This model consists of eight key domains in which communities can work on to create friendlier communities for older adults and for people of all ages.

**Outdoor spaces and friendly buildings:** Are the streets, sidewalks and buildings adapted for older adults? Do they enjoy public safety in common spaces?

**Transportation:** Is it affordable? Is there community transportation or friendly vehicles? Are the waiting stations adapted for older adults?

**Housing:** Are the homes adapted and designed for older adults? Are they affordable in terms of cost? Are the homes integrated into the community?

**Social participation:** Are older adults integrated in the community? Do they know about their community activities? Is the problem of isolation addressed?

**Respect and social inclusion:** Are older adults respected and included in community decisions? Are there positive interactions between generations? Is there economic inclusion?

**Civic participation and employment:** Are there employment and volunteer options for older adults? Are their contributions valued? Is remuneration and/or participation provided in the decision-making process?

**Communication and Information:** Are the right communication channels being used to address older adults? Do they have access to reliable information? Do they have digital literacy skills?

**Health care and Community Support:** Is health care accessible? Are services planned to provide for their needs?
The rapid aging population, along with urbanism, are a phenomenon that represents a challenge to community planning, especially for older adults and functionally diverse people. To expedite the process, the World Health Organization (WHO) developed the Age Friendly Cities Model in order for communities and municipalities to adapt their structures and services according to population characteristics.

### DATA ON SENIOR CITIZENS

#### Socio-demographic characteristics of an elderly population

<table>
<thead>
<tr>
<th>60+ AGE GROUP</th>
<th>60-74 years</th>
<th>75-84 years</th>
<th>85+</th>
</tr>
</thead>
<tbody>
<tr>
<td>68.0%</td>
<td>26.4%</td>
<td>5.6%</td>
<td></td>
</tr>
</tbody>
</table>

#### SEX

- Female: 55.7%
- Male: 44.3%

#### INCOME

- Less than $15,000: 68.0%
- $15,000 - $24,999: 26.4%
- $25,000 or more: 5.6%

### WHY IS BEING A FRIENDLY COMMUNITY IMPORTANT?

- Risk factors and chronic diseases in the older adult population
  - 8 in 10 older adults have at least one chronic disease
  - Depression: 23.0%
  - Smokes: 6.7%
  - Arthritis: 49.5%
  - Current Asthma: 16.5%
  - Diabetes: 32.7%
  - Heart Disease: 14.7%
  - Pre-Diabetes: 17.0%
  - Overweight and Obesity: 71.4%

### STEPS TO BECOMING A FRIENDLY COMMUNITY

1. Develop a work group
2. Integrate older adults into the process
3. Review the literature
4. See the census data for your community
5. Study the needs of older adults
6. Implement community consultations on activities
7. Establish collaboration agreements
8. Strengthening governance and public policy
9. Facilitate training and education activities
10. Develop a action plan
11. Conduct monitoring and evaluation activities