

Webinar: Sharing knowledge to create age-friendly environments

Theme: Why do we have to create an age-friendly environment?

Social Determinants of Healthy Ageing

Creating age-friendly environments require efforts to address the social determinants of healthy ageing by strengthening community engagement, collecting data on groups with disproportionate disease burden, understanding the barriers experienced by older adults.



Housing



Employment



Health Systems



Social Exclusion



Increased Urbanization



Gender Norms



Family & Peer Influence



Cultural Values & Traditions

08 Age-friendly domains



Outdoor Spaces & Buildings



Transportation



Respect & Social Inclusion



Civic Participation and Employment



Housing



Social Participation



Communication & Information



Community support and health services

Breakout discussion: What does "age-friendly" mean to us?



Policy and Guidelines

at national- level to assist local community initiatives addressing the needs of older people and other age groups.



Built Environments

in communities, such as affordable and accessible transport, suitable housing, etc.



Opportunity to Participate

in society and continue to work and learn throughout life.

A systematic review of age-friendly environment intervention studies has found that: Six themes emerge from the literature focusing on age-friendly environment interventions related to health and social outcomes of older people in a community-dwelling setting. Interventions, such as support programmes driven by older people, improving access to digital technology, age-friendly transportation policy, are associated with positive health-related outcomes.

06 Emerging themes:

Physical activity

Health care

Social interaction

Built environment

Technology

Transportation

Webinar participants indicated healthy ageing means **good physical and mental health, good social functioning and quality of life** in older age. Independence, dignity, self-fulfillment, respect for people with different functional capacity and intergenerational solidarity were also considered as vital to healthy ageing.

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Theme: What do we have to do?

Barriers



Low-level awareness of healthy ageing and concept of age-friendly among older people and local communities



Safety risk and accessibility issue in built environment



Social isolation and loneliness among older people



Inadequate services for older people



Limited opportunities to participate in society

Opportunities for Age-friendly Environments

Services, products and technology provided by for-profit and non-profit organizations



Policy support from government.



Older people's engagement in community initiatives.



Services, products and technology provided by companies.



Social cohesion and improved health in communities.

Inspirational Stories on Creating an Age-friendly Environment



Government commitment at different levels is one of the key factors that can contribute to age-friendly approaches and interventions.



China Stories

China adopted the national medium/long-term plan for population ageing with vision of age-friendly society by 2035 and established the National Committee on Ageing to coordinate activities.



992
Age-friendly Communities

In 2021, it nominated 992 age-friendly communities with better living environment, accessible transportation, care services, participation and cultural life and use of ICT.



Japan Stories



In Kanagawa Prefecture (JPN), municipal activities are coordinated by local government, involving the participation of social welfare organizations, local residents' associations and senior citizen groups



Australia Stories

East Victoria Region's (AUS) age-friendly initiatives identify influential champions, instill a sense of urgency for change and ensures adequate financial resources.

Create a Network



Identify influential champions



Instill a sense of urgency to change



Include intergenerational purpose



Ensuring adequate financial resources



Developing evidence-based age-friendly interventions and activities: WHO's Urban HEART (Urban Health Equity Assessment and Response Tool)

The Japan Gerontological Evaluation Study (JAGES) adapted the WHO's Urban HEART for an older population. Local communities can use this tool to identify and target disadvantaged population groups, and generate evidence-based solutions to improve integrated care for those with greatest needs.



Initiating community activities and interventions on most pressing issues greater use of available data adequate financial, human resources communities can start with small scale and low-cost projects faced by older people, such as community-based physical exercise and shopping support in Kanagawa prefecture, a working group by older adults in East Victoria, and senior citizen associations in China.



All case studies reiterated the importance of **adequate financial, human resources** and networking within and across communities.



Researchers advocated for **greater use of available data** to identify and target disadvantaged populations in the community. This helps communities to provide customized services to older adults with greatest needs. JAGES demonstrated the feasibility and effectiveness of the evidence-based diagnosis framework for communities (JAGES-Heart) in Japan and Myanmar. Community salons were found to reduce risks of mortality and functional capacity among older people.



Experts advised that developing age-friendly cities and **communities can start with small scale and low-cost projects** in resource limited setting

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Theme: How do we create an age-friendly environment together?



Inspirational stories on creating an age-friendly environment together



Philippines established **National Commission of Senior Citizens** in 2019 to coordinate activities by different agencies and partners. It aims to shift focus from physical capacity to high capacity. To date, it organized a series of workshops with stakeholders and open dialogue with older citizens.



Viet Nam's General Office for Population and Family Planning is developing **guidelines for creating age-friendly environments** and **criteria for assessing age-friendliness of communities**. The framework considers the needs and capacities of older adults in Viet Nam and encourages multi-stakeholder collaboration. Viet Nam plans to implement a pilot model and replicates across the country.

Breakout discussion:

From government/ministries' perspective, how do we engage non-health sector stakeholders?



Establish national level multi-sectoral coordinating mechanism



Develop policies/ordinances/frameworks to support multi-stakeholder collaboration



Provide financial resource



Support research/surveys to identify the needs of older people



Raise awareness of age-friendly environments



Promote knowledge exchange and sharing of good practices



Engage the private sector to create age-friendly environments

Recommendations for Member States:



Set up a committee/ working group/ steering group to develop multisectoral collaborations on creating age-friendly environments, and meet regularly to plan, implement activities and monitor the progress.



Hold conversations with older people and/or senior citizen organizations early on in the planning phase.



Review policies to ensure that the identified challenges facing age-friendly cities and communities are taken into account and addressed



Secure financial resources and experienced staff for age-friendly programs and interventions at all levels (including cities and communities)