

RUTAS AMIGABLES



Inform 3:
La Almozara Civic Center

INTRODUCTION

A FRIENDLY ROUTE is one that:

- It is a useful and frequent route: it is a common route that older people use in their daily life in the neighbourhood. The Centre of Coexistence of the district will be taken as reference point.
- You can walk around in a safe and accessible way. This implies that older people will have previously studied the existence or not of a series of important needs for this group.
- It is elaborated through the participation and consensus of a team of elderly people.

To carry out the design of a route and establish the improvements to meet the requirements that define it as a friendly route, a process based on participation and agreement will be developed, through a methodology that promotes collective intelligence through intellectual consensus. of a group, seeking the sum of criteria when establishing the improvements to be able to define the friendly routes.

The intention is to start with the following **methodological design** with the objective of validating it, proposing improvements that facilitate its development in the future.

The team of seniors

Older people are the main agents of the project, their participation is fundamental for the elaboration of the routes, for which a participative methodology is proposed, based on the consensus and the sum of knowledge and opinions, making possible the diversity in the composition of the participants.

The groups of majors will be formed by 6-7 people. To be representative, gender parity will be sought, and they will be formed by people over 60 to 75 years of age and 76 years and older. In each group there will be at least two people with a slight physical problem, a person who likes to walk or who belongs to hiking groups, a person who is an advanced ICT user and two with a medium level. It is the City of Zaragoza (technical staff of the Senior Center), who makes the selection of equipment.

The tasks that each senior person that is part of the group must carry out in the sessions will be distributed so that the most frequented and useful routes acquire the degree of friendly routes.

Dynamization techniques will be used to maximize participation by creating an atmosphere of camaraderie and trust. Teamwork, participation and decision-making will be strengthened, reaching consensus through agreements between the teams, using specific techniques to do so.

Planning

It will be necessary to define the necessary times to be used in each of the sessions, in addition to the number of sessions to be developed. We start from a process whose methodology must be adapted to the needs and objectives of the project, as well as to the characteristics of the group

The motor group - made up of technical staff from the Zaragoza City Council and the dynamic staff - will develop and clearly expose the most important concepts of the project, ensuring their understanding by the teams of older people.

To design two friendly routes, a selection of the most frequent destinations of the district will be made, agreeing by consensus on each team of elders and in case there are more than two, an order of priority will be established.

The inclusion of the friendly route in the Open Government Portal will be made using the collaborative maps tool.

The facilitators must design and prepare the documents to work with the teams of older people, collecting at least the following points:

- o Information about the participants.
- o Information about the most frequented destinations.
- o Proposals for improvement according to the following criteria: banks, traffic lights with a counter, curbs, access difficulties at bus stops, points of interest (public toilets, parks for the elderly ...), any other aspect that you consider appropriate the senior team.
- o Evaluation reports.

Execution

Realization of the route of the routes at street level in how many sections and sessions are necessary for the analysis of the same. The walking routes will be carried out together with each of the groups of elderly

people that are created. In the tours will be agreed the improvements that are necessary to make this route a friendly route.

Realization of a complete tour of the route using collaborative maps. Once loaded the friendly route in the Platform of Open Government, (collaborative maps) and established the necessary improvements so that it can be considered as such, will be covered of integral form again each one of the routes along with the members of the groups using the collaborative maps in the different mobile phones and tablets for the revision of the agreements taken on the necessary improvements, the measurement of the average time necessary, and the establishment of possible improvements in the collaborative maps.

Agreements by consensus

Decision making by consensus for the selection of routes, both for destinations, and for routes. Making agreements on how to improve the route to be friendly, which should be done after the end of the tour continuing with the session in the classroom.

ROUTE 1:

START: CENTRO CÍVICO LA ALMOZARA

END: PALACIO DE LA ALJAFERÍA



ROUTE 2:

START: CENTRO CÍVICO LA ALMOZARA

END: PARQUE DEL AGUA



SESSION I

Date: 15/11/2017

Time: 9.00h

Length: 1h

Location: Calle Hernán Cortés 31-33, 50005, Zaragoza

Intended goals:

- *MobileAge Presentation*
- *Working concepts and methodologies presentation in order to design a friendly route*
- *Presentation of persons and team building*
- *Procedures to get to know the more frequent destinations*
- *Timeline*

Development of the session and methodology used

Presentation of the MobilAge project by the Zaragoza City Council technicians, from the Zaragoza City Council motor group

Móvil,edAd

Móvil y edAd es un proyecto europeo de tres años de duración que se inició en febrero de 2016. Tiene tres líneas de trabajo enfocadas al sector de la tercera edad:

- Provisión de datos abiertos
- Uso de tecnología móvil
- Co-creación de servicios accesibles relacionados con la producción y uso de datos abiertos para las ciudades.

10 Miembros

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101019139

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Then, the doubts that had arisen due to the contents of the project were clarified.

It is decided not to perform the dynamics prepared for the presentation of the team members, nor the procedures to know the most frequent destinations, although the schedule is commented, since only three of the 7 selected for the working group are selected. Older people, therefore, consider leaving these tasks for the next session.

At this point, the contents of the project have been reviewed as a group, with the aim of seeing to what extent it has been understood and how to proceed from now on.

Once the objective of the project, the procedures and the schedule have been explained, the way of collecting information about the most frequented destinations has been addressed. It is explained that a point of reference located in the district is needed as a starting point and that it has the adequate focus so that the most suitable one is the Almozara Senior Center, both because of its situation and a point of reference. Older people in the environment. It remains, therefore, to define a point of arrival, the end point of the route, which is precisely what you have to find out with your support.

Despite the participation, the moderator of the cases, the possibility of filling out a data sheet asking different people from their environment. To do this, the file had been designed: «ROUTES FRIENDLY DESTINATIONS» (ANNEX III). It has been consulted about its usefulness, and the team has expressed its satisfaction at seeing it. Therefore, it is agreed to work with this file to gather the information you need to know: that older people in your district, who must gather a friendly route.

In the next session they brought the file with the required information



RUTAS AMIGABLES DESTINOS



NOMBRE Y APELLIDOS:

FECHA:

PERSONA 1

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:

PERSONA 2

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:

PERSONA 3

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:

PERSONA 4

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:

PERSONA 5

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:

PERSONA 6

¿Algun tipo de limitación?

DESTINO 1:

DESTINO 2:



Observations:
Only 3 persons participated

SESSION II

Date: 17/11/2017

Time: 9.00

Length: 1h 30 min

Location: Calle Hernán Cortés 31-33, 50005, Zaragoza

Intended goals:

- Determine by consensus the most frequent destinations and prioritize two of them
- Set the exact routes

- Mark the route on the collaborative maps
- Distribution of tasks for the following sessions (photos, GPS, data collection card...)

Development of the session and methodology used:

The objectives of the session were not fulfilled in this session because the team was not complete.

Out of the 3 participants that assisted on the first session, only one of them participated in this one. Today another 3 participants assisted (two men and women), but she decides to abandon the project when she finds out that the routes should be carried out on foot. So on today's session the project's objectives, description, the methodology and the timeline were explained again.

The file card was handed out and the process on how to fill it up was also explained and when they had to bring it.

Once the doubts were cleared out, the session was over reminding the participants which were they objectives and tasks for the following session.



Observations:

Few participants, but interested, observing and willing to learn and help out

SESSION III

Date: 20/11/2017

Time: 9.00

Length: 2h

Location: Centro Cívico La Almozara, Avda. Puerta de Sancho 30

Intended goals:

- Determine by consensus the most frequent destinations and prioritize two of them
- Set the exact routes
- Mark the route on the collaborative maps

- Revision and consensus on the elements of the FILE CARD and improvements
- Distribution of tasks for the following sessions (photo, GPS, data collection card...)

Development of the session and methodology used:

At the beginning of the session a brief presentation on the project is carried out again, because once again we were counting with new participants. In around 10-15m. it is explained in the easiest way possible and doubts are cleared out.

One all of them understand the project, how is it carried out and what are the next steps, the process decision on the routes must be developed. We counted with two persons that had filled up the FILE CARD, the rest of them were new. Although we counted only with these two file cards the decision making process was carried out by all of them in a very participative way.

A round among all participants was done where each of them named frequented destinations, so we could see which ones were the most repeated. Once this was discovered, they were written down on post its of different colours, with the intention of stablishing priorities (long/short, repeated/not repeated, important/not important).

It was explained that the priority we were going to use the LONG/SHORT, and from there we would use ther est.

To reach an agreement, the most repeated were named out again (Europa Square, Medical Centre, Aljafería Palace, Delicias Station, City of Justice...) up to a number of 8 and they were divided into long and short routes depending on the distance.

Al repetirse mayoritariamente La Aljafería, y determinar que era una ruta corta, y en segundo lugar, y por orden de importancia también, El Parque del Agua y Ciudad de la Justicia , se ha decidido por consenso, trabajar esas dos rutas.

Since The Aljafería Palace was the most repeated and determining it was a short route, and in second place, The Agua Park and City of Justice, it was decided to work on those two.

Four other were reserved, for the future.

The next objective was to mark the route on the collaborative maps and agree on what itinerary was more appropriate, convenient, nice and fast. For this we counted with a specialized person.

Finally, the task distribution was carried out, not giving any problems at all and the document on IMPROVEMENTS was also handed out

So, finally we have the next group of volunteers:

1. Mari Tesón Jañez
2. Pablo Perales Perales
3. Juan Pablo Peña Jiménez
4. Julio Mermejo Franco
5. Agustín Punter Martín
6. Esperanza Collado López
7. Mari Carmen Sierra Casanova
8. Amadeo Muñoz Rodríguez



Reflections:

It's a group in which the participants hardly knew each other, although there are two marriages. Despite not knowing much before, the group has worked well.

Participants profile:

Zaragoza		Móvil,edAd
RUTAS AMIGABLES		Móvil,edAd
PERFIL DE LA PERSONA PARTICIPANTE		
NOMBRE: MARI TESÓN JAÑEZ		
EDAD: 83 AÑOS		
AFICIONES		
.....		
.....		
.....		
OTROS		
NUEVAS TECNOLOGÍAS MÓVIL	CAMINA CON BASTÓN	
USO DEL MÓVIL (LO JUSTO)		
.....		
.....		

Zaragoza		Móvil,edAd
RUTAS AMIGABLES		Móvil,edAd
PERFIL DE LA PERSONA PARTICIPANTE		
NOMBRE: PABLO PERALES PERALES		
EDAD: 81 AÑOS		
AFICIONES		
PETANCA		
CAMINAR		
CAMPO		
.....		
OTROS		
NUEVAS TECNOLOGÍAS MÓVIL		
ORDENADOR NIVEL MEDIO		
.....		
.....		

Zaragoza **Móvil**edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: JUAN PABLO PEÑA JIMÉNEZ

EDAD: 72

AFICIONES

MONTAÑA

FOTOGRAFÍA

CAMINAR, PASEAR

OTROS

NUEVAS TECNOLOGÍAS

MÓVIL

ORDENADOR NIVEL ALTO

GRUPO SENDERISMO



Zaragoza **Móvil**edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: JULIO MERMEJO FRANCO

EDAD: 67

AFICIONES

MONTAÑA

CAMINAR, PASEAR

ESCRIBIR


OTROS

NUEVAS TECNOLOGÍAS

MÓVIL

ORDENADOR NIVEL USUARIO

GRUPO SENDERISMO



Zaragoza **Móvil**edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: AGUSTIN PUNTER MARTIN

EDAD: 87

AFICIONES

PETANCA

OTROS

NUEVAS TECNOLOGÍAS

MOVIL



Zaragoza **Móvil**edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: ESPERANZA COLLADO LOPEZ

EDAD: 67

AFICIONES

PINTURA

LEER

OTROS

NUEVAS TECNOLOGÍAS



Zaragoza Móvil,edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: MARI CARMEN SIERRA CASANOVA

EDAD: 67

AFICIONES

OTROS

NUEVAS TECNOLOGÍAS



Zaragoza Móvil,edAd

RUTAS AMIGABLES

PERFIL DE LA PERSONA PARTICIPANTE

NOMBRE: AMADEO MUÑOZ RODRIGUEZ

EDAD: 68

AFICIONES

OTROS

NUEVAS TECNOLOGÍAS



As several are repeated, all those mentioned have been discarded only once. We have stayed with all the repeated ones.

- Europe Square
- Clinic
- Aljafería
- Lisbon Gardens
- Teatro / Mercado Pza. Santo Domingo
- City of Justice / Water Park
- Delicias Station
- Soto

The team already knows that they have to select two routes. The only technical criterion for the selection is distance: one of the routes will be longer and the other shorter.

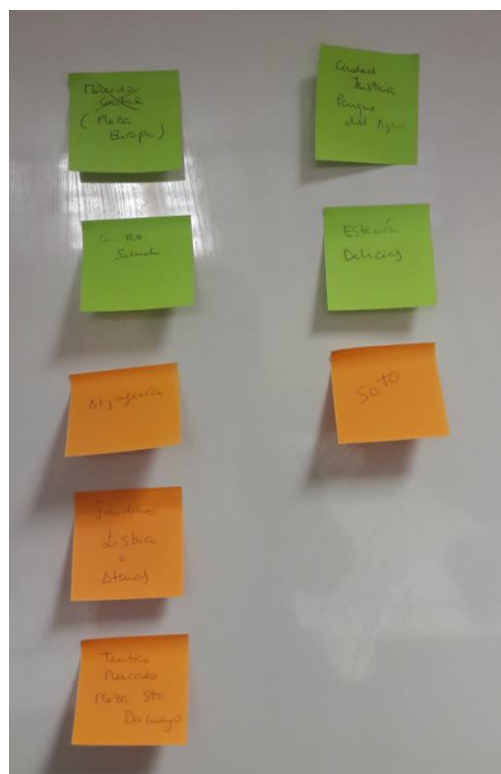


"LA ALJAFERIA" was the most repeated one, and they determined that it was a short route. Secondly, and in order of importance also, "PARQUE DEL AGUA", it has been decided by consensus to work on those two routes.

The agreement is reached, therefore, to carry out the following two routes:

- 1- Aljafería Park
- 2- Water Park

From this session 6 more routes are obtained, in case it is possible to make them friendly in the future. (Plaza Europa, Health Center, Aljafería, Lisbon Gardens, Teatro / Mercado Pza. Santo Domingo, City of Justice / Water Park, Delicias Station, Soto)



The next objective was to agree on which route was the most appropriate, comfortable, pleasant and fast. A consensus has been reached by tracing it on the collaborative map, projecting it on the screen.

Before carrying out the task distribution, the "FRIENDLY RUGS ENHANCEMENTS" tab (ANNEX IV) is presented, designed to collect the necessary improvements that will be completed during the journey

Finally, the distribution of tasks has been done, which has not been a problem. As responsible for photography, the person who has the most domain in this field has been proposed. Of the others, they have divided themselves to observe and write down in the document "FRIENDS ROUTES IMPROVEMENTS", those proposals that they consider necessary on the route.

Information on how the field analysis will be conducted



Reflections:

The team seems to understand. In today's session there were several decisions to be made, and that have not presented any difficulty to reach agreements.

Session IV

Date: 21/11/2017

Time: 9,00

Length: 2 h

Location: on the terrain

Objectives:

- Analysis on the terrain of the first route (Palacio La Aljafería)

Development of the session

The team starts from the Coexistence Center to start the analysis of the route on the ground.

In today's session no one has missed. We started the march later than agreed, as we had the presence of the mayor and radio and television journalists to present the project; in addition to those responsible for carrying out the same in other cities in Europe.

Once set in motion, each one assumes his responsibility, as we distributed them in the previous session:

1. Photography
2. GPS responsible
3. Responsible for recording improvements and incidents.
4. Responsible for observing and making improvement proposals (although it will be the group as a whole that makes the proposals).

The starting point of the route is in the Civic Center and today it was possible to complete the entire route.



Each member of the group has carried out their work in a coordinated manner and taking responsibility. At the beginning of the route, during a long stretch we were accompanied by the mayor and those responsible for the project in other cities. Once arrived at the Aljafería, we have followed alone. The group has remained together at all times. As they saw aspects, both positive and negative on the route, it was decided unanimously if it was considered prudent or not to write it down and take it into account.

When we reach the end of the route, we have moved through the other part of the route to observe more aspects, and then come back to meet in the classroom and discuss the proposed improvements. The group, unanimously decided to keep all the proposals that had been signed.

On the other hand, a review is made of the **proposals made** (ANNEX V) projecting the photos that have been made, which are the following:

1. Lack of traffic lights in the wide zebra crossing with high traffic.
It is agreed to keep the proposal: add semaphore



2. Sewer in poor condition.

It is agreed to keep the proposal: fix culvert



3. Empty and deep pools.

It is agreed to keep the proposal: fill the tree



4. Tile raised and in poor condition.

It is agreed to keep the proposal: fix the tiles



5. Lack of public toilets

It is agreed to keep the proposal: install public toilets in the park (No photo)

6. It costs in non-accessible conditions.

It is agreed to keep the proposal: need to pave the slope



7. Sculptures full of graffiti

It is agreed to keep the proposal: graffiti cleaning



8. Wooden boards to cross the park in poor condition
It is agreed to keep the proposal: fix the tables



9. Tree with roots that protrude and raise the soil
It is agreed to keep the proposal: fix soil and / or remove roots



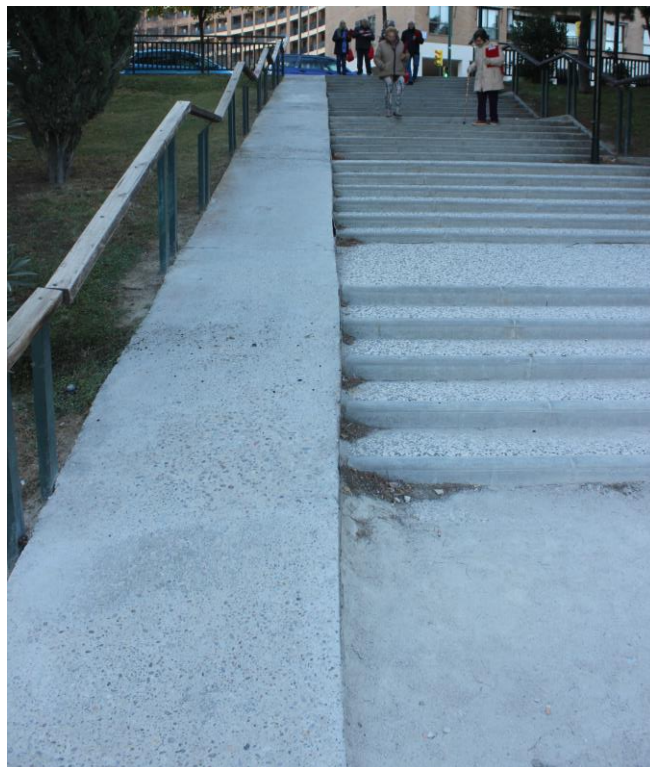
10. Lack of marquee in both / any of the stops

It is agreed to keep the proposal: place a marquee in both / any of the stops (bus 34 and tourist bus 36)



11. Very steep ramp and little accessible

It is agreed to keep the proposal: widen the slope part and remove the slope



12. Tree in good condition and well placed, but not pruned It is agreed to keep the proposal: prune the outstanding branches



13. Tiles raised and in poor condition.
It is agreed to keep the proposal: fix tiles



14. Zebra crossing in poor condition

It is agreed to keep the proposal: fix the zebra crossing



15. Park ground for children raised and in poor condition It is agreed to keep the proposal: fix the soil so it does not get up



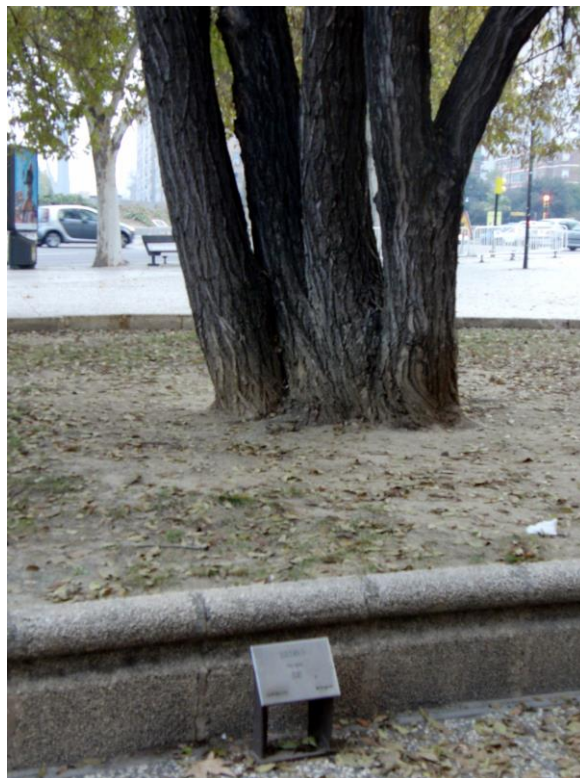
16. Coordination between traffic lights is not adequate

It is agreed to keep the proposal: synchronize the times of the traffic lights



17. The tree (Olmo-Umus minori) can hardly see the sign, it is oriented towards buildings

It is agreed to keep the proposal: put a larger poster to highlight the name of the tree



18. Lack of explanatory sign indicating information, which is a place.

It is agreed to keep the proposal: place a panel or informative poster that indicates what is



19. Lack of traffic lights on the entire avenue and 3 in a row without sound.

It is agreed to keep the proposal: put sound at the traffic lights along that avenue (C / cortes, c / Reino, c / Batalla Arapile, c / Almunia de Doña Godina)



The time needed to complete the tour was 2h.



Observations:

The team has worked well. It seems that everyone takes into account and gives importance to the opinions and contributions of others.



Reflections:

The work in the field has not presented major difficulty

RECURSO	DESCRIPCIÓN	PROPUESTA	DIRECCIÓN	COORDENADA X	COORDENADA Y	FOTO (SI/NO)	NOMBRE FOTO
Semáforo	Paso de cebra muy ancho con mucho tráfico debido a la rotonda	Haría falta un semáforo	Avda. Pablo Gargallo 98-100	41.661.166	-0.901427	SI	1
Alcantarilla	Alcantarilla en mal estado	Arreglar alcantarill	Avda Puerta de Sancho con calle Ribagorza 20	41.659.966	-0.902402	SI	2
Alcorque	Alcorque demasiado profundo	Rellenar alcorque	Avda. Puerta Sancho con Calle Lago	41.659.484	-0.902904	SI	3
Baldosa	Baldosa levantada, en mal estado y peligro de tropiezo	Arreglar baldosas	Calle Lago 13	41.658.655	-0.901596	SI	4
Baños Públicos	No baños públicos en todo el parque	Necesidad de instalar baños públicos en el parque	Parque de la Aljafería (Andador Al-Muqtadir)	41.657.549	-0.898542	NO	
Rampa	Rampa muy pronunciada, peligro de caer y poco accesible, muy empinada	Ensanchar la parte de cuesta y quitarle pendiente	Parque de la Aljafería (Andador emilio Eirra García)	41.657.887	-0.895418	SI	9
Árbol	Árbol en buen estado y bien colocado, pero no podado	Podar los árboles (sólo las ramas sobranes)	Plaza Europos	41.659.172	-0.892845	SI	10
Baldosa	Baldosa levantada, en mal estado y peligro de tropiezo	Arreglar baldosas	Pablo Gargallo 7	41.659.669	-894.369	SI	11
Paso de cebra	Pasos de cebra en la estado, peligro de tropiezo	Arreglar los pasos de cebra	Pablo Gargallo 75	4.166.081	-0.90028	SI	12
Suelo	Suelo del parque para niños levnatado, en mal estado	Arreglar el suelo, poner suelo que no se levante	Parque Konga (Al lado del centro cívico)	41.661.537	-0.900718	SI	13
Árbol	Arbol con raíces que sobresalen	Arreglar o quitar raíces		41.657.705	-0.897239	SI	14
Semáforos	La coordinación entre semáforos no es adecuada	Sincronizar los tiempos de los semáforos	Pº Maria Agustín 111	41.658.404	-0.892983	SÍ	15
Semáforos	Sonido de los semáforos, a veces va y otras no (preguntar si va con mandos que tienen los invidentes)	Sensor para invidentes?	C/ Diputados 1	41.658.622	-0.893394	SÍ	16
Árbol	Olmo (Ulmus minor) No se ve apenas el cartel, esta hacia los edificios	Poner un cartel más grande para destacar el nombre del árbol	Pablo Gargallo 3	41.659.142	-0.893854	SÍ	17
Plaza	No hay cartel explicativo que indique qué es	Colocar un panel/cartel explicativo que indique/señalice qué es	Avda. Almozara 14	41.660.369	-0.894862	SÍ	18

Session V

Date: 24/11/2017

Time: 9.00

Length: 2h

Place: On territory

Objectives:

- Analysis of the Parque Del Agua terrain (Second route, long route).

Development of the session

The team starts from the Coexistence Center to start the analysis in the field. In today's session, 1 person has been missing. We start the march on time, in a timely manner.

Once set in motion, everyone is aware of their task, as they were distributed.

1. Camera
2. Responsible GPS-coordinates and direction
3. Responsible for recording improvements and incidents
4. Responsible for observing and making improvement proposals (although it will be the group as a whole that makes the proposal)

The starting point of the route is in the Civic Center and the final point in the City of Justice (Water Park). In today's session the whole route has not been completed; it came to half.

Each member of the group has carried out their work in a coordinated manner and taking responsibility. They have remained together at all times. As they saw aspects, both positive and negative on the route, it was decided unanimously if it was considered prudent or not to write it down and take it into account.

When we reached the middle of the route, we returned by the same route to the center to meet and discuss the proposed improvements. The group, unanimously, has decided to keep all the proposals outlined. The time needed to complete the tour was 2 h.

Proposals made: (ANNEX VI.1) (DIVIDED IN 2 SESSIONS)

1. Tiled in poor condition

It is agreed to keep the proposal: repair tile



2. Sunken culvert, trip hazard.

It is agreed to keep the proposal: cover culvert or fix it



3. Tile worn and broken.

It is agreed to keep the proposal: fix the tile



Correct form:



4. Uneven and non-pedestrian entrance

It is agreed to keep the proposal: make the entrance and the pedestrian level

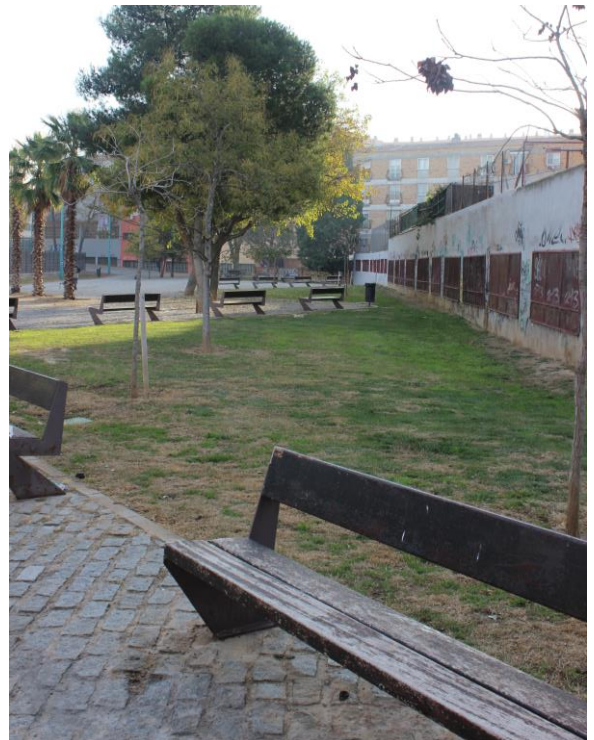


5. Unleveled tree nurseries

It is agreed to keep the proposal: cover the treetops correctly



6. Lack of street lamps on the right side, feeling of danger. It is agreed to keep the proposal: placement of more streetlights in the park.



7. Cisterns in poor condition and empty. It is agreed to keep the proposal: plant tree or cover the tree, level it



8. Source out of service, rusty, poorly maintained.

It is agreed to keep the proposal: fix the source or remove it



9. Graffiti in different parts of the park

It is agreed to maintain the proposal: graffiti cleaning or sanctions



10. Lack of public restrooms in the park

It is agreed to keep the proposal: put public toilets in the park or leave the beach bar bathrooms available to the public.

11. Sinhole with danger of stumbling

It is agreed to keep the proposal: fix adit



12. Broken treetops and empty treetops

It is agreed to keep the proposal: fill corks and arrange lids



13. Step with great unevenness without signaling It is agreed to keep the proposal: sign the step by painting on the floor



14. Hole in the ground, much sunk.

It is agreed to keep the proposal: fix the sinking



Sesión VI

Date: 29/11/2017

Time: 9.00

Length; 2h

Location: Territory

Goals:

- Analysis on the terrain of the traced section (2nd Part of 2nd Route)

Development of the session:

The team starts from the Coexistence Center to start the analysis of the route on the ground. In this session, the second part of the route is covered. A person has been missing We start the march on time, in a timely manner.

Once set in motion, everyone is aware of their task, as in previous sessions.

1. Camera
2. Responsible GPS - coordinates
3. Responsible for recording improvements and incidents
4. Responsible for observing and making improvement proposals (although it will be the group as a whole that makes the proposal)

The starting point of the route is in the Civic Center La Almozara, and the final point in the City of Justice (Water Park), but being the 2nd part, the route is completed by the part of the route not walked in the previous session. It was possible to complete this second part of the route.

Each member of the group has carried out their work in a coordinated manner and taking responsibility. It has been kept together at all times, and as aspects were seen, both positive and negative in the route, it was

decided unanimously if it was considered prudent or not to write it down and take it into account.

When we reach the end of the route, we have returned by the same route to the center to meet and discuss the proposed improvements. The group, unanimously decided to keep all the proposals that have been signed.

The time needed to complete the tour was 1h 30 minutes.

Proposals made: (ANNEX VI.2) (DIVIDED IN 2 SESSIONS)

15. Registration in poor condition, possibility of stumbling
It is agreed to keep the proposal: fix the registry



16. Area of trees in poor condition, land that overflows
It is agreed to keep the proposal: cover area or level it



17. Access to the park next to the sidewalk with a deep hole, possibility of falling

It is agreed to keep the proposal: fill the access to the park



18. Tree with roots towards the sidewalk

It is agreed to keep the proposal: remove roots



19. Broken and loose tiles

It is agreed to keep the proposal: fix the tiles



20. Access with badly filled separation

It is agreed to keep the proposal: correctly replace the access



21. Loose and poorly arranged boards It is agreed to keep the proposal: fix the tables, good support



22. Tiles in poor condition
It is agreed to keep the proposal: fix tiles



23. Holes and danger of tripping with tiles and sewer It is agreed to keep the proposal: fill and fix tiles and sewer





Observations:

The equipment works well, it is easy and pleasant to carry out the routes with them. They are very observant. All the participants had ideas about points to highlight on the route, since they have been considered previously.

RECURSO	DESCRIPCIÓN	PROPUESTA	DIRECCIÓN	COORDENADA X	COORDENADA Y	FOTO (SI/NO)	NOMBRE FOTO
Baldosa	Baldosa en mal estado, peligro de tropiezo	Reparar baldosas	Cruce Calle Puerta Sancho con Calle Bonn	41.662.567	-0.901005	Sí	1
Alcantarilla	Alcantarilla hundida, peligro tropiezo	Cubrir alcantarilla, o arreglarla para que no se levante	C/ Puerta Sancho 34-36	41.663.338	-0.900707	Sí	2
Baldosas	Baldosas desgastadas y rotas	Arreglar las baldosas	Avda. La Almozara 56-58	41.663.421	-0.898391	Sí	4
Entrada	Entrada al tiro de pichón desnivelada y no peatonal	Hacer la entrada peatonal y nivelarla	Avda. La Almozara s/n (Sociedad Deportiva Tiro de Pichón)	41.663.462	-0.898295	Sí	5
Alcorques	Alcorques desnivelados	Tapar de manera correcta los alcorques	Avda. La Almozara s/n (Sociedad Deportiva Tiro de Pichón)	41.663.462	-8982950.	Sí	6
Iluminación	Poca iluminación. Farolas al lado izdo, pero no al derecho.	Poner más farolas en el parque, da sensación de peligro	Parque la Maceta (Junto a Tiro Pichón)	41.663.304	-0.897438	Sí	7
Alcorques	Alcorques en mal estado, sin árbol	Plantar árbol o nivelar el alcorque, taparlo	Parque la Maceta, Río Guadalupe 11	41.663.519	-0.89667	Sí	8
Fuente	Fuente fuera de servicio, oxidada y en mal estado, poco cuidada	Arreglar la fuente o quitarla	Parque la Maceta	41.663.519	-0.89667	Sí	9

Graffitis	Graffitis en diferentes partes del parque	Limpieza de graffitis o sanciones	Parque la Maceta	41.663.519	-0.89667	Sí	10
Baños públicos	No existencia de baños públicos en el parque	Solicitan baños públicos	Parque la Maceta	41.663.519	-0.89667	NO	
Baños públicos	Baños en la cafetería	Baños que sean públicos a todo el mundo	Avda José Atarés	41.666.331	-0.895266	NO	
Suelo	Socabón con peligro de tropiezo	Arreglar el socabón	Avda José Atarés	41.667.426	-0.898267	Sí	11
Alcorques	Tapa de alcorque rota y vacíos	Rellenar alcorques	Avda José Atarés	41.668.047	-0.897281	Sí	12
Escalón	Escalón con gran desnivel sin señalizar	Señalizar mediante pintura en el suelo el escalón	Avda ranillas 6 (Pabellón Aragón)	41.670.425	-0.898728	Sí	13
Suelo	Agujero en el suelo, hundido	Arreglar el hundimiento	Avda. José Atarés 40	41.667.197	-0.895951	Sí	14
Registro	Registro en mal estado, posibilidad de tropiezo	Arreglar el registro	C/Puerta Sancho con Pablo Gargallo (rotonda)	41.661.736	-0.902205	Sí	15
Árbol	Zona de árboles en mal estado, tierra que se desborda	Tapar la zona o nivelarla	C/Amsterdam 2	41.662.565,00	-0.905288	Sí	16
Acceso	Acceso al parque junto a la acera con profundo hueco, posibilidad de caída	Rellenar el acceso al parque	Avda. Pablo Gargallo frente a iglesia Sta María	41.662.809	-0.90598	Sí	17

Arbol	Árbol con raíces hacia la acera	Quitar las raíces	C/Francia 20	41.662.964	-906.332	Sí	18
Baldosas	Baldosas rotas y sueltas	Arreglar las baldosas	Puente 3º milenio (entrada)	41.664.301,00	-0. 907582	Sí	19
Accesos	Acceso con separación mal relleno	Reponer correctamente el acceso	Puente 3º milenio (entrada)	41.664.301,00	-0. 907582	Sí	20
Tablas y suelo	Tablas sueltas, mal arregladas	Arreglar bien las tablas, con tornillos más gruesos, estas se sueltan	Puente 3º milenio (entrada)	41.664.301,00	-0. 907582	Sí	21 y 21.1
Baldosas	Baldosas en mal estado	Arreglar las baldosas	José Atarés 40	41.669.798	-0. 902966	Sí	22
Baldosas y alcantarilla	Agujeros y peligro de tropiezo	Rellenar y arreglar	Pabellón España (Expo)	41.668.916	-0. 897441	Sí	23



Session VII

Date: 1/12/2017

Time: 9.00

Length: 2h

Location: Almozara Centre

Objectives:

- Validation of the two routes (Aljafería and Water Park)

Development of the session:

The team meets at the Senior Center to initiate the validation of the routes marked on the Collaborative Map.

Once the group has met, in the absence of 2 volunteers, it is explained that the session will consist in the validation of both routes. In this case, the validation is carried out in the classroom, through a computer screen.

The collaborative map has been opened and each of the markers has been checked. First, route 1 (Aljafería) and second route 2 (Water Park), following the same process. In this case, the corrections to be made have been several. Of content of the page, and correction of some markers. But, in general, the result has been satisfactory.

At the same time that the contents of each point on the route were observed, each photo has been carefully observed, determining that all of them are correct and understandable.

A point to add is that two of the volunteers picked up more proposals after having gone to observe on their own. So, after reviewing all the markers posted on the collaborative map, the improvements observed by these two colleagues have been put in common, with the whole group agreeing to add those proposals.

Finally, once the proposals and the markers of both routes have been reviewed, an evaluation session has been carried out with the team. They have been asked how they would evaluate the work done, if they have enjoyed the experience, and what aspects they would highlight. To which, in general, they have responded satisfactorily, ensuring that everyone has enjoyed the experience, considering it a project with a lot of potential; but insisting that they would like to see results



EVALUATION

The aim is to evaluate the methodological design from which it initially started, with the aim of proposing improvements.

The team of seniors

The design of the composition of the groups of elders, both by its composition, and by the number of components (eight), has been adequate, so that the correct selection of participants favors the development of the tasks of the group.

In some sessions all the members of the team did not participate, but this one has worked correctly, so that the tasks to be carried out have been able to be carried out in a shared way by the other components, without this having generated any significant alteration in the dynamics of group work.

In the distribution of tasks, the specialization of none of them has not been necessary. There is flexibility when it comes to organizing, being able to adapt to situations where absences do not pose any problem for the operation of the sessions in the field. The distribution of tasks was done in groups, in a circle and explaining each of the tasks to be performed, waiting for them to choose the task they wanted to take on and, in addition, proposing others for each of the other tasks. During the rest of the sessions, each member of the group has carried out their responsibility in a coordinated manner with the rest.

It has been especially important the exposition, on the part of the dynamizer, clear and concrete of each one of the tasks to be carried out, facilitating the understanding of them by the members of the group and the necessary skills for each task and therefore, the adaptation to personal abilities.

The choice of tasks by the participants has been supported by the facilitator, but in no case have they been assigned, nor perceived by the members of the group as imposed, which has facilitated the assumption of responsibilities and cooperation in the group. The methodology initially planned and applied for this process of task distribution has worked properly.

The eminently participative methodology that has been developed throughout the project, and has managed to create an environment of camaraderie and trust, which has favored teamwork and decision making by consensus.

Next, the dynamics used are detailed according to their usefulness and results:

«Reflection in a group»:

The objective is to favor reflection and opinion in a group, as well as participation in the debate. It consisted in exposing in a group and orally the personal experience of each participant on the collection of more frequent destinations, encouraging participation and involvement. The exercise was not as rewarding as expected, since several of the proposed destinations were too far away, and the participants seemed somewhat impatient to choose their destinations and choose them bluntly.

«Affinity Diagram»:

The objective of the dynamic is to favor decision-making by consensus and improve the capacity for debate by reaching agreements among the group's components. In this session they had to reach a consensus about the selection of destinations. It was necessary to organize a broad set of options through consensus, using a group dynamics tool that synthesizes a set of verbal data (frequent destinations) grouping them according to the relationship they have with each other. It is based on the principle that many of these data are related, so they can meet, under a few general ideas (short, long routes - importance - frequency). The dynamics have been totally appropriate for the purpose pursued, precisely because of the "anxiety" of the participants to choose their destinations.

Planning

With the number of sessions carried out, it is sufficient to achieve the proposed objectives. Although, in the first 2 sessions it was not possible to advance what was expected, but finally they were able to achieve all the proposed objectives.

This experience has shown us that the number of sessions depends on the team of elderly people.

The two-hour field sessions seem to have generated some fatigue in the group, but there have been no difficulties in carrying them out, nor in the attention and / or capacity for consensus.

Schedule:

From 09.00-11.00: Adequate, except for the season in which we are (autumn) and cold. The strip does not present difficulties for the elderly, since at that time they tend to have greater availability. After 11 there is greater difficulty, since they have classes and other chores.

The document designed for the collection of frequent destinations ("Friendly Routes Destinations") has been adequate, as well as the proposed dynamic for the selection of the destinations described above ("Affinity Diagram"). The methodological development planned to be applied in the two sessions worked properly and the support materials were useful; although due to the complications due to the low participation at the beginning and the delay in generating a group, only 2 destination cards could be counted. Likewise, the rest of the participants expressed the destinations they considered and it could be carried out without any problem.

The other of the documentary supports used, in this case the record of improvements, document «Suggested Friendly Routes of Improvement» has worked properly. So that the points, coordinates and proposals have been collected easily and understandably.

Execution

Once the routes have been designed, they have been made on foot as follows:

The beginning of the Civic Center was defined as a starting point, taking place in a single session.

During the tour the group observes the different elements to evaluate to improve the route. The tour is carried out as a group, as are the observations. Each time a member of the group considered a point to be taken into account, the group stopped to observe and consensus was reached.

In this way each time one of the members of the group detects a possible improvement proposal, the group evaluates it initially, and in the cases in which it is considered that its debate and subsequent inclusion can be interesting as a proposal for improvement, a Photograph of her and location references are taken.

Upon arriving to the classroom, the photographs taken are projected with the objective of deciding whether to keep the proposal or not among all the members of the team. To this end, the information obtained and the improvement proposal are analyzed, as well as the reasons that make it necessary, reaching by consensus the agreement to take it or not into consideration and, if so, describe the improvement to be carried out as exhaustively as possible.

All this process has been adequate without presenting more difficulty than the time available for it, but appreciating a good functioning of the group, an adequate capacity to take agreements by consensus and a high level of involvement.

The last session is devoted to the complete tour of the two routes in order to validate the information that appears in the collaborative maps. The senior team has asked to carry out the session in the classroom, due to the cold; likewise, they do not believe that it is necessary to carry out this last session on the street. And so, through computers it has been verified if the markers that appear in the collaborative maps correspond to the proposals they have made.

This task has been rewarding for the senior team, as they have seen their proposals introduced in the website of the City Council, one more step towards the realization of the improvements. The time has been more than enough for the realization of the two routes. For future editions, it is proposed to perform the task again in the classroom, since having the recent information, and the images on the map, it has not been necessary to carry them out on foot.

Agreements by consensus

All decisions have been made by consensus. In some cases it has been necessary to use techniques designed for it ("Affinity Diagram") that have been described above, but for the rest of the decisions dialogue and debate have been used in the classroom, through the participation of all the components of the group

«Evaluation session»:

The objective was to know the opinion of the elders of the team regarding the procedures used during all the sessions. The moderator proposes that they give their opinion about the experience.

In general, they have been satisfied. Only, insist that the work done serves something, and that the proposals are carried out and met.

All in all, the methodological design proposed initially has worked. The team of seniors has been satisfied and excited during the development of the sessions. The work in the classroom, as well as in the field, is adapted to achieve the objectives, especially if the proposals and adjustments that have been mentioned above are considered.

MODEL OF WRITTEN AUTHORIZATION OF THE PARTICIPANTS TO PUBLISH AND RECORD IN ANONYMOUS FORM THE OPINIONS AND PROPOSALS SPILLED IN THE SESSIONS AND PUBLICATION OF PHOTOGRAPHS

Consent Statement

Study phase of the project "FRIENDLY ROUTES WITH THE ELDERLY"

Welcome to

We are from the Bunbury & Asociados Consultancy, responsible for informing you about the research process in which you are going to participate.

You have been chosen to participate in a major study. The objective of this study is the design of friendly routes for the elderly in the City of Zaragoza.

Participating in this study is totally voluntary. You can withdraw at any time, if you so choose. The sessions will be recorded, but all the content of the appointments will be published, without a proper name. The written information you provide about yourself will be used only to describe the work methodology. Your name will never appear published.

Do you agree to participate in the study?

YES

NO

Firm*:

Also, I authorize the City of Zaragoza and Bunbury & Asociados to use and disseminate the images in which appear individually or as a group, published on the website of the project, filming for non-commercial dissemination or photographs for journals or publications of the field of active aging.

First name:

Date:

Firm*:



RUTAS AMIGABLES

PERFIL DEL PARTICIPANTE

NOMBRE:

EDAD:

AFICIONES

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OTROS

NUEVAS TECNOLOGÍAS

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ANEXO III

	RUTAS AMIGABLES DESTINOS	
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PERSONA 1		
<input type="text"/>	DESTINO 1:	<input type="text"/>
¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>
PERSONA 2		
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¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>
PERSONA 3		
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¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>
PERSONA 4		
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¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>
PERSONA 5		
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¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>
PERSONA 6		
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¿Algun tipo de limitación?	DESTINO 2:	<input type="text"/>

