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The Age-Friendly Global Movement

Past, Present and Future

Ageing 2.0 Boston Chapter
25 October 2019

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TWO DEMOGRAPHIC IMPERATIVES OF THE 21 ST CENTURY

AGEING

URBANIZATION
Populations are getting older

Percentage aged 60 years or older:
- 30% or more
- 10 to <30%
- <10%

2015
United Nation Report, 2004

”by 2007 there will be more people living in urban areas than in rural areas for the first time in the History of Humankind.”
Urbanization
Active Ageing
A Policy Framework

World Health Organization
Non-communicable Diseases and Mental Health Cluster
Non-communicable Disease Prevention and Health Promotion Department
Aging and Life Course
Active Ageing
A Policy Framework

ACTIVE AGEING:
A Policy Framework in Response to the Longevity Revolution
ACTIVE AGEING

“Active ageing is the process of optimizing the opportunities for health, lifelong learning, participation and security in order to enhancing quality of life as individuals age”.

WHO, Active Ageing – a Policy Framework, 2002
Active Ageing Determinants

ACTIVE AGEING

Determinants of Active Ageing

Health, Lifelong Learning, Participation, Security

United Nations Principles for Older People

(Source: Adapted from WHO 2002 (1))
Functional capacity across the life course

IAGG CONGRESS 2005
RIO DE JANEIRO
DELEGACIA ESPECIALIZADA DE CRIME CONTRA O IDOSO
Age Frindly City
Vancouver Protocol
Bottom-up process:
Older people as protagonists
... But also from the top down:

The response of the public sector
1027 cities and counting...
(22/10/2019)
age-friendly NYC: a journey

This map highlights some of the thousands of changes age-friendly NYC has catalyzed throughout the city.

1. Listen to lots of older people
   - My mom can't climb her stairs anymore, and I don't know what to do about it.
   - I don't want to retire and do nothing.
   - I wish I knew how to Skype.

2. Share the data loudly
   - Every day, roughly 10,000 baby boomers turn 65 and will for the next 19 years.
   - In New York State, 329,022 grandparents are responsible for grandchildren who live with them.
   - 780,000 of NYC workers are over 55. Pregnant people entering the workforce today can expect to work for 60 years.

3. Create real citywide change
   - 2,800 acres of nature
   - Innovative senior centers
   - Swimming
   - Walking
   - Museums & theaters
   - Schools for grown-ups
   - Audit college courses for free

We love this city!

The Bronx

The Bronx

The Bronx

The Bronx

The Bronx

The Bronx

The Bronx
Workshops do Projeto de Conscientização à qualidade no atendimento ao idoso e ao Turista qualificará estabelecimentos.
Municipalité amie des aînés
GUIDE D’ACCOMPAGNEMENT
pour la réalisation de la démarche
Municipalité amie des aînés
Adinekoak, lagunkoitasunaren aldeko mugimenduaren eragile.

Las personas mayores, motores del movimiento de la amigabilidad.
Active Ageing
Unley

The City of Unley is proud to be recognised by the World Health Organisation as an Age Friendly City and Community.

Creating Age-Friendly Communities in Western Australia
- a case for shared outcomes

Let’s build an age-friendly state where Queenslanders regardless of their age, can stay active and connected, and contribute economically, socially and culturally.

Find out more in the Queensland: an age-friendly community action plan.
www.qld.gov.au/agefriendlycommunity
Micro → Macro
From Cities to States
Micro ➔ Macro
From Cities to States
... countries
Canada
Ireland
Slovenia
Uruguay
Chile
Costa Rica
The age friendly principles are now being used in a variety of settings

- Universities
- Businesses
- Hospitals
- Primary Health Care
- Tourism
- Banking
- Employers
- Public Transportation
- Rural communities
- ...among other initiatives
Age-Friendly University Global Network led by DCU (Dublin)
Toward Age-Friendly Design

Document derived from the 4th International Longevity Forum on
“The role of design and technology in an ageing society”

The role of design and technology in the context of rapidly ageing populations was the theme of the 4th International Longevity Forum held in Rio de Janeiro in October 2016. The Forum brought together a diversity of designers, philosophers, engineers, architects, gerontologists, geriatricians and other health professionals, government and private sector representatives as well as civil society organizations, with the intention to better elucidate a process toward age-friendly design and to open space for an ongoing age-friendly design movement.

Introduction

Design is the oldest form of communication. Everything that is expressed by human beings is design. It is a continuous and an evolutionary process that does not develop in isolation but within a context. Intrinsic to it, is a freedom from dependency. Design is not limited to material products. It is a process toward solving problems across the five “P” domains – people, place, products, person-centered services, policies.

"Design is a continuous learning experience." Gabriel Patrocinio

"We get much of our culture from the results of our design." George Burden

"Design should be about the exceptions, not about the averages." David Stockdale

"All of us should behave and be treated as full citizens." Pedro Lutz Pereira de Souza

There is no singular ownership of design but neither is there sufficient democratization of it. Too often, it is user-centered rather than user-led. Too often, it is design for the middle rather than design for the edges. Too often, it is uni-, multi- and inter-disciplinary rather than trans-disciplinary in nature. Too often, is emotion seen as a side product to design rather than its leitmotif or driving-force. Too often, there is an impulse
Opportunities for work

Age Friendly Ventures

RetirementJobs.com

Tim Driver, CEO
THE FUTURE
MEASURING THE AGE-FRIENDLINESS OF CITIES

A GUIDE TO USING CORE INDICATORS
Re-inventing the life course in response to the Longevity Revolution
Life Course in the 19th century

Fonte: Adaptado de Kalache (2013)
Life Course today (women)
A Woman’s Life Course in the Future

Fonte: Adaptado de Kalache (2013)
Fonte: Adaptado de Kalache (2013)
A Woman’s Life Course in the future

© Alexandre Kalache, Adelaide Thinker in Residence 2011/2012
Fonte: Adaptado de Kalache (2013)
Fonte: Adaptado de Kalache (2013)
A Woman’s Life Course in the Future

Fonte: Adaptado de Kalache (2013)
A Woman’s Life Course in the Future

Fonte: Adaptado de Kalache (2013)
Lifelong learning

How to survive in the age of automation

A SPECIAL REPORT
Adressing inequalities
Preventing Ageing Unequally
The Inner Level
Richard Wilkinson & Kate Pickett
How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone’s Well-being

The Spirit Level
Why Greater Equality Makes Societies Stronger

INTERNATIONAL BESTSELLER

RICHARD WILKINSON and KATE PICKETT
Foreword by Robert B. Reich
Inequalities
Over the last 30 years inequality has grown year after year. Since 1969 the top 1% income share has more than doubled while the percentage of poor people has remained the same. Richest 0.1% take in 188 times the income of the bottom 90%. 44% of USA population is either poor or low-income.

Saez, E (UC Berkeley) & US Census Bureau, 2018
The USA spends 18% of its GNP on health and yet it ranks 32 in LEB globally, behind much poorer countries (but less unequal) e.g. Italy, Spain, Israel, Malta, New Zealand, Portugal, Greece, Slovenia, Cyprus, Chile, Costa Rica, Cuba
THE MODERN PLAGUES
THE EPIDEMICS OF LONELINESS, ANXIETY, DEPRESSION, SUICIDE.
THE MODERN PLAGUES

THE EPIDEMICS OF
LONELINESS, ANXIETY,
DEPRESSION, SUICIDE.

OVERNUTRITION, OBESITY,
HYPERTENSION, DIABETES
LEB IN THE USA HAS DECLINED OVER THE LAST FOUR YEARS
LEB at birth in Central Colorado has reached 87y – in South Dakota, only 66y. Disparities are found within same state, same cities.

Ali Mokdad, University Washington IHME – JAMA, 2018
A room with a view

...from my office at the
New York Academy of
Medicine
...or am I referring to LEB in Roxbury compared to BackBay ??
Nobody left behind
Nobody left behind

Ageing in a foreign land

Age friendly policies for MIGRANTS
EMBRACING A RIGHTS-BASED APPROACH
... Including the **RIGHT**

- To health
- To learn
- To work
- To be protected
- To have na insurance
- To participate
- To have access to services
- The right not to be discriminated

...as well as...
AS WELL AS THE RIGHT

TO REST

TO STOP

TO A DECENT INCOME
The Right to
SOCIAL INCLUSION
THE FUTURE OF AGE FRIENDLY
THE FUTURE OF AGE FRIENDLY

BOLD AND VISIONARY
Mayor Walsh
Age Strong Commission
Mission

“Together we can live and age strong in Boston”
Governor Baker

Aspirational Future State

Massachusetts to be the Silicon Valley of innovation in aging and exports knowledge and services.
THE FUTURE OF AGE FRIENDLY
CENTRED ON A CULTURE OF CARE
Reversing the

Conspiracy of Silence*

QUALITY OF LIFE FOR AS LOG AS THERE IS LIFE

*Atul Gawande in “Being Mortal”
FROM THE BEGINNING
OF LIFE
TO THE END
... In the process, fostering...
Intergenerational harmony and solidarity