






LIVABLE COMMUNITIES
Great Places for All Ages™



Becoming Age-Friendly



Joining the World Health Organization and AARP
Network of Age-Friendly Communities




Real Possibilities

AARP'S VISION


A society in which all people live with dignity and purpose, and fulfill their goals and dreams.

AARP'S MISSION


AARP enhances the quality of life for all as we age. We champion positive social change and deliver value through advocacy, information and service.




We have entered a time of **profound and permanent change** to the demographic composition of the United States.

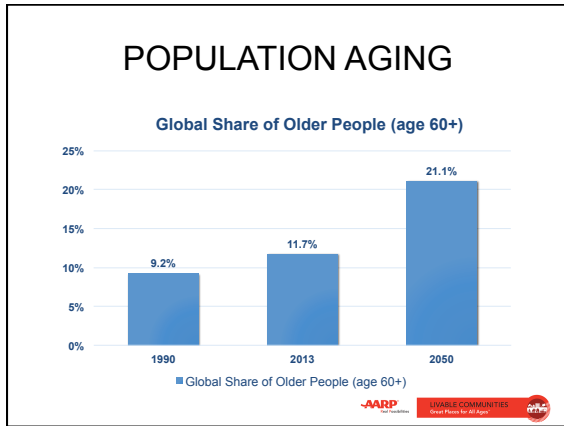


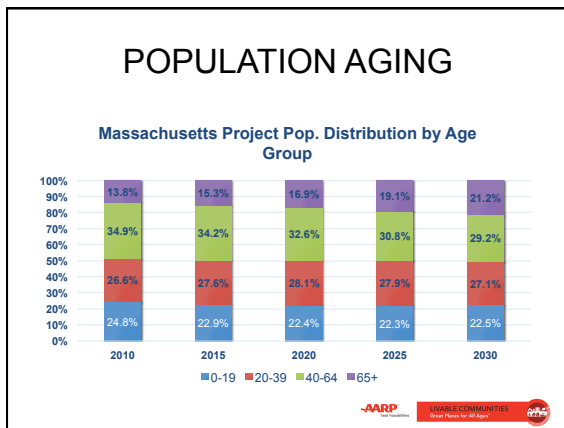
Every day, 10,000 boomers turn 65



By 2030 the U.S. will have **twice as many people over the age of 65** as we have today







BACKGROUND

- The World Health Organization established the Age-Friendly Cities Program
 - Developed to prepare for two demographic shifts:
 - Population Aging
 - Urbanization

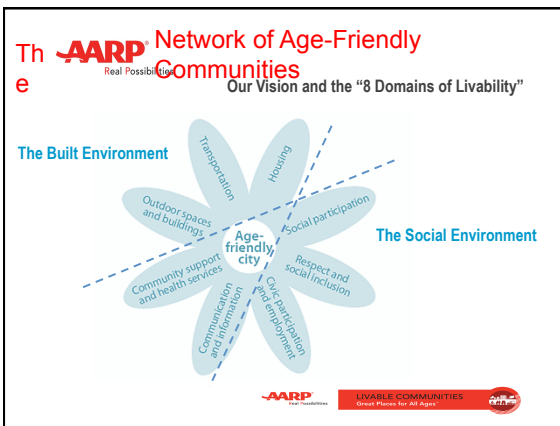
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AGE-FRIENDLY BACKGROUND



- In 2006 WHO developed The Global Age-Friendly Cities Guide
 - 8 domains identified that support active and healthy aging
- The definition of an 'age-friendly city' is:

An inclusive and accessible community environment that optimizes opportunities for health, participation and security, in order that quality of life and dignity are ensured as people age.



JOINING THE NETWORK



- WHO Global Network of Age-Friendly Cities
- AARP Network of Age-Friendly Communities
 - Affiliate of the WHO Age-Friendly Cities
- Some Goals of the Networks:
 1. Link participating cities to WHO/AARP and to each other
 2. Facilitate the exchange of information and best practices (national conference, website)
 3. Provide technical support and training

JOINING THE NETWORK



Taking on the Age-Friendly Initiative means:

Making a commitment to work towards having policies, services, settings, and structures that support and enable people to age well.

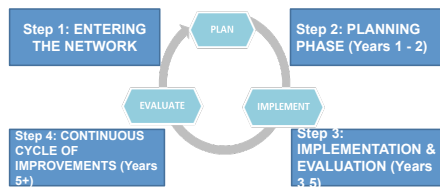
AGE-FRIENDLY PROCESS



Five-year Initiative

1. Planning (Year 1-2):
 - Involve older adults in efforts
 - **Identify funders and community partners**
 - Conduct baseline assessment
 - Develop 3-year city-wide plan of action
 - Identify indicators to monitor progress
2. Implementation (Year 3-5):
 - Action plan put in place and implemented
3. Progress Evaluation (End of Year 5):
 - Evaluate progress
4. Continual Improvement (Ongoing)

Age Friendly Process



AGE-FRIENDLY CITIES

Each community is responsible for designing their own Age-Friendly initiative

- Guidance but limited structure
- Communities shape their project for their unique needs

Age-Friendly Communities in MA:

1. Boston
2. Brookline
3. New Bedford
4. Salem
5. Yarmouth
6. Berkshire County (Pittsfield and North Adams)

AGE-FRIENDLY CITY CHARACTERISTICS

DOMAIN	RATIONALE
Outdoor spaces and buildings	Features and perceptions of indoor and outdoor spaces impact mobility, independence and quality of life
Transportation	Being able to get where one wants to go promotes participation and helps maintain networks
Housing	Appropriate housing shapes independence, quality of life, and being able to stay in the community
Social Participation	Participating in family and community activities builds social networks and social support, and promotes health and well-being
Respect and Social Inclusion	Feeling respected and included promotes participation and facilitates effective use of services
Civic Participation and Employment	Civic participation (such as volunteering and voting) and paid employment build social capital, may yield income, and allow older adults to pursue interests and be involved.
Communication and Information	Active aging is promoted by being aware of opportunities to stay connected and having access to needed information.
Community Supports and Health Services	Medical and non-medical services promote wellness and quality of life

1. Outdoor Spaces and Buildings



People need public places to gather — indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.



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2. Transportation



Driving shouldn't be the only way to get around. Public transit options can be as expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.



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3. Housing



AARP surveys consistently find that older adults want to stay in their homes and communities for as long as possible. Doing so is possible if a house is designed or modified for aging in place and if a community includes housing options for varying life stages (and varying bank accounts).



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4. Social Participation



Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities.

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5. Respect and Social Inclusion



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Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.



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6. Civic Participation and Employment



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Why does work need to be an all or nothing experience? An age-friendly community provides ways older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.



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7. Communication and Information



Melissa Starnov/AARP Livable Communities

Information today is delivered in ways few could have imagined a decade ago — and many still don't know how to use. Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.



8. Community and Health Services




At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

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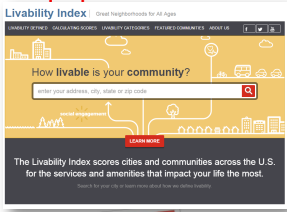
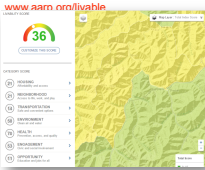
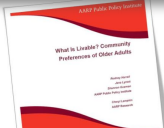

AARP Real Possibilities **Network of Age-Friendly Communities**



Updated April 2015



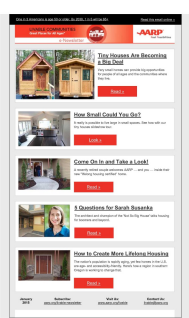
AARP Assessment Tools: Livability




Our Website and More!
Please bookmark and promote **AARP.org/Livable**
And keep these URLs handy, too


- [aarp.org/agefriendly *](http://aarp.org/agefriendly)
- aarp.org/livable-archives
- aarp.org/livable-blog
- aarp.org/livability-factsheets
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