

Hold the Biryani, I'll Take the Pizza: A study of consumption, mobility and well-being among older adults

Michal Isaacson¹, Tannistha Samantha², Lisa D'ambrosio¹ & Joseph Coughlin¹

¹ *MIT AgeLab, MIT, USA*

² *Social Sciences, Indian Institute of Technology Gandhinagar, India*

Understanding day-to-day life is a crucial component in planning people's living environments. This study examines the day-to-day lives of 30 older adults living in Ahmedabad, Gujarat, India. Using a spatially aware multi technique data collection methodology this project aims at capturing a broad understanding of lifestyle. Data for this project was collected combining data from GPS receivers, questionnaires, and in-depth interviews creating a mix of qualitative and quantitative measures. Results are presented using both traditional data presentation methods as well as using geovisualization methods to unlock the spatial aspect of day-to-day life. The findings of this study offer insight not only into the social changes and challenges people cope with, but also into the strategies and decisions people adapt as they go about the business of living.