

AARP NETWORK OF AGE-FRIENDLY COMMUNITIES CHULA VISTA CITY COUNCIL

SEP 13TH 2016

Bob Prath, Volunteer
Chair AARP CA Livable Communities Advisory Team

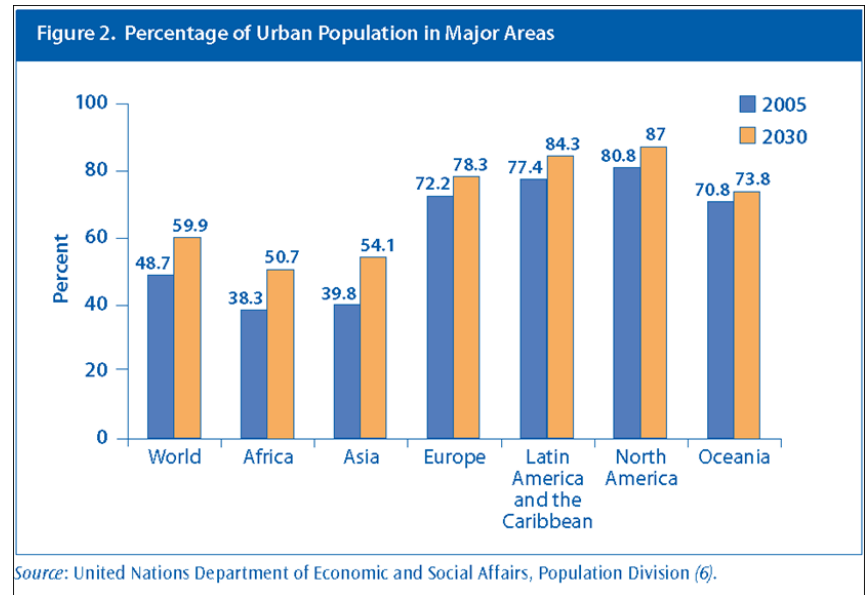
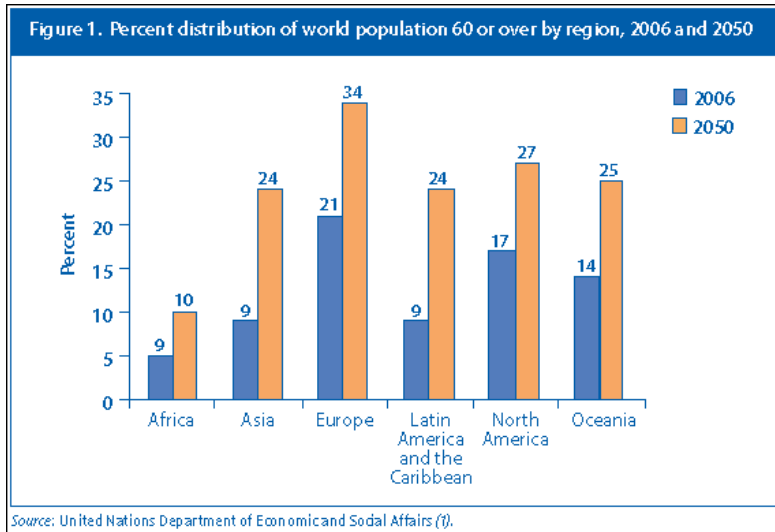
AARP[®]
Real Possibilities

WHO/AARP AGE-FRIENDLY NETWORK – IT ALL STARTED IN RIO !!



WHO/AARP AGE-FRIENDLY NETWORK

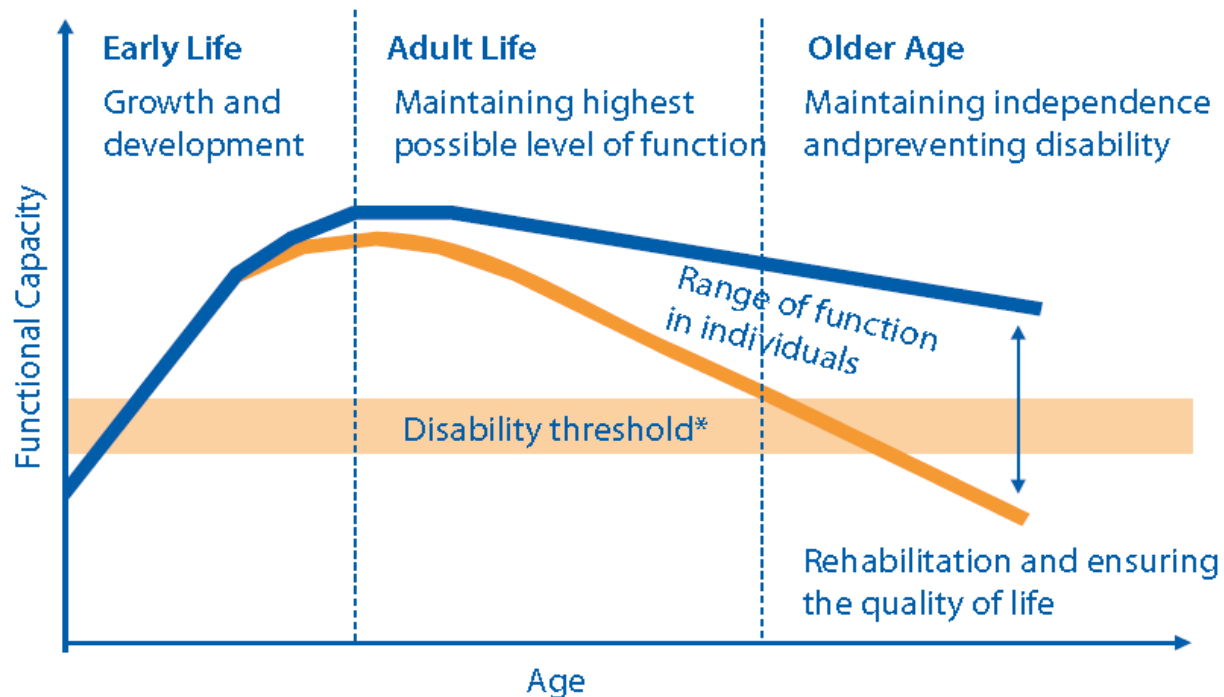
Aging and Urbanization – Major 21st Century Forces



WHO AGE- FRIENDLY NETWORK

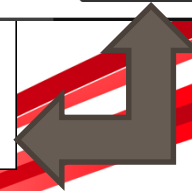
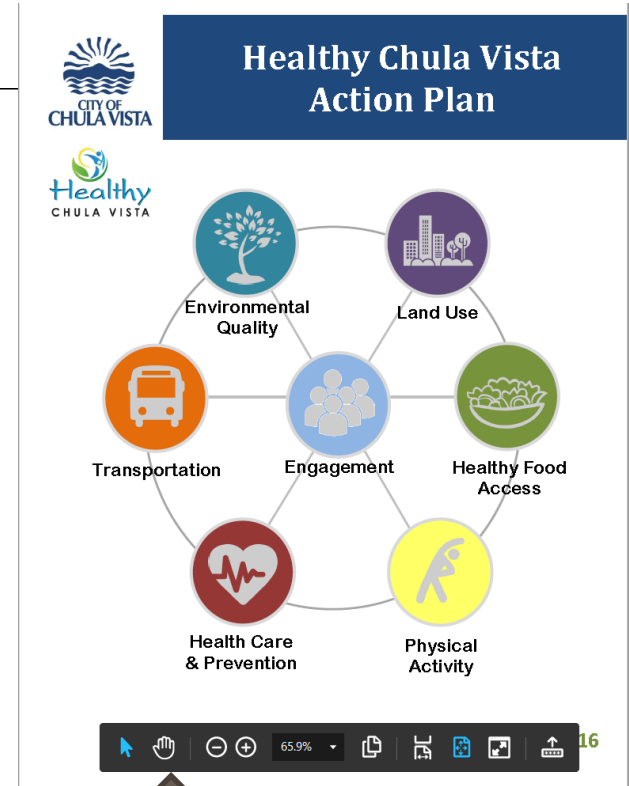
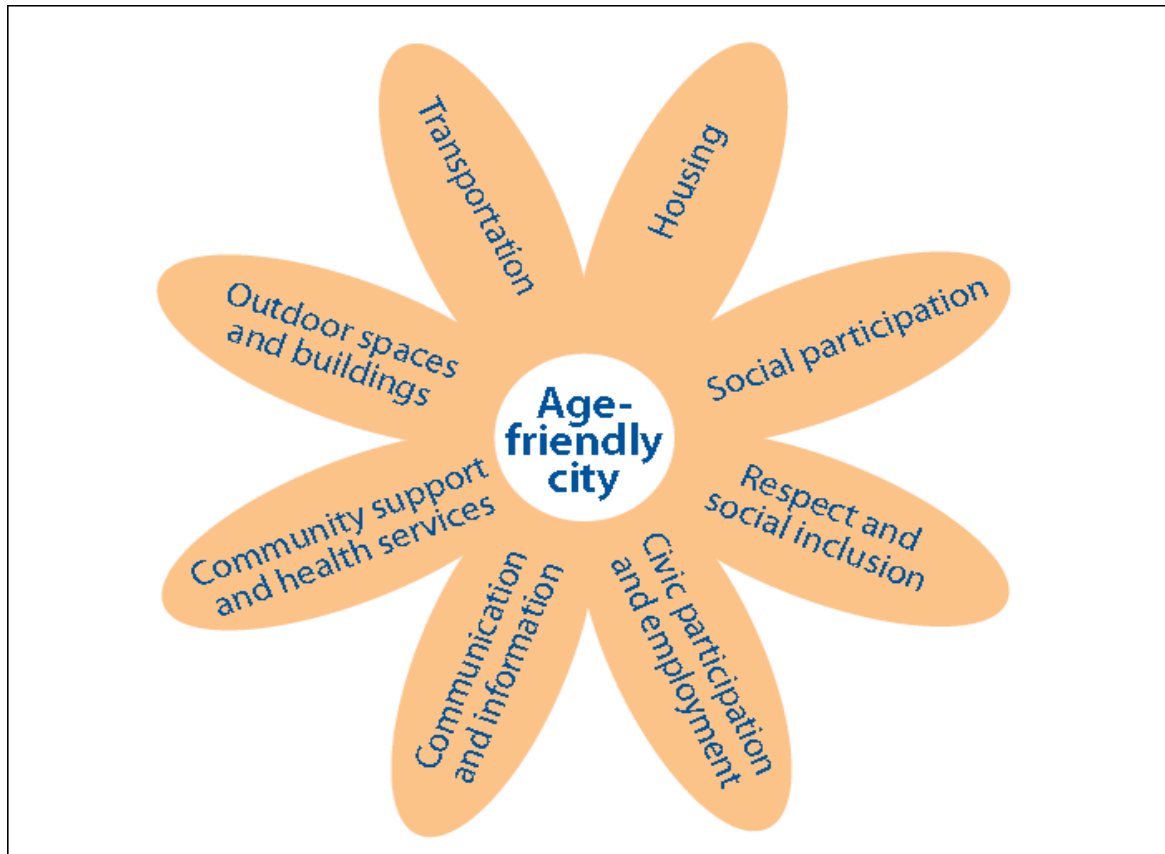
Age-Friendly returns AGING to SUCCESS

Figure 4. Maintaining functional capacity over the life course



8 Domains of an Age-Friendly Community

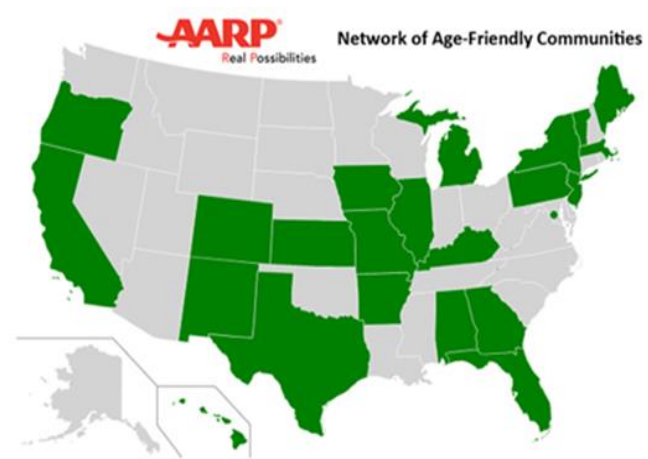
Where did they come from?



The WHO - AARP Connection

AARP Becomes the US Affiliate (2012)

- One of 12 International AF Affiliates
- Identify and encourage AF communities within USA
- Facilitate and help local partners and community organizations throughout process
- Provide information exchange



An Age-Friendly Place

What are the steps?

THE PROCESSES INVOLVED IN TAKING ACTION

AARP /WHO Age-friendly¹³

1. Joining the Network (Year 0)
 - a. Obtain political commitment
 - b. Organize stakeholders
 - c. Establish advisory committee
2. Planning (Years 1-2)
 - a. Involve older people
 - b. Conduct a baseline assessment
 - c. Identify indicators to monitor progress
 - d. Develop action plan
3. Implementation and Evaluation (Years 3-5)
 - a. Implement action plan
 - b. Monitor indicators
 - c. Measure progress
 - d. Identify successes and remaining gaps
 - e. Submit progress report to community
4. Continuous Improvement (Year 5+)
Using feedback from evaluation, draw up new plans and continue to monitor and improve



An Age-Friendly Place

Meeting a challenge produced by success ?

- Disabled young and old that enjoy increased mobility and independence
- Walkability, broad housing and transportation options and security arrangements that are sought by older adults and increasingly by young adults
- Families that experience less stress because of expectation of community wide support and health security
- **Enables older adults to continue as caregivers, consumers, volunteers and employers**
- AFN businesses – the research show they experience significant economic gains
- Outdoor spaces and building that help residents avoid problems of ill health, disability and physical limitation
- Lengthened ability to live productively and independently in the planned community of choice

Thank You ... Now how we can help ???



You May Also Like

- AARP Livability Fact Sheets
- The AARP Network of Age-Friendly Communities Tool Kit
- Slideshow: The 8 Domains of Livability
- Slideshow: A Livable Communities Show and Tell
- The Livable Communities Blog



_____ in _____
LE GROUP AREA OF THE SURVEY

ity as a place for people to live as they age?
 ation where your home is located. A community can be located

... of your community? _____

3. What is your 5-digit ZIP code?

4. How long have you lived in this community?

- 5 years or less
- 5 years but less than 15 years
- 15 years but less than 25 years
- 25 years but less than 35
- 35 years but less than 45
- 45 years or more



An Age-Friendly Place

How we can help!!!

- Pathway to Membership
- Staff and Volunteer Support
- Research and tools
- Online self-service information
- Outreach Education
- Uniting Community Stakeholders
- Connection to Peer AFN Organizations



Back Up Slides

AARP Age-Friendly Network of Communities

The trends are our Friends

- The Calgreen Environment



- Health in all Policies



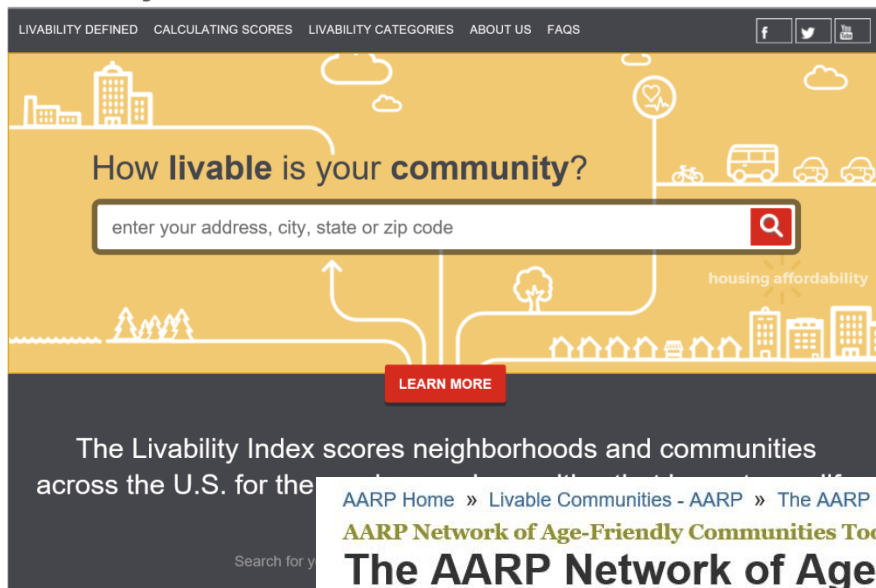
- New Urbanization



- Aging in Community



A more livable community
for ALL ages



We have the tools:

see:

<http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/an-introduction.html>

[AARP Home](#) » [Livable Communities - AARP](#) » [The AARP Network of Age-Friendly Communities](#) » [The AARP Network of Age-Friendly Communities](#)

AARP Network of Age-Friendly Communities Tool Kit

The AARP Network of Age-Friendly Communities: An Introduction

AARP Livable Communities



As the U.S. population ages and people stay healthy and active longer, communities must adapt.

The AARP Network of Age-Friendly Communities helps participating communities become great places for all ages by adopting such features as safe, walkable streets; better housing and transportation options; access to key services; and opportunities for residents to participate in community activities.

Well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents — of all ages.

The AARP Network of Age-Friendly Communities is an affiliate of the

