The Evidence Behind Effective Age-friendly Change

Panelists:

Dr Amanda Lehning, University of Maryland
Dr Andrew Scharlach, University of California

Moderator:

Ms Dana Bandola, International Federation on Ageing

Organizer:

International Federation on Ageing
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- Connect Audio by calling in on the telephone or connecting through the webinar platform
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- Recording announcement provides instruction

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- The webinar will be recorded and posted on the IFA website (http://www.ifa-fiv.org/project/age-friendly-environments/)

For assistance: dbandola@ifa-fiv.org
Moderator

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Age-friendly Initiatives
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Agenda

• **Introductions** (5-10 minutes)
  by Ms Dana Bandola, Moderator

• **Presentation** (30 minutes)
  The Evidence Behind Effective Age-friendly Change
  by Dr Amanda Lehning, University of Maryland and
  Dr Andrew Scharlach, University of California

• **Question and Answer Forum** (15 minutes)

• **Closing** (3-5 minutes)
Thanks to the Hall & Prior Health and Aged Care Group, the International Federation on Ageing is proud to announce the development of an interactive learning platform known as the **Age-friendly Innovation Exchange (AFIX)**.
IFA 14th Global Conference on Ageing

Age-friendly Environment

TOWARDS A DECADE OF HEALTHY AGEING

Toronto, ON, Canada
8 - 10 August 2018

Register Interest:
www.ifa2018.com

Contact:
ifa2018@ifa-fiv.org

IFA 14th Global Conference on Ageing
- conference themes -

COMBATING AGEISM AND AGE DISCRIMINATION

ENABLING FUNCTIONAL ABILITY

age-friendly environment  brain health  companion animals

innovation in long-term care  rehabilitation and reablement  technology and ageing

INFLUENCING INTRINSIC CAPACITY

disease management  adult vaccination  hearing  nutrition  oral health  vision

MARGINALISED OLDER ADULTS

LGBTQI  migrants  refugees  prisoners  women  homeless
Presenters

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The Evidence Behind Effective Aging-Friendly Change

IFA AGE-FRIENDLY ENVIRONMENTS WEBINAR SERIES

ANDREW SCHARLACH & AMANDA LEHNING
Creating Aging-Friendly Communities

Andrew E. Scharlach
Amanda J. Lehning

OXFORD
What is an Aging-Friendly Community?

City, town, or neighborhood where older adults are actively involved, valued, and supported in a way that reflects their needs and priorities.
Developmental Needs and Priorities

Aging Well

- Continuity
- Compensation
- Challenge
- Control
- Contribution
- Connection
Context of Community Change

- Commitment
- Capacity
- Collaboration
- Consumer Involvement
- Comprehensiveness
Changes to Enhance Aging-Friendliness

- Addressing structural lag in three areas:
  - Mobility and the Built Environment
  - Social Engagement
  - Health and Social Supports
Mobility and the Built Environment

- Affordable and Accessible Housing
- Walkable Neighborhoods and Proximity to Stores, Services, & Amenities
- Transportation Options
<table>
<thead>
<tr>
<th>Benefits</th>
<th>Challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Aligns with principles of New Urbanism</td>
<td>- Limitations of empirical studies</td>
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<tr>
<td>- Health benefits for all ages</td>
<td>- Personal preferences/market forces (NIMBY, BANANA)</td>
</tr>
<tr>
<td>- Environmental and economic benefits for communities</td>
<td>- Adapting to community needs</td>
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Social Engagement

Social Contact

Safety

Social Participation
## Benefits

- Substantial evidence of link to health and well-being
- Civic engagement’s individual and community-wide effects

## Challenges

- Ageism
- Limited financing and policy incentives
Health and Social Supports

- Health and Wellness
- Social Services and Supports
- Supports for Informal Caregivers
<table>
<thead>
<tr>
<th>Benefits</th>
<th>Challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Potential to delay or prevent institutionalization</td>
<td>- Limitations in use and access</td>
</tr>
<tr>
<td>- Aligns with shift to prevention, wellness, and community health teams</td>
<td>- LTSS are fragmented, expensive, and characterized by unmet need</td>
</tr>
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<td></td>
<td>- Inadequate workforce</td>
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Enhancing Community Aging Friendliness
Types of Aging Friendly Initiatives

- Community planning
- Cross-sector collaborations
- Community development

(Lehning, Scharlach, & Price-Wolf, 2012)
Community Planning Initiatives
WHO AGE-FRIENDLY CITIES & COMMUNITIES

**AMERICAS**
- Argentina, La Plata
- Brazil, Rio de Janeiro
- Canada, Halifax
- Canada, Portage La Prairie
- Canada, Saanich
- Canada, Sherbrooke QB
- Costa Rica, San Jose
- Jamaica, Kingston
- Jamaica, Montego Bay
- Mexico, Cancun
- Mexico, Mexico City
- Puerto Rico, Mayaguez
- Puerto Rico, Ponce
- USA, Portland

**AFRICA**
- Kenya, Nairobi

**EASTERN MEDITERRANEAN**
- Jordan, Amman
- Lebanon, Tripoli
- Pakistan, Islamabad

**EUROPE**
- Germany, Ruhr
- Ireland, Dundalk
- Italy, Udine
- Russia, Moscow
- Russia, Tuymazy
- Switzerland, Geneva
- Turkey, Istanbul
- UK, Edinburgh
- UK, London

**SOUTH-EAST ASIA**
- India, Delhi
- India, Udaipur

**WESTERN PACIFIC**
- Australia, Melbourne
- Australia, Melville
- China, Shanghai
- Japan, Himeji
- Japan, Tokyo
Creating an Age-Friendly NYC
One Neighborhood at a Time

A Toolkit for Establishing an Aging Improvement District in Your Community

2012
Blue Zones Vitality Project
Albert Lea, MN (USA)

- Community-wide health promotion, wellness awards
- Walkways, bikeways, and trails
- Walking groups
- Healthy meals offered by restaurants and schools
- “Purpose” workshops
- Volunteer programs
  - Participants increased projected lifespan 2.9 years on avg.
  - Healthcare claims for city workers dropped 49%
  - Employee absenteeism declined 21%
Cross-Sector Collaborations
Community Partnerships for Older Adults
NORC-SSP Model

Program:
- On-site health care and social services

Goal:
- Age-in-place with greater comfort and security

Partners:
- Housing entities
- Health and social service providers
- Philanthropies
- Government
- Residents
Hotel Oakland Village

Participation = Good Health

http://hoteloaklandvillage.com/indexCH.html
UJC National NORCs Evaluation

- Know more people 88%
- Participate in more activities 84%
- Leave home more 72%
- Know whom to ask for assistance 92%
- Know more about community services 95%
- Use community services more 81%
- Volunteer more 48%
- Feel healthier 70%
- More likely to stay in the community 88%

(Bedney, Schimmel, Goldberg, Kotler-Berkowitz, & Bursztyn. *Rethinking Aging in Place: Exploring the Impact of NORC Supportive Service Programs on Older Adult Participants.* ASA/NCOA Annual Conference, March, 2007)
Community Development
The “Village” Concept: Senior Support Associations

Beacon Hill Village
Boston, MA
“Village” Concept

- “Villages are self-governing, grassroots, community-based organizations, developed with the sole purpose of enabling people to remain in their own homes and communities as they age.”

[Village-to-Village Network website]
Village program model

- **Core Services**
  - Transportation, technology, shopping, meal prep, etc.
  - Provided by members, volunteers, or Village staff
  - Usually included as part of membership fee

- **Information and Coordination**

- **Referrals**
  - Preferred provider networks
  - Usually requires payment to an outside service provider

- **Social Activities**

- **Volunteer Opportunities**
# Health and Social Impacts

<table>
<thead>
<tr>
<th>Health &amp; Well-Being</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Better quality of life</td>
<td>53%</td>
</tr>
<tr>
<td>Happier</td>
<td>45%</td>
</tr>
<tr>
<td>Healthier</td>
<td>33%</td>
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<table>
<thead>
<tr>
<th>Social Functioning</th>
<th>Percent</th>
</tr>
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<tbody>
<tr>
<td>Know more people</td>
<td>81%</td>
</tr>
<tr>
<td>Talk to more people</td>
<td>63%</td>
</tr>
<tr>
<td>Feel more connected</td>
<td>62%</td>
</tr>
<tr>
<td>Participate more</td>
<td>53%</td>
</tr>
<tr>
<td>Leave home more</td>
<td>40%</td>
</tr>
<tr>
<td>Less lonely</td>
<td>39%</td>
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## Service Access and Aging in Place

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
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</thead>
<tbody>
<tr>
<td><strong>Service Access</strong></td>
<td></td>
</tr>
<tr>
<td>More able to get help</td>
<td>81%</td>
</tr>
<tr>
<td>Know more about services</td>
<td>76%</td>
</tr>
<tr>
<td>Use services more</td>
<td>41%</td>
</tr>
<tr>
<td>More able to get medical care</td>
<td>28%</td>
</tr>
<tr>
<td><strong>Age in Place</strong></td>
<td></td>
</tr>
<tr>
<td>More able to stay in home</td>
<td>75%</td>
</tr>
<tr>
<td>Taking care of home easier</td>
<td>26%</td>
</tr>
<tr>
<td>Taking care of self easier</td>
<td>25%</td>
</tr>
</tbody>
</table>
Web-Based Social Networks

- “Next door”
- Tyze
- SherpaLife
  - Concierge
  - Activities
  - Products
  - Life planning
Vision:
Working Together to
Create an Aging
Friendly Future
Challenges

- Fuzzy conceptualization and definitions
- Lack of methodologically rigorous evaluations
- Concerns about allocating financial and human resources in a time of fiscal constraint
- Concerns about equity and the potential to exacerbate disparities
- Ensuring the meaningful participation of older adults
“A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing – and acting upon – their commonality of interest.”

UN Secretary General Kofi Annan, October, 1998
Thank you!

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Question and Answer Period
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