Age-friendly Environments: focusing on cities and communities.

Alana Officer, Senior Health Adviser, WHO.
Disease burden and development assistance
Disease burden and development assistance

Skirbekk et al, 2017
Healthy Ageing is the process of developing and maintaining the functional ability that enables wellbeing in older age.
Opportunities for environments to foster Healthy Ageing
Domains of functional ability

- Be mobile
- Learn, grow and make decisions
- Meet basic needs
- Contribute
- Build and maintain relationships
Different sectors need to work together
An example of mobility

- Accessible housing?
- Footpaths, pedestrian crossings, available throughout?
- Assistive technologies or support services?
- Pleasing and safe neighbourhood?
- Any benches to rest on, public toilets?
- Shop keeper helpful and friendly?
- Accessible buses or taxis?
What is an age-friendly city/community?

“All ages – all abilities – all socio-economic status”
How to create an age-friendly city?

**Engage and understand**
- Set up a committee/working group/steering group
- Perform a participatory assessment
- Create a baseline profile
- Disseminate findings
- Gain political commitment.

**Plan**
- Unite stakeholders behind a common vision
- Analyse strengths and weaknesses
- Develop a comprehensive strategy
- Get approved
- Define responsibilities

**Act**
- Make an action plan
- Consult on plan
- Secure support and resources
- Implement an action plan
- Scale up successful action

**Measure**
- Monitor progress
- Carry out outcome and impact evaluation
- Continue and expand partnerships
- Sustain and continually improve action
- Exchange internationally

**Age-friendly environments**
## Middle out - combining bottom up and top down approaches

<table>
<thead>
<tr>
<th>Phase</th>
<th>Government led (top down)</th>
<th>People led (bottom up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engage and understand</td>
<td>Baseline assessment founded on statistical evidence</td>
<td>Needs assessments (based on experience and discussions)</td>
</tr>
<tr>
<td>Plan</td>
<td>Strategic planning</td>
<td>Participatory planning</td>
</tr>
<tr>
<td>Act</td>
<td>Initiating change; supporting and coordinating interventions and projects</td>
<td>Testing and modifying approaches that involve and strengthen the capacity of older people</td>
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<tr>
<td>Measure</td>
<td>Assessing process outcome and impact as well as equity indicators</td>
<td>Participatory evaluation assessing experiences and satisfaction</td>
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</tbody>
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- **Strategy**
  - Problem definition

- **Implementation**
  - Testing and modifying approaches

- **Progress review**
  - Participatory evaluation assessing experiences and satisfaction
WHO Global Network for Age-friendly Cities & Communities

The **vision** of the GNAFCC is that every city and community strives to become more age-friendly.

The **mission** of the GNAFCC is to enable cities and communities around the world to become more age-friendly by:

- inspiring change by showing what can be done and how it can be done
- connecting cities and communities worldwide to facilitate the exchange of information and experience
- supporting cities and communities to find appropriate innovative and evidence-based solutions
Who can join?

- Any city, community or sub national level of government: WHO's 194 member state

What it takes

- Commitment from the Mayor
- Use of a common methodology (engage, plan, implement and monitor)
- Sharing
500 cities, 37 countries

38 cities in Asia and the Pacific from 6 countries: Australia, China, India, Japan, Korea, Sri Lanka.

13 affiliates at regional, national and international level

Affiliates under development in Japan and New Zealand.
Age-friendly practices – a few among many

Universal design –
- Oslo, Norway: Act on Universal design
- Wellaway, Sri Lanka: Wellaway Age- and Disabled-Friendly City project

Road crossing:
- New York, USA: Safe Streets for Seniors programme
- Odivelas, Portugal - School crossing Patrollers

Seating
- Hong Kong, China ; priority seating in rain shelters
- Ottowa, Canada, community benches.

Information
- Bowdoinham, USA, Housing modifications/ assistive technologies
- Clarence, Tasmania, aWake Before Death

https://extranet.who.int/datacol/custom_view_report.asp?survey_id=3536&view_id=6301&display_filter=1
A one-stop shop on age-friendly action at the local level:

- Information on the Global Network
- City profile pages
- Resource library with guides and toolkits, age-friendly assessments, action plans, evaluations and good practices

AGE-FRIENDLY WORLD

...... adding life to years
Summary:
• Healthy Ageing
• Involve those concerned - listen and co-create not just consult
• Work across sectors - partner
• Act - Do something in response to the need
• Demonstrate impact – be prepared to fail and to fail better
• Publicize outcomes and accomplishments
• Join the movement