Age-Friendly Cities & Communities:
WHO frameworks for Ageing & Health

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Active Ageing
Good health adds life to years

What makes an age-friendly city?
Manchester, November 2015

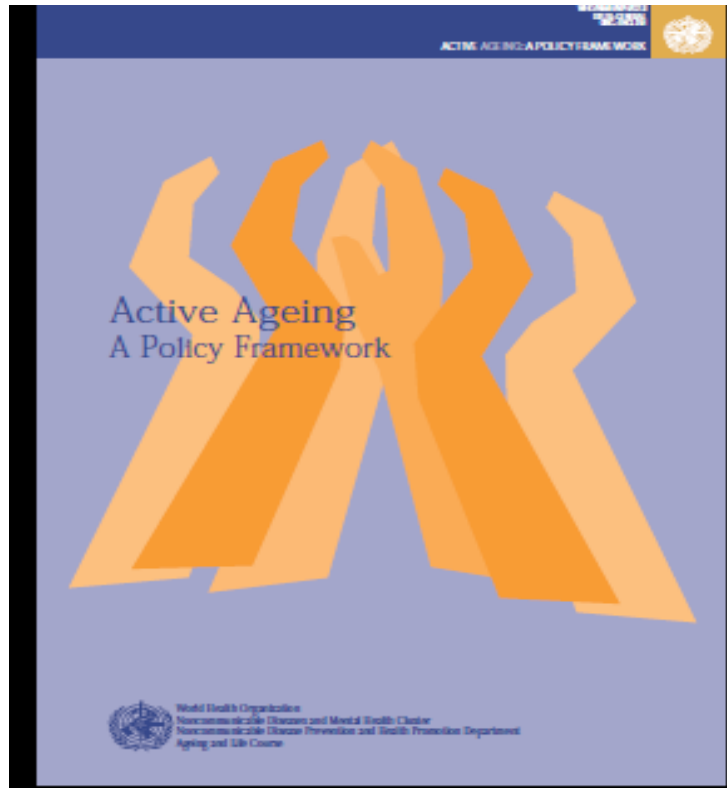World Health Organization
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Creating Age-Friendly Cities
WHO & Manchester

- A 'double helix' of mutual learning

- WHO provides frameworks by synthesising evidence

- The communities of Manchester contribute experience & knowledge

Ageing: *"One of Humanity's Greatest Triumphs"*

- Active Ageing report

- WHO Contribution to 2nd UN World Assembly; Madrid, April 2002.

- An inspirational new paradigm

- Germinator of Age-Friendly Cities

" Older people a precious resource"

- "An important contribution to the fabric of our society"

- Wisdom, service, care, labour, economy

- And song: Monserrat Caballé @ 82 years

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But "*Countries can afford to get old if governments .. enact active ageing policies*"
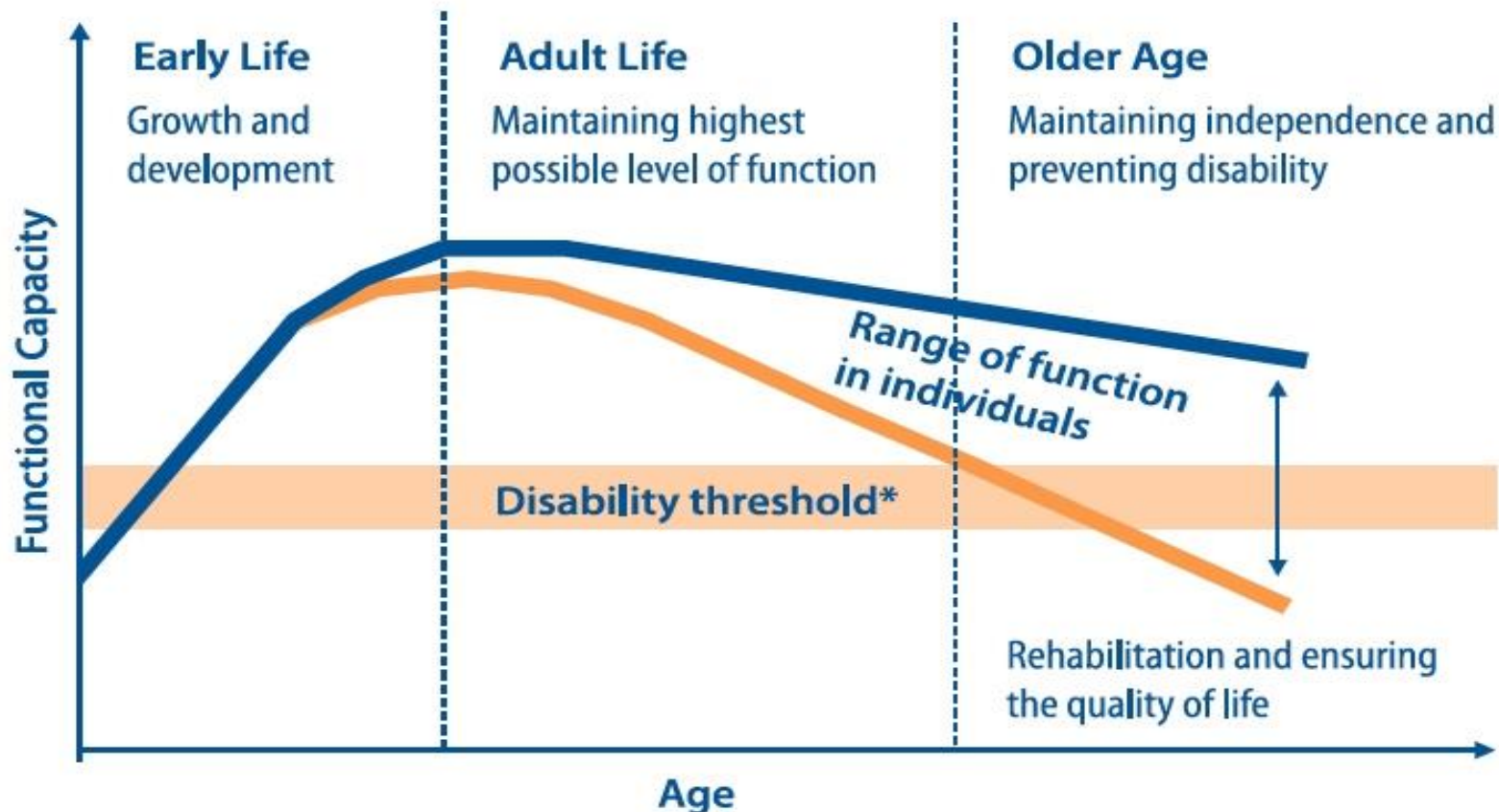
Source: *Active ageing. A policy framework.* Geneva, World Health Organization, 2002**.**
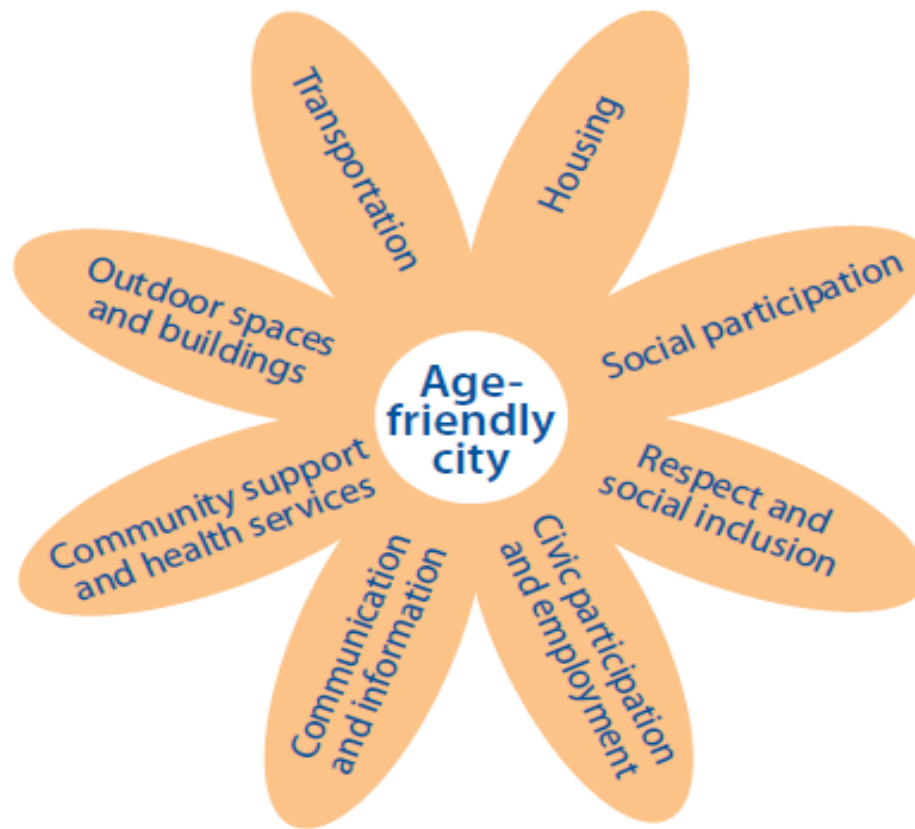
Age-Friendly Cities: *the 2007 WHO initiative*

Age-friendly city

- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services
- Outdoor spaces and buildings

- Inspirational; spreading like wildfire to cities across globe

- Comprehensive: 8 domains or petals

- Petals focus on attributes of an ideal city
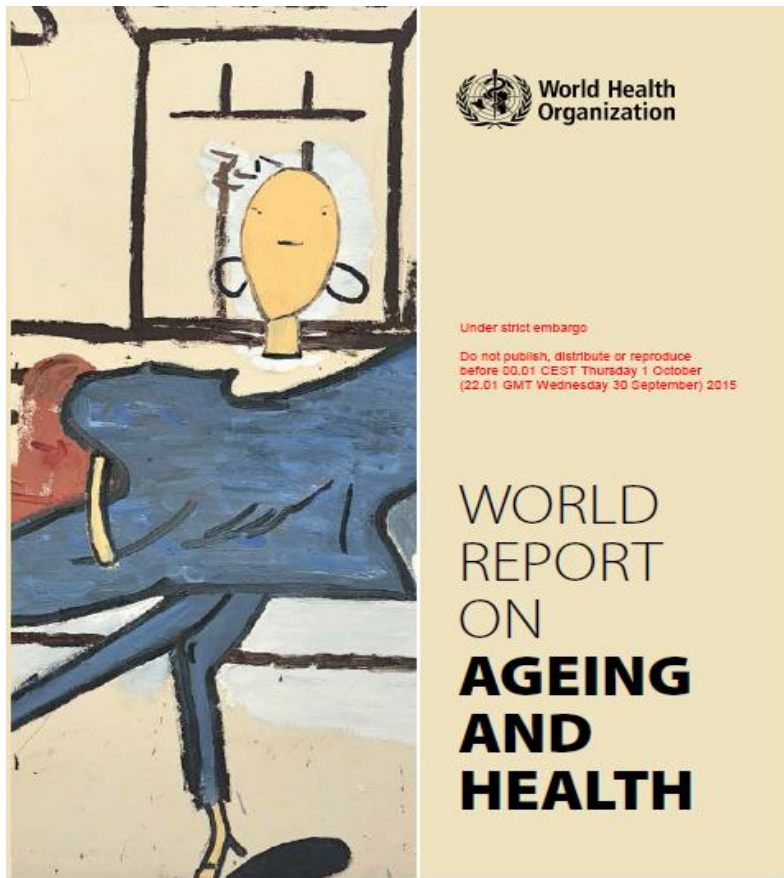
Global age-friendly cities: a guide (WHO, Geneva, 2007)

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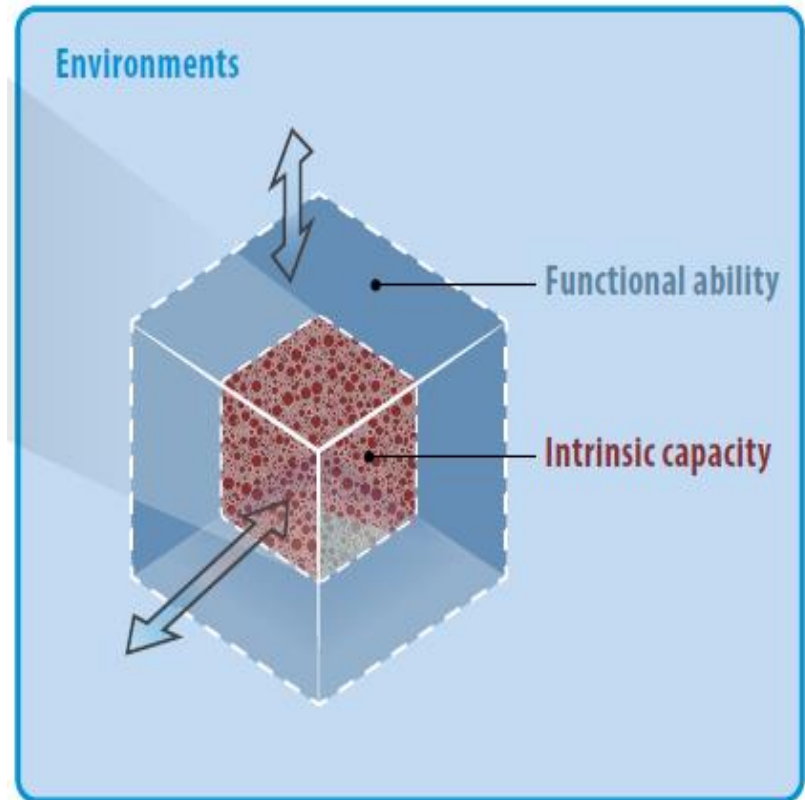
Ageing & Health
Innovative new report from WHO

- Published on October 1st 2015

- Updates the framework of the 2002 report on *Active Ageing*

- Uses the 2007 report by highlighting the importance of social and physical environments.

Updated framework focusing on functional ability

- Intrinsic capacity – an individual's mental and physical health

- Supportive environments (a) contribute to health

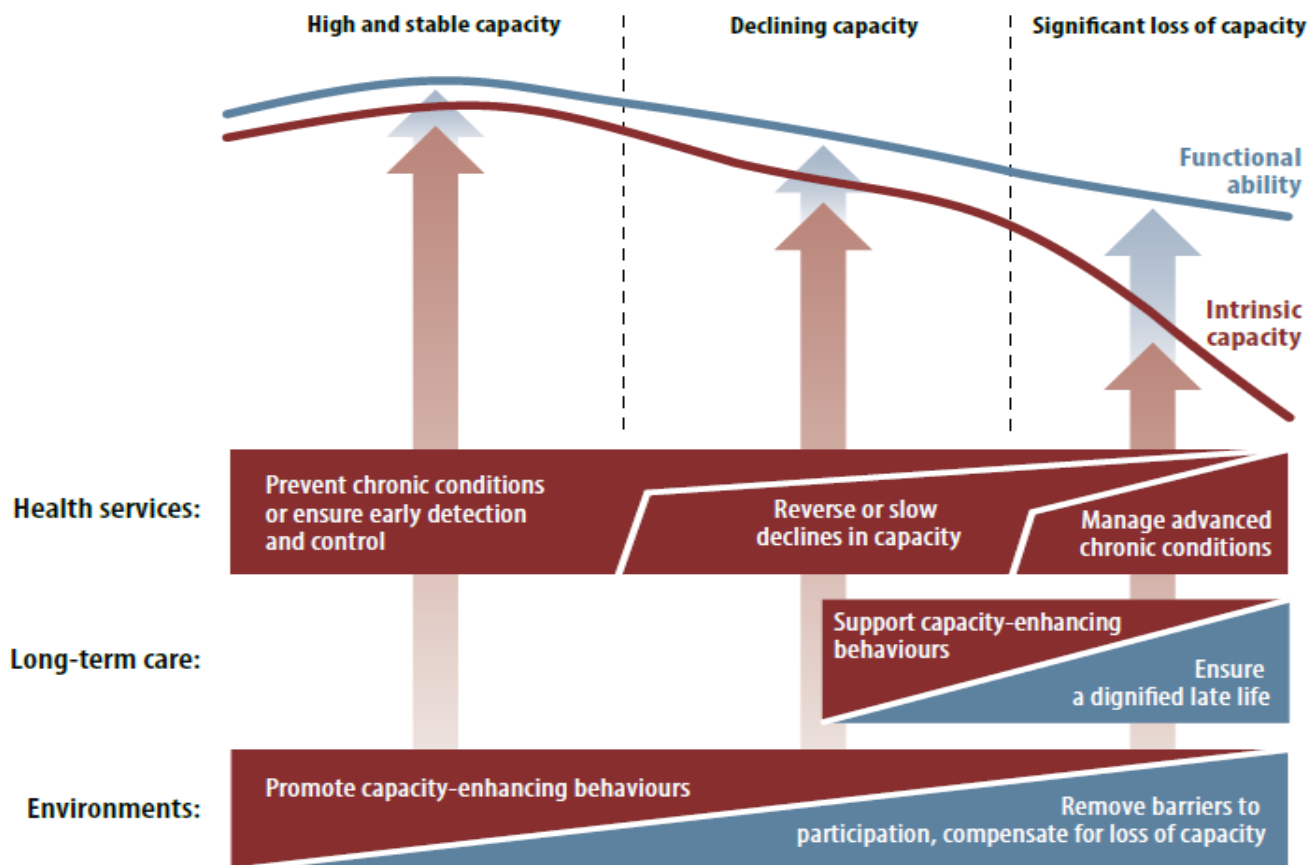- (b) contribute to Functional ability – enabling people to be and do what they value

Functioning over the life-course
Update of earlier (2002) framework

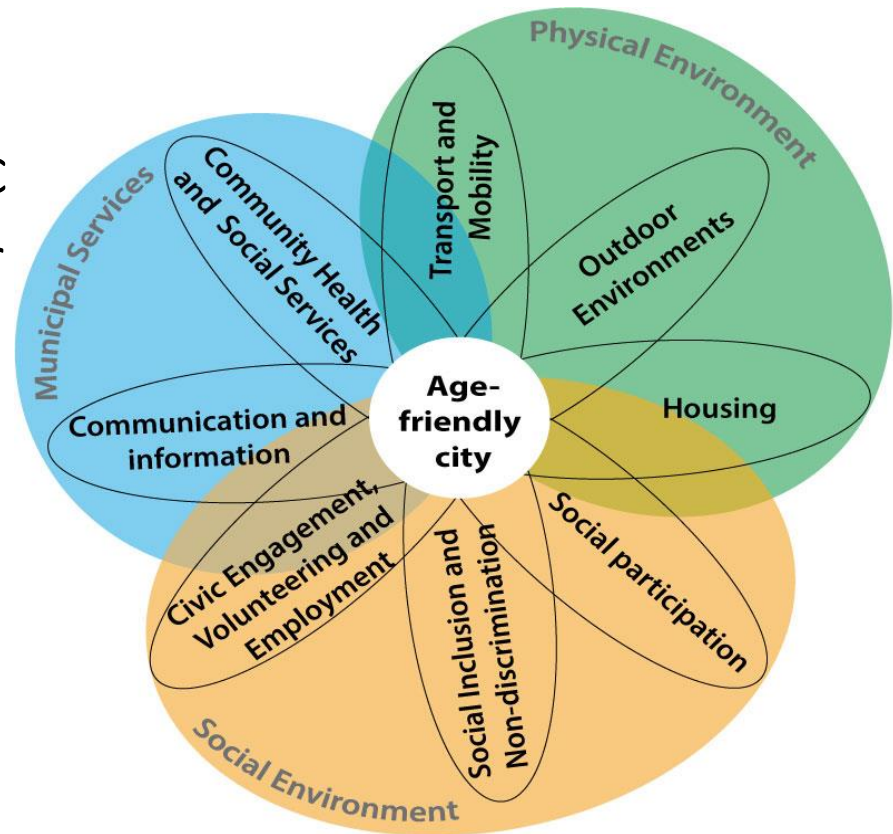Fig. 2.4. A public-health framework for *Healthy Ageing*: opportunities for public-health action across the life course

Three dimensions of an ideal city
Supportive environments: two impacts

- Contribute to intrinsic capacity – make older people healthier

- Increase the function of older people of every health status

Source: adapted from Jackisch et.al., 2015.
Health Promotion International

Supportive domestic environments increase functional ability

- For any level of health, supportive domestic environments can allow older people to live better lives

- Traditional responsibility of occupational therapists

Neighbourly contact v street traffic flows in Milan, Italy

Contatto fra vicini e duw condomini

Traffico stradale pesante

Traffico stradale leggero
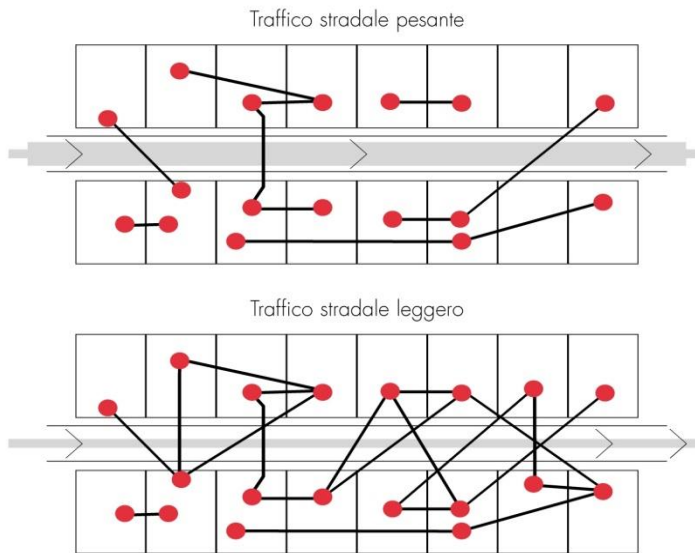
Walkable Streets *increase social contact and improve mental health*

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Udine, Italy: Distribution older people & pharmacies

Distribution of people 65+ years and pharmacies in districts of Udine, Italy

Number of residents over 65
- 50–250
- 30–50
- 20–30
- 10–20
- 1–10

Source: Zamaro, G (ed) Udine Healthy Ageing Profile. (2008). City of Udine
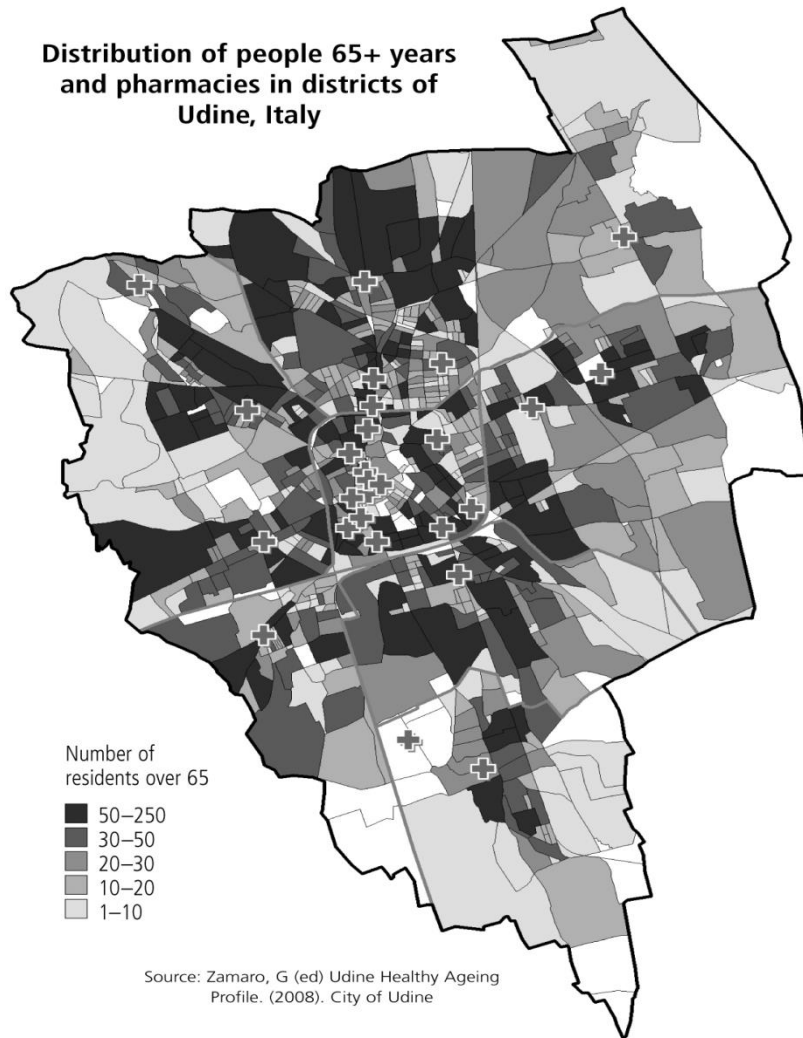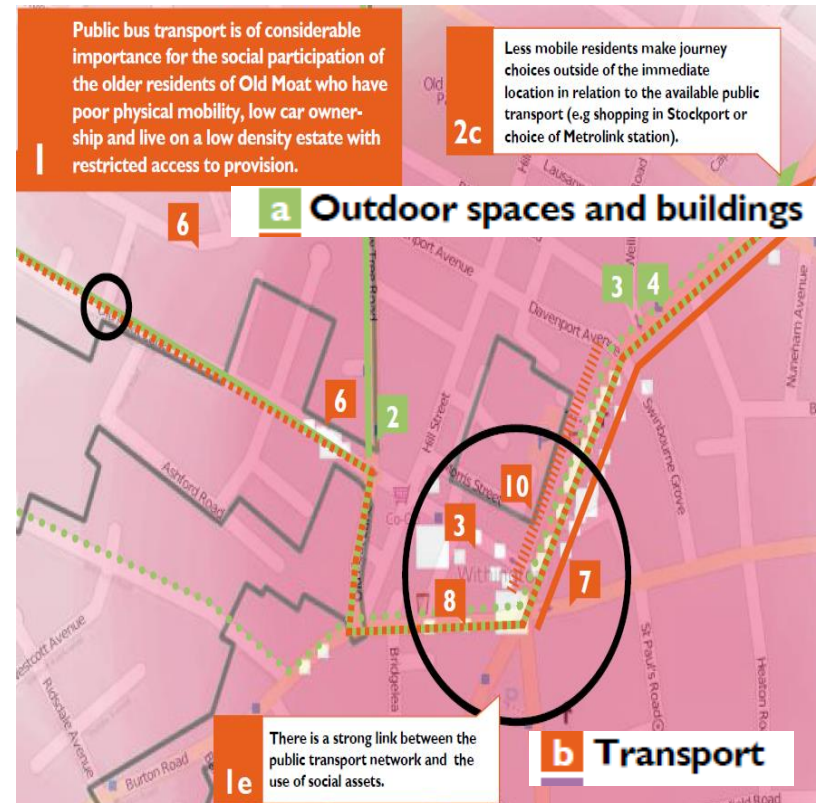
- Udine helped pilot the Vancouver Protocol

- Pharmacies near older people a priority

- Municipality commissioned GIS map

- Mayor used evidence to relocate a pharmacy

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# Manchester, UK: *From Vancouver Protocol to Neighbourhood Action Plan*

- Citizen-based policy approach

- Residents of Old Moat district assess six petals

- University maps them and advises on an action plan

Public bus transport is of considerable importance for the social participation of the older residents of Old Moat who have poor physical mobility, low car ownership and live on a low density estate with restricted access to provision.

2c Less mobile residents make journey choices outside of the immediate location in relation to the available public transport (e.g shopping in Stockport or choice of Metrolink station).

a **Outdoor spaces and buildings**

1e There is a strong link between the public transport network and the use of social assets.

b **Transport**

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Social Network module added to VERITAS

Add social networks to physical environment. Regular destinations – 'With whom'? *Yan Kestens. Montreal University*
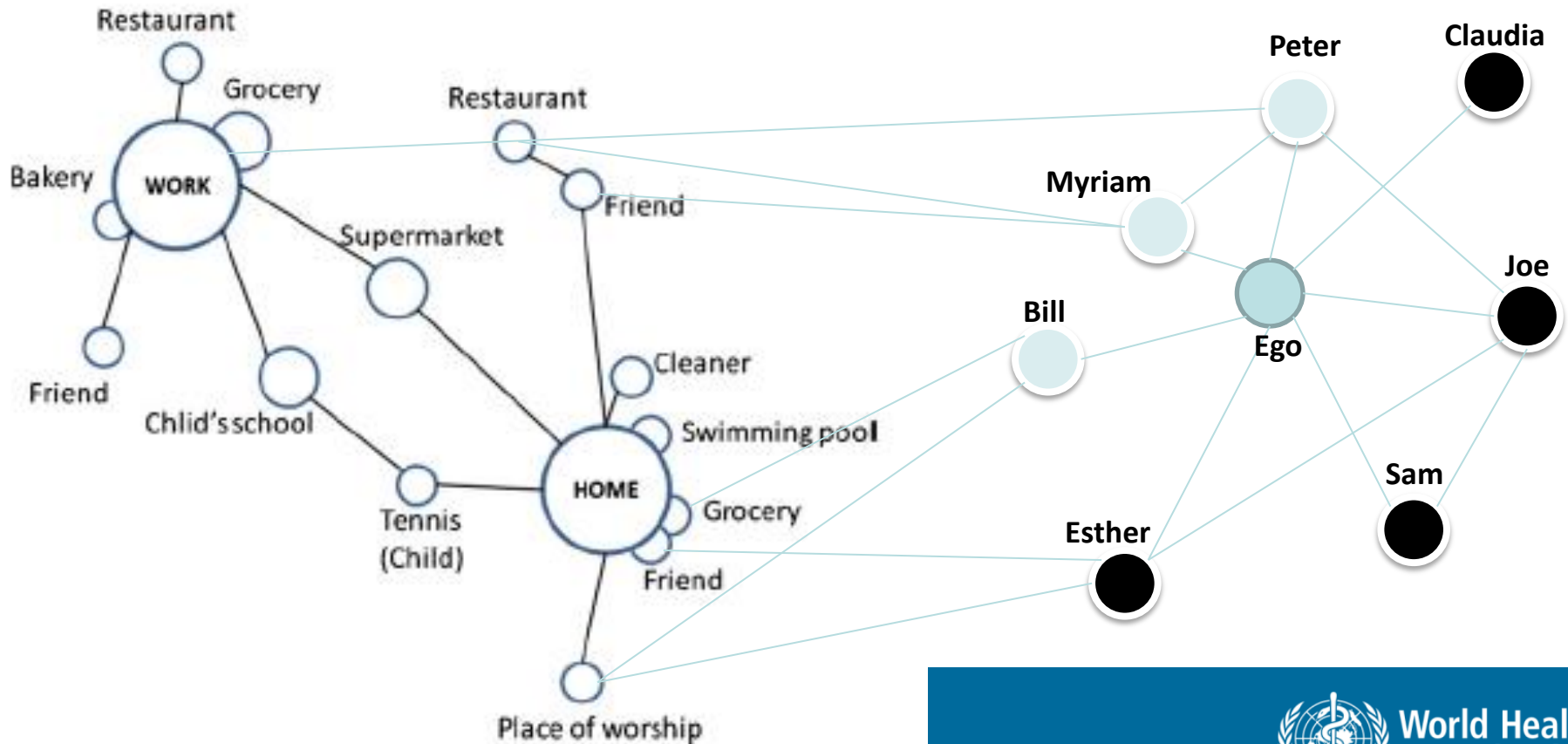
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AGE-FRIENDLY WORLD
adding life to years

age-friendly
cities and communities
in practice

By local communities, for local communities

Age-friendly in Practice - new database is online

Many small steps add up to making communities truly age-friendly. No need to reinvent the wheel if great ideas have already been tested elsewhere. They are shared here: by communities, for communities.

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WHO role

- Convening power
- Tools, guidance & expertise
- Policy frameworks and mandates
- Synthesis of global evidence
- Actions with European partners

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Thank you! g.green @shu.ac.uk

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