Age-friendly Europe: Good practices & next steps

2018 IFA / WHO Webinar Series
May 23, 2-3pm CET

World Health Organization
REGIONAL OFFICE FOR **Europe**

Organisation mondiale de la Santé
BUREAU RÉGIONAL DE L' **Europe**

Weltgesundheitsorganisation
REGIONALBÜRO FÜR **Europa**
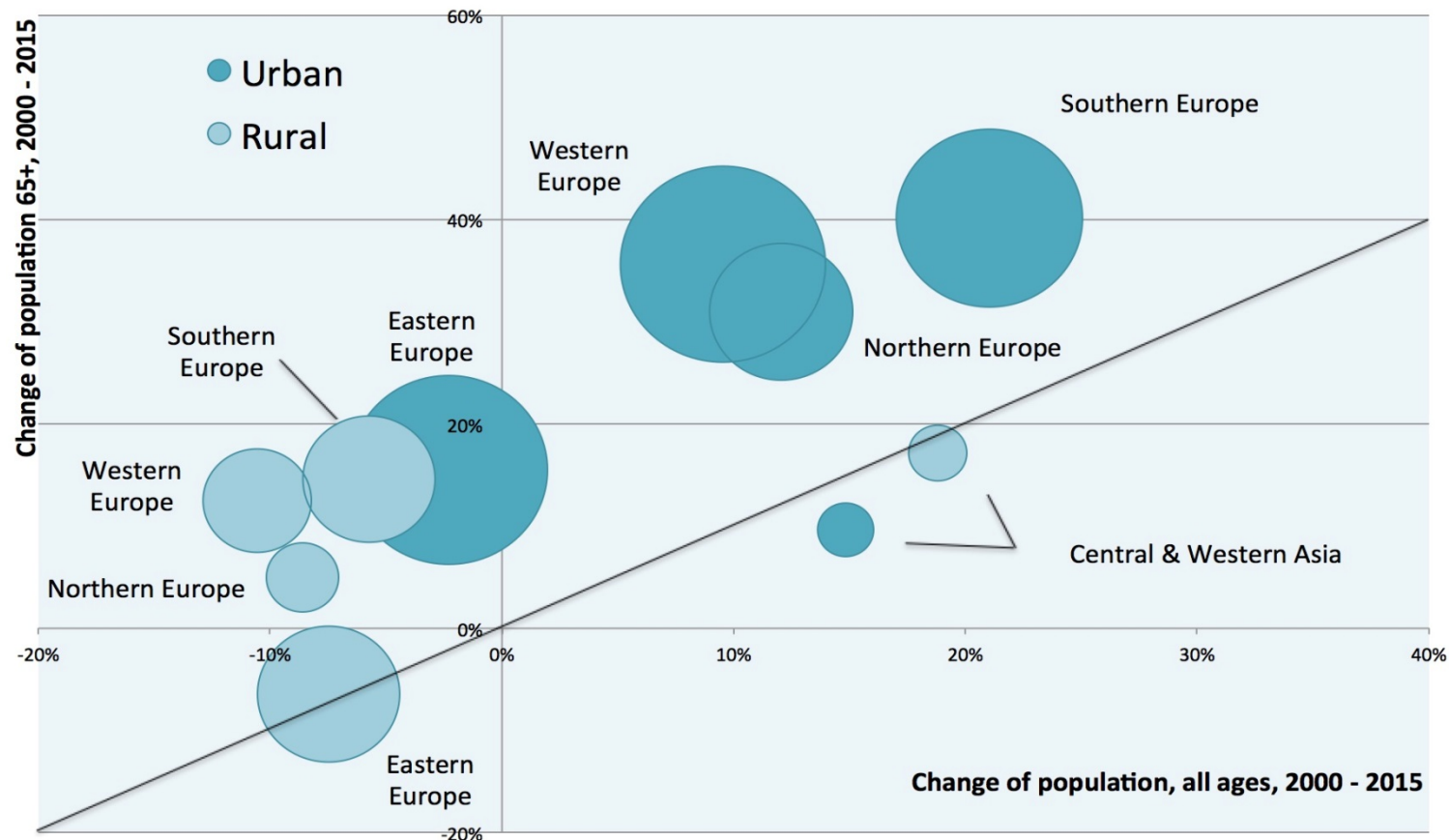
Всемирная организация здравоохранения
Европейское региональное бюро
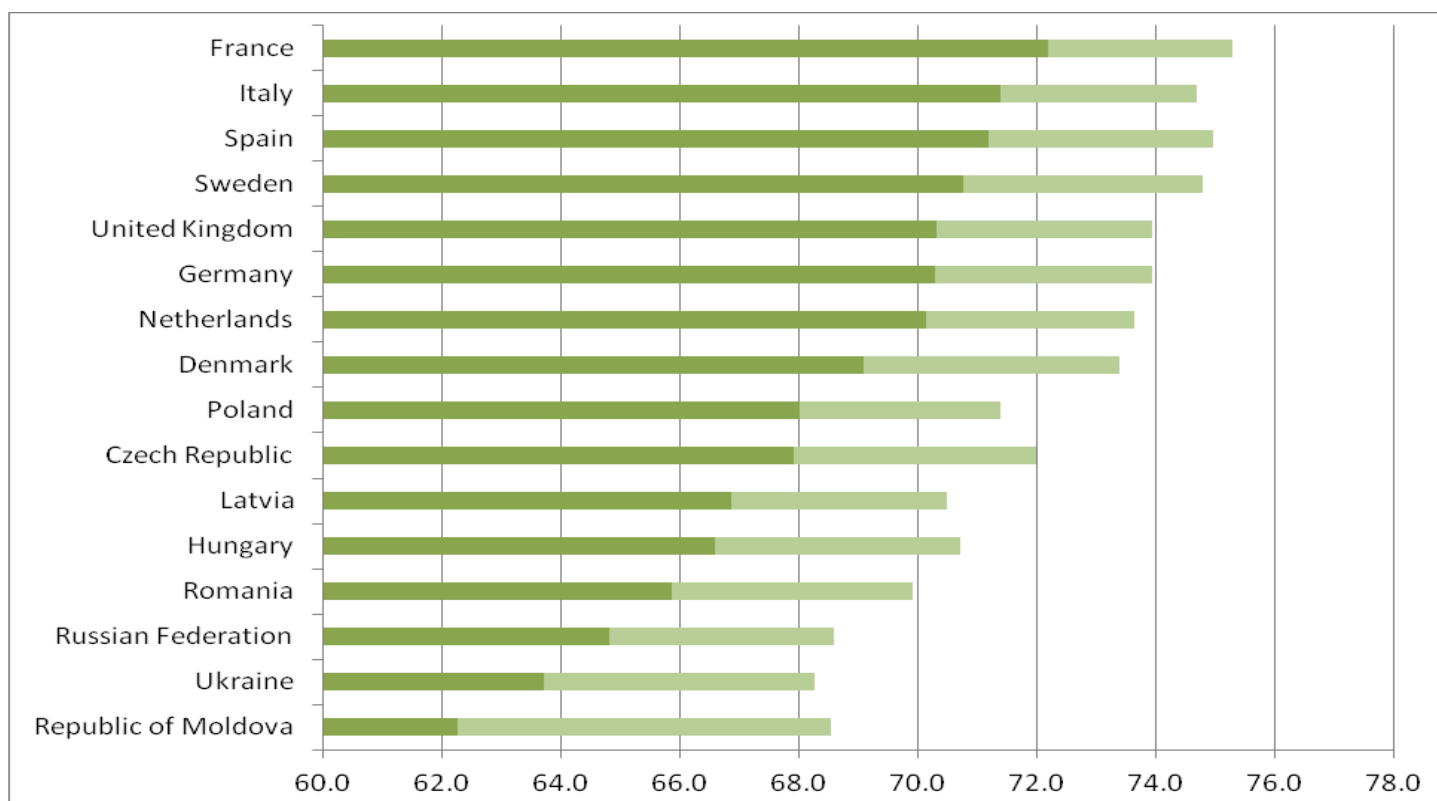
Manfred Huber, PhD
Coordinator – Healthy Ageing, Disability and Long-term Care
World Health Organization, Regional Office for Europe, Copenhagen

Patterns of ageing by broad geographic region in Europe

At what age can people expect to live another 15 years, in 2010 and in 2050?

Source: World population prospects, the 2010 revision. New York, United Nations, Department of Economics and Social Affairs, 2010.

WHO Global action plan on ageing and health (2016-2020): Priority areas for action

Improve measurement, monitoring and understanding

Align health systems to the older populations they now serve

Ensure everyone can grow old in an age-friendly environment

Develop long-term care systems

What makes a city, community, county "age-friendly"?

- Age-friendly environments (cities, communities, at home…) foster Healthy and Active Ageing, - the process of developing and maintaining the functional ability that enables well-being in older age

OXFORD
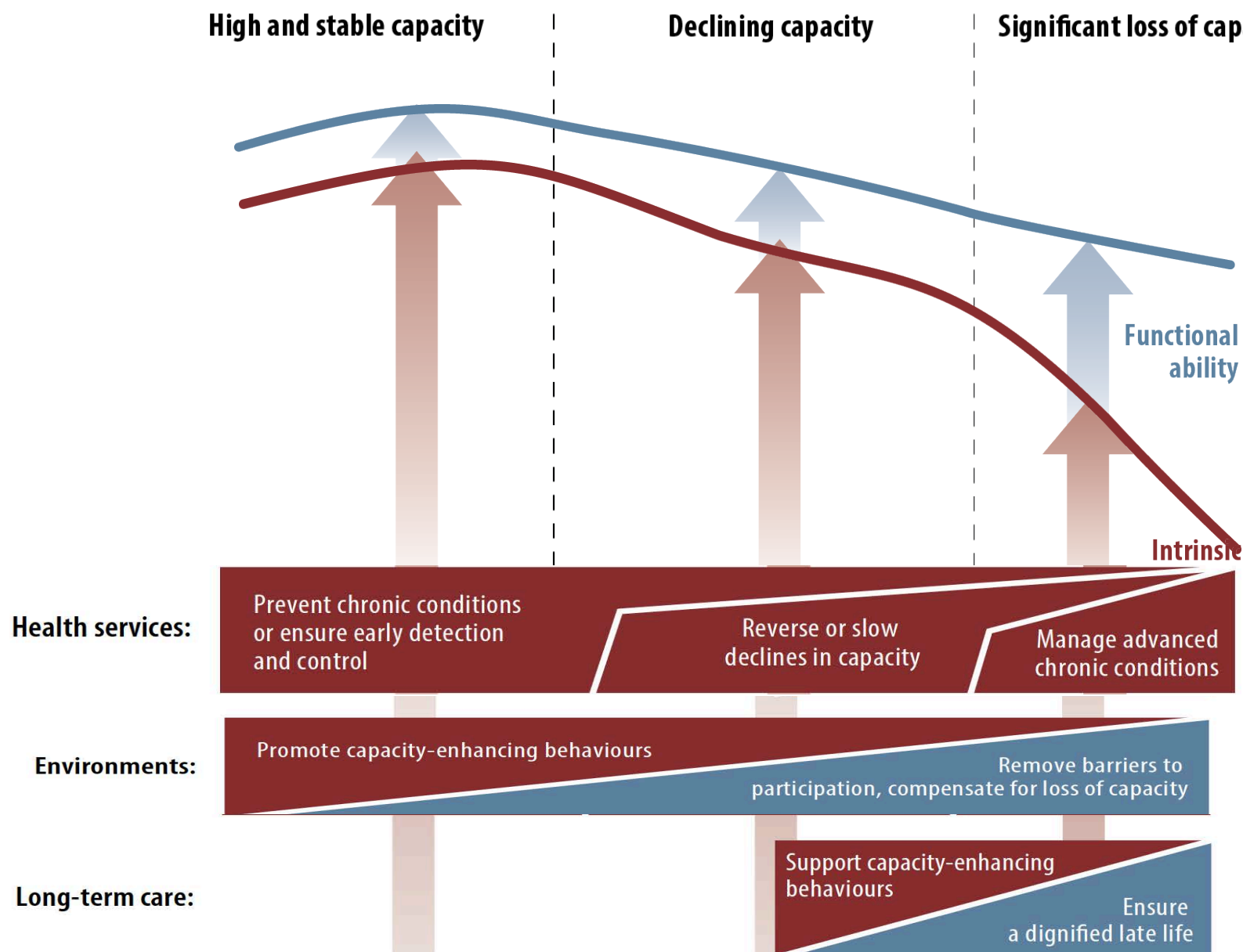
Is a healthy city also an age-friendly city?

Josephine Jackisch[1,*], Gianna Zamaro[2], Geoff Green[3], and Manfred Huber[4]

World Health Organization
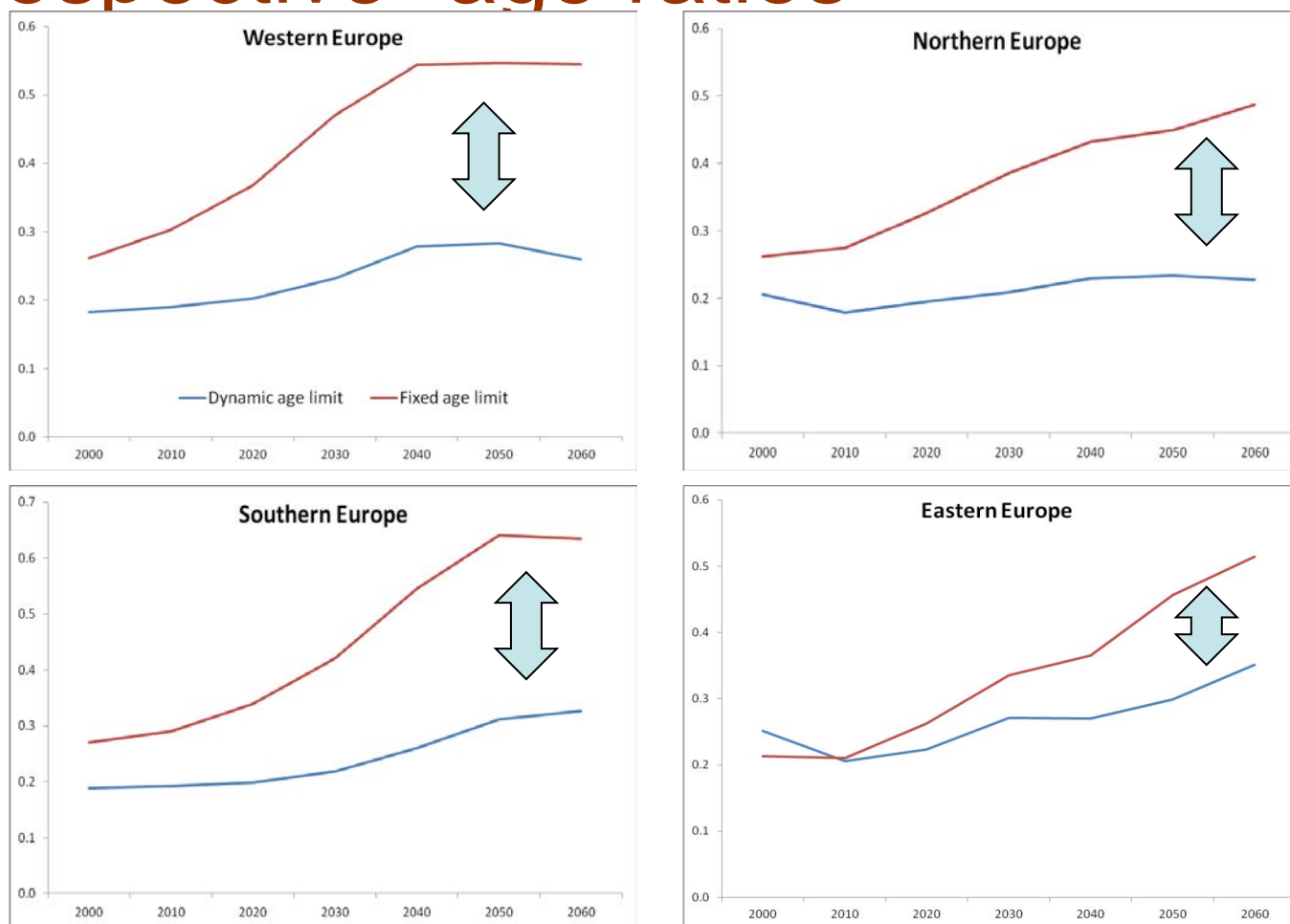REGIONAL OFFICE FOR **Europe**

- Age-friendly environments: they help to <u>minimize the gap</u> between:

- <u>Intrinsic capacity</u>: the physical and mental capacities that an individual can draw on, and

- <u>Functional ability</u>: what enables people to be and do what they have reason to value

Source: WHO World report on ageing and health

(2015) Framework for Healthy Ageing

High and stable capacity | **Declining capacity** | **Significant loss of capacity**

Functional ability

Intrinsic

Health services:
Prevent chronic conditions or ensure early detection and control

Reverse or slow declines in capacity

Manage advanced chronic conditions

Environments:
Promote capacity-enhancing behaviours

Remove barriers to participation, compensate for loss of capacity

Long-term care:
Support capacity-enhancing behaviours

Ensure a dignified late life

Two views on ageing: traditional and "prospective" age ratios

World Health Organization

REGIONAL OFFICE FOR **Europe**

WHO work with local governments in Europe: from European Healthy Cities to the Global Network of Age-friendly Cities and Communities

Age-friendly environments in Europe: a WHO synthesis of recent practice & guidance

Acting together – to create age friendly environment
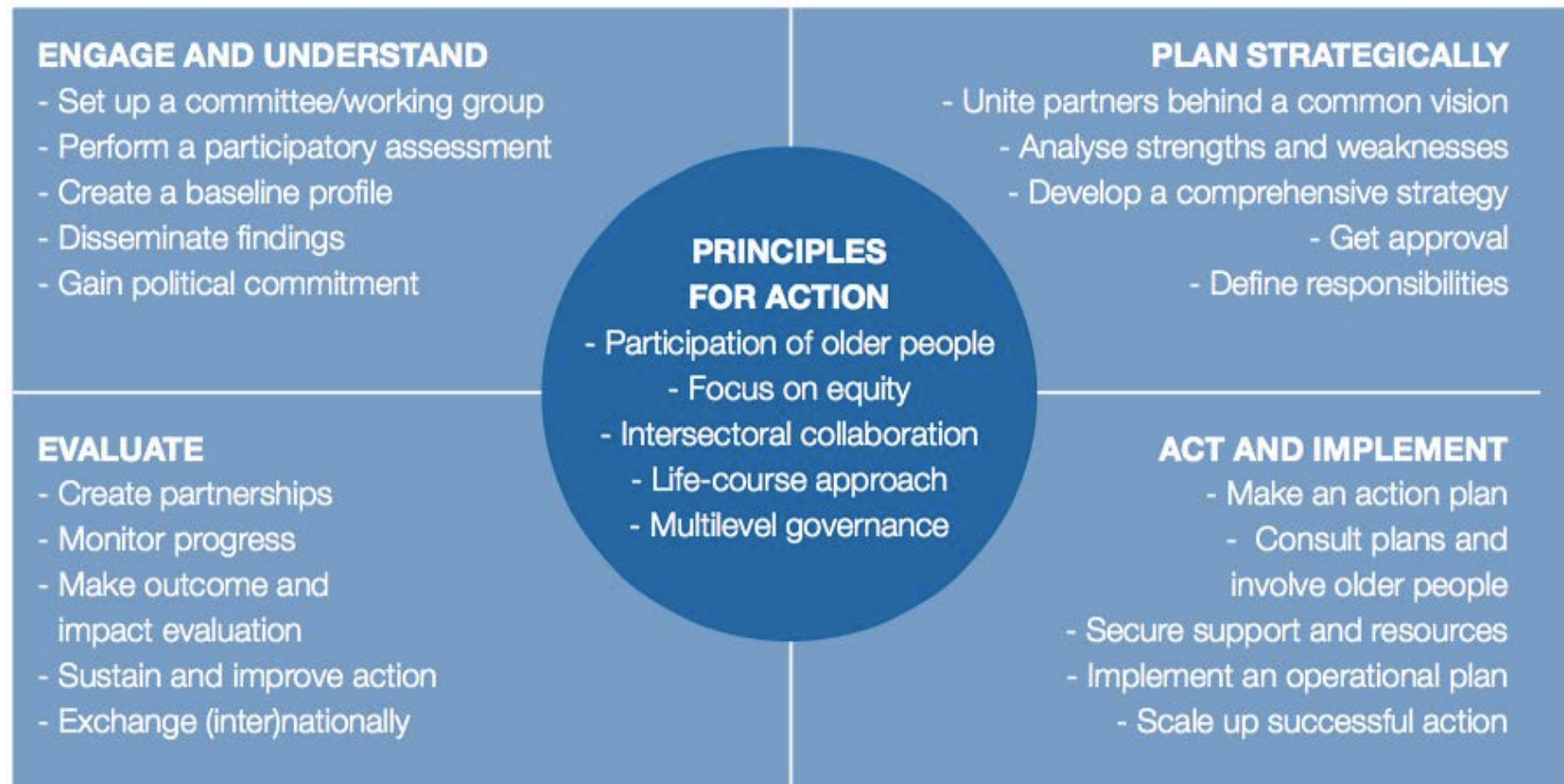
- Toolbox to guide local policy-makers and planners to <u>develop</u>, <u>implement</u>, and <u>evaluate</u> age-friendly policies and interventions
- Toolbox was developed with members of a Healthy Ageing Task Force including 33 case studies
- Seven cities across Europe have piloted the toolbox

Creating age-friendly environments in Europe

A tool for local policy-makers and planners

4 Principles for action
A process of 20 critical steps

ENGAGE AND UNDERSTAND
- Set up a committee/working group
- Perform a participatory assessment
- Create a baseline profile
- Disseminate findings
- Gain political commitment

PLAN STRATEGICALLY
- Unite partners behind a common vision
- Analyse strengths and weaknesses
- Develop a comprehensive strategy
- Get approval
- Define responsibilities

PRINCIPLES FOR ACTION
- Participation of older people
- Focus on equity
- Intersectoral collaboration
- Life-course approach
- Multilevel governance

EVALUATE
- Create partnerships
- Monitor progress
- Make outcome and impact evaluation
- Sustain and improve action
- Exchange (inter)nationally

ACT AND IMPLEMENT
- Make an action plan
- Consult plans and involve older people
- Secure support and resources
- Implement an operational plan
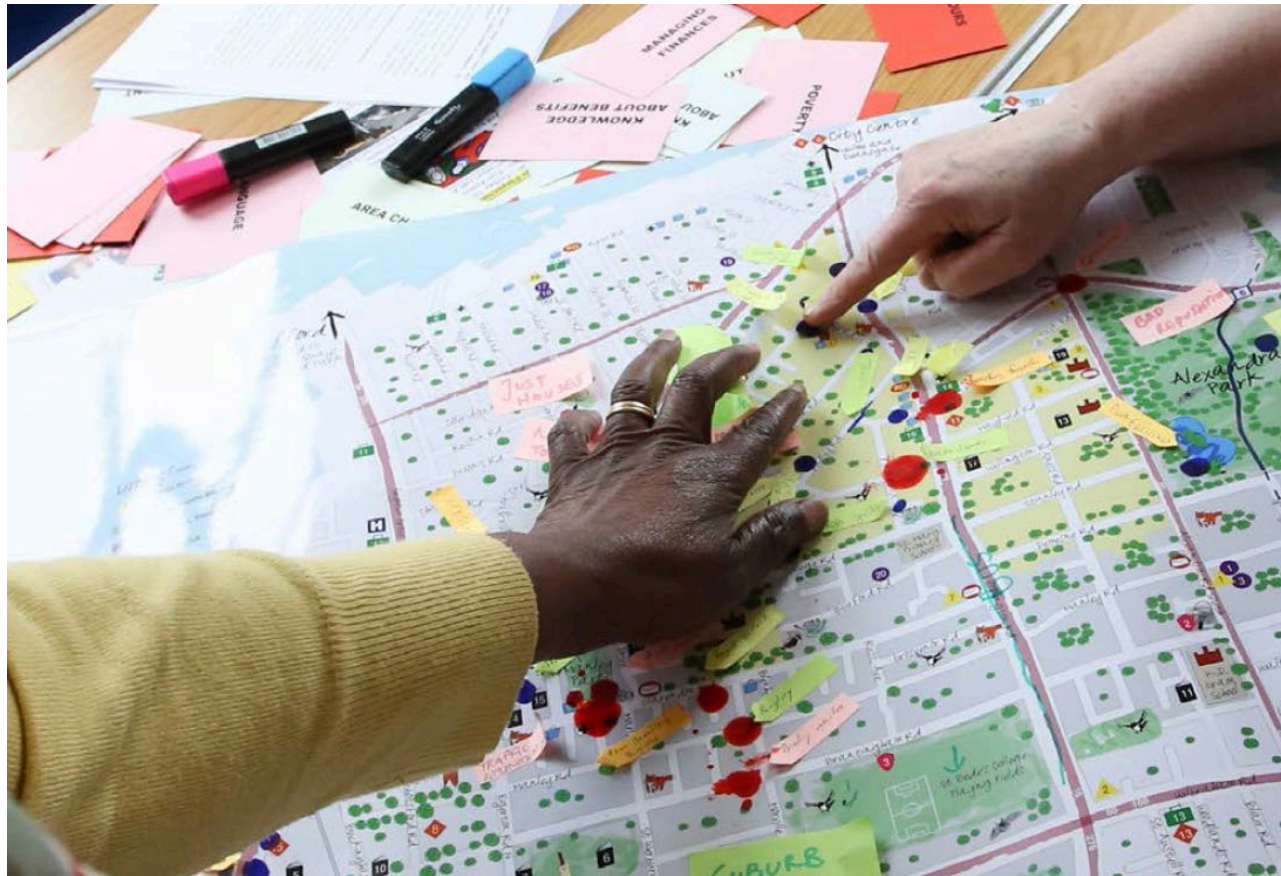- Scale up successful action
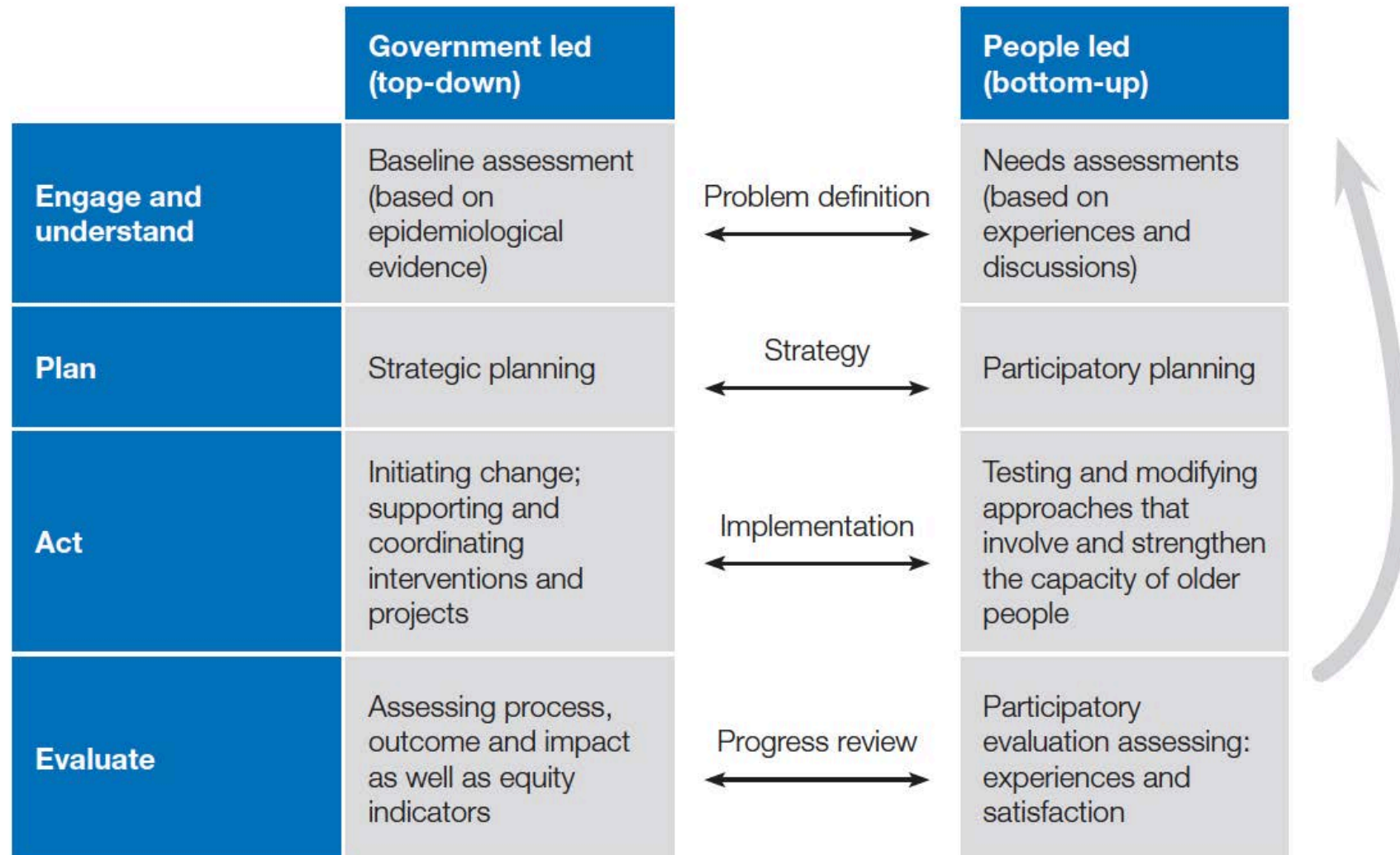
World Health Organization
REGIONAL OFFICE FOR **Europe**

Example: Co-production and reaching out to older people in Manchester

Parallel tracks to create age-friendly environments

	Government led (top-down)		People led (bottom-up)
Engage and understand	Baseline assessment (based on epidemiological evidence)	Problem definition ⟷	Needs assessments (based on experiences and discussions)
Plan	Strategic planning	Strategy ⟷	Participatory planning
Act	Initiating change; supporting and coordinating interventions and projects	Implementation ⟷	Testing and modifying approaches that involve and strengthen the capacity of older people
Evaluate	Assessing process, outcome and impact as well as equity indicators	Progress review ⟷	Participatory evaluation assessing: experiences and satisfaction

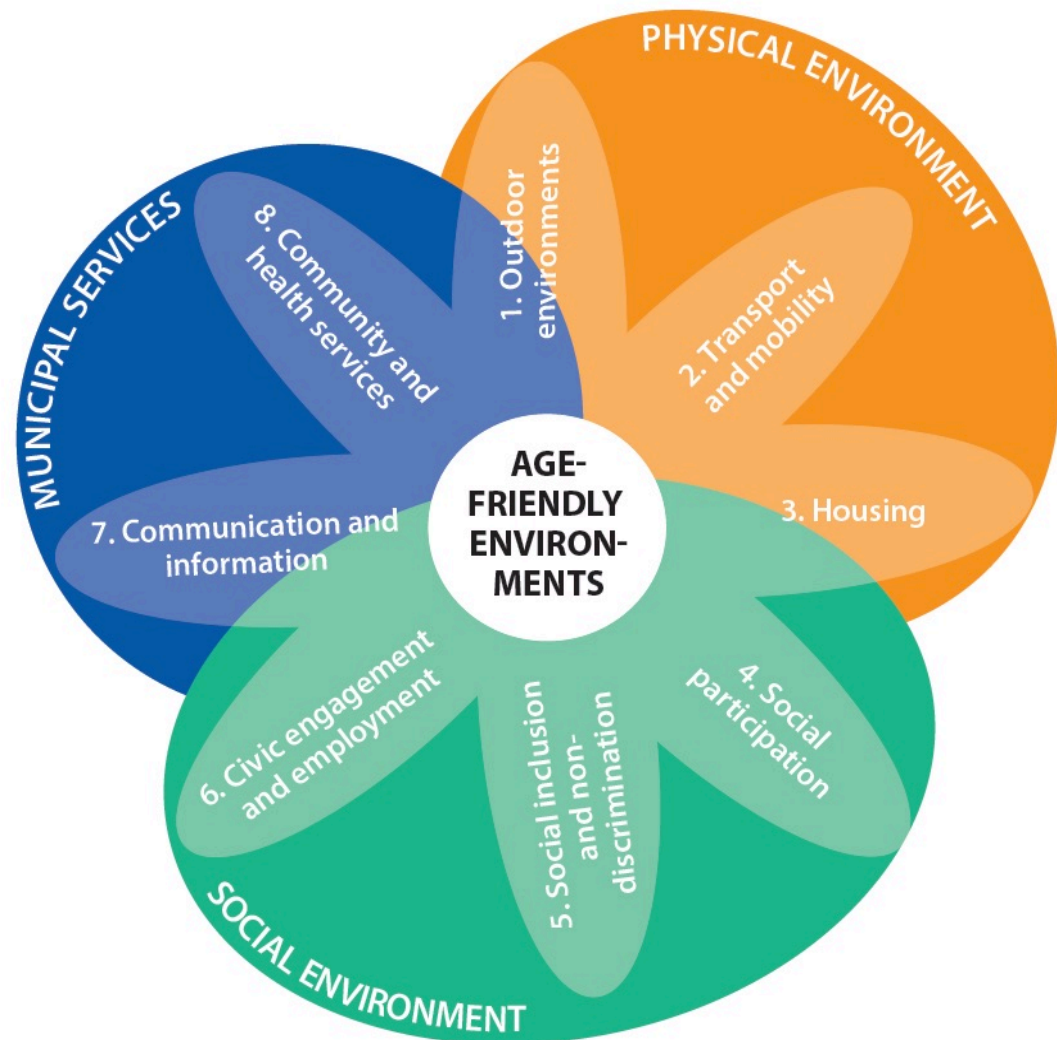# Example: Political leadership for a regional movement

- 21 cities in Bashkortestan (Russian Federation)
- Law defines a hierarchy of responsibilities for age-friendly cities in this regions
- Common framework for action
- (Based on 8 domain framework)

8 domains: an organizing principle for age-friendly actions

Healthy Ageing in **Horsens Municipality**

World Health Organization

Healthy Cities 21st Century

Insights from Healthy Ageing Profile

- Key figures for the health and care department in Horsens, e.g.:
  - age distribution and expected development
  - capacity of nursinghomes, number of recipients af home care
  - types of personal care (services)
  - number of volunteers
  - …
- The regional health profile – health profile for the elderly (65-102).
  - gender, age, social and geographical differences among the elderly
  - social care needs, loneliness, smoking, alcohol, physical activity, diet, weight, self-rated health and chronic disease
  - …
- In 2014 senior citizens over 65 years of age had a healthier lifestyle concerning healthy eating, physical activity, smoking and alcohol comsumption compared to 2010. (Slutstatus for Sundhedspolitikken 2011-2014)
- Senior citizens is the population group which best live up to the commendation of being physical active 30. minutters daily. However many senior citizens are still not sufficiently physical active

Tabel 2: Befolkningen i Horsens Kommune fordelt på alder i 2014 og 2024

Alder	2014	2024	Forskel	Udvikling
0-2 år	2.999	3.269	270	9,0 %
3-5 år	3.326	3.219	-107	-3,2 %
6-16 år	11.395	12.039	644	5,7 %
17-24 år	9.462	9.712	250	2,6 %
26-64 år	44.072	46.500	2.428	5,5 %
65-79 år	11.151	13.586	2.435	21,8 %
80-89 år	2.651	3.830	1.179	44,5 %
90+ år	611	730	119	19,5 %
Total	85.667	92.886	7.219	8,4 %

Tabel 17: Frivillige på ældreområdet, 2. halvår 2014

Frivillige	
- Åbent Center	548
- Plejebolig	321
- I alt	869
Pårørende som frivillige	103

*Tallet repræsentere hvor mange personer, der er frivillige på en given dag.

Age-friendly journey in Phase VI

- Cooperation with the Elderly Counsil: Involves in every decisions concerning the elderly (care, transport, housing, …)
- Health promotion as a core task in all services
- Health policy in all departments
- Cooperation with Healthy City Shop
- …

"We pull together"

There is a strong tradition for volunteering in the Municipality of Horsens

Actions and interventions for Age-friendly Environments: the near future

- Project "Hospital Friends" in co-operation with the biggest local association for senior citizens.
- "Food in focus" – the elderly and nutrition.
- Welfare technology (e.g. Tele medicin)

- Project The Safe Village: For instance transport help for senior citizens

- Promoting physical activity for senior citizens such as "Ud i det blå" with rickshaws
- "Stormsalen" – redesign nursinghomes.

- IT support for senior citizens in their own homes and 14 IT klubs staffed by volunteers

- Building more elderly friendly homes (not the same as nursing homes).
- Welfare technology

Age-friendly city (diagram)

- Community Health and Social Services
- Transport and Mobility
- Outdoor Environments
- Housing
- Social participation
- Social Inclusion and Non-discrimination
- Civic Engagement, Volunteering and Employment
- Communication and information
- Municipal Services
- Physical Environment
- Social Environment

- Supporting volunteering at activity centres and nursing homes (app. 900 volunteers)
- Project "loneliness" with cooperation af 2 major NGO's local departments (Ældre sagen and Dansk folkehjælp).

- Cooperation with the Elderly Counsil
- Network groups for senior citizens with weak social networks ("Skiftesporet")

- Højskoledage: Festivals for senior citizens in co-operation with the Elderly Council
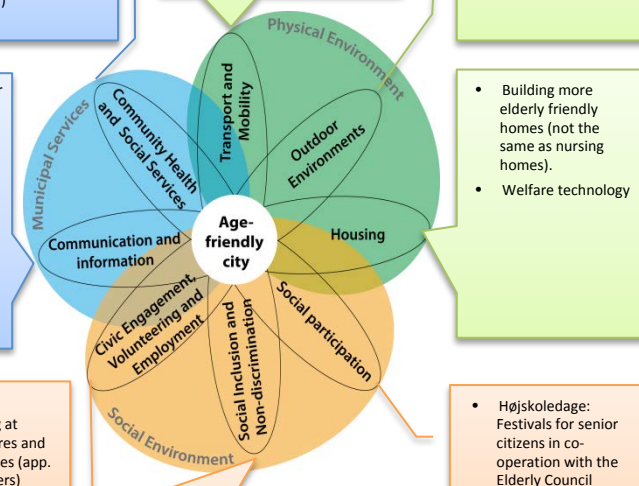
Evaluation and Monitoring on recent progress

- Health profile every 3 years
- Satisfactionsurvey among the elderly
- Dementia study
- …

E.g.: Indicators – need for personal care (gender, age, educational level, sociographic group…)

	Pct
Alle	24
Køn	
Mand	17
Kvinde	30
Alder	
65-74	12
75-84	33
85+	70
Uddannelsesniveau	
Lavt	31
Middel	19
Højt	19
Sociogeografisk gruppe	
Gruppe 1 (højest)	17
Gruppe 2	21
Gruppe 3	24
Gruppe 4	28
Gruppe 5 (lavest)	35
Samlivssituation	
Alene	38
Gift/samlevende	14

- Signifikant flere end i hele ældregruppen
- Signifikant færre end i hele ældregruppen

World Health Organization
REGIONAL OFFICE FOR **Europe**

Horsens Senior Lege 2008

SundBy (Healthy City shop):
Inge Kristiansen - inge.kristiansen@horsens.dk
Sundhedscenter Lindehøj (Health Centre):
Peter Soenen – pes@horsens.dk

1.Outdoor environments

- Barrier free public spaces

- Support to interaction & independence

- Inviting places to be and stay outside

- Environments that support belonging, continuity and sense of self

Towards universal urban design?

Practice examples

- Michell & Burton: designing dementia-friendly outdoor environments for life

- What do people with dementia prefer?

- Oslo's common principles for universal design:

- Vision of universal design in Norway by 2025

- Cooperation across levels of government

2.Transport & Mobility

Age-friendly environments in Europe
Domain 2: Transport and mobility

- Infrastructure for mobility

- Environments for walkability

- Age-friendly public transport

- On-demand services and other support to improve mobility (in particular rural / remote communities)

3.Housing

Age-friendly
environments
in Europe

Domain 3:
Housing

- Security & safety at home
- Standards for buildings / support for adaptations; maintenance
- Housing choices for independent living
- Support for relocation
- Affordable housing / housing inequalities

Example: guidelines for planning of houses for senior citizens

- Example of WELHOPS guidelines
- Across several European countries
- Inter-disciplinary & international working group
- Example of participating City of Gyoer (Hungary): public support for home adaptation/renovation

4.Social participation

Age-friendly environments in Europe
Domain 4:
Social participation

Goal: promote participation in

social life and combat loneliness and and isolation.

- Activities of life-long learning
- Spaces / opportunities for social contact in communities / neighbourhoods

Example: City of Udine (Italy)

- "No alla solit'Udine" : network of volunteering action
- Publicly managed telephone helpline coordinates broad volunteer services network
- Reaches out to older people living alone
- 2016: 1000 volunteers in 30 organizations

5.Social inclusion & non-discrimination

Goal: Create socially inclusive places, where older people are respected and have opportunities to participate and contribute.

- Combat social exclusion

- Social capital, intergeneration spaces and activities

World Health Organization
REGIONAL OFFICE FOR Europe

Example: a comprehensive view on social exclusion in rural areas in Ireland

Personal interviews and focus groups with community stakeholders identified main topics:

- Social connections and resources
- Lack/barriers of access to services
- Transport and mobility
- Safety, security and crime
- Income and financial resources

6.Civic engagement & employment

Age-friendly environments in Europe

Domain 6: Civic engagement and employment

Goal: make better use of the potential of ageing societies by creating more and better opportunities for older people to engage in political, economic and public life

World Health Organization

REGIONAL OFFICE FOR **Europe**

Example: City of Horsens (Denmark)

- Strong tradition of volunteering in the Nordic countries

- Long history of citizens' involvement in Healthy Cities Office

- Active recruitment of volunteers (many seniors themselves)

- Examples: "hospital friends"; lunch-time visits in nursing homes

7.Communication & information

Age-friendly environments in Europe
Domain 7: Communication and information

- Age-friendly information
- One-stop-shops for information
- Public events as information sources
- Health literacy
- Addressing the digital gap

8.Community & health services

Age-friendly environments in Europe

Domain 8: Community and health services

- Coordination & integration

- Long-term care: home care & support to informal care

- Residential care facilities

- Ambient assisted living & ICT for ageing well

- Emergency planning and preparedness

A conceptual model for ICT/AAL applications

Source: Rodd Bond, personal communication, 2016.
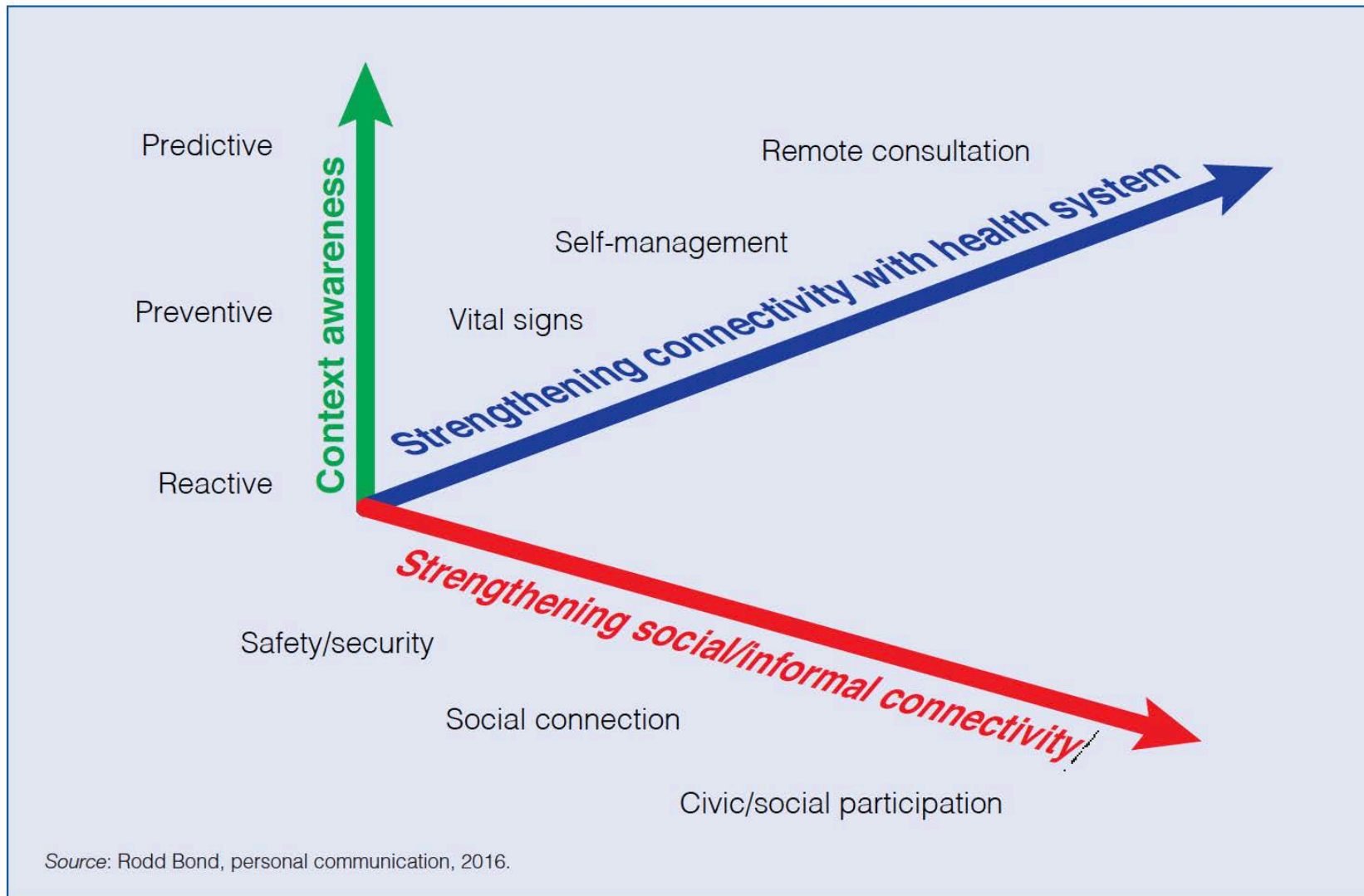
Next steps?

- Evaluation research in its infancy but a growth industry (as well as int.coop. and documentation)

- Use of communication & web-based tools for design of action plans / monitoring

- What do we know about equity aspects age-friendly action?

- How to reach out to those most in need?

- Success factors for sustained political commitment and resourcing ?

Thank you!

www.euro.who.int/ageing

Mail: ageing(at)who.int

Age-friendly Oslo

Age-friendly Oslo

Political support

Civic participation

Cross-sectorial collaboration

**outdoor areas and physical activities
transport
housing
social participation
communication and civic participation
health and social services**

AGE-FRIENDLY DISTRICTS - PILOTS

- Pilot district Nordre Aker

- Development and testing of age-friendly initiatives

- Scaling up and implementation

Age-friendly Oslo

National network

Nordic network

European collaboration

EUROCITIES
Working Group Urban Ageing

WG – Urban Ageing

- Cities working together on urban ageing
- Most cities use the WHO age-friendly city framework
- Most active member cities: Oslo (chair) Amsterdam (vice chair) Gothenburg, Manchester, Frankfurt, Vienna, Nantes, Barcelona, Ghent, Utrecht, Tilburg, Hengelo, Leeds, Stockholm, Madrid, Düsseldorf, Edinburgh

WG – Urban Ageing

- Increase collaboration and knowledge exchange between cities in order to strengthen the voice and position of cities

- Regular meetings and site visits

- Joint project proposals and collaborations

- Reaching out to other networks to combine forces (e.g. WHO global, OECD etc)

WG – Urban Ageing

- Some member cities are also in a region recognized by the EIP-AHA as innovative regions (Amsterdam, Rotterdam, Manchester for example). Also part of the D4 action group on age-friendly environments (EIP – AHA)

- Some members are also a part of the Covenant of demographic change

- EU-project ESPON – targeted analysis "Adapting European cities to population ageing"

WG – Urban Ageing

Best practices:

- Civic participation
- City planning and accessibility
- Transport
- Pilot districts
- Social participation – culture and volunteerism