AGE-FRIENDLY COMMUNITIES
A BLUEPRINT FOR SUCCESS

What makes an age-friendly city? It’s a place that meets the needs of its citizens in all stages of their lives — a great place to grow up and grow old. There are lots of ways to make your community more age-friendly. Here are eight ideas:

1. SAFE, WALKABLE NEIGHBORHOODS
   Adults age 65+ account for 50% of all pedestrian fatalities. Longer crossing times, better curb cuts, good sidewalk repair, and safe places to stop mid-crossing can help.

2. AFFORDABLE HOUSING
   Nearly 4 out of 10 older households report struggling with the cost of their housing. Age-friendly alternatives include “Golden Girls” home sharing, multigenerational housing, and subsidized senior housing with supportive services.

3. TRANSPORTATION OPTIONS
   Nearly two-thirds of older New Yorkers surveyed said that benches or chairs for resting, in parks, bus stops, stores, and other places, are “very important” to their well-being.

4. AGE-FRIENDLY OUTDOOR SPACES
   Nearly 90% of people over age 65 indicate they want to stay in their home as long as possible. Community-based support — from home repairs and other chores, to home health aides, home-delivered meals, age-friendly transportation, and neighbors helping neighbors — can help.

5. HEALTHY LIVING
   Only about 11% of people age 65+ participate in aerobic and muscle-strengthening activities that meet federal physical activity guidelines. Age-friendly walking and exercise classes and programs in the community can get more older people up and moving.

6. EMPLOYMENT OPPORTUNITIES
   Nearly 31% of people aged 65+ are still employed, full or part time, and many need the income. Promoting self-employment options, offering job training, discouraging age discrimination, and valuing the strengths of older workers benefit employers and employees alike.

7. CIVIC ENGAGEMENT OPTIONS
   Both British and U.S. populations have become more solitary, with more than 25% of households in both countries composed of people living by themselves. Social isolation can be deadly — literally. Tutoring, mentoring, foster grandparenting, intergenerational programs, social advocacy, and volunteering in schools and religious, community, and nonprofit organizations all help keep older adults engaged, while the community benefits from their experience.

8. STRONG SOCIAL SERVICES NETWORK
   Nearly 31% of people age 65+ and older have one or more chronic health conditions that impact their ability to care for themselves. Community-based solutions that connect people with support networks, home-delivered meals, age-friendly transportation, and caregivers can improve health and well-being.

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Learn more by visiting: http://www.giaging.org/programs-events/community-agenda/

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