

Co-creation with Life filming: Older adults exploring urban outdoor environments to enable outdoor activities and societal participation during heatwaves

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Photo: Private, Johanna Johansson



Photo: Jönköping University mediabank, Patrik Svedberg

Methodology

Life filming
Individual interviews
Reflexive thematic
analysis
(*Braun & Clarke*)

The Garden Society of Gothenburg





**Function and
feeling intertwined**



Access to everyday nature

Promote inclusive built constructions





Main takeaways

- Heat-adaptations should enable everyday activities and participation in society, not only reduce risks.
- Close-to-home green oases support wellbeing, social participation, and place attachment.
- Shade, rest opportunities, and drinking water are essential for independence and safety.
- Urban heat resilience emerges from the combination of function and feeling.
- Equitable, Age-friendly design is fundamental to climate resilience.

**We welcome discussion
on the research,
methodology, or future
collaboration.
Please contact us!**



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