

CAFE: The Center for Age-Friendly Excellence

Advancing Livable Communities for all Generations



World Health Organization **Eight Domains of Livability: Brief Descriptions and Examples**

Built Environment

The built environment has a strong influence on personal mobility, safety from injury, security from crime, health behaviour and social participation.

Outdoor Spaces and Buildings

“People need public places to gather — indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.”

Examples: Availability of outdoor seating, covered shelters with seating if waiting for transportation, clean and safe public restrooms, adequate lighting and signage.

Transportation

“Driving shouldn't be the only way to get around. Public transit options can be as expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.”

Examples: Affordable and accessible transportation, city is walkable, has bike paths and parking, there are curb cuts for wheelchairs as well as baby carriages, adequate lighting at night.

Housing

“...older adults want to stay in their homes and communities for as long as possible. Doing so *is* possible if a house is designed or modified for aging in place and if a community includes housing options for varying life stages (and varying bank accounts).”

Examples: Affordable and available housing, availability of vetted home repair professionals, offering housing model for mixed-use (intergenerational) resident i.e. elder and student.

Social Environment

There are different aspects of the social environment and of culture that affect participation and mental wellbeing.

Social Participation

“Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible affordable and fun social activities.”

Examples: Social activities and places to hang out for older persons, promoting shared use of school and community recreational resources for day or evening activities, offering culturally sensitive exchanges, talks or events.

Respect and Social Inclusion

“Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

Examples: Intergenerational activities and promoting shared use of school and community recreational resources, Friendly Visitor and Meals on Wheels programs, linking older persons with their grandchildren or other young adults to learn how to use their high-tech devices.

Civic Participation and Employment

“An age-friendly community provides ways older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.”

Examples: Promoting volunteer opportunities to increase awareness, have a central program that assists older adults with finding resources, classes, jobs, and civic engagement.

Community and Health Support

Involves both social environments and health and social service determinants.

Communication and Information

“Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.”

Examples: Free Wi-Fi for older persons, programs that engage non-English speakers, increased promotion of available services such as door-to-door mobile libraries, emergency preparedness training.

Community Support and Health Services

“At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

Examples: Increase health promotion disease prevention programming for older adults, availability of a centrally located care or case manager to help connect with resources, availability of mobile screening and dental services.

World Health Organization Age Friendly Cities Guide

https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

AARP

<https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/8-domains-of-livability-resources.html>