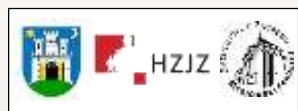


URBAN PLANNING FOR HEALTHY AGEING: THE EXAMPLE OF A PARK PLANNING IN THE CITY OF ZAGREB



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Background

- According to the World Health Organization, by careful urban planning it is possible to support physically active lifestyles, increase the share of healthy population and establish spaces that enable healthy ageing.
- The goal of this paper is to present urban planning of one of the public surfaces in the City of Zagreb as an example of healthy ageing promotion.

Material & Methods

- The space between public health institutions was selected to become a place where elderly people will be able to achieve some of the healthy ageing goals.
- The area was projected to be the future meeting point in nature where people can be both physically active but also find their peace from everyday life while applying minimal interventions into the current architecture.

Results

- The healthy green city area was designed with minimal interventions. The impressive staircase was renewed. The plant stock was kept to the fullest extent possible.
- The landscaping is dominated by publicly lighted walking path at which end points there are places to sit, relax and socialize.
- The herb garden, dominated by lavender and rosemary, follows higher part of the trail. This way, the park also ensures an olfactory and visual sensory experience.
- An additional area of this park is a plateau designed to gather residents for events.
- The space next to the plateau has been left behind for the future monument of Slobodan Lang, a prominent physician and humanitarian.



Before



After



Conclusion

- With multidisciplinary work for health and by taking people's health needs into account in urban planning, we can contribute to the rise of healthy people and promote, among other, healthy and quality ageing.