

# AGE-FRIENDLY COMMUNITIES

## A BLUEPRINT FOR SUCCESS

What makes an age-friendly city? It's a place that meets the needs of its citizens in all stages of their lives — a great place to grow up and grow old. There are lots of ways to make your community more age-friendly. Here are eight ideas.

BROUGHT TO YOU BY COMMUNITY AGENDA



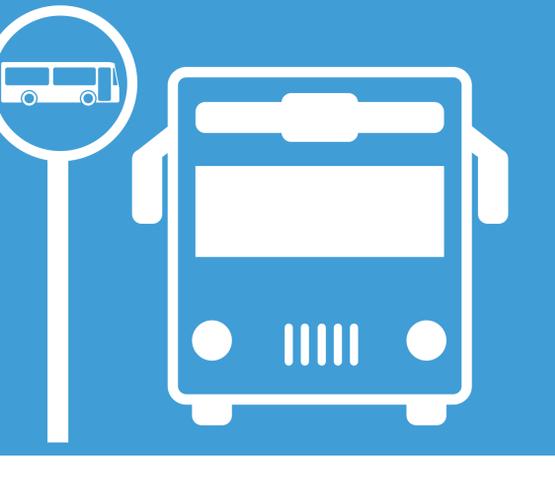
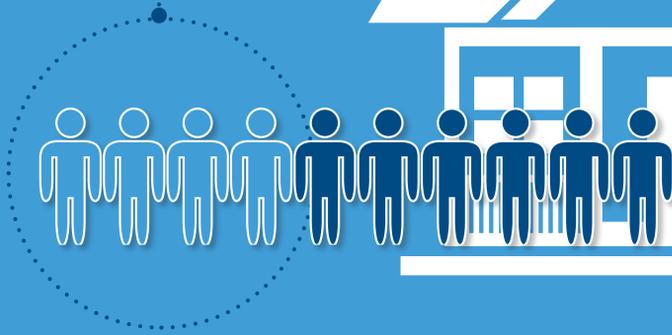
### 1. SAFE, WALKABLE NEIGHBORHOODS

Adults age 65+ account for **18%** of all pedestrian fatalities. Longer crossing times, better curb cuts, good sidewalk repair, and safe places to stop mid-crossing can all help.



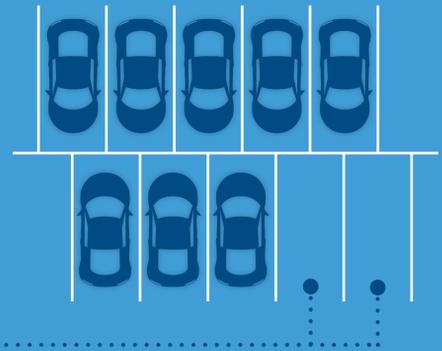
### 2. AFFORDABLE HOUSING

**4 out of 10** older households report struggling with the cost of their housing. Age-friendly alternatives include "Golden Girls" home sharing, multigenerational housing, and subsidized senior housing with supportive services.



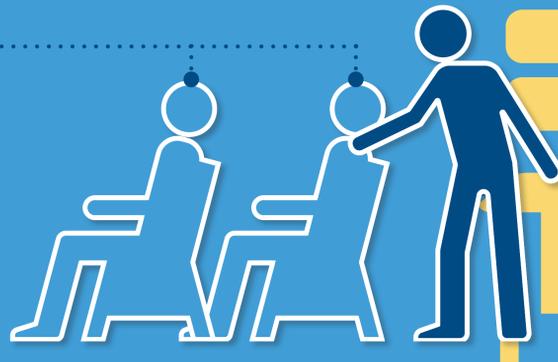
### 3. TRANSPORTATION OPTIONS

More than **20%** of seniors do not drive. Age-friendly alternatives include better mass transit, volunteer drivers, vanpools, and more specialized transit for people with disabilities.



### 4. AGE-FRIENDLY OUTDOOR SPACES

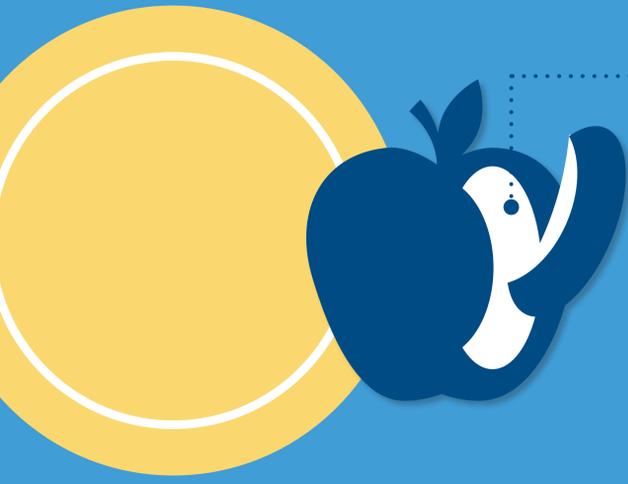
Nearly **two-thirds** of older New Yorkers surveyed said that benches or chairs for resting, in parks, bus stops, stores, and other places, are "very important" to their well-being.



### 5. HEALTHY LIVING

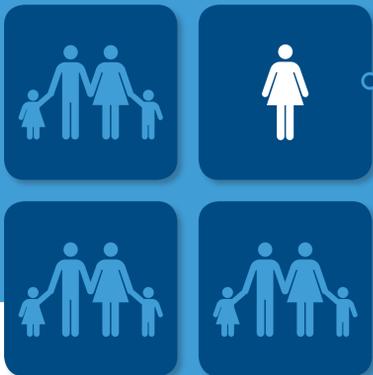
Only about **11%** of people age 65+ participate in aerobic and muscle-strengthening activities that meet federal physical activity guidelines. Age-friendly walking and exercise classes and groups in the community can get more older people up and moving.

Limited income, mobility, and shopping opportunities can make it hard for older adults to get proper nutrition. Community gardens, rideshares to grocery stores, home-delivered meals, and efforts to end "food deserts" make communities more age-friendly.



### 6. EMPLOYMENT OPPORTUNITIES

**31%** of people over age 65 are still employed, full or part time, and many need the income. Promoting self-employment options, offering job training, discouraging age discrimination, and valuing the strengths of older workers benefit employers and employees alike.



### 7. CIVIC ENGAGEMENT OPTIONS

Both British and U.S. populations have become more solitary, with more than **25%** of households in both countries composed of people living by themselves. Social isolation can be deadly — literally. Tutoring, mentoring, foster grandparenting, intergenerational programs, social advocacy, and volunteering in schools and religious, community, and nonprofit organizations all help keep older adults engaged, while the community benefits from their experience.

### 8. STRONG SOCIAL SERVICES NETWORK

Nearly **90%** of people over age 65 indicate they want to stay in their home as long as possible. Community-based support — from home repairs and other chores, to home health aides, home-delivered meals, age-friendly transportation, and neighbors helping neighbors — make it possible.

