

AGE-FRIENDLY HOMES AND COMMUNITIES

Fact Sheet

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



among people age 65 and older.

USC FALL PREVENTION CENTER

A national resource center for fall prevention education and expertise.

stopfalls.org



PURPOSEFUL AGING LA:

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

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]*
- USC's **LIFETIME HOME** resource (lifetimehome.org) features a room-by-room exploration of common safety issues and universal design solutions.

IN THE COMMUNITY

VOLUNTEERING:

Working 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. Robotic companions, including virtual pets, are increasingly being studied and deployed to combat loneliness.

AGE-FRIENDLY USC:

USC is the first university in California to join the Age-Friendly University Global Network, which provides guiding principles for ensuring age-friendly policies and programs in research, teaching and practice.

EXPERTS



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