places or to move around’ (Male Dyfed)





## Conclusion

- Technology not direct satisfaction
  - often satisfies only one need at a time
  - Could be brought together
  - But not the same as in-person
  - Random, informal – can this really be mimicked?
  - Touch, smell, feel – can technology provide?
- But could give you more
  - Shopping with family on other side of the world
  - Keeping people independent – ageing in place
  - Locus of control with the person
- Essence and importance of literal travel
  - Importance of being co-present
  - Of the informal
  - Of the random
  - Of the ordinary, in order to get at the extraordinary
  - Interaction, mastery, discovery, formulating





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