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In multicultural ageing societies, mobility and urban environments play a critical role in shaping wellbeing in later life. Drawing on the capability approach (Sen, 1993), this presentation examines how older Indian migrants in Auckland navigate age-friendly environments, communal spaces, and mobility practices to foster healthy ageing, wellbeing, and social inclusion.

The study is positioned within the broader framework of the World Health Organisation Global Network for Age-friendly Cities and Communities, alongside the Age-friendly Auckland Action Plan (2022–2027) and the Better Later Life Action Plan (2025–2028). It aims to contribute to discussions on culturally responsive and socially inclusive approaches to healthy ageing in diverse urban settings.

This qualitative study employs an interpretive descriptive methodology. Semi-structured interviews were conducted with twelve older Indian migrants (aged 60 and over) and eight policy and service delivery stakeholders. As data collection remains ongoing, preliminary thematic analysis was conducted alongside data collection to explore emerging themes related to independence, belonging, and wellbeing.

The findings demonstrate that age-friendly spaces foster belonging, visibility, and participation within the older Indian migrant community in Auckland. Mobility practices, including walking, shared transport arrangements, and independent travel, illustrate adaptive capacities that challenge stereotypes of older adults as passive or spatially restricted. Safe neighbourhoods, accessible housing and infrastructure, and opportunities for informal social participation were perceived to support social connection, physical activity, and emotional wellbeing while mitigating experiences of isolation. These experiences highlight the close relationship between mobility, urban engagement, autonomy, cultural identity, and emotional wellbeing in later life.

Overall, the study demonstrates that culturally responsive, age-friendly urban environments expand the capabilities of older Indian migrants to remain mobile, socially connected, and engaged in ways they value. This underscores the importance of inclusive urban planning and policy in supporting healthy ageing within multicultural societies.

Keywords

age-friendly, healthy ageing, older Indians, urban, mobility

References

Sen, A. (1993). Capability and Well-being. In M.C. Nussbaum & A. Sen (eds.), *The Quality of Life* (pp.30-53). Oxford, UK: Clarendon Press. <https://doi.org/10.1093/0198287976.003.0003>.