

WHO and Canadian Age-Friendly Communities:

Presentation to the *All Means All*
Critical Discussion
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What is an Age-Friendly City?

- Inclusive and accessible urban environment that promotes *active ageing*



Purpose of the Age Friendly Cities Project

- Raise awareness of older persons' capacities and needs
- Stimulate advocacy and action to adapt cities to include older people



Originality of the WHO Age Friendly Cities Project

- Global – Involves cities in developing and developed countries as *equal* partners
- Founded on WHO *Active Ageing* policy framework



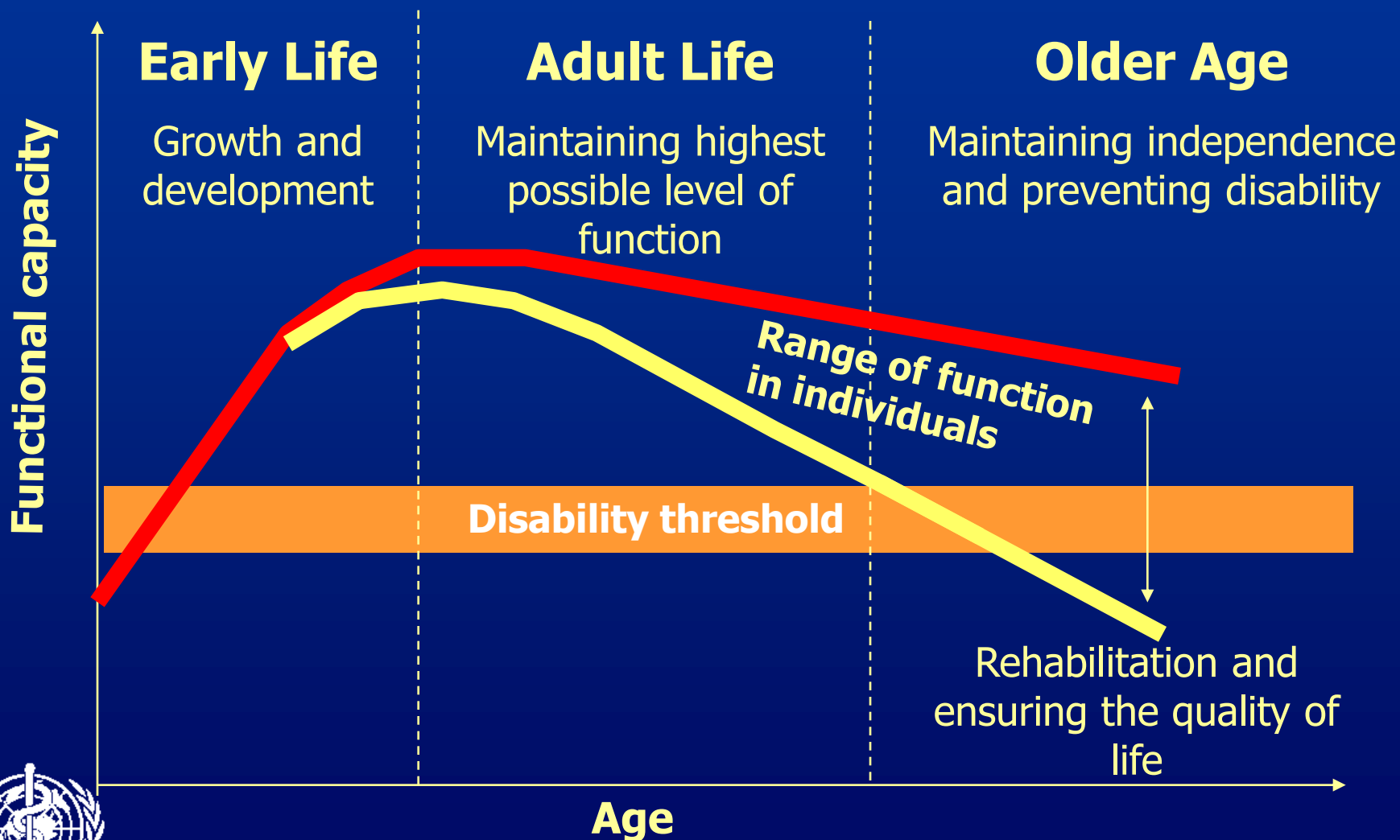
"**Active ageing** is the process of optimizing opportunities for *health, participation and security* in order to enhance quality of life as people age."



Active Ageing is Influenced by Interacting Determinants



Active Ageing is a life-long process



Age Friendly is..

- Friendly for all ages, but the starting point is older persons
- Inclusive for all abilities



Protocol

- Focus groups with **older persons** (n = 8-10) essential
 - Age 60-74 and 75+
 - Lower and middle SES (neighbourhood)
- Focus groups with **caregivers as proxies** for severely disabled older persons
- Focus groups with **service providers** (public, private and voluntary sectors)
- **District** instead of entire city (where appropriate)



Figure 6. Age-friendly city topic areas



Age-Friendly Collaborating Cities

AMERICAS

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

AFRICA

- Kenya, Nairobi

EASTERN MEDITERRANEAN

- Jordan, Amman
- Lebanon, Tripoli
- Pakistan, Islamabad



EUROPE

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

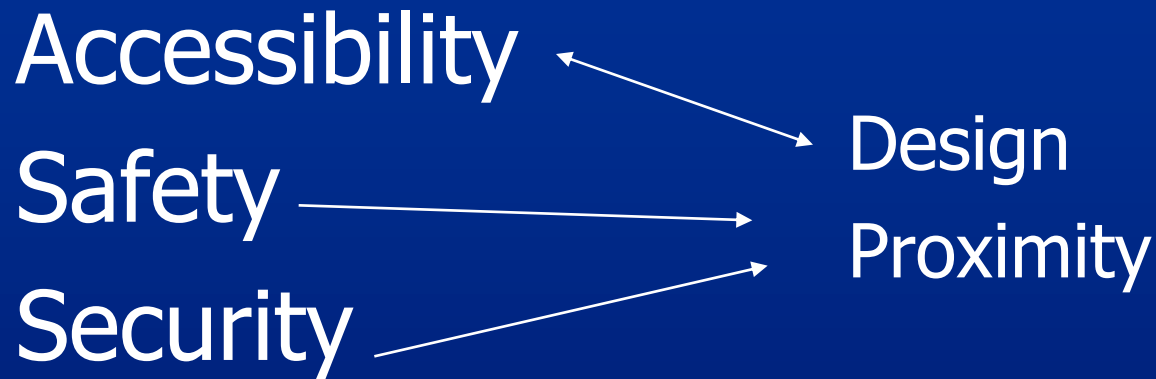
SOUTH-EAST ASIA

- India, New Delhi
- India, Udaipur

WESTERN PACIFIC

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

What did older people say is 'age-friendly' ?



Inclusion





*"There are few seating areas..
You get tired and you need to
sit down "* (Melville, AU)





"Cross lights are made for Olympic runners" (Halifax, CA)



- *"The lives of many seniors revolve around the existing transportation system" (Dundalk, Ireland)*



*Much information is available
but finding needed information
is complicated (Moscow,
Russia)*



*"As your faculties begin to fade, this kind of
thing appears to cause more in terms of
stress" (Halifax, Canada)*



Integration – an intergenerational effort

*People would notice if you weren't at mass"
(Dundalk, Ireland)*

*"Older people feel they can participate in different areas and with people of all ages, "
(La Plata, Argentina)*

*The doorman is really nice, he looks after 4 people in my building"
(Rio de Janeiro, Brazil)*



Social exclusion has many roots

We are not going out in the evenings. I don't go anywhere... They might kill you Tumazy, (Russia)

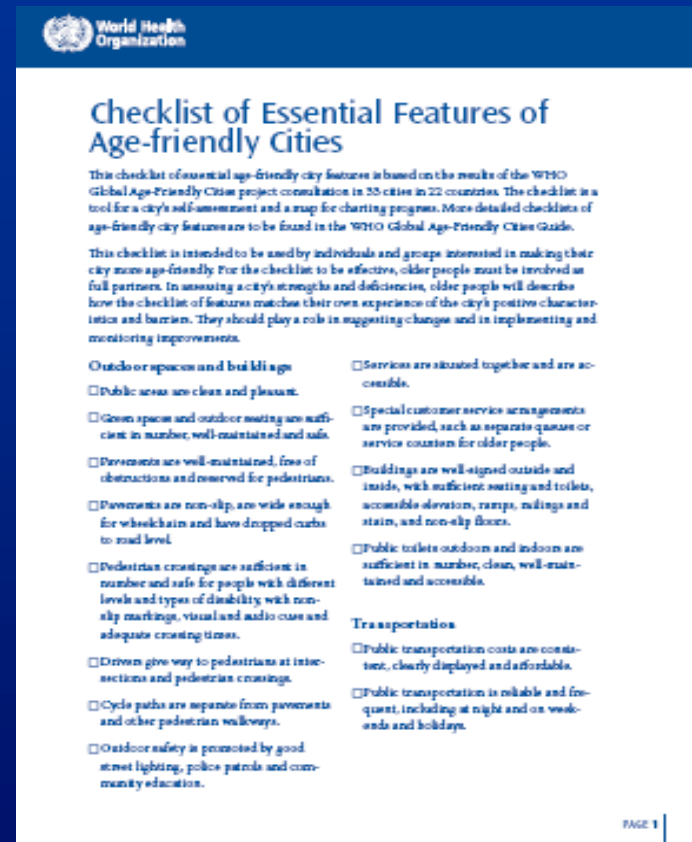
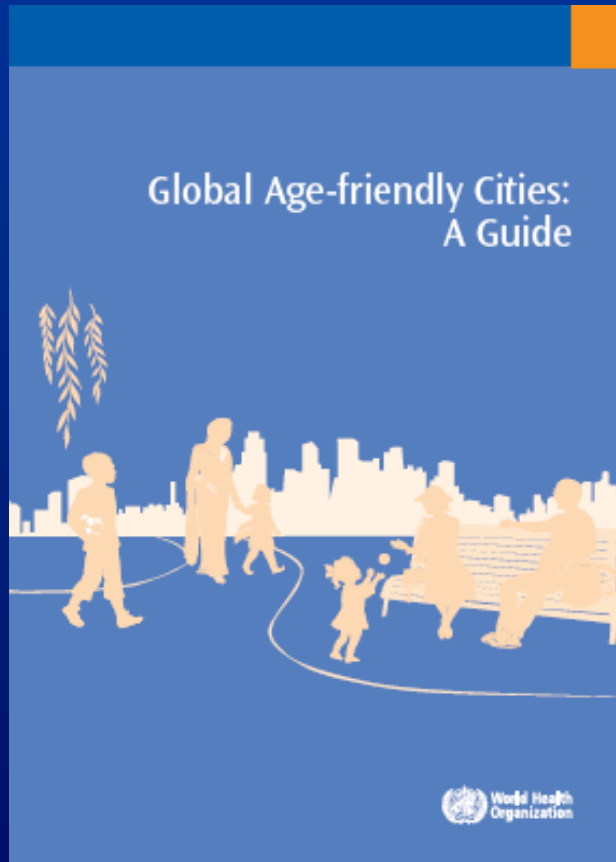
How can I live with this little money? It comes into my house and goes away in a few seconds (Istanbul)

You are far more respected if you are healthy and not dependent on anyone (Tripoli, Lebanon)

Villages became empty. Now the villagers become older in cities" (Istanbul)



Guide and Checklist Released October 2007



How Inclusive is AFC for Developmental Disabilities?

- Buildings and transportation stops are well-marked
- Pedestrian crossings are .. safe for people with different levels and types of disability
- Sufficient, affordable housing for frail and disabled older people, with appropriate services, is provided locally.
- Activities and events can be attended alone or with a companion.
- A wide variety of activities is offered to appeal to a diverse population of older people.
- There is consistent outreach to include people at risk of social isolation.
- Services and products to suit varying needs and preferences are provided by public and commercial services.
- Oral communication accessible to older people is promoted.



How Inclusive is AFC for Developmental Disabilities (cont'd)?

- Public and commercial services provide friendly, person-to-person service on request.
- A basic, effective communication system reaches community residents of all ages.
- Print and spoken communication uses simple, familiar words in short, straight-forward sentences.
- Clear and accessible information is provided about health and social services for older people.
- Community emergency planning takes into account the vulnerabilities and capacities of older people.

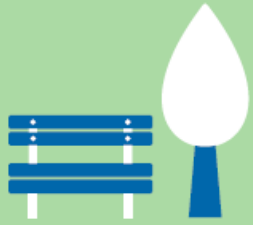


Canada: A Key Partner with WHO

- 4 Canadian cities in original WHO research
- Federal, provincial and municipal governments consulted in 10 rural communities in 8 provinces to produce the ***Age Friendly Rural and Remote Communities Guide***

150+ communities (large and small) implementing age-friendly initiatives





1. Outdoor Spaces & Buildings

-  **Senior Friendly Service Decal Program**
-  **Accessible Design Guidelines for major centres**
-  **Expand bench dedication programs**
-  **Sidewalk improvements**





3. Housing

- ➊ Zoning bylaw for apartments amended to include Saanich Adaptable Housing Guidelines – wider doorways, no step entries, reinforced walls for handrails
- ➋ Promote mixed housing options to enable citizens to, “age in preferred place,”





5. Social Participation

-  **Leisure Involvement for Everyone – L.I.F.E. program provides access for low income individuals**
-  **Creation of volunteer opportunities i.e. Leisure Ambassadors, special event assistants**





8. Community Support & Health Services



Leisure Education workshops in partnership with the Vancouver Island Health Authority



Expand Rehab and Therapy services in recreation centres



Host an annual community forum on health

Public Health Agency of Canada supports AFC development and exchanges

Examples:

- *Online AFC Community of Practice*
- *Implementation and Evaluation guides and indicators*
- *Evidence Info Sheets: How age-friendly communities support healthy aging.*



Thank – You!

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