

# Preparing for an Age-Friendly Community

*“In a world often roiled by division and debate, there’s one thing on which folks most everywhere agree; getting old’s a pain”*

*“Cross lights are made for Olympic runners,” laments an over-60 senior in Halifax, Canada*

*“You get tired,” pointed out another from Melville, Australia, “and need to sit down”*

*“I can get on the bus” explained another from Saanich, Canada “but the minute the man takes off the bus rocks and I’m flat on my face.”*

*Reference: October 2007 – The Austin American-Statesman (Texas USA)*

## **Purpose of presentation:**

- To provide information and tools to conduct research that can be used in the development of strategic planning for ageing communities.
- To provide information regarding the World Health Organisations Age-Friendly Cities framework.
- To understand the benefits of using a shared and recognised framework.

## Background to Age-Friendly Cities Framework

- 2006 – 2007
  - initial World Health Organisation Age-Friendly Cities project
  - City of Melville, participating City partnered with Department for Communities, Office of Seniors and Volunteering
- 2007 publication of the World Health Organisation - Global Guide to Age-Friendly Cities (and indicators)
- 2009 World Health Organisation Global Network of Age-Friendly Cities

# Background to Age-Friendly Cities Framework

## Strategic Drivers:

- Demographic shift
- Urbanisation
- Community Aspirations

# Initial Age-Friendly Cities Project 2006 - 2007

## **Aims:**

### **For WHO:**

- To identify concrete indicators of an age-friendly city and produce a practical guide to stimulate and guide advocacy, community development and policy change to make urban communities age-friendly.

### **For participating cities:**

- To increase awareness about local needs, gaps and good ideas for improvement in order to stimulate development of more age-friendly urban settings.

## What makes a city (or community) age-friendly?

“An age-friendly city is an inclusive and accessible urban environment that promotes active ageing”.

*Reference: WHO Global Network of Age-Friendly Cities*

- Policies, services, settings and structures support and enable people to age actively
  - critical requirement for whole of community/organisation commitment and deployment of policies, services etc.

# An Age-Friendly City



## How was the framework and guide developed?

- Cities in all WHO regions
- Bottom up participatory approach.
- Focus groups conducted with older people, carers, service providers.
- Worldwide over 1500 older people, 750 carers and service providers.
- Included mega cities to rural towns.



# Who participated?

## AMERICAS

Argentina, La Plata  
Brazil, Rio de Janeiro  
Canada, Halifax  
Canada, Portage La Prairie  
Canada, Saanich  
Canada, Sherbrooke  
Costa Rica, San Jose  
Jamaica, Kingston  
Jamaica, Montego Bay  
Mexico, Cancun  
Mexico, Mexico City  
Puerto Rico, Mayaguez  
Puerto Rico, Ponce  
USA, New York  
USA, Portland

## EUROPE

Germany, Ruhr  
Ireland, Dundalk  
Italy, Udine  
Russia, Moscow  
Russia, Tuymazy  
Switzerland, Geneva  
Turkey, Istanbul  
UK, Edinburgh  
UK, London



## AFRICA

Kenya, Nairobi

## SOUTH-EAST ASIA

India, New Delhi  
India, Udaipur

## EASTERN MEDITERRANEAN

Jordan, Amman  
Lebanon, Tripoli  
Pakistan, Islamabad

## WESTERN PACIFIC

Australia, Melbourne  
Australia, Melville  
China, Shanghai  
Japan, Himeji  
Japan, Tokyo

## **Eight domains of community life that influence health and quality of life for older people**

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

*Reference: WHO Guide to Age-Friendly Cities (2007)*

## **What were we told about outdoor spaces & buildings?**

### **Age-friendly features**

- Green spaces – parks and reserves.
- Footpaths – upgrading program.

### **Age-friendly barriers**

- Green spaces – poor condition or lack of public toilets
- Footpaths – uneven, tripping hazards.

### **Suggestions for improvement**

- Green spaces – provide outdoor sheltered areas and more seating.
- Footpaths – develop a system of walkways to move through an area.

## **Age-Friendly outdoor spaces and buildings**

- Sufficient public open spaces, including parks that have adequate seating and drinking facilities, and are well maintained and safe.
- Footpaths are well designed, maintained and free of obstructions.
- Sufficient pedestrian crossings that facilitate older people to cross safely.
- Buildings are well-designed considering the access needs of older people.
- Sufficient public toilets that are well-maintained and accessible.

# Age-Friendly Communities Framework

## These Strategic Drivers

- Demographic Shift
- Urbanisation
- Community Aspirations

## Are being addressed by this approach

- Social Planning
- Community engagement – participatory approach

## Which is planned & influenced by

- WHO recognised & tested research methodology
- WHO Guide to Age-Friendly Cities
- WHO Indicators of Age-Friendly Cities
- Capacity of the local government authority

## To achieve results in these key areas

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Respect & Social Inclusion
- Social Participation
- Communication & Information
- Community Support & Health Services
- Civic Participation & Employment

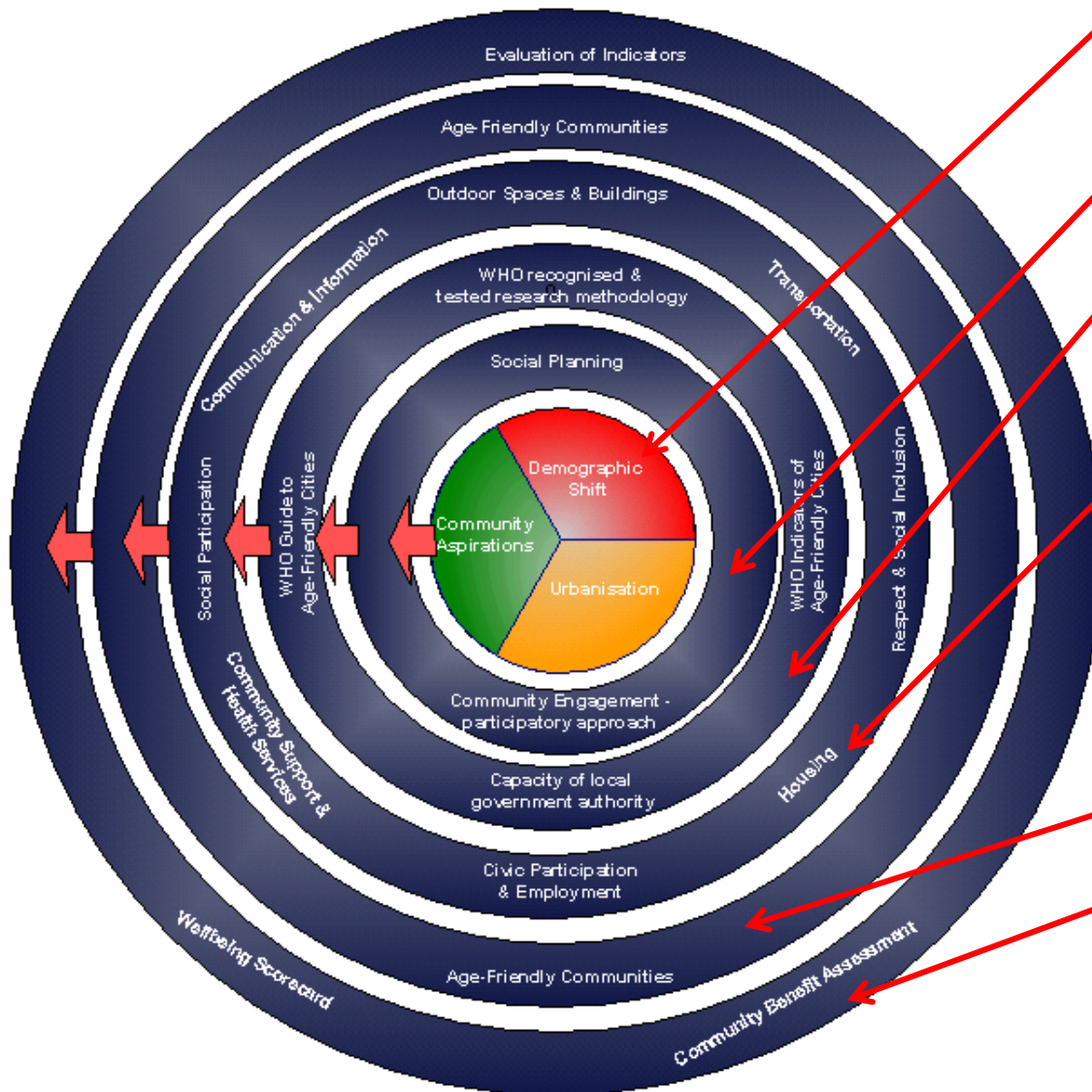
## To pursue outcome of

- Age-Friendly Communities

## Measured by

- Evaluation of Age-Friendly Strategic Plan Indicators
- Wellbeing Scorecard
- Community Benefit Assessment (for services and programs)

## AGE-FRIENDLY COMMUNITIES FRAMEWORK



**These Strategic Drivers**

- . Demographic Shift
- . Urbanisation
- . Community Aspirations

**Are being addressed by this approach**

- . Social Planning
- . Community Engagement – participatory approach

**Which is planned & influenced by**

- . WHO recognised & tested research methodology
- . WHO Guide to Age-Friendly Cities
- . WHO Indicators of Age-Friendly Cities
- . Capacity of local government authority

**To achieve results in these key areas**

- . Outdoor Spaces & Buildings
- . Transportation
- . Housing
- . Respect & Social Inclusion
- . Social Participation
- . Communication & Information
- . Community Support & Health Services
- . Civic Participation & Employment

**To pursue outcome of**

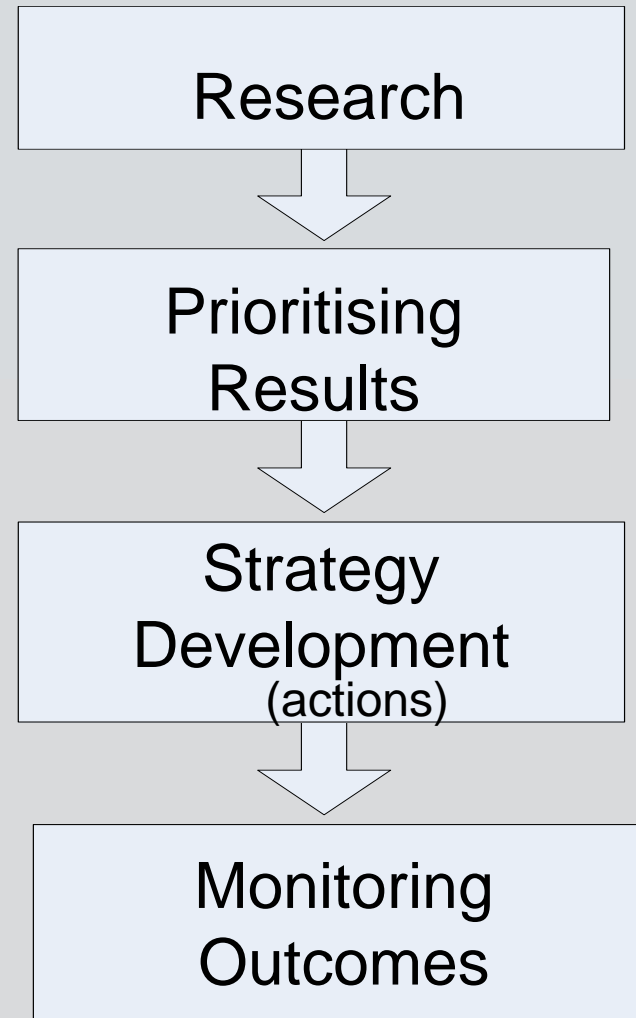
- . Age-Friendly Communities

**Measured by**

- . Evaluation of Age-Friendly Strategic Plan Indicators
- . Wellbeing Scorecard
- . Community Benefit Assessment (for services & programs)

## Developing Age-Friendly Strategic Plans

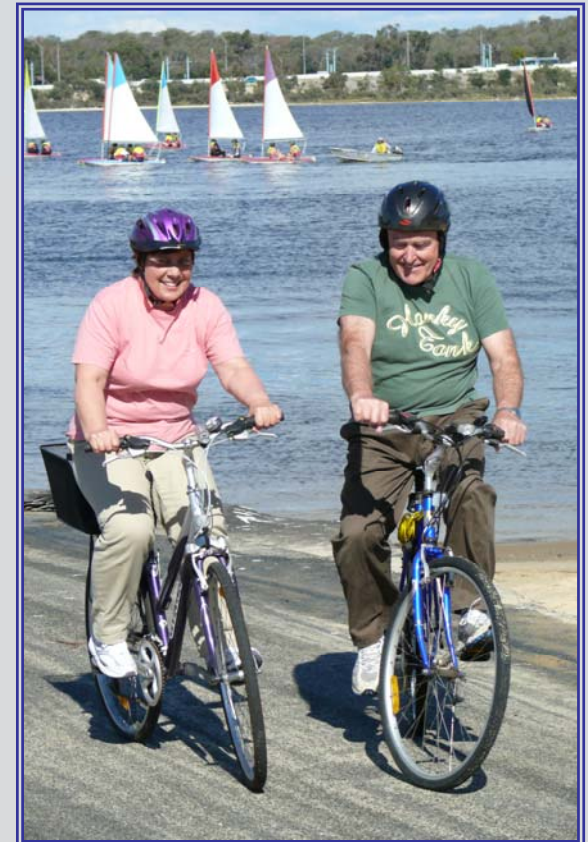
- Engagement of older people
- Communication & commitment within City organisation
- Links to community planning processes



# Age-Friendly Melville – Directions for Seniors 2007-2009

## Priority areas (key strategies)

- Community Support and Health Services  
Communication and Information
- Transport
- Housing
- Respect and Inclusion  
Social Participation



# Age-Friendly Melville – Directions for Seniors 2007-2009

## Key strategy:

Respect & Inclusion/Social Participation

## Actions:

- Intergenerational projects:

- Mobile phone lessons (High School students & Seniors Club)
- Festival event (Dances of the World)
- Go Wild programs (targeting socially isolated seniors)



## What would we do differently?

- Engagement of seniors throughout planning, implementation and evaluation processes (age-friendly champions).
- Consideration of “baby boomers” in research process.
- Engagement of external stakeholders – government departments, private business and retail.
- Early and ongoing engagement with organisational stakeholders (cross-organisational working group).

## Benefits of age-friendly cities framework

- Shared research model.
- Credible and evidence-based input to strategic planning for older people.
- Increased opportunity to develop a coordinated approach with State and Local governments for planning for demographic change – continuing to strengthen.
- Benefits all community.

**Questions?**