

# Age-Friendly Communities



## What's the issue?

Policies, practices and planning that make communities age-friendly benefits us all. Such communities have structures and services that:

- promote healthy and active lifestyles
- enable seniors to remain in their homes
- give them reasonable and safe access to public transportation
- offer them opportunities to socialize and volunteer

An age-friendly community optimizes opportunities for health, participation and security, to enhance quality of life as people get older.

## Some challenges

**Reducing the pressure on health care:** If communities are not age-friendly, it can affect health outcomes, add to the burden on the health care system, and increase demand onspaces in long-term care facilities.

**Social well-being and vibrancy:** Without age-friendly strategies, we can lose many of the contributions that seniors make, from their own families to local causes.

**Meeting the needs of diverse communities:** There is no single approach to making the range of communities – from urban centre to rural and remote areas – age-friendly.

For more information:

Global Age-friendly Cities: A Guide <http://bit.ly/agefriendlyguide>

Age Friendly Checklist <http://bit.ly/age-friendlychecklist>

Age-Friendly Rural and Remote Communities: A Guide <http://bit.ly/agerural>

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## Questions

- 1 How does the concept of age-friendly communities fit into your party's policy?
- 2 Where is your community on the spectrum of age- friendliness?
- 3 What benefits do you foresee from promoting age-friendliness in our community?
- 4 What are the challenges to implementing an age-friendly community?



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