# Age Friendly Communities: A cornerstone for healthy ageing and tackling health inequalities

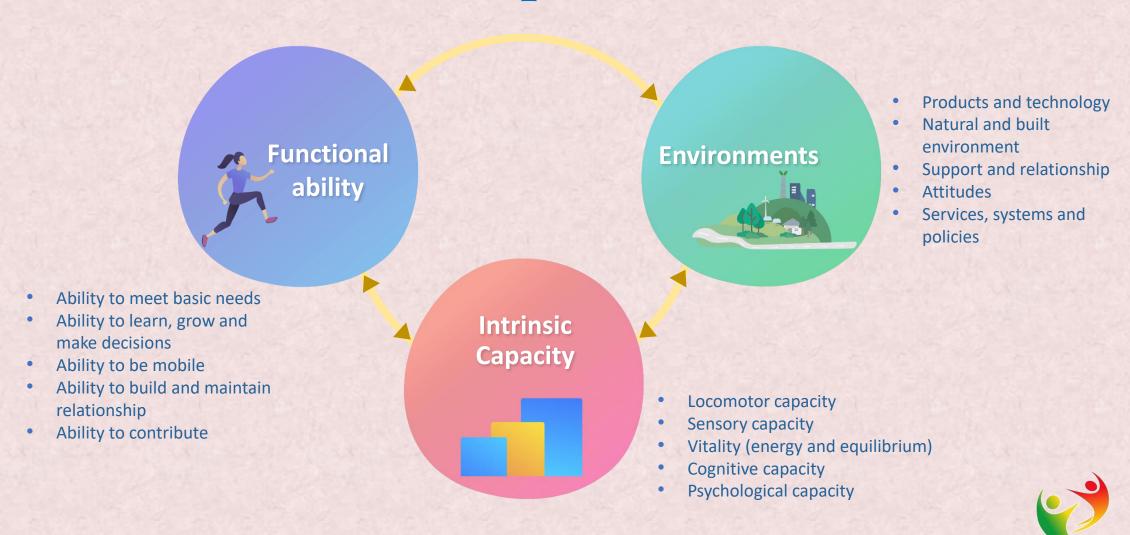
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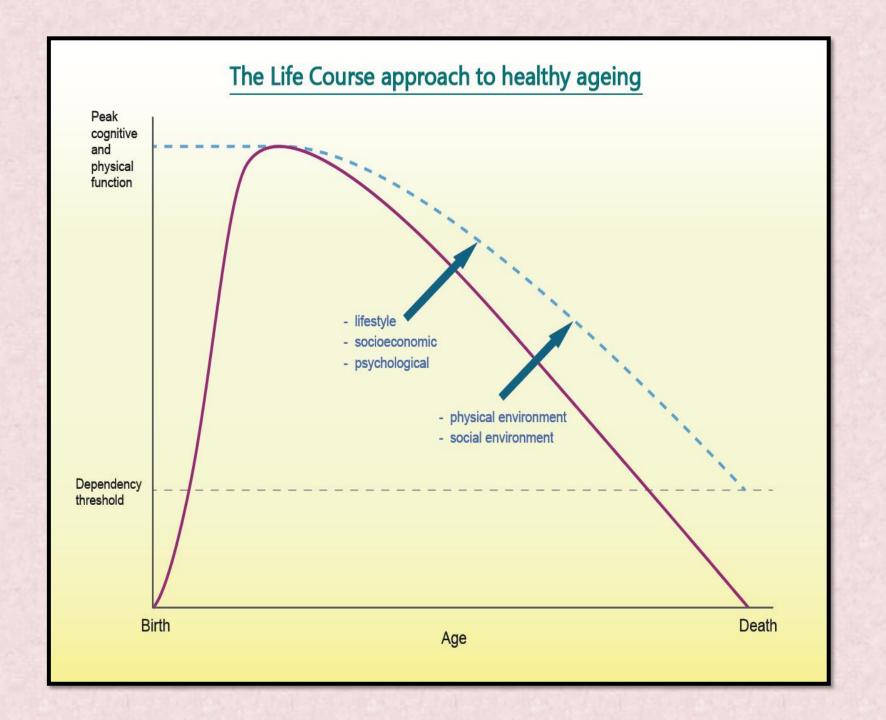
Emeritus Professor of Medicine Director, Jockey Club Institute of Aging





## Three Domains of healthy ageing and their components







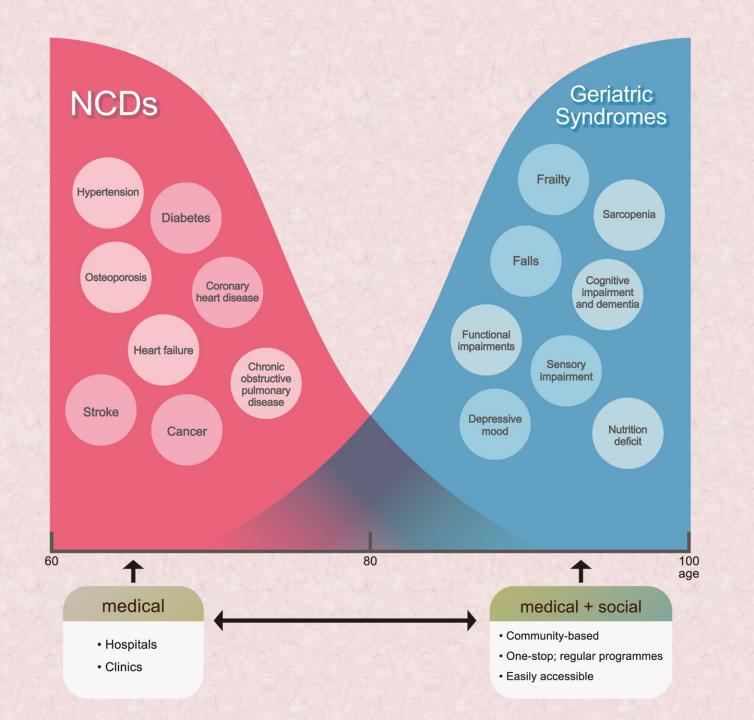
### THE HEALTH GAP

#### M Marmot 2015 p.201

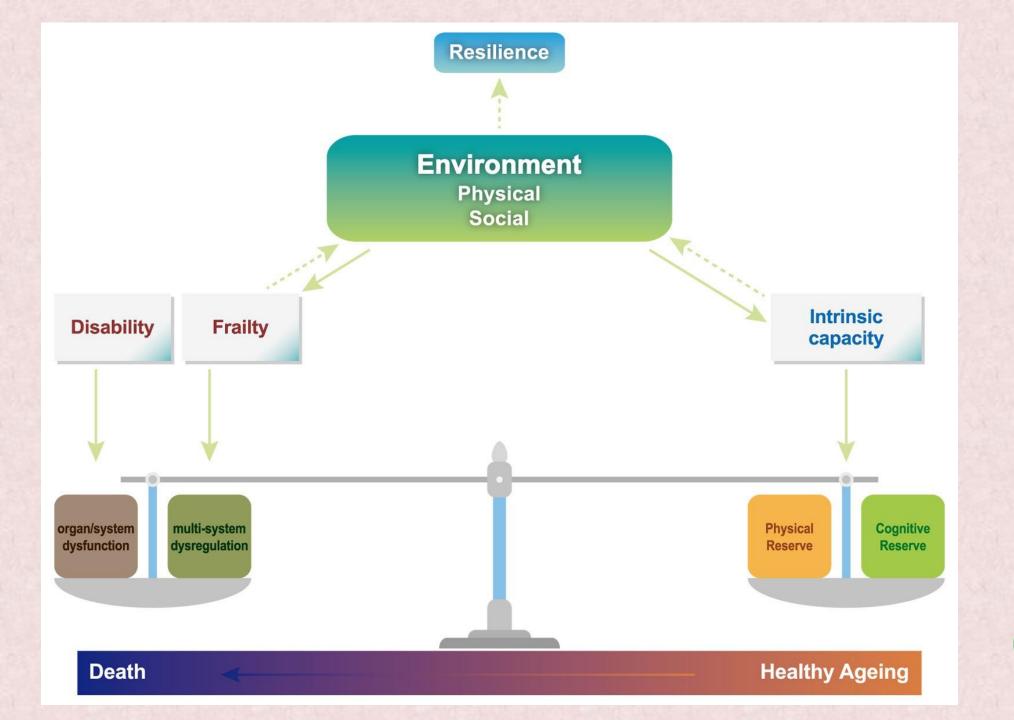
- '...older people, stuck in their misery, destitution and sickness, were supposed to be grateful for whatever crumbs a charitable society bequeath them.'
- 'Older people should have enough money and resources to be able to do things- material empowerment.....conditions to control her life and participate (repair hole in the street, accessible transport, affordable tickets, respect and jobs)-psychological empowerment. '...demand rights and support of the law-political empowerment.

#### ASSESMENT OF INTRINSIC CAPACITY Chair Time Three words Gait Balance orientation Speed recall test **LOCOMOTION COGNITION** Snellen **Core symptoms INTRINSIC** of depression test **CAPACITY PSYCHOLOGICAL SENSORY Audiometry or** Low **Energy/fatigue** whisper test **VITALITY** Toulouse Serontopôle Abdominal Grip BMI WHO - Collaborative Centre for Frailty, Clinical Research and Geriatric Training obesity Strength













#### Media Coverage Recent Events 立即投選「我最喜愛的全城・長者友善計劃」





Videos About Jockey Club Age-friendly City Jackey Club Age-friendly City Partnership HiEgga x Jackey Club Age-friendly City Age-friendly City Public Forums

> 賽馬會齡活城市計劃 松鶴老人中川 齡活智醒路路通活動花繁

賽馬會齡活城市

programmes



Jockey Club Age-friendly City Project - Dementia Friendly Community Networking Project Dementia – Care · Listen (Apr 2019 - Feb 2020) (Chinese version only) (Provided by Haven of Hope Christian Service Haven of Hope District Elderly Community Service)





Activity Highlights of "Jockey Club Age-friendly City Project - I'm Smart of Road Safety in Age-friendly City"

(Jun - Sep 2018) (Chinese version only) (Provided by Women's Welfare Club Western District Hong Kong Chung Hok Elderly Centre)



Activity Highlights of "Jockey Club Age-friendly City Project - Active Ageing Programme 2019 (Kwai Tsing + North + Sai Kung)"

(Provided by CUHK Jockey Club Institute of Ageing)



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#### **Publications**

#### Cross-district Report on Baseline Assessment



Cross-district Report of Baseline Assessment on Age-friendliness (18 Districts)

Author - Jockey Club Institute of Ageing, The Chinese University of Hong Kong; Sau Po Centre on Ageing, The University of Hong Kong; Asia-Pacific Institute of Ageing Studies, Lingnan University; Institute of Active Ageing, The Hong Kong Polytechnic University

Issue Date - December 2019

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#### events

All Years





District-based Programme

Jockey Club Age-friendly City

Apr 2019 - Feb 2020

Jockey Club Age-friendly City Project - Dementia Friendly Community Networking Project



All Districts

Apr 2019 - Sep 2019

Jockey Club Age-friendly City Project - "Breakthrough II" Community Education Project



Apr 2019 - Oct 2019

Jockey Club Age-friendly City Project - "Opening Up" Elderly Community Support Project (Phase I)



Apr 2019 - Feb 2020

Jockey Club Age-friendly City Project - The Community Support Platform for the Aged and Carers: Agefriendly Home and Life









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賽馬會齡活城市 Jockey Club Age-friendly City

www.jcafc.hk



## What is Age-friendly City (AFC)?

The World Health Organization ("WHO") has identified <u>eight</u> <u>domains</u> summarising factors of the urban environment that support active and healthy ageing.







Social participation

Respect and social inclusion

Civic participation and employment

Communication and information

Community support and health services





## AFC as a means to promote healthy ageing and mitigate health inequalities

Material empowerment

- low cost public transport; employment opportunities; home modification initiatives

Psychological empowerment

 community group based activities that are beneficial for physical and psychological health eg walking together; horticulture; active ageing program with nutrition and multi component exercises

Political empowerment

- engagement of ambassadors at different districts in HK...no direct influence. Their voices are captured and shaped into policy recommendations for each of the eight domains

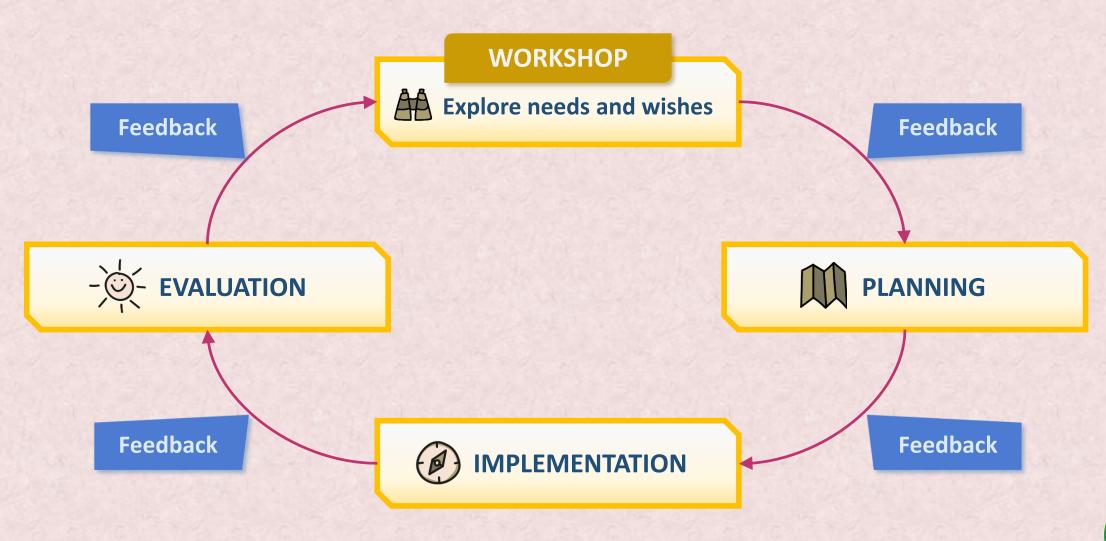


## The influence of ageism in the design of age friendly developments

- Design may be based on stereotypes (implicit or explicit)
- Example of explicit ageism:
  - older people often ignored in the design of products, technology, housing, urban planning
  - need to actively include older people in design and decision making processes of end products, whether it is urban planning concepts, new housing, information technologies, or consumer product development.....prerequisite for success of any innovation



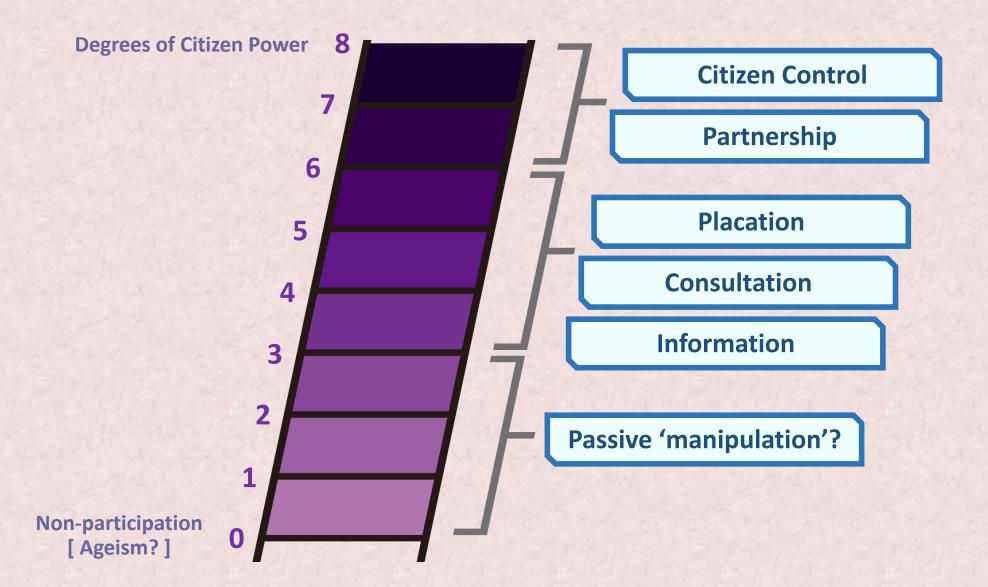
## **Citizen Participation**





### The ladder of Citizen Participation

Arnstein SR 1969. Journal of the American, Institute of Planners, Vol 35(4), pp. 216-224





## Prerequisites for sustainability of the AFC project

- Need to articulate and disseminate AFC as a **concept**, of mitigating health inequalities in ageing well, to mirror the WHO policy of AFC as a 'tool' for healthy ageing.
- Continue to provide evidence of social gradient in healthy ageing indicators, and highlight existing government policies as well as various initiatives from civil societies (such as the AFC project) that mitigate health inequalities.
- Continue to raise awareness also among the business sector, by encouraging co creation of age friendly businesses



## Sustainability

- Build on existing societal infrastructure: government departments; Hospital Authority; NGOs including extensive network of Charitable Foundations
- Building up a core group of older adults (eg expanding on the ambassadors concept), that can effectively climb up the Ladder of Citizen Participation, towards political empowerment
- Ability to engage government policy makers, as well as business enterprises [countering ageism and being 'invisible' to both.



## Summary and future direction

- What are the needs of older adults?
- Is our society responding to them?
- EVIDENCE of needs and effective response??

