



Global Age-Friendly Communities

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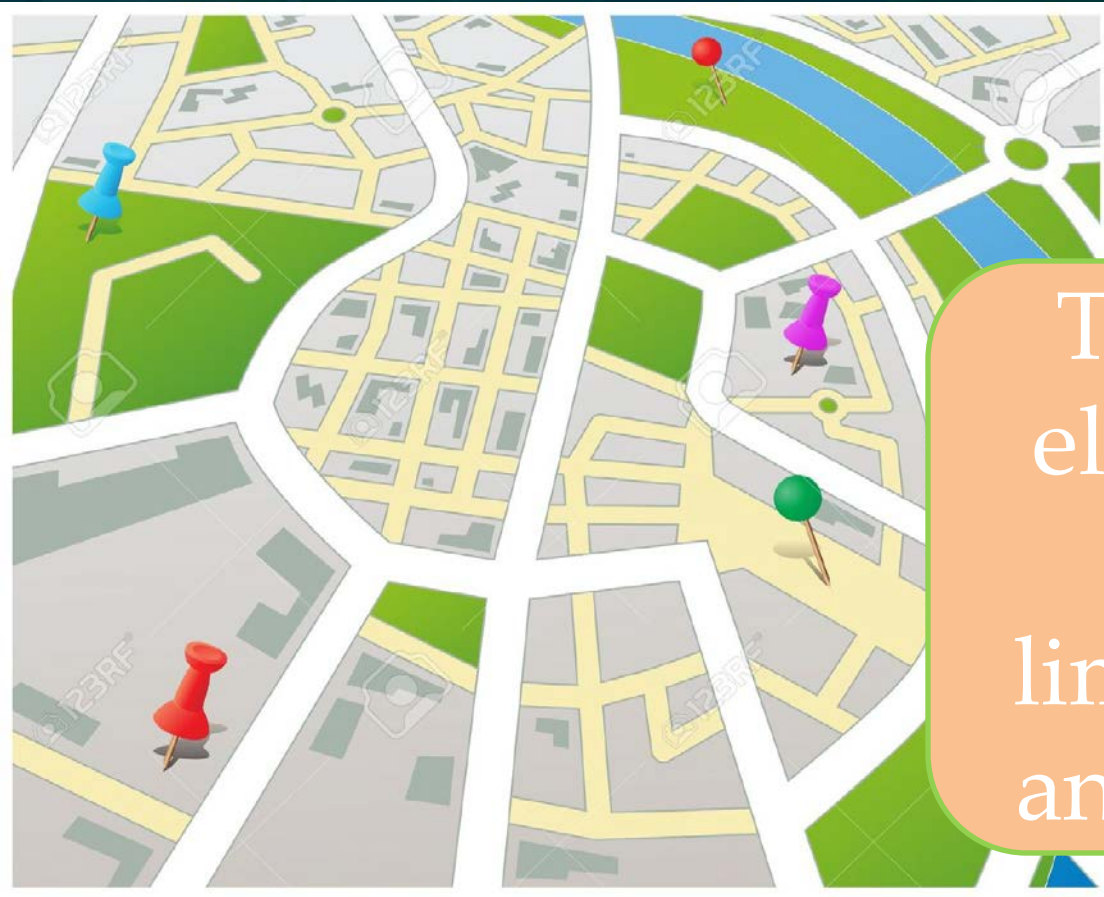
**SFSU Gerontology Programs and
Center for Age Friendly Excellence (CAFE)**



World Health Organization's Age-Friendly Cities Initiative

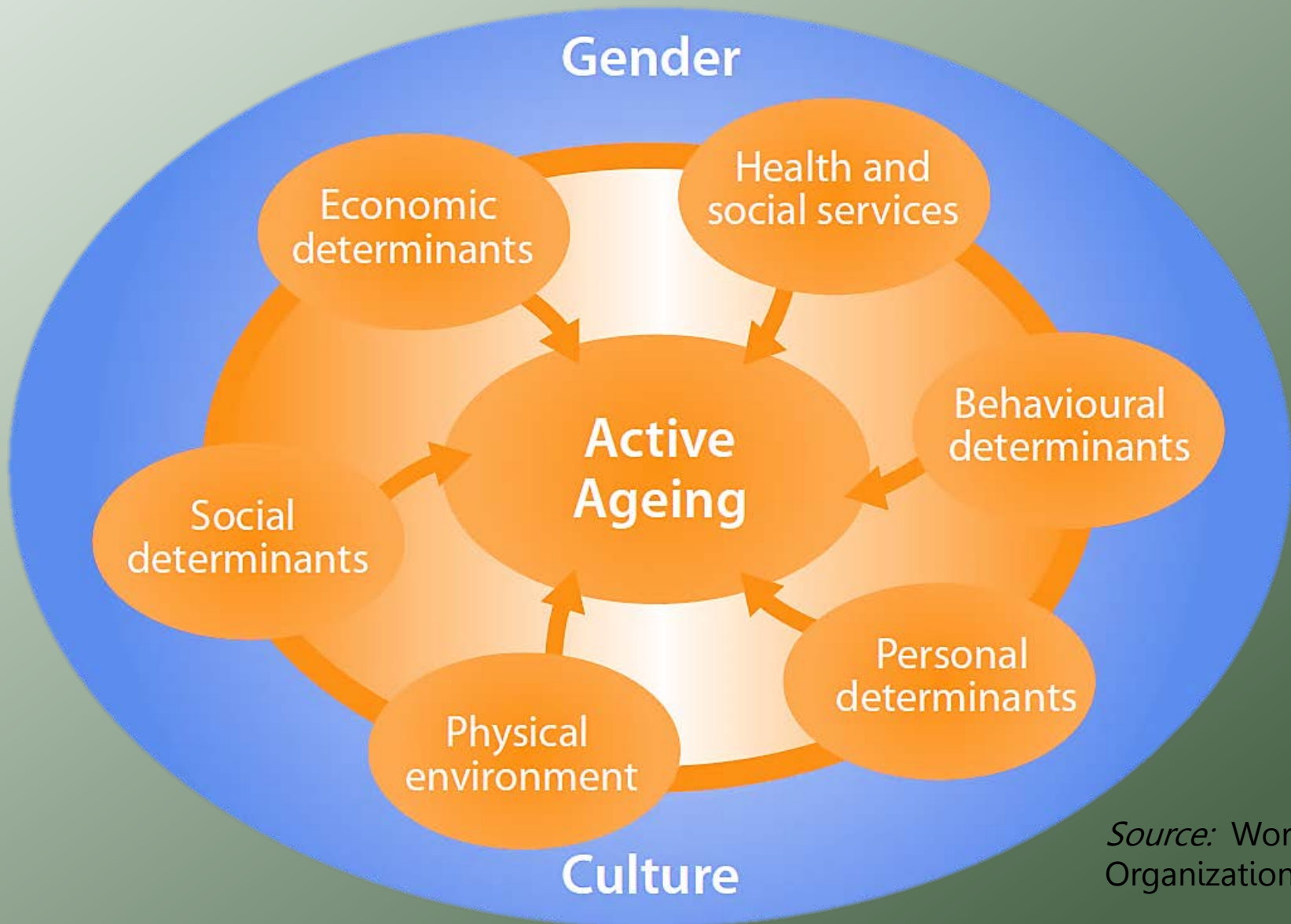
“ . . . to engage cities to become more age-friendly so as to tap the potential that older people represent for humanity.”

In 2050, older adults will represent 22% of the world's population.



Two-thirds of elders will live within city limits. Boomers and millennials

Determinants of Healthy Aging



Source: World Health Organization

Environmental Concerns



Physical Environment



Social Environment



Aging in Community

Creating Caring Communities



Gerontologists continue to make major contributions to our understanding of aging and quality of life.

The Ecological Model of Aging:

CONTEXT MATTERS

to health, wellness, independence,
life satisfaction, and more.



Eight Considerations/Domains

Outdoor spaces and buildings

Transportation

Housing

Social participation

Respect and social inclusion

Civic participation and employment

Communication and information

Community support and health services

Outdoor Spaces and Buildings

Clustered shopping and services

Elevators and ramps

Extended time at pedestrian street crossings

Railings on stairs

Traffic islands

Non-slip walkways

Green spaces

Easy-to-read signs

Lighting

Public seating

Public toilets

Law

Rest areas

enforcement



Gettin' Around

Transportation

A critical influence
on active aging.

It affects social
participation and
access to
community and
health services.



Housing

Essential to security and well-being.

Critical factors for older adults:

- **Location**
- **Structure**
- **Design**
- **Choice**



Social Participation

Associated with good health and well-being:

- leisure,
- social,
- cultural,
- spiritual, and
- family activities.



Respect, Social Inclusion

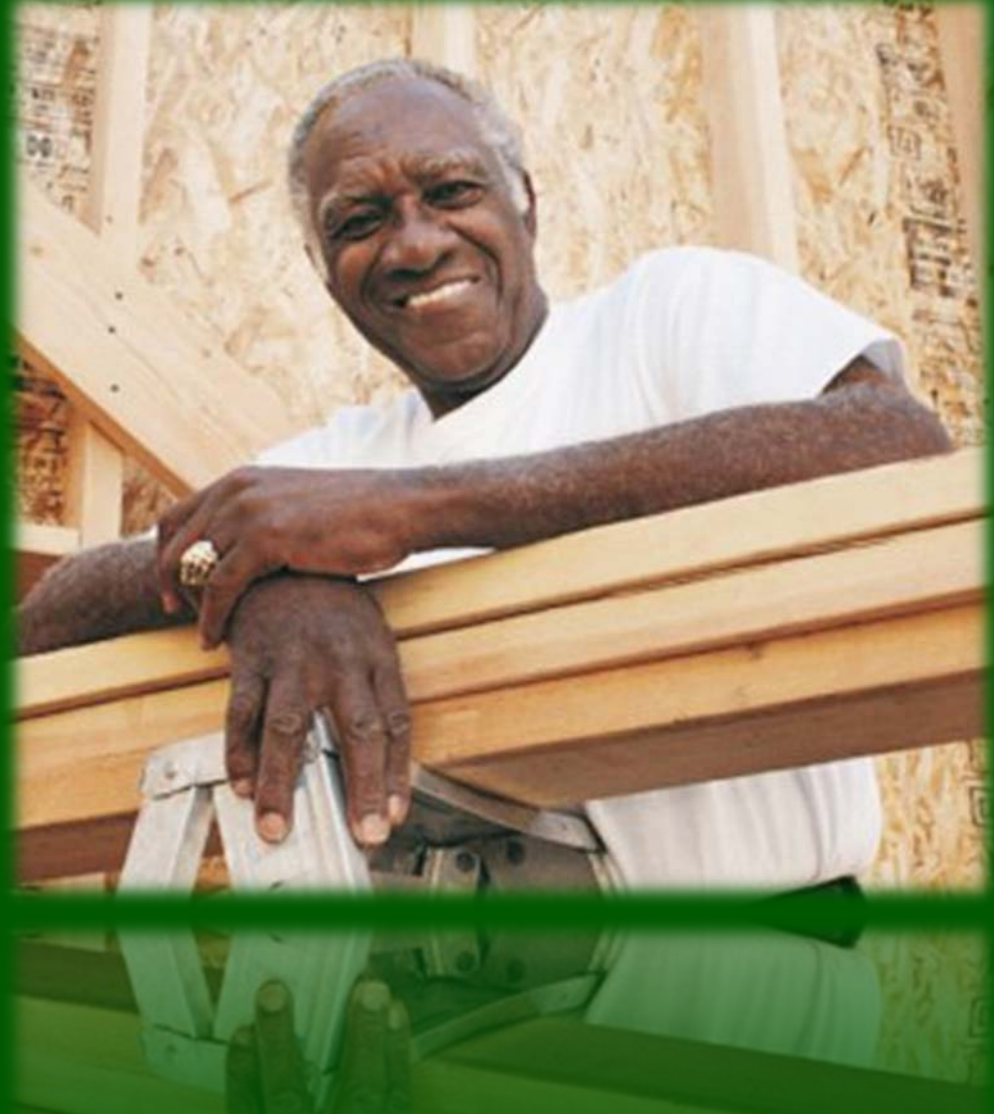
**Respect,
inclusion, and
recognition
from family,
community,
and service
providers.**



Civic Participation/Employment

Contributions to communities and economies continue into later life.

- **Volunteerism**
- **Paid employment**
- **Entrepreneurism**
- **Social perception of older workers**



Communication/Information

Information and social inclusivity is critical to healthy aging. Staying linked to

- people and
- events

prevents the fear of being left out of the mainstream.



Health and Human Services

**Sufficient,
high-quality,
available,
appropriate, and
accessible services
are vital to staying healthy
and independent.**



Global Network of Age-Friendly Cities

Network Membership

Cities participating in a global network commit to a cycle of continually assessing and improving their age-friendliness.



The Center for Age-Friendly Excellence (CAFE)

CAFE's mission is to advance transformational change to create vibrant, sustainable, supportive and inclusive communities for all generations.



The Center for Age-Friendly Excellence (CAFÉ) partner:

A new group: Age-Friendly Cities Collaborative Silicon Valley has been formed to assist all cities in Santa Clara County to organize, do an assessment and apply to WHO to be A-F!

*Hope to stay in your home and community?
Try making it more age-friendly!*

<http://880cities.org/>

[http://www.pps.org/reference/what is placemaking/](http://www.pps.org/reference/what_is_placemaking/)

<http://www.clevelandclinicwellness.com/mind/stressless/Pages/TheHealthBenefitsofFriendship.aspx#>

<http://www.epa.gov/aging/>

<http://www.epa.gov/aging/bhc/index.htm>

<http://www.aarp.org/home-family/your-home/best-places-to-live.html>

<http://www.who.int/ageing/age-friendly-world/en/>



Parting Thought

Despite the vast diversity of individuals, family forms, and other individual and social variables, features of age-friendly communities are universal.