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Canadian Journal of Nursing Research, Sept 2005 v37 i3
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Through Seniors' Eyes: An Exploratory Qualitative Study to Identify Environmental Barriers to and Facilitators of Walking. *Donna Lockett; Alette Willis; Nancy Edwards.*

Abstract: This qualitative exploratory study examined environmental factors influencing the walking choices of elderly people using the **photovoice** approach. A total of 13 seniors in Ottawa, Canada, took photographs of barriers to and facilitators of walking in their neighbourhoods. These photos were displayed during 3 focus-group sessions and served as touchstones for discussion. A total of 22 seniors, including 8 of the 13 photographers, participated in the focus-group sessions. The findings show that environmental hazards related to traffic and falls risks can be significant barriers to walking for seniors, and that connectivity can truly exist for the elderly only if convenience, hazard-free routes are available. They also indicate that simple amenities such as benches and washrooms might facilitate walking for seniors. A neighbourhood that is activity-friendly for seniors will also be a good place for everyone else to live, work, and play. The use of **photovoice** as a method was well received by the participants and provided rich information that may not have been captured through other means.

Keywords: **PHOTOVOICE**; ACTIVE LIVING; WALKING; SENIORS; ENVIRONMENTAL FACILITATORS; BARRIERS

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