AGE-FRIENDLY HOMES AND COMMUNITIES

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The environments in which people are born, live, learn, work, play, worship and age affect a wide range of health, functioning, and quality-of-life outcomes and risks, according to the U.S. Department of Health and Human Services.

Falls

#1 CAUSE OF INJURY
HOSPITAL VISITS DUE TO TRAUMA
DEATH FROM AN INJURY

USC FALL PREVENTION CENTER
A national resource center for fall prevention education and expertise.
stopfalls.org

At Home

- Nearly 90 PERCENT of people over age 65 want to stay in their home for as long as possible, and 80 percent believe their current residence is where they will always live. [AARP]
- Risks for falls can be REDUCED with balance and mobility training, medical management, home modifications, and first responder assessment programs. [USC]
- Prolonged SOCIAL ISOLATION can equal the health risks of smoking 15 cigarettes a day. [AARP]

In the Community

VOLUNTEERING with young people can give older adults a positive perception of how they are helping the next generation, which can improve well-being. [USC]

TECH FOR SOCIAL ISOLATION
- Ride-sharing services are increasingly providing alternatives to driving.
- Fully self-driving cars provide the promise of safer driving and increased independence.
- Robotic companions, including virtual pets, are increasingly being studied and deployed to combat loneliness. USC research is looking at whether robots can also improve intergenerational interactions.

Purposeful Aging LA:
The USC Leonard Davis School, the City of Los Angeles and other key partners launched Purposeful Aging Los Angeles – an innovative, sustained initiative to make the Los Angeles region the most age-friendly in the world.