

Building Communities for All Ages

Age-Friendly Cities

How to Get Started

AARP Network of Age Friendly Cities: <http://www.aarp.org/livable-communities/network-age-friendly-communities/>

WHO Global Network of Age Friendly Cities:
http://www.who.int/ageing/projects/age_friendly_cities_network/en/

Age Friendly Seattle: <http://www.seattle.gov/humanservices/about-us/initiatives/promoting-healthy-aging>

Grantmakers in Aging Funders for Age-Friendly Communities:
<http://www.giaging.org/programs-events/funders-for-age-friendly-communities/>

Eight Domains of Livability



Adapted from: Suzanne Garon, University of Sherbrooke



Source: [AARP Livable Communities](#)

1. 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.



Source: [AARP Livable Communities](#)

2. 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.



Source: [AARP Livable Communities](#)

3. Housing

Most people want to remain in their own home and community as they age. Doing so *is* possible if housing is designed or modified for aging in place and a community has affordable housing options for varying life stages.



Source: [AARP Livable Communities](#)

4. 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.



Source: [AARP Livable Communities](#)

5. 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.



Source: [AARP Livable Communities](#)

6. Work & Civic Engagement

Why does work need to be an all or nothing experience? 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.



Source: [AARP Livable Communities](#)

7. 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.



Source: [AARP Livable Communities](#)

8. Community 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.