

## HOW CAN WE ADDRESS THESE DOMAINS?

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?

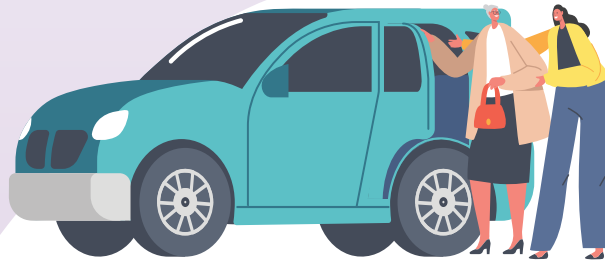
• **Health care and Community Support:** Is health care accessible? Are services planned to provide for their needs?



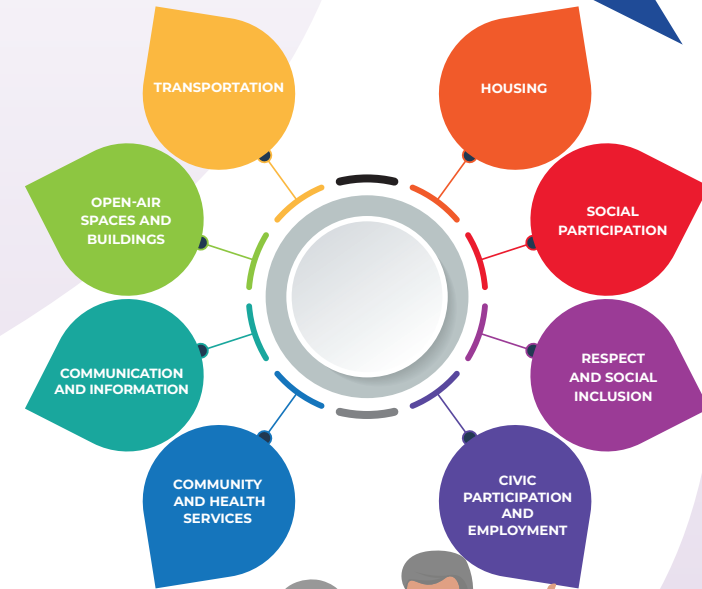
## WHO SHOULD I CONTACT FOR GUIDANCE?



Global Age-Friendly Cities: A Guide  
World Health Organization (WHO)



## PUERTO RICO: FRIENDLY WITH OLDER ADULTS

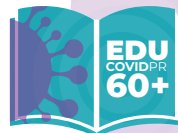


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## WHY IS BEING A FRIENDLY COMMUNITY IMPORTANT?

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

### 60+ AGE GROUP

60-74 years **68.0%**    75-84 years **26.4%**    85+ **5.6%**

### 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%**

■ Ten-Year Population and Housing Census (2010)

Risk factors and chronic diseases in the older adult population

8 in 10 older adults have at least one chronic disease

DEPRESSION **23.0%**

CURRENT ASTHMA **16.5%**

HEART DISEASE **14.7%**

SMOKES **6.7%**

ARTHRITIS **49.5%**

DIABETES **32.7%**

PRE - DIABETES **17.0%**

OVERWEIGHT AND OBESITY **71.4%**

■ BRFSS 2019. Chronic Disease Surveillance System. Healthy Aging Program. Department of Health

## STEPS TO BECOMING A FRIENDLY COMMUNITY

Develop a work group



Integrate older adults into the process

Review the literature



See the census data for your community

Study the needs of older adults



Implement community consultations on activities

Establish collaboration agreements



Strengthening governance and public policy

Facilitate training and education activities



Develop a action plan

Conduct monitoring and evaluation activities



2010

2021

Increased number of older adults

958,001

764,803

■ Ten-year Population and Housing Census (2010)  
■ 1-year American Community Survey (2021)