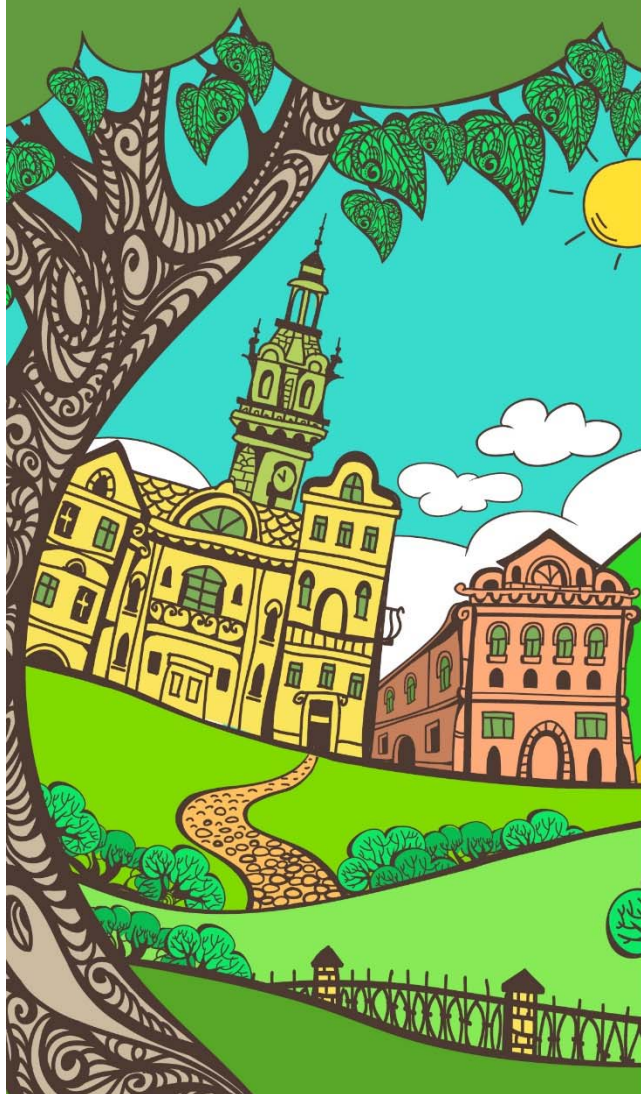


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Background – Age-Friendly Communities

- The **WHO** identified **Eight dimensions** to assess a city's environment, services and policies that reflect the determinants of active aging.



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Outdoor Spaces & Public Buildings

Outdoor spaces & public buildings that are pleasant, clean, secure & physically accessible.

Neighbourhoods

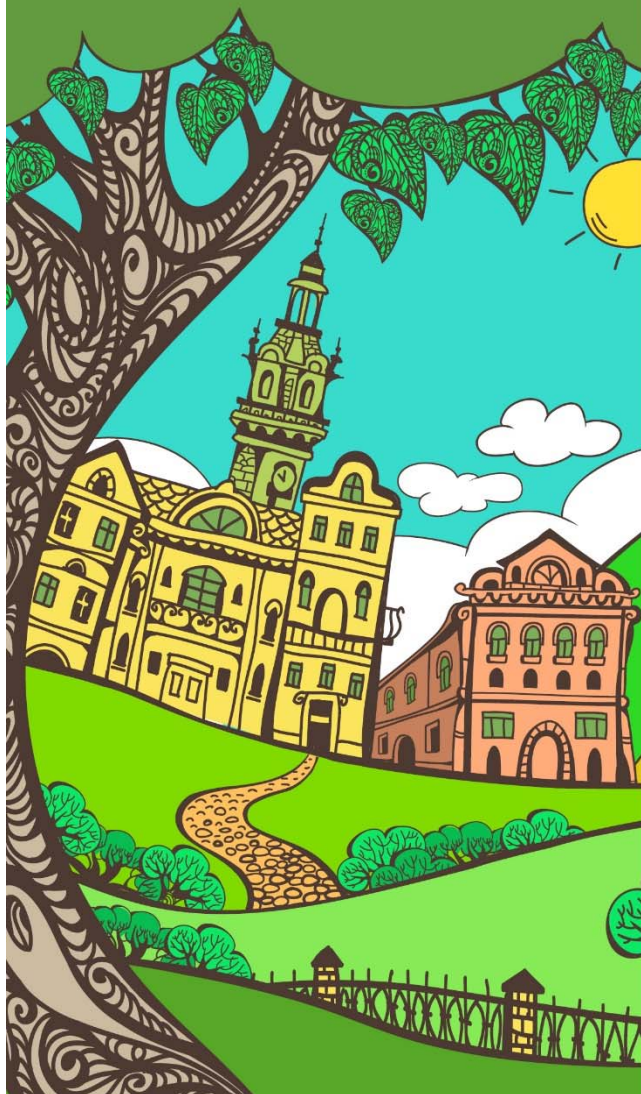
Safe & accessible neighbourhoods encourage outdoor activities or engagement with the community.

Accessibility

Accessibility involves removing barriers that limit opportunities & allowing older adults/individuals with disabilities to participate in social activities or to access health/social services/businesses.



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Outdoor Spaces & Public Buildings

Environment

- Clean Noise Levels/Odours

Green Spaces

- Well-maintained
- Safe
- Convenient Seating
- Accessible Toilets
- Sheltered areas

Walkways

- Good Condition
- Wheel Chair Accessible
- Low Curbs
- Pedestrian use

Buildings

- Elevators/Ramps
- Signage
- Railings
- Stair Design/Markings
- Public Toilets

Roads

- Non-slip Surface
- Pedestrian Crossings
- Traffic Islands
- Overpasses/Underpasses
- Lights - Visual/Audio Signals
- Cycle paths

Safety

- Lighting
- Police Patrols
- Community/Personal Safety Initiatives

Services

- Clustered
- Near Seniors Communities
- Age-Friendly



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Transportation

Public transportation that is accessible & affordable.

Infrastructure

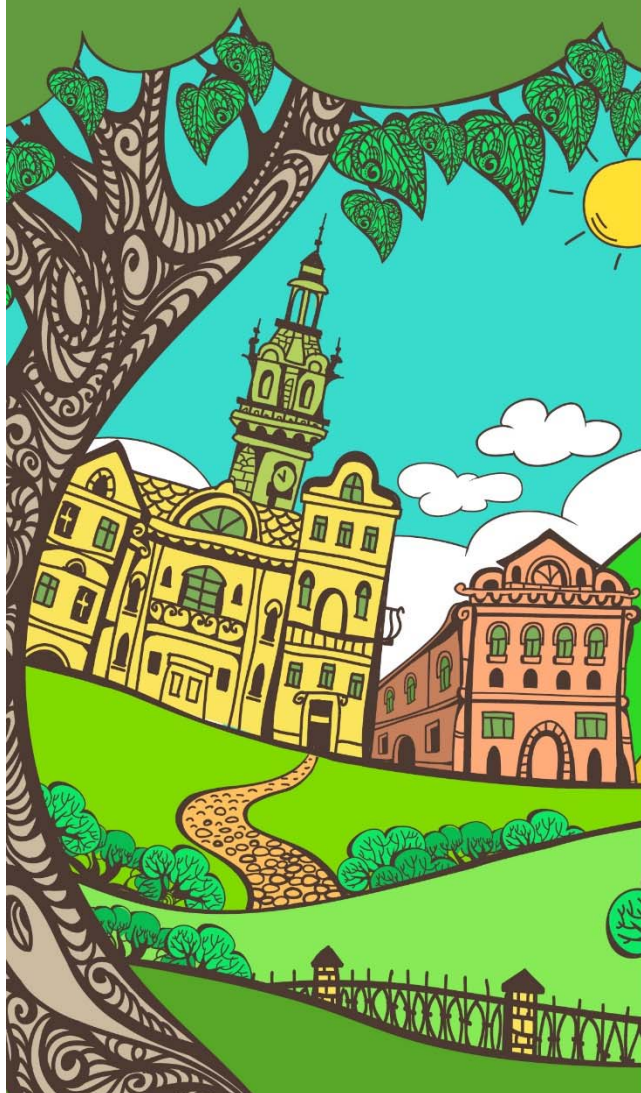
The condition & design of transportation-related infrastructure such as signage, traffic lights & sidewalks that affects personal mobility.

Transportation Services

Access to reliable, affordable transportation becomes increasingly important when driving becomes stressful or challenging.



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Transportation

Public/Private Transit

- Affordable
- Reliable/Frequency
- Key Destinations
- Accessible/Clean
- Clear Signage
- Priority Seating
- Safety & Comfort
- Customer Service
- Volunteer/Shuttle Services
- Subsidized Rates

Parking

- Affordable
- Designated Spaces
- Drop-off & Pick-up Bays

Transport Stops & Stations

- Convenient Locations
- Accessible Bus Stations
- Sheltered Bus Stops

Specialized Services

- Individuals with Disabilities

Information

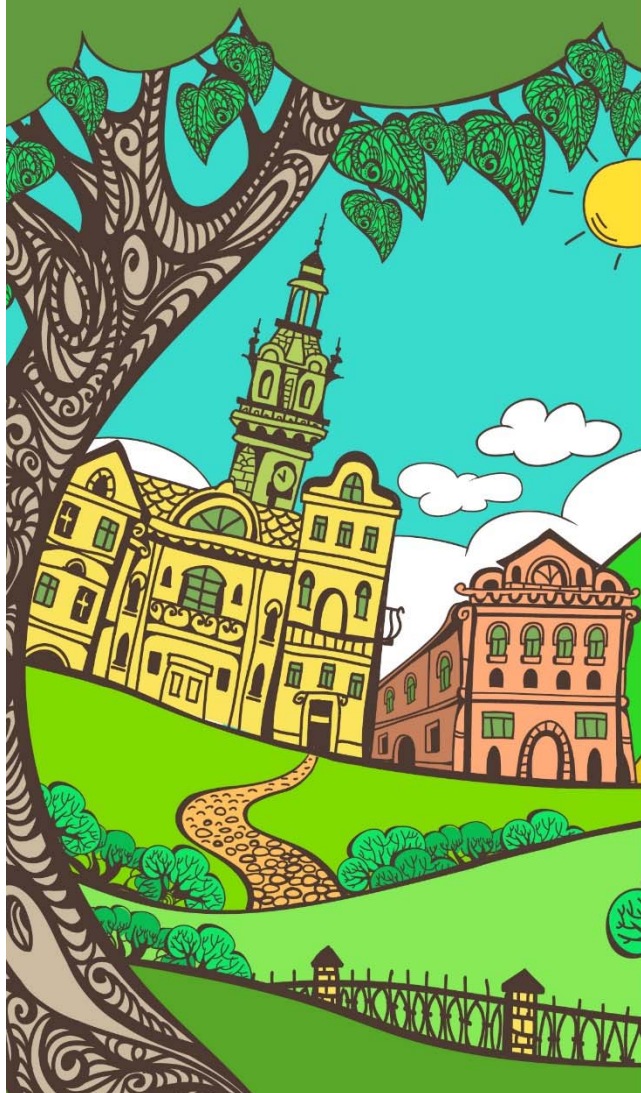
- Available Options
- Schedules & Routes
- Legible/Easy access

Roads

- Well-maintained
- Wide/Well-lit
- Traffic Calming Devices
- Signage



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Housing

Housing that is affordable, appropriately located, well built, well designed & secure.

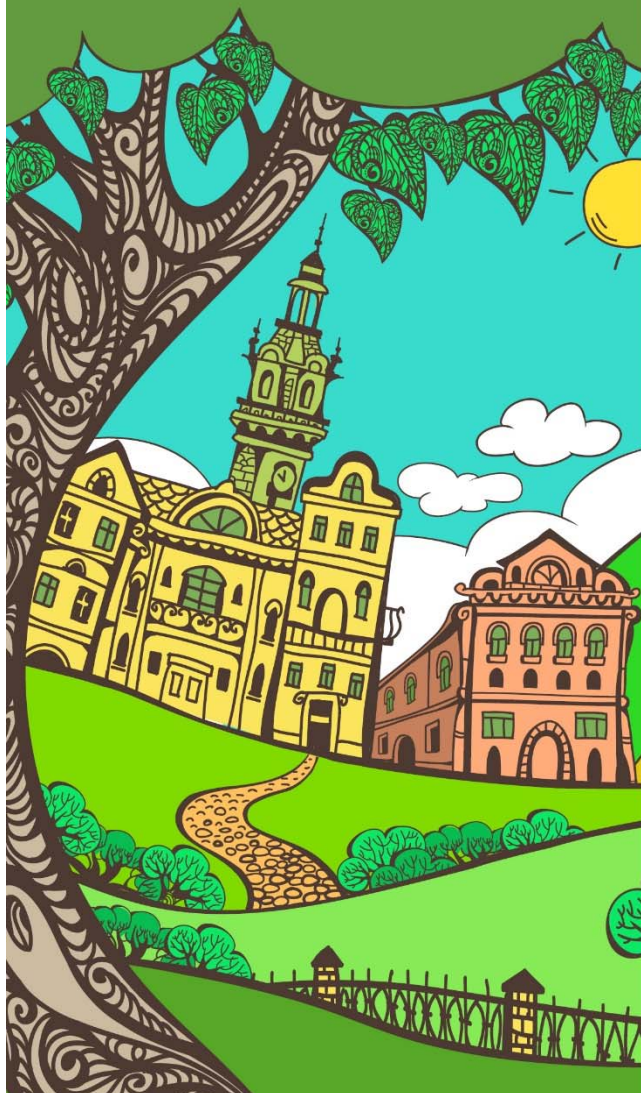
Supports Aging in Place

The availability of appropriate, affordable housing with a choice of styles & locations & that incorporates flexibility through adaptive features is essential for age-friendly communities.

- 92.1% of Canadian seniors live or independent-living accommodation
- 7.9% of seniors is living in collective dwelling
 - 3.2% Assisted Living
 - 3.7% LTC



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Housing

Affordable

- Market & Subsidized

Essential Services

- Utility Pricing

Design

- Sufficient Space
- Supports Environmental Conditions (HVAC)
- Even Surfaces
- Wide Passages

Housing Options

- Range/Affordable
- Awareness
- Dedicated Housing
- Accessible Amenities/Services

Modifications

- Tax Credit
- Financial Assistance
- Equipment Availability

Maintenance

- Affordable Services
- Housing Standards

Aging in Place

- Housing Near Services
- Access/Awareness of Services
- Community Integration

Living Environment

- Overcrowding
- Safe
- Financial Assistance Available



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Social Participation

Opportunities for seniors to participate in leisure, social, cultural & spiritual activities with people of all ages & cultures.

Positive Mental Health

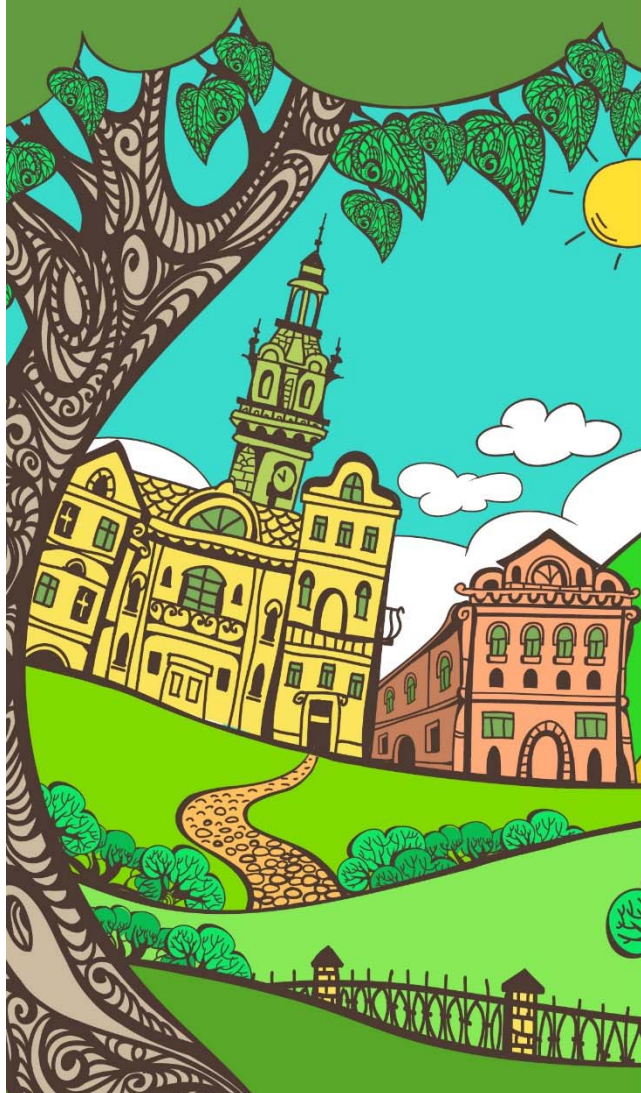
Interacting with family & friends is an important part of positive mental health & community awareness.

Community Environment

Social participation involves the level of interaction that older adults have with other members of their community & the extent that the community itself makes this interaction possible.



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Social Participation

Events & Activities

- Convenient Locations
- Transportation Options
- Easy Registration
- Affordable Pricing
- Wide Variety
- Multi-Cultural
- Well Communicated

Facilities & Settings

- Multiple Locations
- Accessible

Community Integration

- Intergenerational Programming
- Neighbourhood Concept

Addressing Isolation

- Personal Invitations
- No Special Skills
- Mailing Lists
- Personal Visits/Phone Calls



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Respect & Social Inclusion

Older adults are treated with respect & are included in civic life.

Valued Citizens

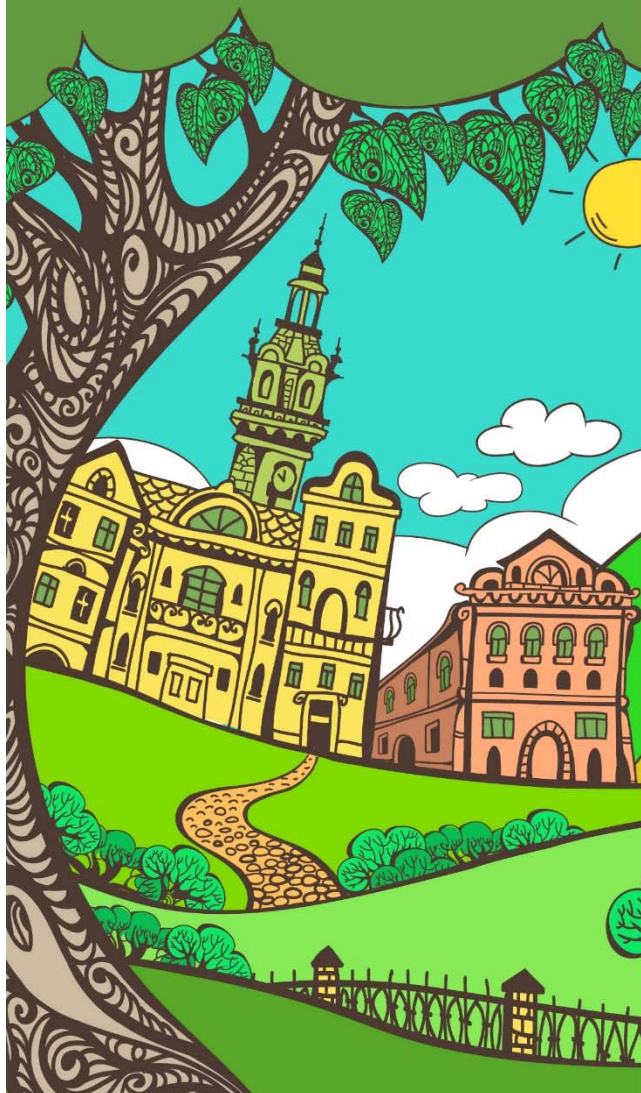
Community attitudes, such as a general feeling of respect & recognizing the role that older adults play in our society, are critical factors for establishing an age-friendly community.

Positive Image

Age-friendly communities foster positive images of aging & intergenerational understanding to challenge negative attitudes.



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Respect & Social Inclusion

Respectful/Inclusive

- Older people consulted
- Services Adaptable
- Customer Service

Public Images

- Media Publications
- Brochures
- Information Pamphlets

Intergenerational/Family

- Community Wide Settings
- Family Activities
- Intergenerational Programming

Public Education

- School Curriculum
- Volunteer Role in Schools
- Presentations

Economic Inclusion

- Access to Public, Voluntary & Private Services/Events

Community Inclusion

- Community Decision Making
- Acknowledgement
- Advisor Role



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Civic Participation & Employment

Opportunities for employment & volunteerism that cater to older adults' interests & abilities.

Volunteerism

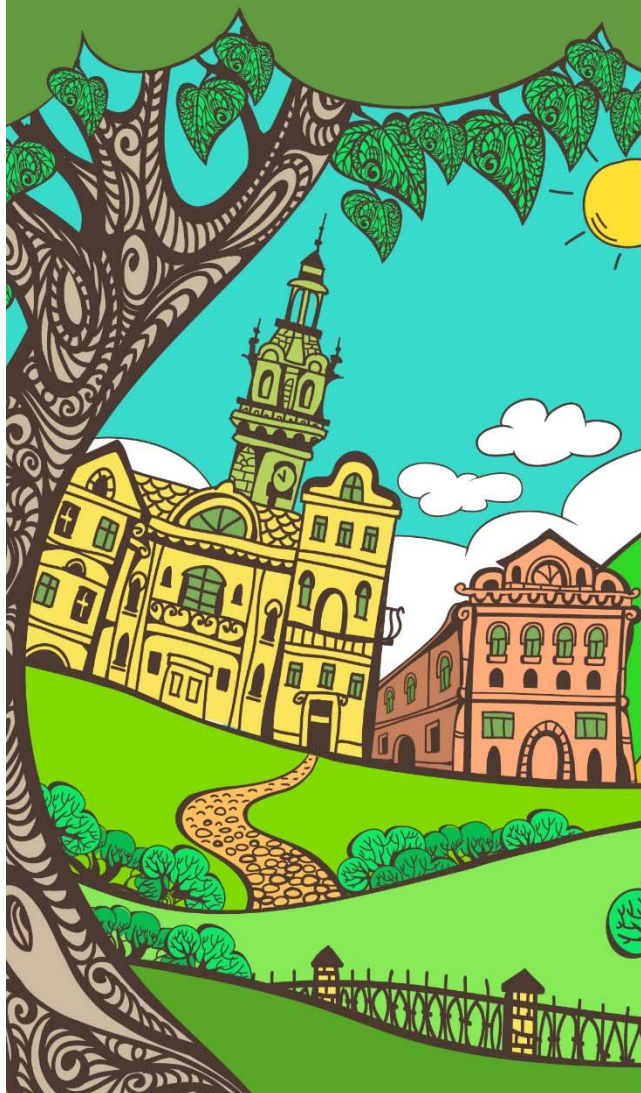
Civic engagement includes older adults' desire to be involved in aspects of community life that extend beyond their day-to-day activities (e.g. volunteering, becoming politically active, voting).

Employment

Economic security is important for many older adults, particularly those with low & fixed incomes. The ability of an older adult to remain employed or find new employment provides economic security, & it benefits employers who recognize the experience that older employees offer.



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Civic Participation & Employment

Volunteerism

- Range of Options
- Training
- Appropriateness
- Transportation

Employment

- Range of Options
- Policy Prevents Discrimination
- Retirement a Choice
- Employment Programs

Accessibility

- Promotion of Opportunities
- Transportation
- Adaptable Workplaces
- Funding/Reduces Insurance Costs

Training

- Geared to Older Workers
- Retraining Opportunities

Civic Participation

- Advisory Councils/Boards
- Encouragement of Civic Events
- Aids for Disabilities
- Transportation

Valued Contributions

- Respect & Acknowledge
- Entrepreneurship Opportunities
- Fair Remuneration
- Pension Protection
- Income Support



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Communication & Information

Age-friendly communication & information is available.

Information Sharing

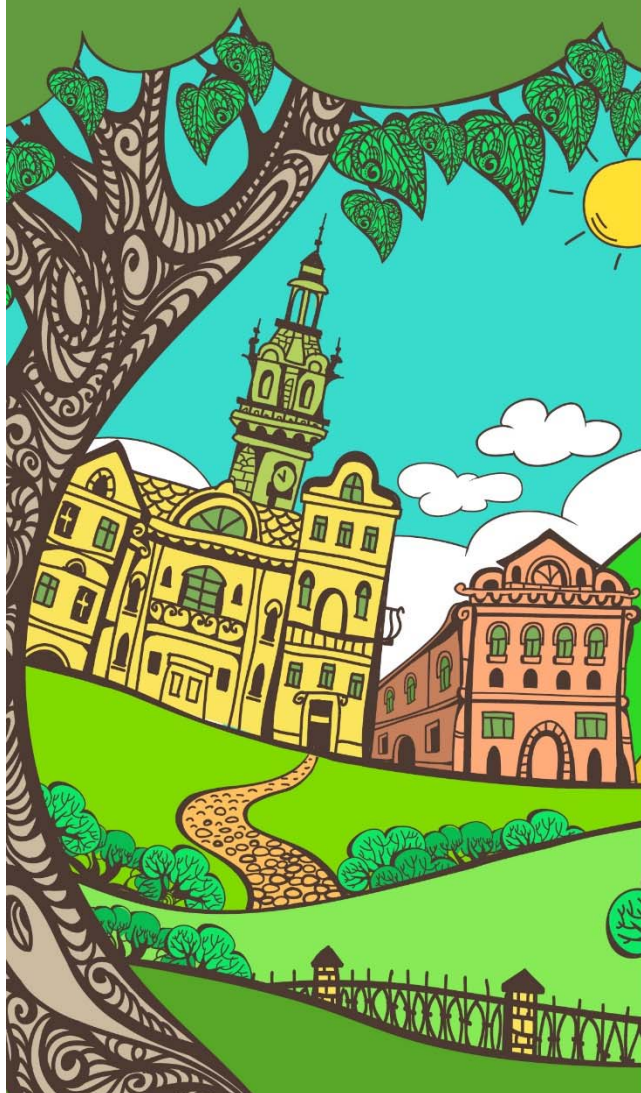
Age-friendly communities make sure that information about community events or important services is both readily accessible & in formats that are appropriate for older adults.

Diversity

Moreover, an age-friendly community recognizes the diversity within the older adult population & promotes outreach initiatives to non-traditional families, ethnocultural minorities, newcomers & aboriginal communities.



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Communication & Information

Information Availability

- Universal Communication System
- Regular/Reliable Delivery
- Close to Home
- Well Publicized
- “One-Stop” Information Centre

Oral Communication

- Primary Mode of Communication
- Word of Mouth
- Personalized/Friendly
- Plain Language

Printed Information

- Large Font
- Clear Headings
- TV Captions
- Text on Visual Displays

Automated Communication

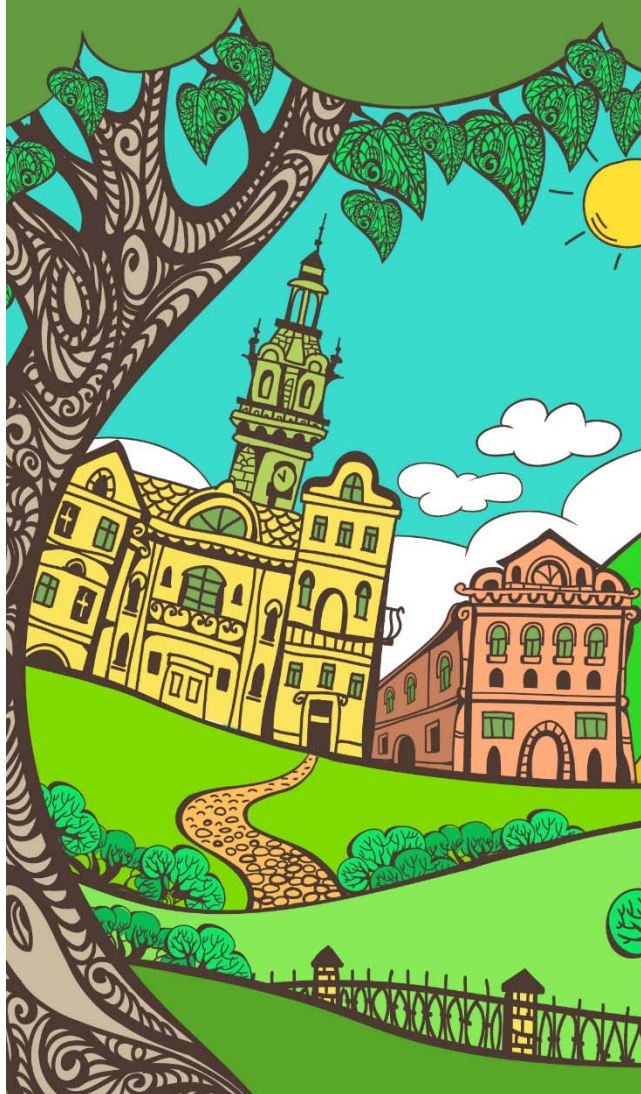
- Clear/Slow Instructions
- Repeat Messaging
- Choice for Live Person
- Equipment – Large Buttons/Lettering
- Well Lit

Computers & Internet

- Public Access
- Affordable
- Tailored Instructions



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Community Support & Health Services

Community support & health services tailored to older adults' needs.

Health Promotion

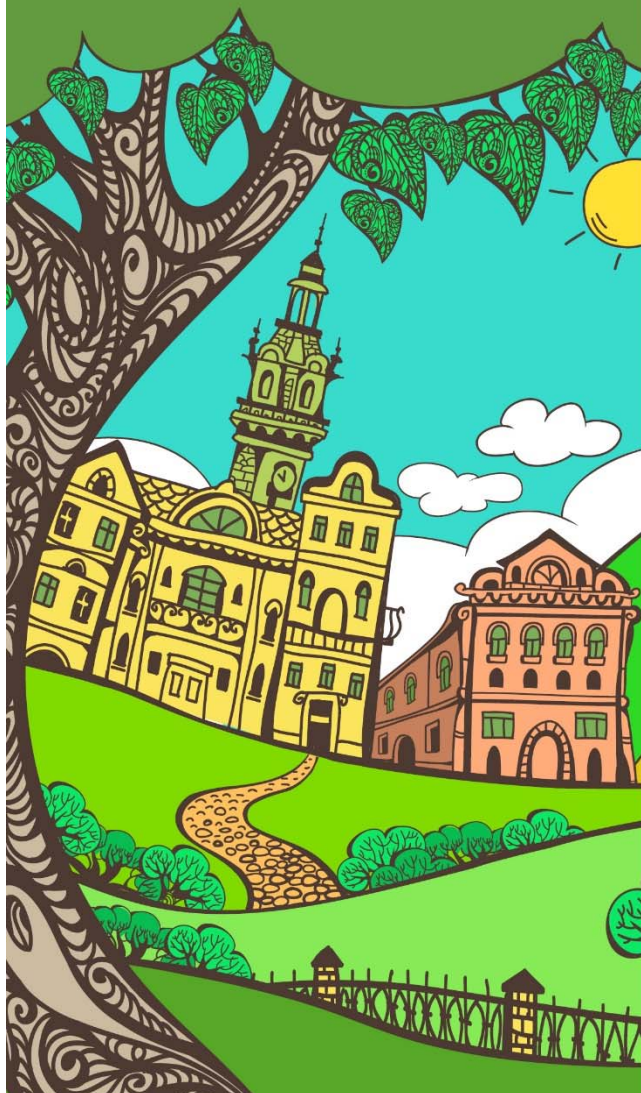
Good mental & physical health contributes to quality of life & age-friendliness.

When evaluating age-friendliness, consider:

- Access to community-related services
- Support physical or mental well-being
- Availability of health promotion or awareness services
- Promotes & support healthy behaviours & life choices



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Community Support & Health Services

Service Accessibility

- Well-Distributed
- Conveniently Located
- Transportation Available
- Location
- Accessible
- Information Available
- Easily Coordinated
- Respect & Sensitivity
- Economic Barriers

Emergency Planning & Care

- Emergency Planning Guidelines
- Needs Specific

Voluntary Support

- Wide Range of Volunteers (All Ages)

Offer of Services

- Wide Range
- Promote, Maintain & Restore Health
- Comprehensive Home Care Services
- Specialized Training for Service Providers

