



Age-Friendly Communities: Exploring Innovations from Europe

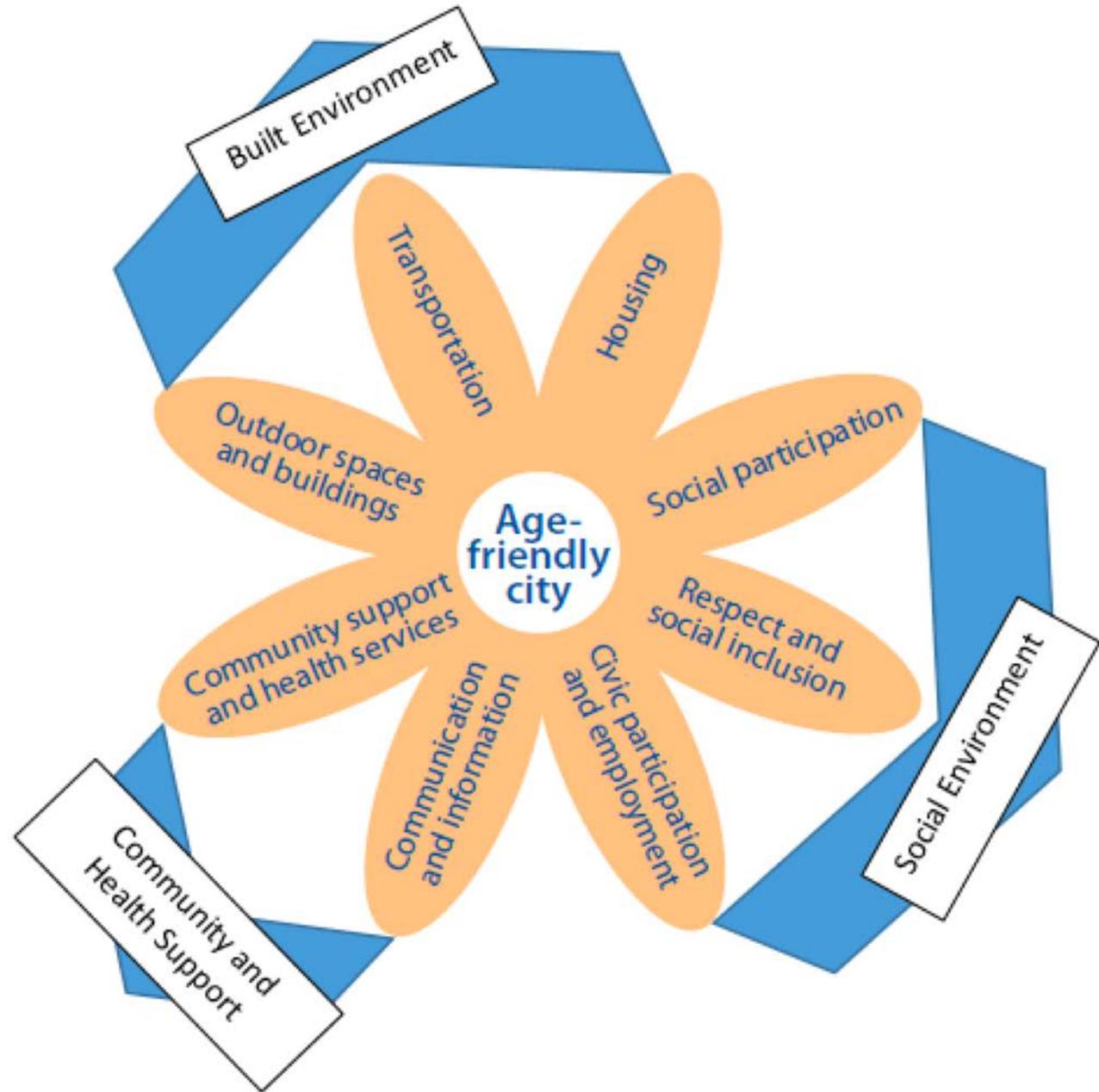
USC Morton Kesten Summit 2018
Transforming Homes and Communities to
Support Healthy Aging: Innovations and
Visions for the Future

Kate Wilber and Haley Gallo

Leonard Davis School of Gerontology

October 5, 2018

WHO/AARP Age-Friendly Domains of Livability





Dublin, Ireland



Christine O'Kelly, Dublin City University



- **Training**
 - Free local travel for 65+
 - All bus drivers, Aer Lingus employees, and hospital staff undergo age-friendly training
- **Lifelong learning** program at DCU, part of Age-Friendly University strategy:
 - Research and Innovation
 - Teaching and Learning
 - Lifelong Learning
 - Intergenerational Learning
 - Encore Careers and Enterprise
 - Civic Engagement

Noel McCaffrey, MD MedEX Programme



- Exercising with peers at the university
- Medically supervised exercise classes and workshops on wellness--nutrition to older adults with a range of chronic illnesses (i.e., CVD, pulmonary disease, diabetes, and cancer).
- MDs refer patients
- Coffee and tea after exercise

Manchester, England



Greater Manchester Ageing Hub



- Structure:
 - Mayor's office partnership: academics, policy makers, older people
 - GM integrates health and social care
 - Funds social care through local government
- Community
 - Greater Manchester
 - Population 2.8 million; 10 local authorities
 - Manchester
 - Population 550,000; poorest city in GB
 - 100,000 students; Age 60+ at greatest risk of isolation live in poorer areas outside of the city

Ambition for Ageing

**“
When I retire,
I’d like to
move to
Manchester.
”**

- Funded by Big Lottery; £600 million for grant-giving
- Ambition for Ageing
 - 24 age-friendly neighborhoods, each receives £50K per year to make small adjustments
 - Key Question: What would you change if you could?
 - Give neighborhoods power to make these changes.
 - Services aren’t scalable:
 - Lessons learned from developing them are!

Greater Manchester Ageing Hub



- Lots of ways to connect and contribute:
 - **Board of representatives.** Meets every two months. They sit on policy groups, local councils and elected officials come to them.
 - One-third are elected annually
 - One-third are nominated by organizations
 - One-third are appointed by the community
 - **Forum of older adults.** Open to all, many members become active on the board.
 - **Culture Champions.** About 120 residents that share information with the community about a range of cultural events.

- https://www.greatermanchester-ca.gov.uk/info/20161/age-friendly_greater_manchester_and_equalities/118/improving_the_lives_of_older_people

...co-ordinating programmes of activity around economy and work; age-friendly places; healthy ageing; housing, planning and transport; culture and learning; and communications.

We want to establish the age-friendly model as a framework for ensuring social inclusion in later life across Greater Manchester, with an emphasis on co-design with older people and improving the quality of later life in GM.



Shared Tables:

Example of the approach and philosophy

In celebration of the United Nations International Day of Older Persons (UNIDOP), we're promoting the voluntary work of older people across the UK to help make their communities more age-friendly

Shared Tables, a project developed in the Crossgates area of Leeds, invites older people living alone to enjoy a meal together at a local restaurant.



University of Manchester



Manchester School of Architecture

- Faculty and local older adults part of the team
- Apply “Age-Friendly Cities” model to a smaller community
- Communities decide how the money is spent
- Take-away message: engage, listen, modify,

EMBRACE CONTINGENCY!

Case study: Partnership Southway Housing and Old Moat Neighbourhood

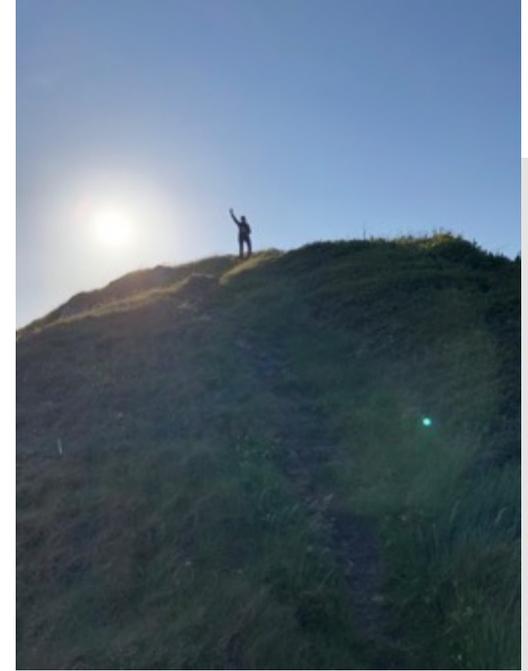


- How age-friendly is Old Moat now?
- What would make it more age-friendly?
- How do we know we are succeeding?
- How can we apply findings & methodology in other neighborhoods?
- Tools:
 - Physical environment analysis
 - Spatial data
 - Focus groups
 - Community audit and postal questionnaire
 - Co-produced action plan (working with 65+)
 - <https://www.southwayhousing.co.uk/media/1017/old-moat-age-friendly-project-tool-kit.pdf>

Tine Buffel

- **Core Philosophy: Co-production**
 - The *researched* have the right to be the *researchers*.
 - Involve older residents in all phases
 - Hold workshops to address barriers, train for interviews, discuss ethical issues, etc.
 - Older adults recruit difficult-to-reach groups in their communities

Swansea, Wales



OPERAT: Older People's External Residential Assessment Tool

- More Co-Production ideas: Participatory Research
 - Designing survey and collecting data
- Visual checklist for residents to assess communities using street-level and property-level observations.
 - Natural Elements
 - Public grass, sounds of nature, private trees
 - “Incivilities and Nuisances”
 - Traffic noise, litter, dog fouling, passing cars
 - Navigation and Mobility
 - Legible road signs, lights, pavement maintenance and width, gradient
 - Territorial Functioning
 - Parking, beautification, garden and property maintenance

Using the OPERAT

- Use the OPERAT to assess the built environment
- Mail survey: questions on the built environment, older adults select which are most important.
- Interview people less likely to respond (e.g., people with dementia, caregivers, people with a physical disability), and include their responses
- Engage older adults to come up with an action plan to fix the issues
- Reassessment!

London, England



Anthea Tinker, King's College

Relevant to AFU

- The Greater London Authority asked King's College to do reassess Age-Friendly London, even though they expect the findings won't be favorable.
- All publications have LARGE FONT!
- Gerontologize: Engage across multiple schools and departments (Medicine, OT/PT, Social Work)
- Partnerships between students and older adults:
 - Architecture students:
 - Walk around the park together--older adult points out what should be changed.
 - Students act on it, and six months later students ask "Is this what you meant?"

Brussels, Belgium



Dominique
Verte and Nico
De Witte, Vrije
Universiteit
Brussel
**More
Co-Production**

- Surveyed 200+ communities across Europe to evaluate policies (no funding)
 - Older adult partners involved in all phases,
 - Preconceptual and development
 - Poll takers
 - Interpretation--Policy makers couldn't understand the results, asked a diverse group of older adults to interpret, prioritize and recommend policy changes
 - Advisory boards are not taken seriously (token?)
 - Older adults need to engage as partners in policy making
- "Think global, but act local."

Noordwijkerhout, South Holland



The Hague, South Holland



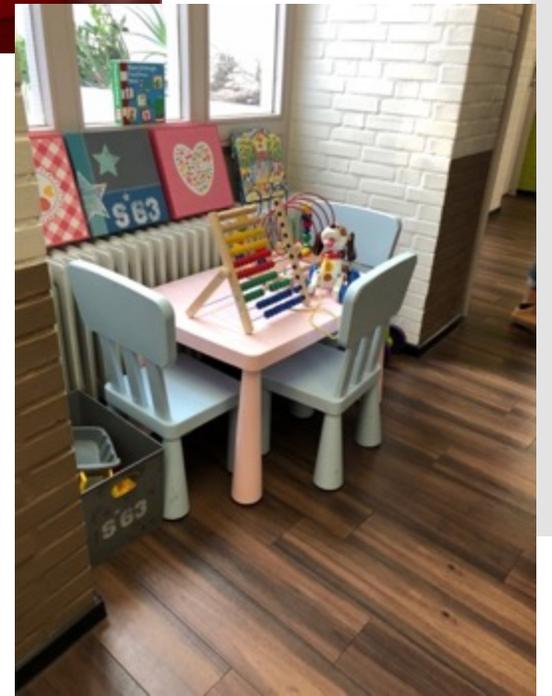
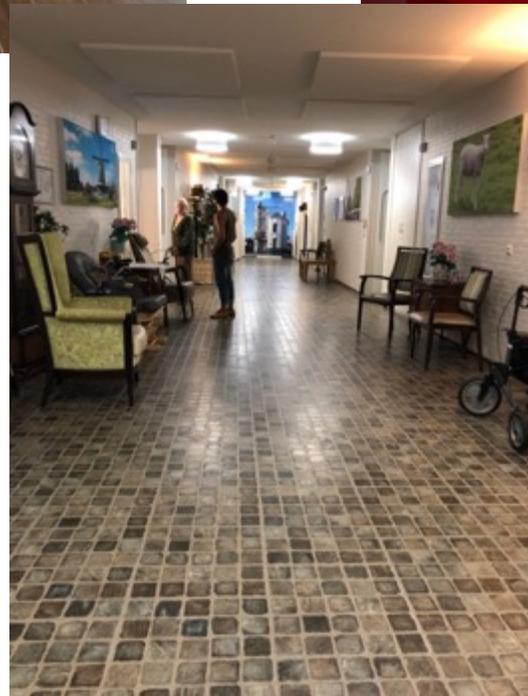
Elisabeth Devries and Roy Wesenhagen

- Month of Vitality
 - Theatre, food, high tea events
 - 300 activities in a month, focus on diversity
 - Vitality awards
 - Ideas from the community, connect to a local foundation to get the idea off the ground
 - Examples: social restaurants, coaching in new media (e.g., how to make online payments safely, using the internet), a walking buddy in the neighborhood.
- Community Battling Loneliness Initiative
 - Restaurants, supermarkets, pharmacists all aware
 - Don't talk about loneliness...talk about what makes life meaningful

Humanitas Deventer, Overijssel



Humanitas Intergenerational Assisted Living



Leiden, South Holland



Vitality Club

- Exercise program led by a peer coach
- Self-sustaining
- It doesn't matter what type of exercise they do, as long as they are moving and interacting

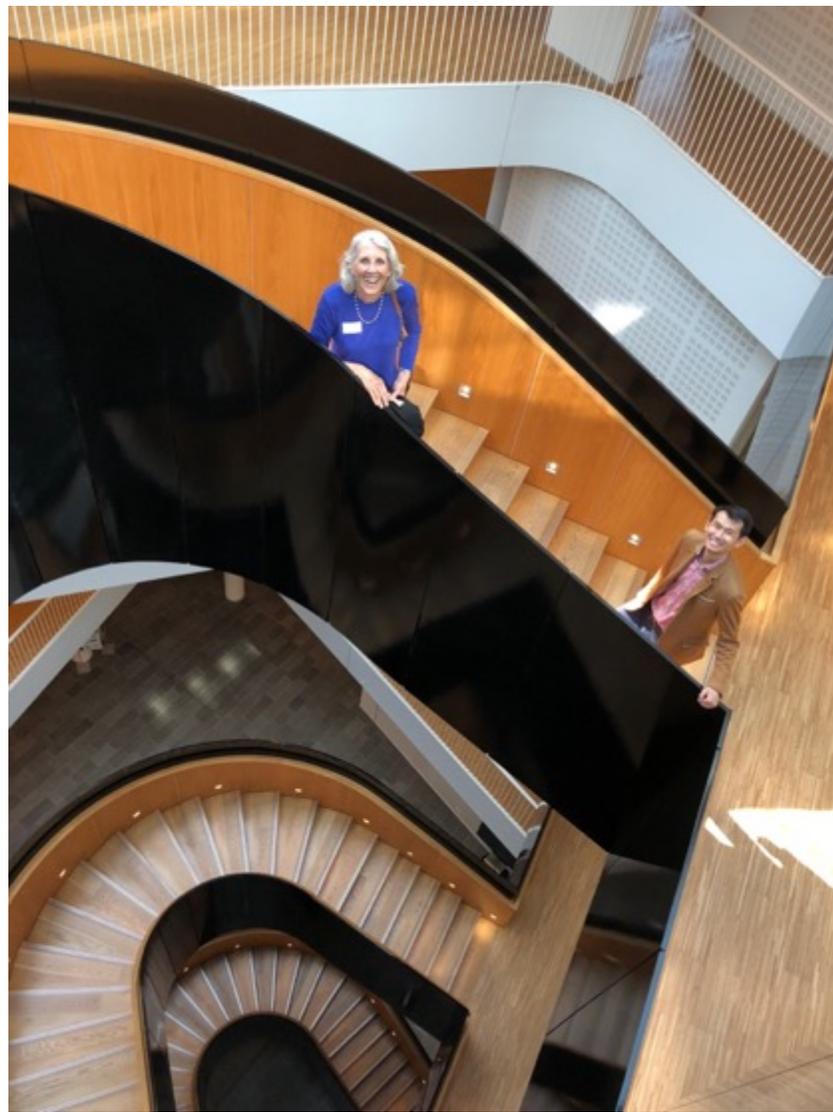
Leyden Academy on Vitality and Ageing

- City Lab
 - Community members take ownership over ideas
- “We are Leiden”
 - 200 people from Leiden partnered with 200 refugees and ex-pats to show them around
- Life and Vitality Assessment (LAVA)
 - Instrument measure individual’s priorities for wellbeing
 - Plan to achieve goals and improve wellbeing
 - Shift perspective away from complaints and toward what makes them happy
- Yearly visits in The Netherlands after age 75
 - “What are your goals and how can I help you achieve them?”

Copenhagen, Denmark



WHO Healthy Ageing Task Force



HATF meeting key take- aways

- Lots of exciting work and lessons from diverse communities
- Universal policies won't deliver universal outcomes. We must recognize that there are existing cumulative inequities.
- A good idea does not equal a good practice. We need evidence that measures impact.
- Drivers of health equity:
 - Policy coherence
 - Participation
 - Empowerment
 - Accountability

Evaluation
 Louise Lafortune,
 University of
 Cambridge

Developing AFCC & Evaluating progress

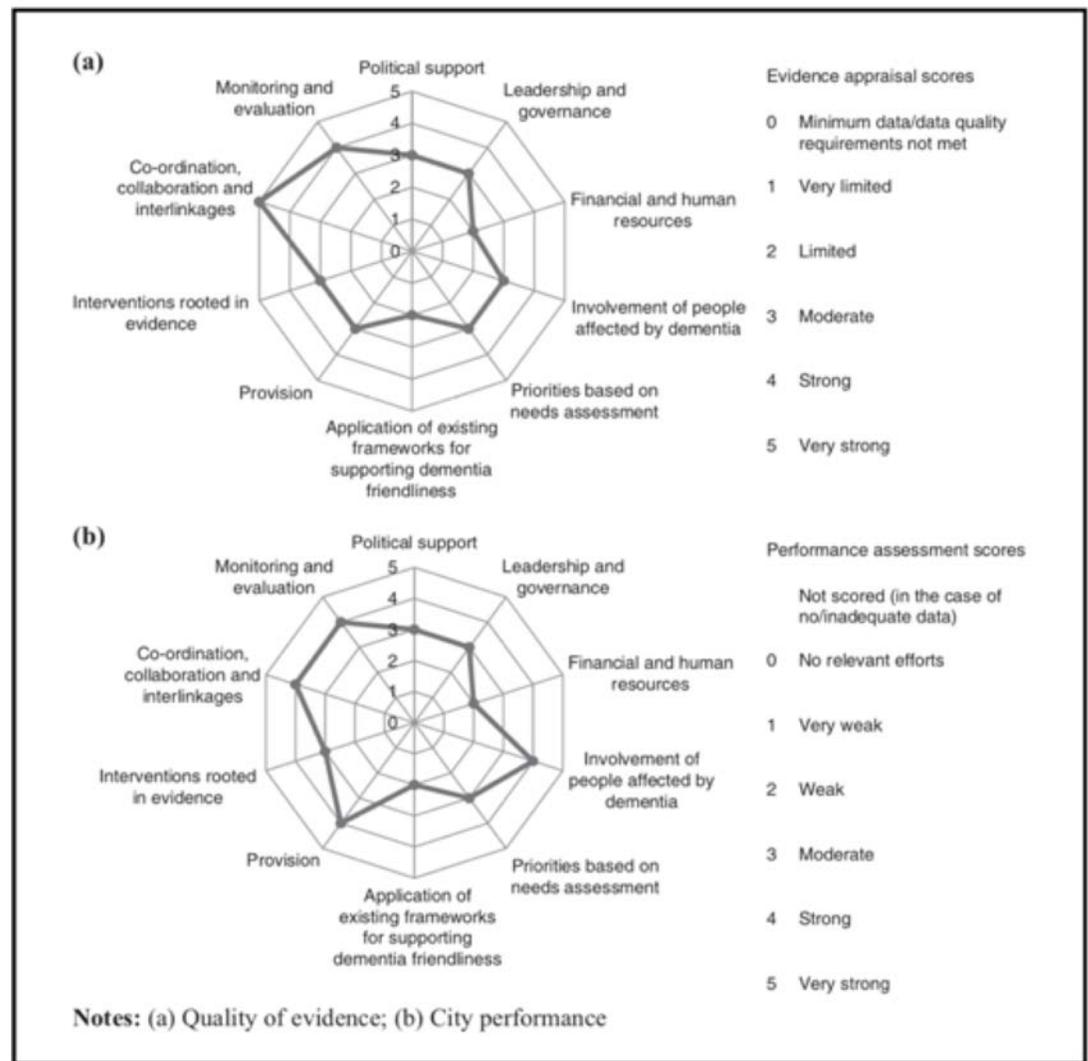
	Evidence input areas	Definitions
1	Political support	Backing (verbal and/or practical) from key political players locally – e.g. mayor, councillors, parties
2	Leadership & governance	Structures & roles for strategic overview & management
3	Financial & human resources	Commitment of funding, material means, staff, volunteers, investment in staff & volunteers
4	Involvement of older people	Instrumental roles and contributions from older people. Includes available structures, nature of structures, nature of contributions, impact of contributions
5	Priorities based on needs assessment	Initiatives have been prioritised on the basis of a JSNA and/or other ways of assessing needs
6	Application of existing frameworks for assessing age-friendliness	Use by the city of existing guidance and assessment frameworks by WHO (e.g. WHO, 2007a; WHO Centre for Health Development, 2015) or others (e.g. Handler, 2014) to inform its work on age-friendliness
7	Provision	Availability of relevant services and facilities, including consistency (e.g. geographical coverage) and continuity (availability and personnel), and consideration of issues around uptake
8	Interventions rooted in evidence base	Scientific evidence base has been consulted and interventions have been based on the available evidence
9	Co-ordination, collaboration & interlinkages	Partnership working across sectors, co-ordination of relevant activities, and interlinkages between different areas of focus
10	Monitoring & evaluation	M&E of ongoing and completed work, including plans for M&E and allocation of resources. Nature of M&E. Translation of findings into policy & practice

Evaluation tool example (Buckner et al., 2018)

1. Collect and analyze data (e.g., interview data, surveys)
2. Evidence appraisal: How good are the data?
3. Performance assessment: How well is the city doing?

From this, the local steering group can offer policy recommendations.

Figure 1 Sheffield's approach to dementia friendliness





- Think differently
 - Engage
 - Consult
 - Partner
- Work together to make the environment more responsive

Potential next steps



Utilize methods of **co-production**

- Include people who are not normally represented (i.e., those who are home-bound or who typically do not trust researchers/the government, caregivers and care receivers)
- Involve them in all phases of research and policy development to ensure appropriate changes
- Explore using technology (i.e., Skype and email) to include people who are home-bound
- Begin to change how we think about age-friendly

Potential Applications



Consider adopting tools for assessment and evaluation

Example use the OPERAT to assess:

- Older adults' priorities for the built and social environment,
- Differences between reality and what they desire,
- What steps can be made to move toward goals and approaches from the older adult community