Cycling without age

Teresa Uggla Kerrou

Uppsala municipality
COULD YOU GO IT ALONE?
More than half a million older people go up to a week without seeing anyone.

In the U.K
Mobility is one of the keys
Cycling without age

• Denmark in 2012

• Uppsala joined the movement in 2016

• In 37 countries by now
Cycling without age in Uppsala

- Three bikes + one bike for the Red Cross
- Four nursing homes
- Cooperation between:
How to get started

Volunteer → Apply through the website → education →

Choose where and when → Spread some joy and happiness → Be part of a community
Some numbers after the first summer

THE BIKE RIDE WAS PLEASANT

- 95% I completely agree
- 5% I agree partly
- 0% I do not agree
- 0% I agree

“Pleasant relaxing tour. I would go every day if it was possible to do so.”
Some numbers after the first summer

DO YOU WANT TO RIDE THE BIKE AGAIN

- I do not agree: 3%
- I agree partly: 96%
- I agree: 96%
- I totally agree: 3%

“It was nice to see the water and to get out... I would like to cycle as often as possible (preferably daily).”
Some numbers after the first summer

HOW DO YOU FEEL NOW, IN COMPARISON TO HOW YOU WERE FEELING BEFORE THE BIKE RIDE?

- worse: 49%
- no difference: 13%
- Better: 36%
- Much better: 2%
- No answer: 2%

“I appreciate to be outside and to get some fresh air. It is so pleasant just to look at the flowers and the bees.”
"It is so wonderful! I can’t believe that it can be true".

Foto: Sigrid Asker
Easy, fun and ingenious

Photo: S. Sandberg
https://www.facebook.com/BBCRadioNottingham/videos/vb.313752532013173/2038207526196327/?type=3&theater
Thank you!

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http://cyclingwithoutage.org/
Organisation

Project management

Project group

Rep from the nursing homes, The red cross and a communication officer

Bernadotte

Captain

Coordinator

Pilots

Karl-Johansgården/Västergården

Captain

Coordinator

Pilots

• Private person
• Teaches others how to bike
• Keeps the group together

• Works at the nursing home
• Approves the volunteers
• Coordinates the bike rides

• Private person/relative/staff
• Bikes