

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

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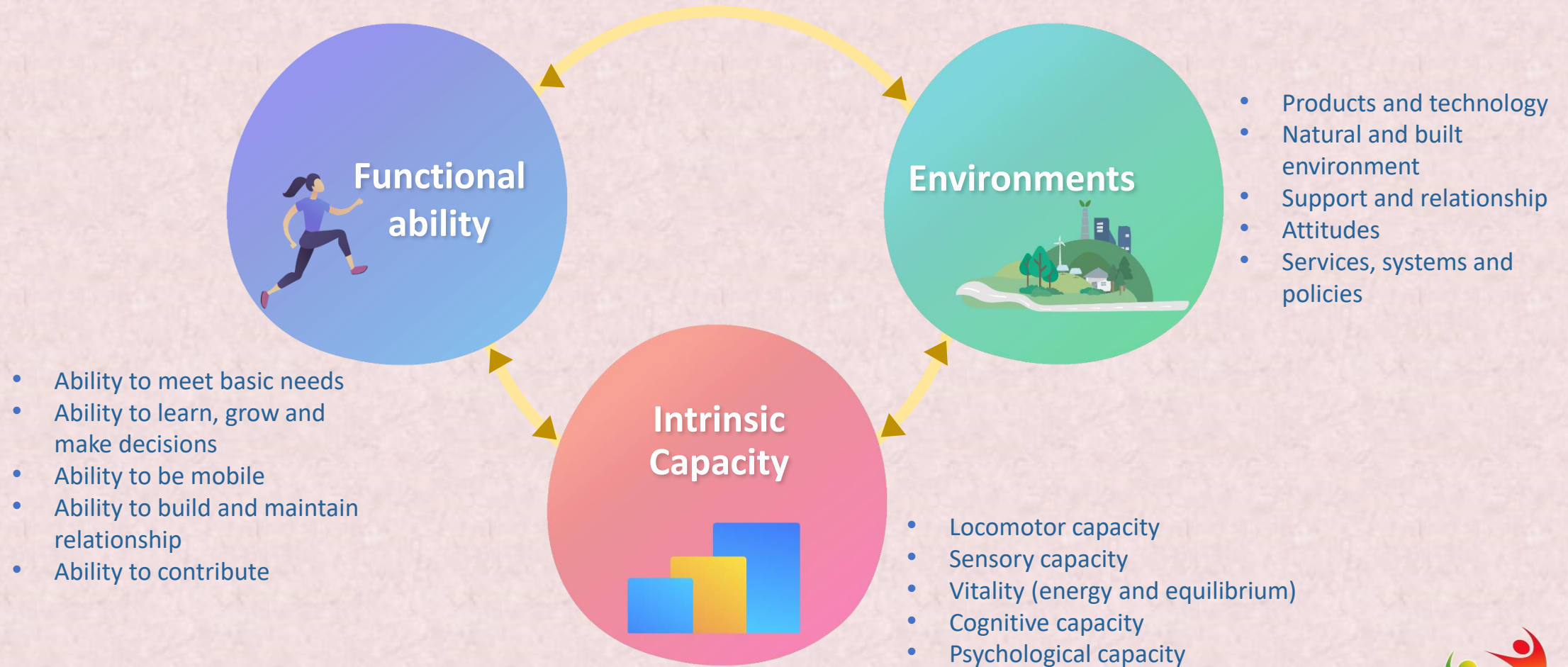
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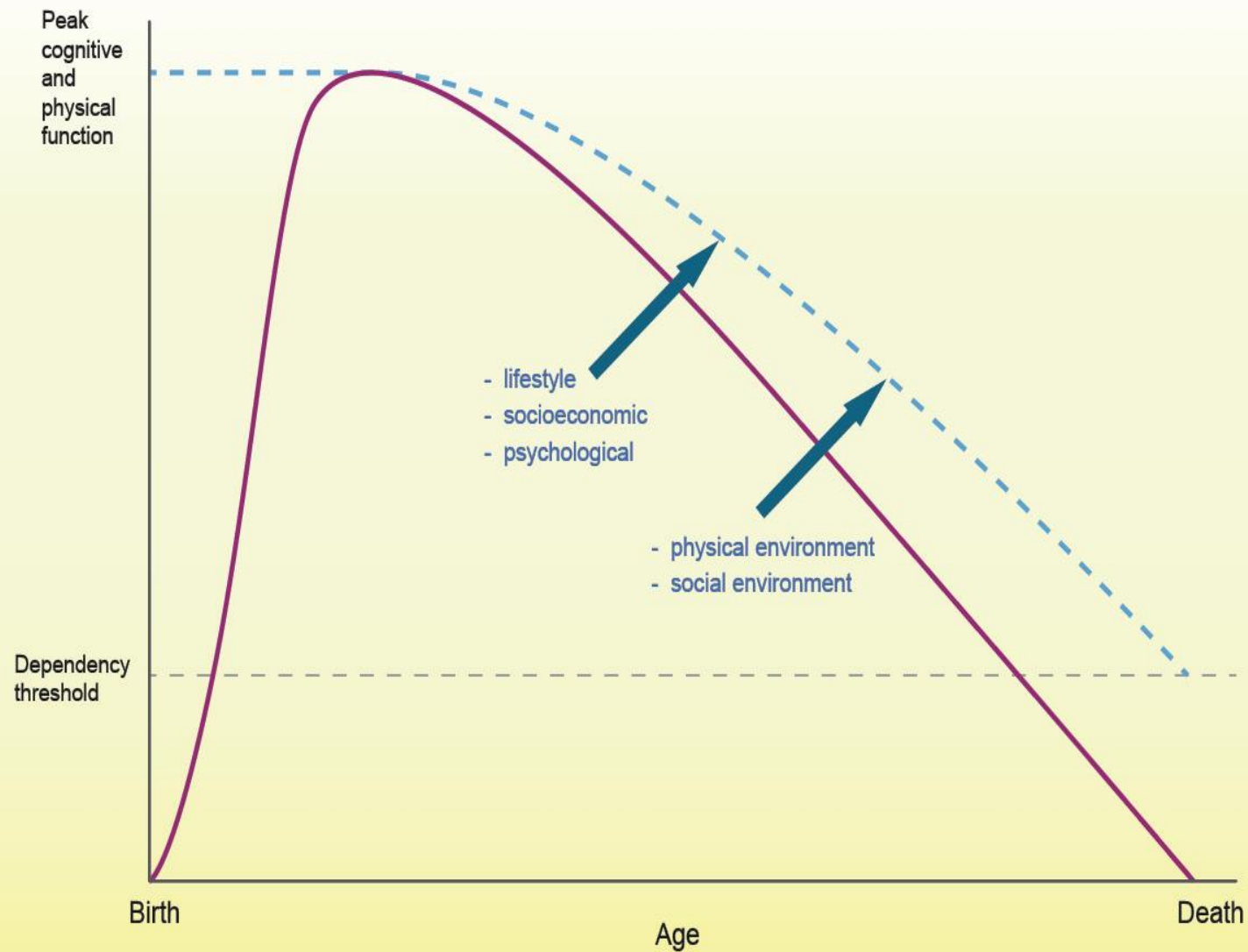


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Three Domains of healthy ageing and their components



The Life Course approach to healthy ageing

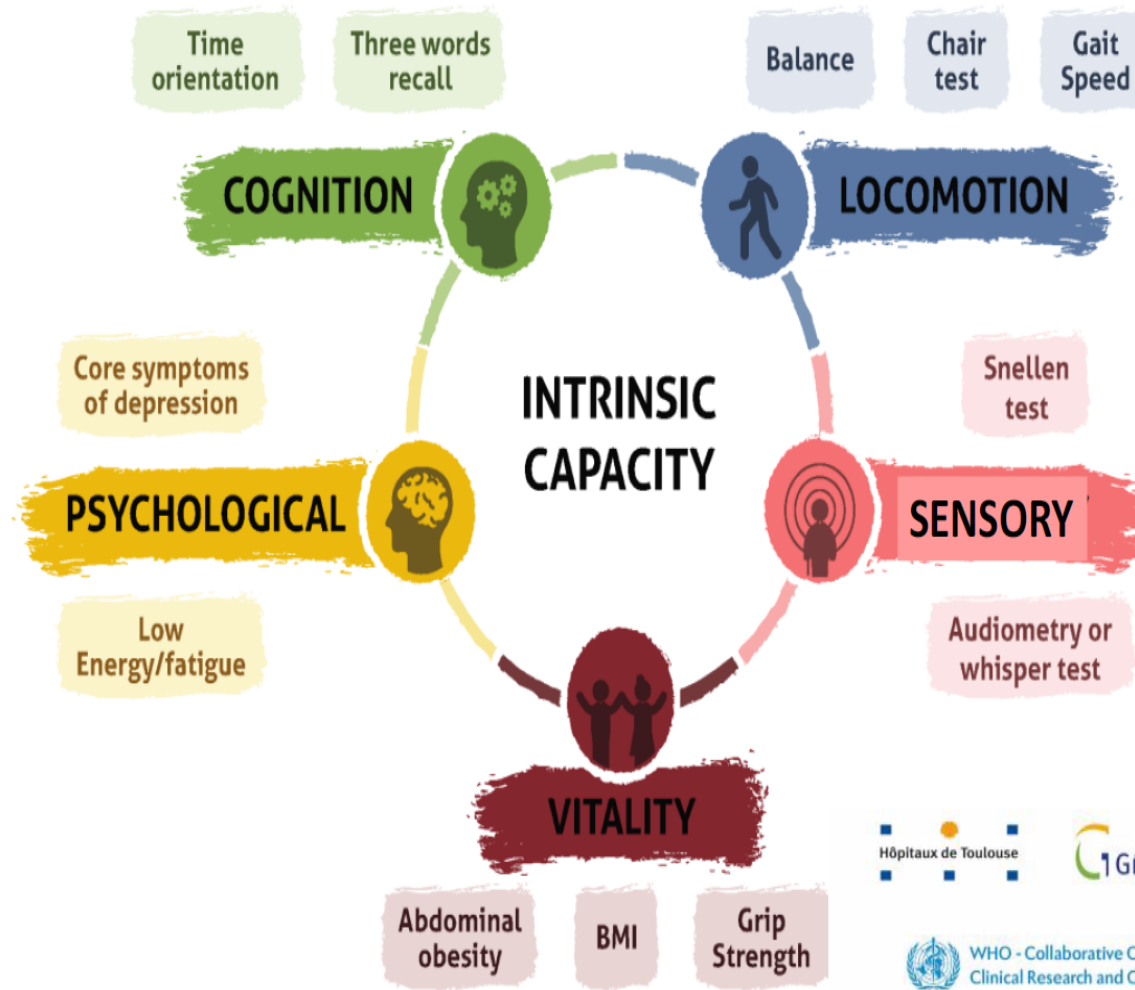


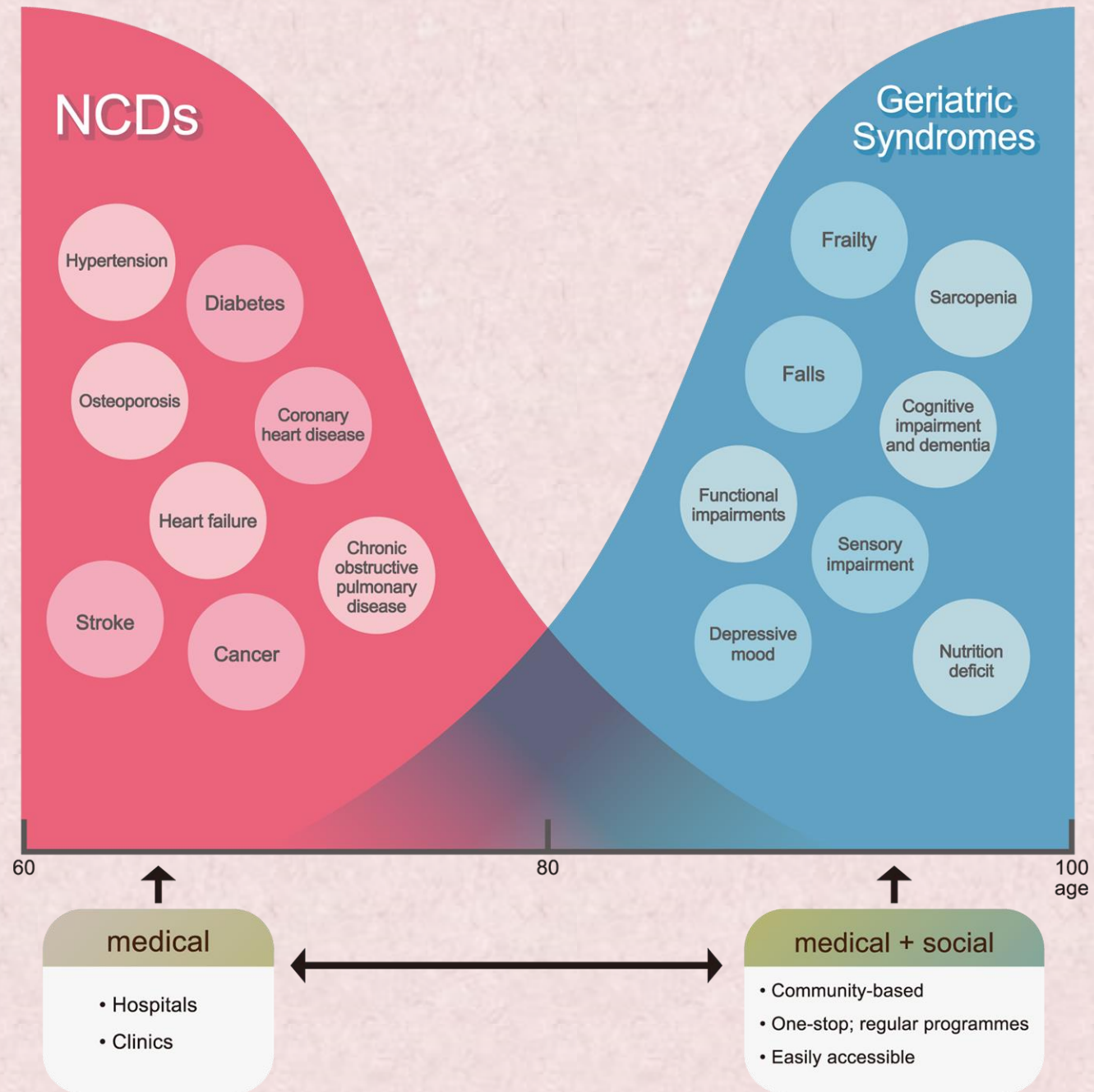
THE HEALTH GAP

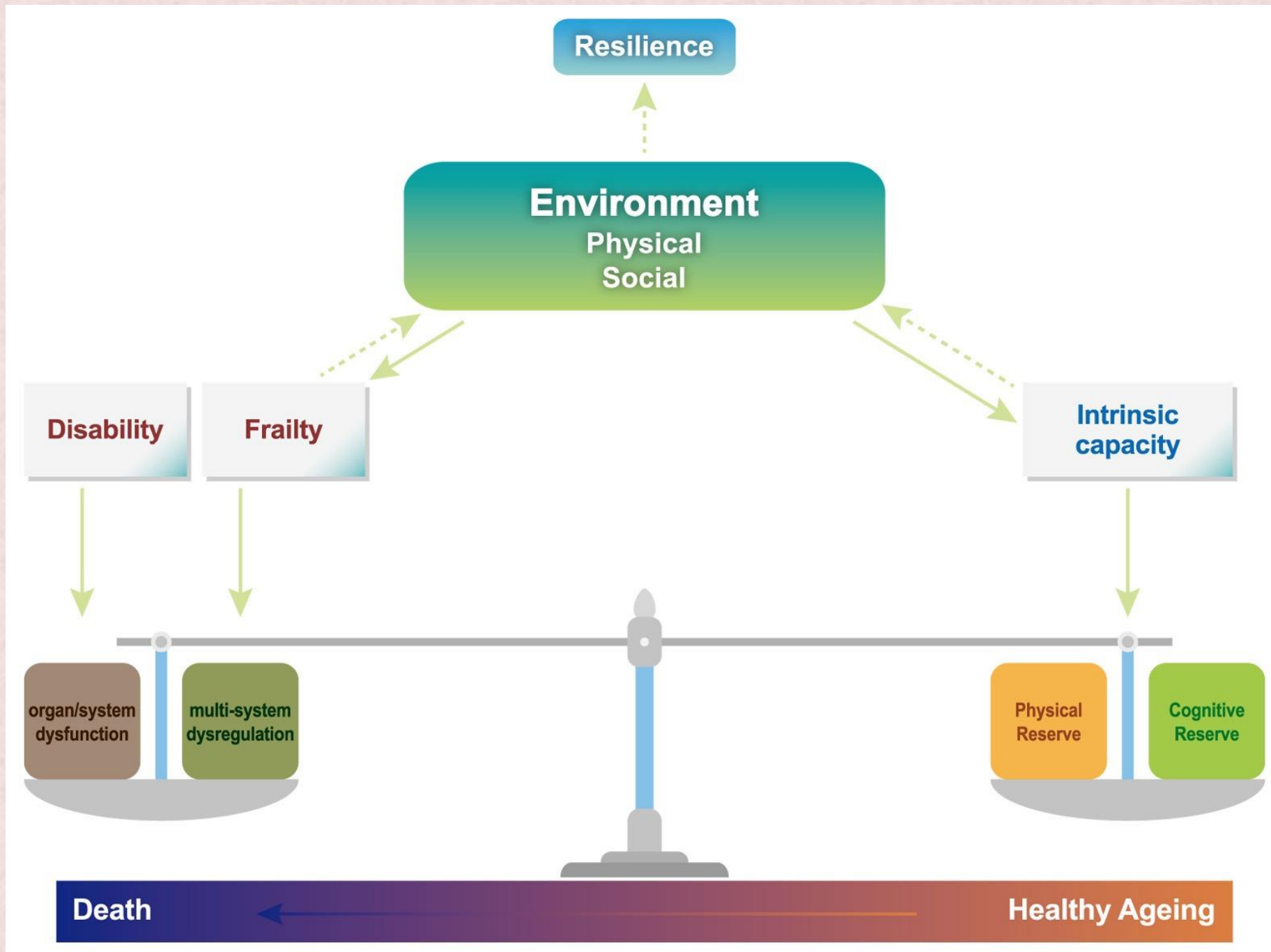
M Marmot 2015 p.201

- ‘...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**.

ASSESSMENT OF INTRINSIC CAPACITY







What is Age-friendly City (AFC)?

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

-  Outdoor spaces and buildings
-  Transportation
-  Housing
-  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**

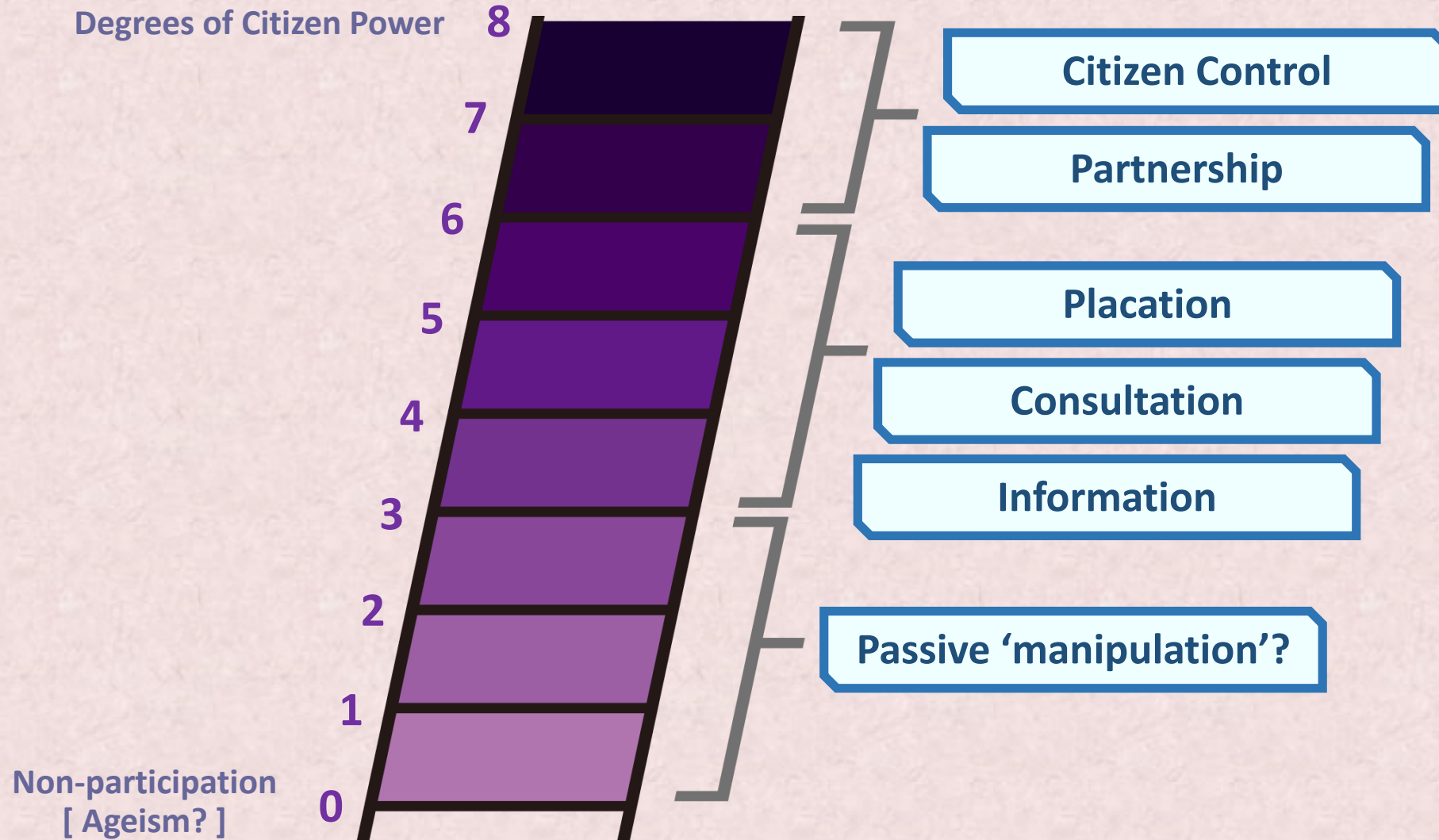


Citizen Participation



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??

