

A TALE OF EIGHT CITIES

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CHAPTER 1

THE STORY OF THE AGE-FRIENDLY
MOVEMENT

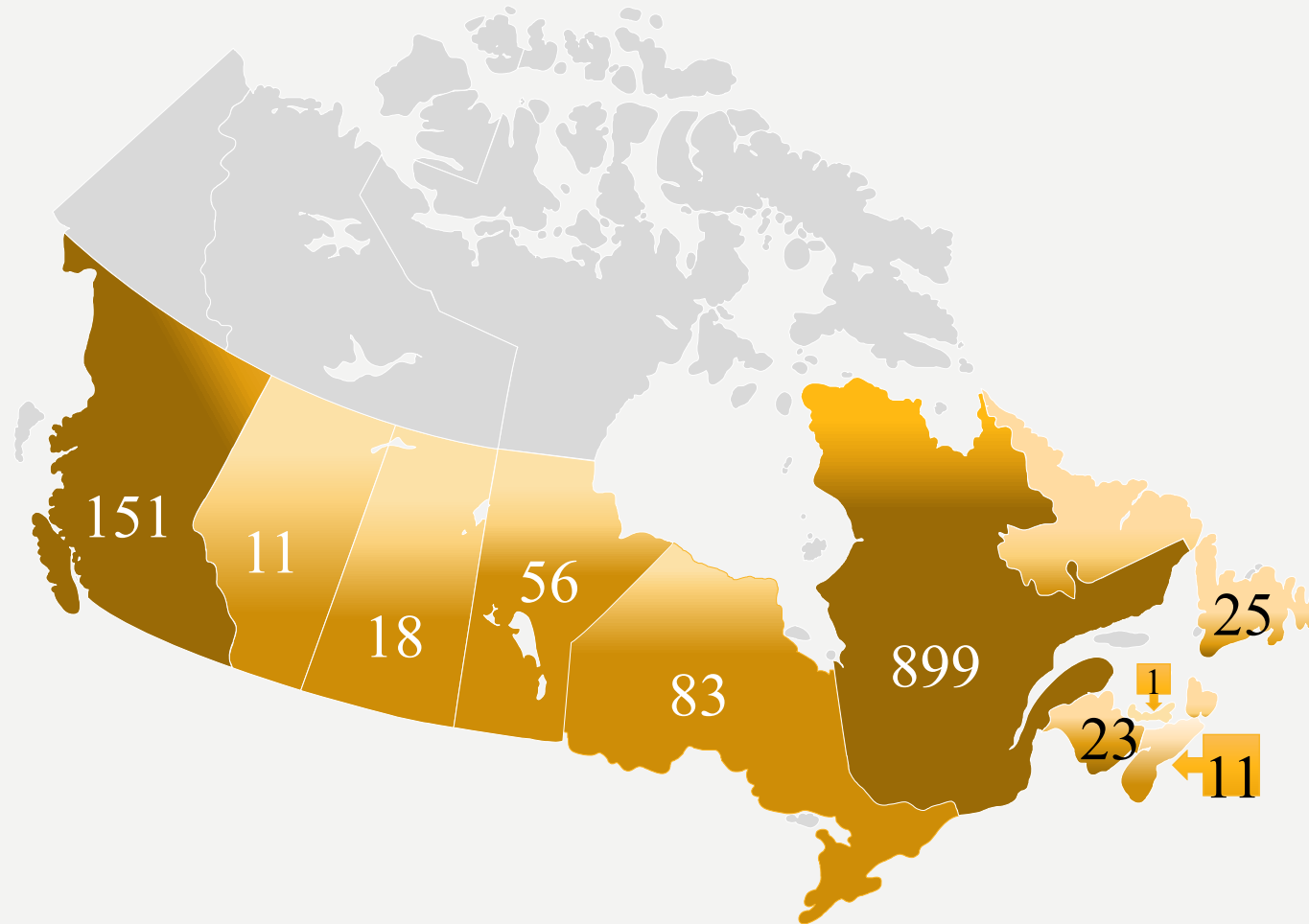
WHAT IS AN AGE-FRIENDLY CITY OR COMMUNITY?

In an age-friendly city, policies, services and structures related to the physical and social environment are designed to support older people and enable them to stay healthy, feel safe, and participate in society (World Health Organization, 2007).

8 Age-Friendly Domains

- Outdoor spaces and buildings
- Transportation
- Housing
- Respect and Social Inclusion
- Social Participation
- Communication and Information
- Civic Participation and Employment
- Community Support and Health Services

OVER 1200 COMMUNITIES ACTIVELY ENGAGED IN AGE-FRIENDLY WORK



Including ...

- Victoria
- Calgary
- Winnipeg
- Hamilton
- Ottawa
- Montreal
- Sherbrooke
- Halifax

THE CHALLENGE

- Assessing how age-friendly the city (or community is) to begin with
 - Establishing a baseline
- Assessing whether the city (or community) has become more age-friendly
 - Examining change over time
- Examining how age-friendly domains relate to healthy aging



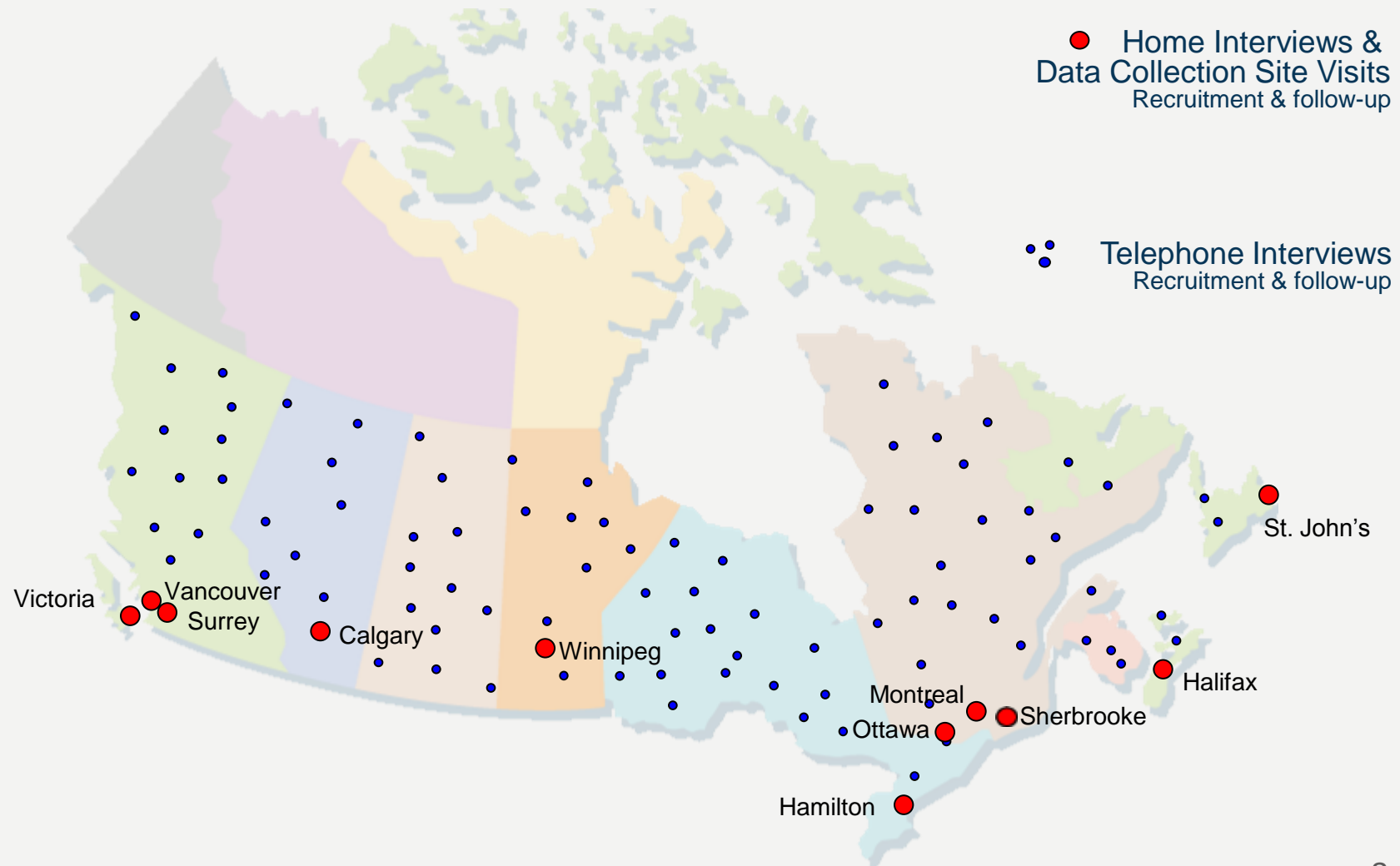
CHAPTER 2

THE STORY OF THE CLSA

THE CLSA

- Strategic initiative of CIHR Institute of Aging; on the Canadian research agenda since 2001
- Multidisciplinary - biology, genetics, medicine, psychology, sociology, demography, nursing, economics, epidemiology, nutrition, health services
- Largest study of its kind to date in Canada for breadth and depth: following 50,000 participants for ≥ 20 years

NATIONAL IN SCOPE





CHAPTER 3

THE TALE OF EIGHT CITIES PROJECT
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