

Welcome to the IFA Age-friendly Environments Webinar Series
15 June 2016 | 11:00 AM – 12:00 PM EDT

The Evidence Behind Effective Age-friendly Change

Panelists:

Dr Amanda Lehning, University of Maryland
Dr Andrew Scharlach, University of California

Moderator:

Ms Dana Bandola, International Federation on Ageing

Organizer:

International Federation on Ageing



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- Recording announcement provides instruction

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- The webinar will be recorded and posted on the IFA website (<http://www.ifa-fiv.org/project/age-friendly-environments/>)

For assistance: dbandola@ifa-fiv.org



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Moderator



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Age-friendly Initiatives

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Agenda

- **Introductions** (5-10 minutes)
by Ms Dana Bandola, Moderator
- **Presentation** (30 minutes)
The Evidence Behind Effective Age-friendly Change
by Dr Amanda Lehning, University of Maryland and
Dr Andrew Scharlach, University of California
- **Question and Answer Forum** (15 minutes)
- **Closing** (3-5 minutes)



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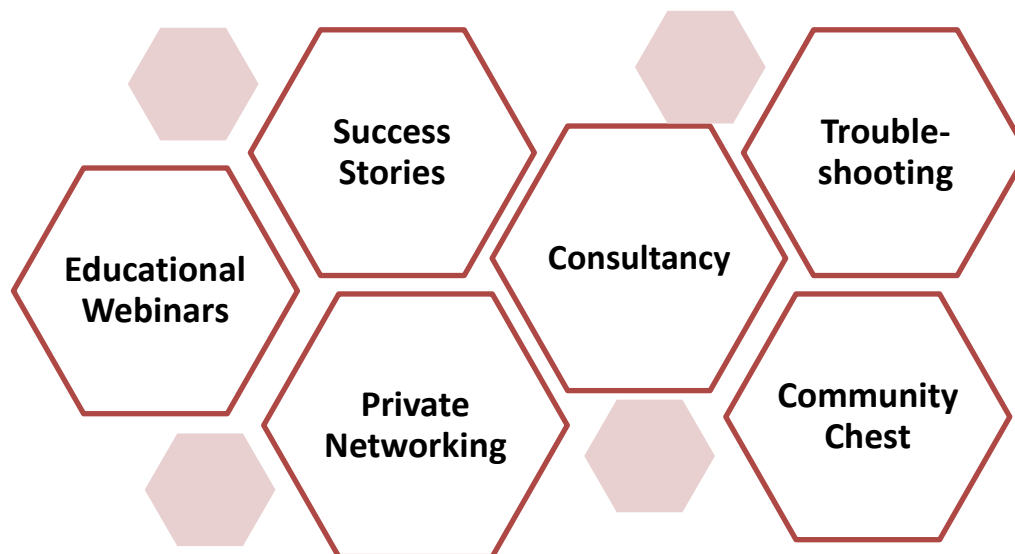
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Thanks to the Hall & Prior Health and Aged Care Group, the International Federation on Ageing is proud to announce the development of an interactive learning platform known as the **Age-friendly Innovation Exchange (AFIX)**.



IFA 14th Global Conference on Ageing

Age-friendly Environment

TOWARDS A DECADE OF HEALTHY AGEING

Toronto, ON, Canada
8 - 10 August 2018

Register Interest:

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IFA 14th Global Conference on Ageing - conference themes -

COMBATING AGEISM AND AGE DISCRIMINATION

ENABLING FUNCTIONAL ABILITY

age-friendly environment

brain health

companion animals

innovation in long-term care

rehabilitation and reablement

technology and ageing

INFLUENCING INTRINSIC CAPACITY

disease management

adult vaccination

hearing

nutrition

oral health

vision

MARGINALISED OLDER ADULTS

LGBTQI

migrants

refugees

prisoners

women

homeless



Presenters



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The Evidence Behind Effective Aging-Friendly Change

IFA AGE-FRIENDLY ENVIRONMENTS
WEBINAR SERIES

ANDREW SCHARLACH & AMANDA LEHNING

Creating Aging-Friendly Communities



*Andrew E. Scharlach
Amanda J. Lehning*

OXFORD

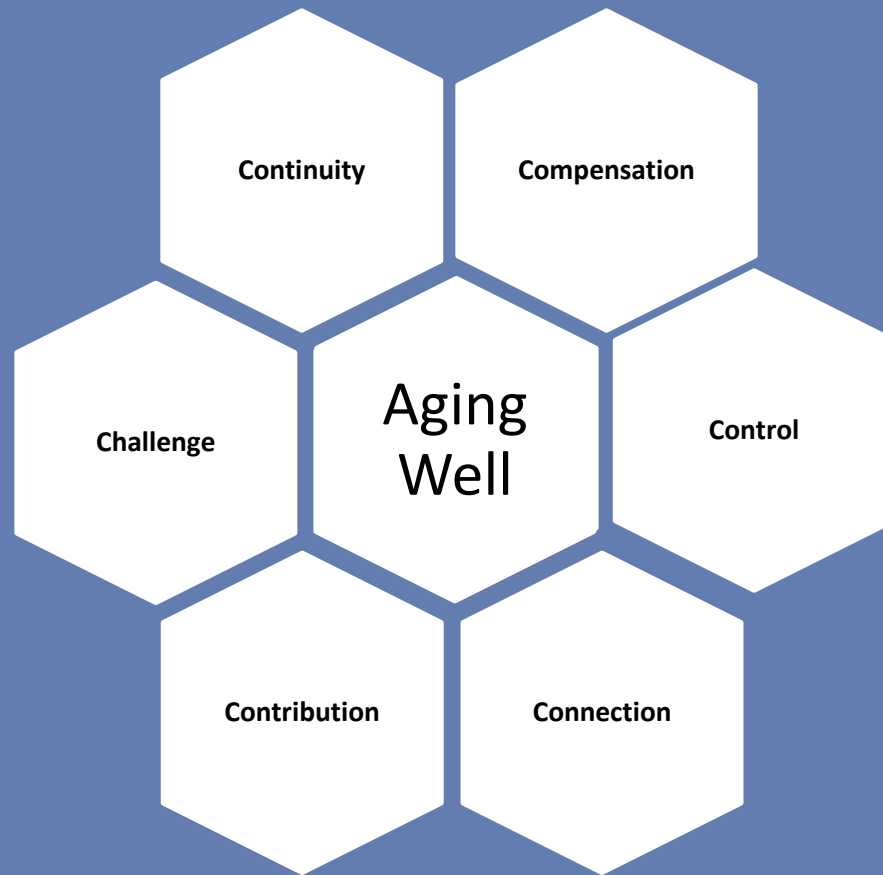
What is an Aging-Friendly Community?



City, town, or neighborhood where older adults are actively involved, valued, and supported in a way that reflects their needs and priorities



Developmental Needs and Priorities



Context of Community Change



- Commitment
- Capacity
- Collaboration
- Consumer Involvement
- Comprehensiveness

Changes to Enhance Aging-Friendliness



- Addressing structural lag in three areas:
 - Mobility and the Built Environment
 - Social Engagement
 - Health and Social Supports



Mobility and the Built Environment



- Affordable and Accessible Housing
- Walkable Neighborhoods and Proximity to Stores, Services, & Amenities
- Transportation Options



Mobility and the Built Environment



Benefits

- Aligns with principles of New Urbanism
- Health benefits for all ages
- Environmental and economic benefits for communities

Challenges

- Limitations of empirical studies
- Personal preferences/market forces (NIMBY, BANANA)
- Adapting to community needs

Social Engagement



Social Contact



Safety

Social Participation



Social engagement



Benefits

- Substantial evidence of link to health and well-being
- Civic engagement's individual and community-wide effects

Challenges

- Ageism
- Limited financing and policy incentives

Health and Social Supports



- Health and Wellness
- Social Services and Supports
- Supports for Informal Caregivers



Health and social supports



Benefits

- Potential to delay or prevent institutionalization
- Aligns with shift to prevention, wellness, and community health teams

Challenges

- Limitations in use and access
- LTSS are fragmented, expensive, and characterized by unmet need
- Inadequate workforce



Enhancing Community Aging Friendliness

Types of Aging Friendly Initiatives



- Community planning
- Cross-sector collaborations
- Community development

(Lehning, Scharlach, & Price-Wolf, 2012)



Community Planning Initiatives

WHO AGE-FRIENDLY CITIES & COMMUNITIES

AMERICAS

Argentina, La Plata
Brazil, Rio de Janeiro
Canada, Halifax
Canada, Portage La Prairie
Canada, Saanich
Canada, Sherbrooke QB
Costa Rica, San Jose
Jamaica, Kingston
Jamaica, Montego Bay
Mexico, Cancun
Mexico, Mexico City
Puerto Rico, Mayaguez
Puerto Rico, Ponce
USA, Portland

AFRICA

Kenya, Nairobi

EASTERN MEDITERRANEAN

Jordan, Amman
Lebanon, Tripoli
Pakistan, Islamabad

EUROPE

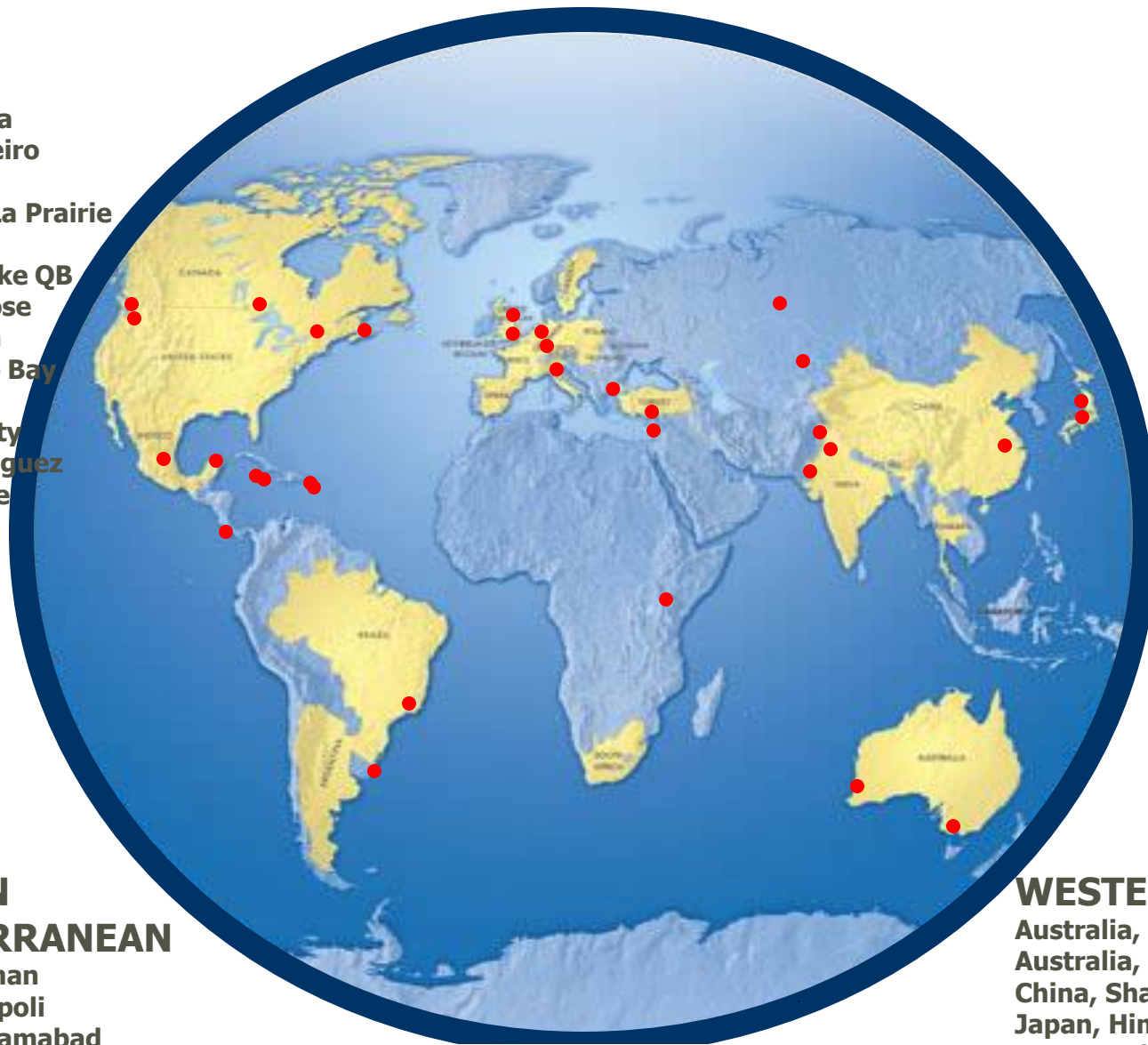
Germany, Ruhr
Ireland, Dundalk
Italy, Udine
Russia, Moscow
Russia, Tuymazy
Switzerland, Geneva
Turkey, Istanbul
UK, Edinburgh
UK, London

SOUTH-EAST ASIA

India, Delhi
India, Udaipur

WESTERN PACIFIC

Australia, Melbourne
Australia, Melville
China, Shanghai
Japan, Himeji
Japan, Tokyo





Creating an Age-Friendly NYC One Neighborhood at a Time



The Office of the Mayor
The New York City Council
The New York Academy of Medicine



A Toolkit for Establishing an
Aging Improvement District in
Your Community



2012

Blue Zones Vitality Project

Albert Lea, MN (USA)

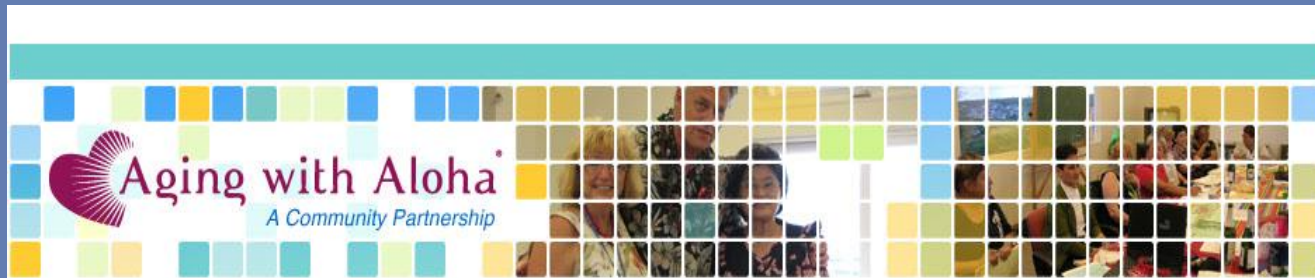


- Community-wide health promotion, wellness awards
- Walkways, bikeways, and trails
- Walking groups
- Healthy meals offered by restaurants and schools
- “Purpose” workshops
- Volunteer programs
 - Participants increased projected lifespan 2.9 years on avg.
 - Healthcare claims for city workers dropped 49%
 - Employee absenteeism declined 21%



Cross-Sector Collaborations

Community Partnerships for Older Adults





NORC

Naturally Occurring Retirement Communities

Georgia's neighborhood approach to healthy aging

NORC-SSP Model



Program:

- On-site health care and social services

Goal:

- Age-in-place with greater comfort and security

Partners:

- Housing entities
- Health and social service providers
- Philanthropies
- Government
- Residents

Hotel Oakland Village



Participation = Good Health

<http://hoteloaklandvillage.com/indexCH.html>

UJC National NORCs Evaluation



- Know more people 88%
- Participate in more activities 84%
- Leave home more 72%
- Know whom to ask for assistance 92%
- Know more about community services 95%
- Use community services more 81%
- Volunteer more 48%
- Feel healthier 70%
- More likely to stay in the community 88%

(Bedney, Schimmel, Goldberg, Kotler-Berkowitz, & Bursztyn. *Rethinking Aging in Place: Exploring the Impact of NORC Supportive Service Programs on Older Adult Participants*. ASA/NCOA Annual Conference, March, 2007)



Community Development



The “Village” Concept: Senior Support Associations



Beacon Hill Village
Boston, MA

“Village” Concept



- “Villages are self-governing, grassroots, community-based organizations, developed with the sole purpose of enabling people to remain in their own homes and communities as they age.”

[Village-to-Village Network website]

Village program model



- Core Services
 - ◆ Transportation, technology, shopping, meal prep, etc.
 - ◆ Provided by members, volunteers, or Village staff
 - ◆ Usually included as part of membership fee
- Information and Coordination
- Referrals
 - ◆ Preferred provider networks
 - ◆ Usually requires payment to an outside service provider
- Social Activities
- Volunteer Opportunities

Health and Social Impacts



	Percent
Health & Well-Being	
Better quality of life	53%
Happier	45%
Healthier	33%
Social Functioning	
Know more people	81%
Talk to more people	63%
Feel more connected	62%
Participate more	53%
Leave home more	40%
Less lonely	39%

Service Access and Aging in Place



	Percent
Service Access	
More able to get help	81%
Know more about services	76%
Use services more	41%
More able to get medical care	28%
Age in Place	
More able to stay in home	75%
Taking care of home easier	26%
Taking care of self easier	25%

Web-Based Social Networks

- “Next door”
- Tyze
- SherpaLife
 - Concierge
 - Activities
 - Products
 - Life planning





Vision:
Working Together to
Create an Aging
Friendly Future

Challenges



- Fuzzy conceptualization and definitions
- Lack of methodologically rigorous evaluations
- Concerns about allocating financial and human resources in a time of fiscal constraint
- Concerns about equity and the potential to exacerbate disparities
- Ensuring the meaningful participation of older adults

“A Society for All Ages”



“A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing – and acting upon – their commonality of interest.”

UN Secretary General Kofi Annan, October, 1998

Thank you!



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Resources



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Question and Answer Period



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