

# **Towards the Age-friendly City**

**Dr. John Beard**  
**World Health Organization**  
**Geneva**

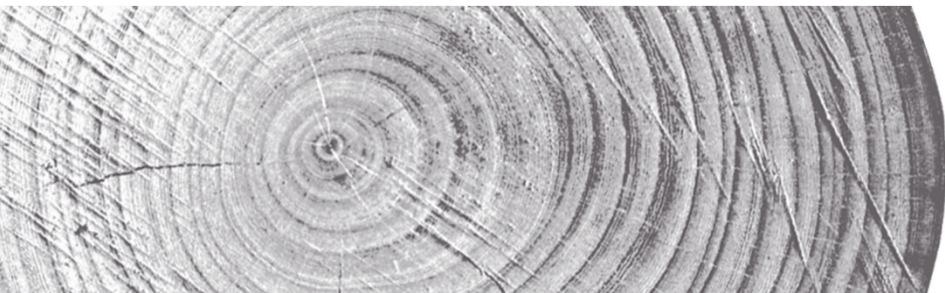
GOOD HEALTH ADDS LIFE TO YEARS

Helmut Wirz  
Retired Pharmacist

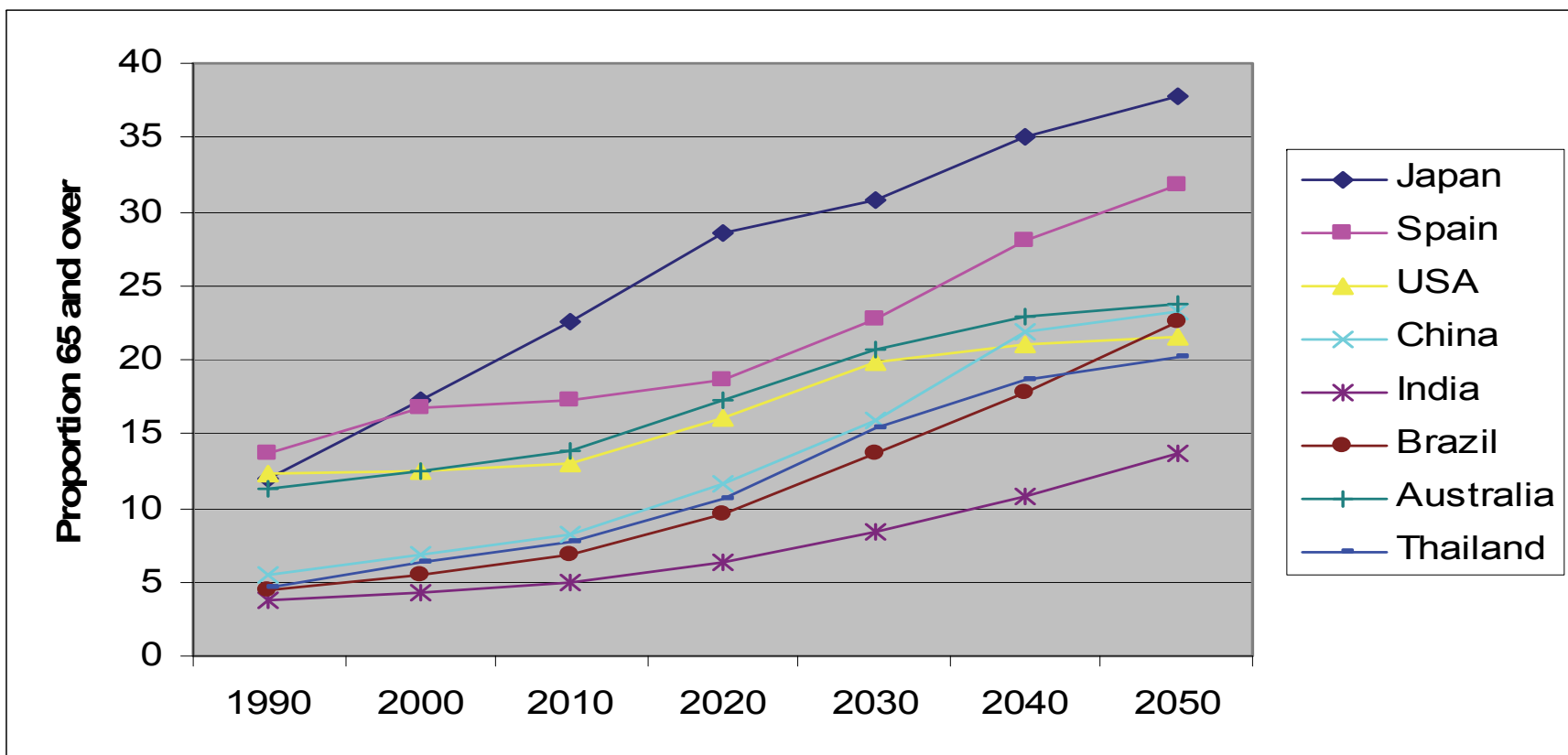


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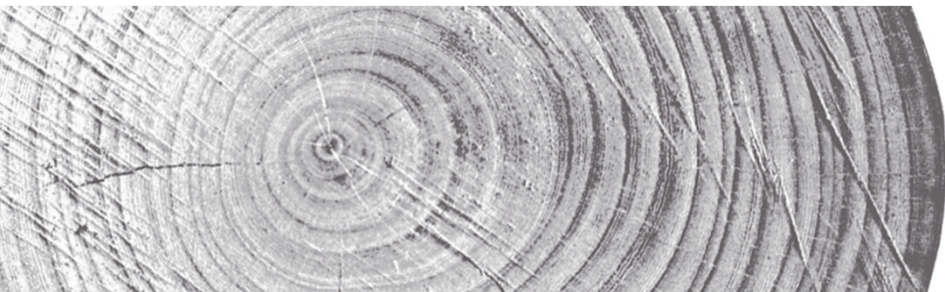




# Demographics



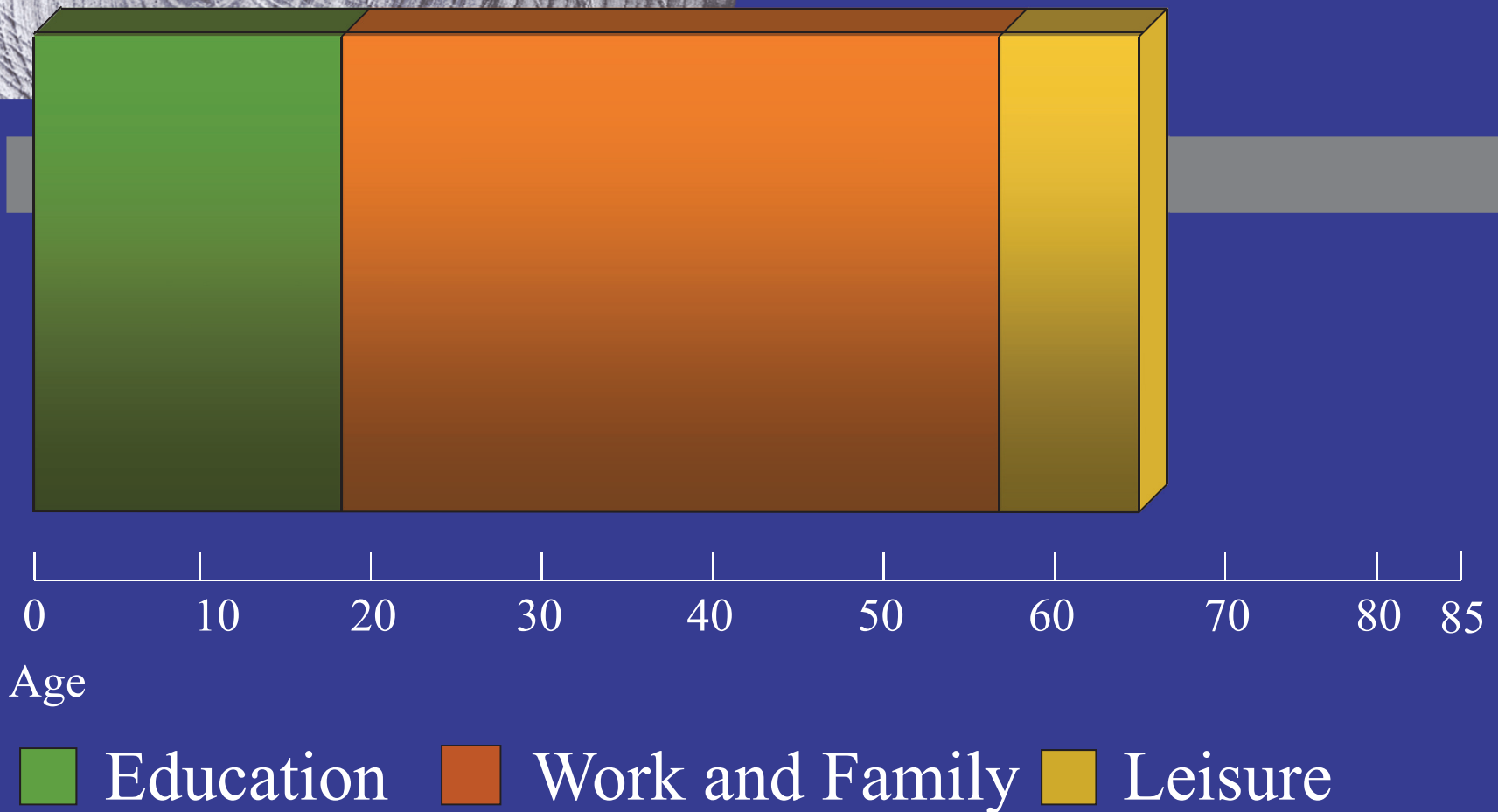
Source: World Population Prospects: 2008 Revision



## A Life Course Approach to Population Health

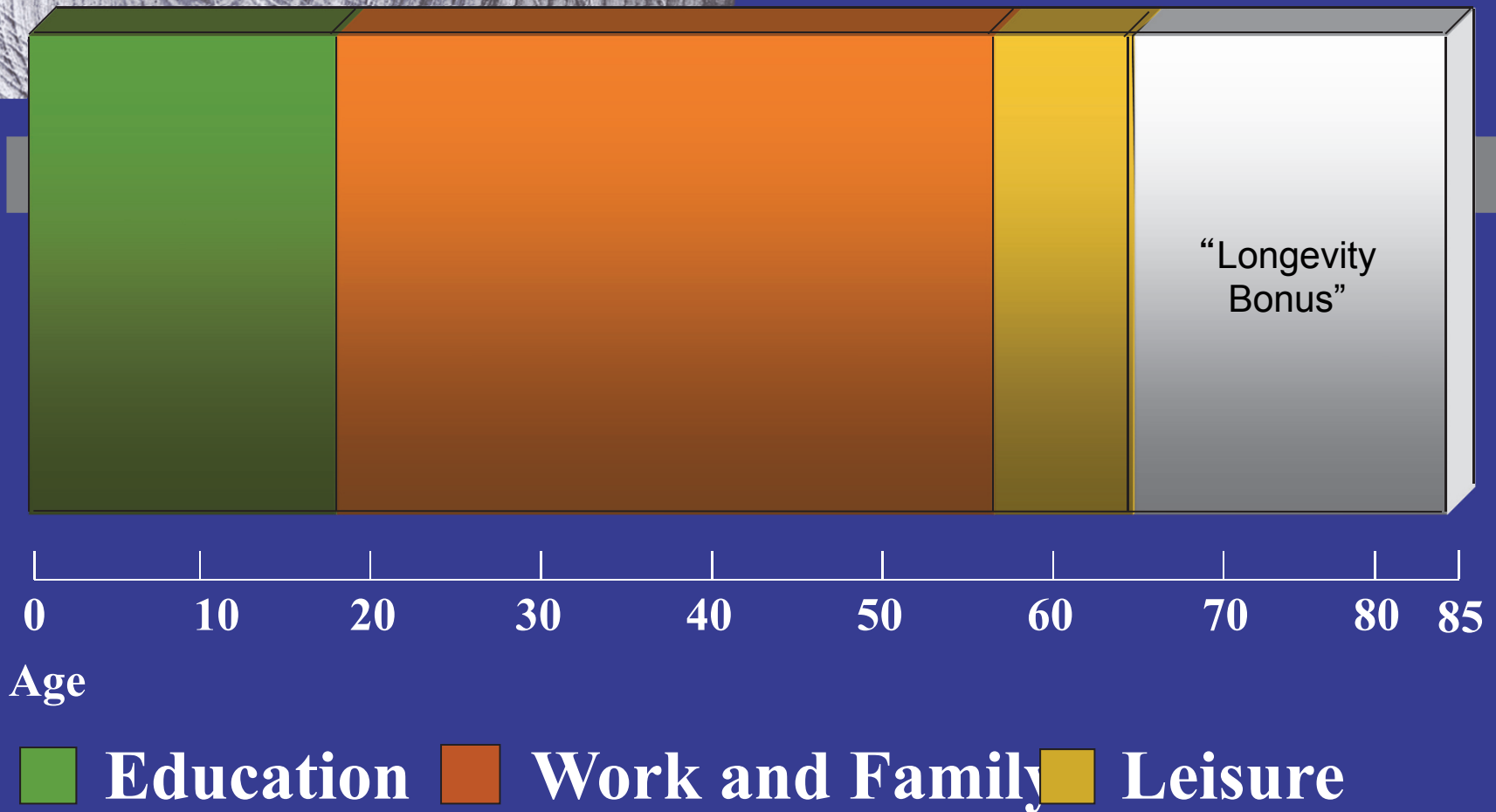
- Health promotion across the life course
- Primary health care (including long-term and palliative care)
- Age-friendly environments
- Rethinking ageing

# Linear Lifeplan



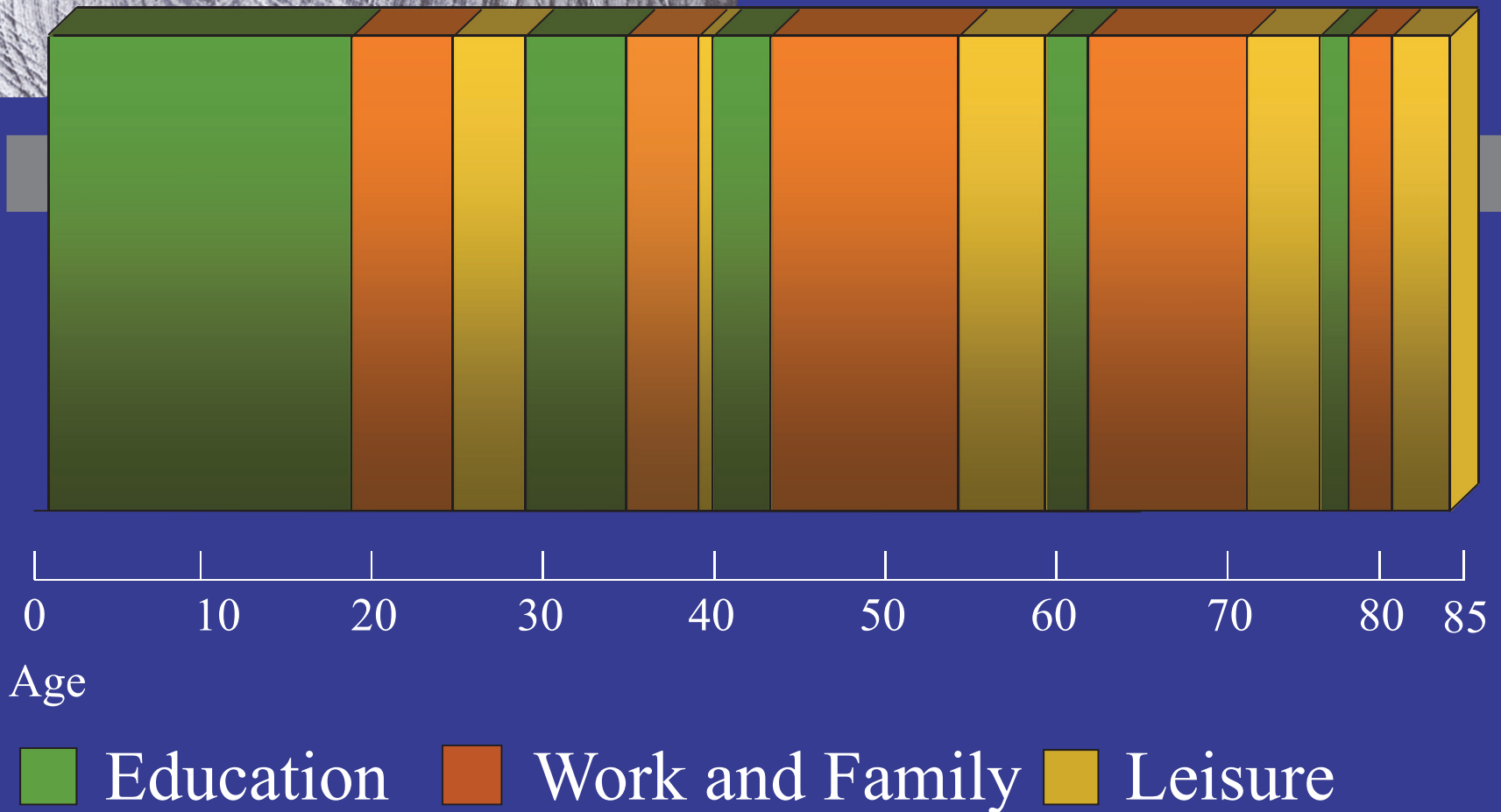
Thanks to Ken Dychtwald

# Linear Lifeplan

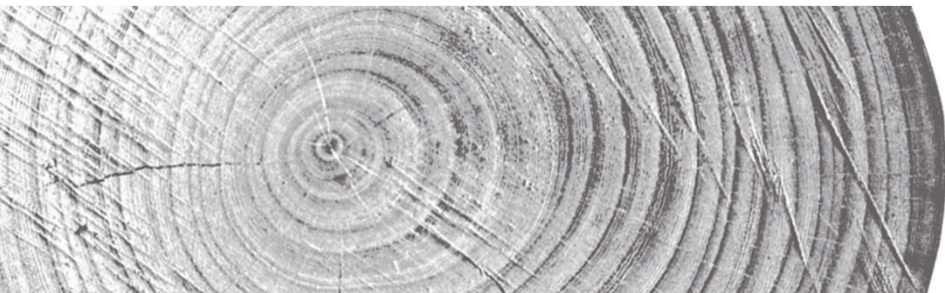


Thanks to Ken Dychtwald

# Cyclic Lifeplan



Thanks to Ken Dychtwald



# The idea of an age-friendly city



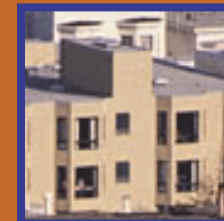
**Outdoor space & buildings**



**Transportation**



**Communication & information**



**Housing**



**Respect & social inclusion**



**Social participation**

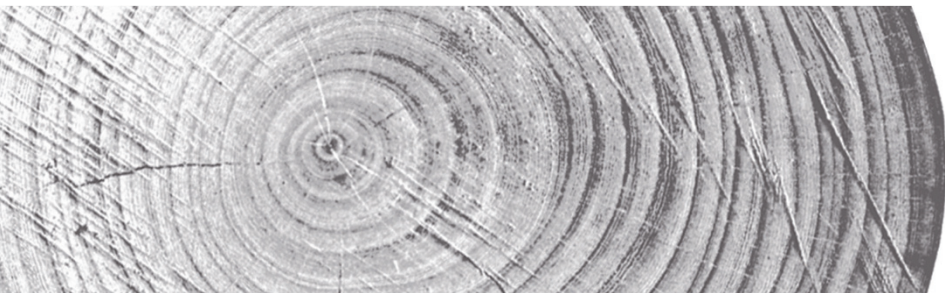


**Civic participation & employment**

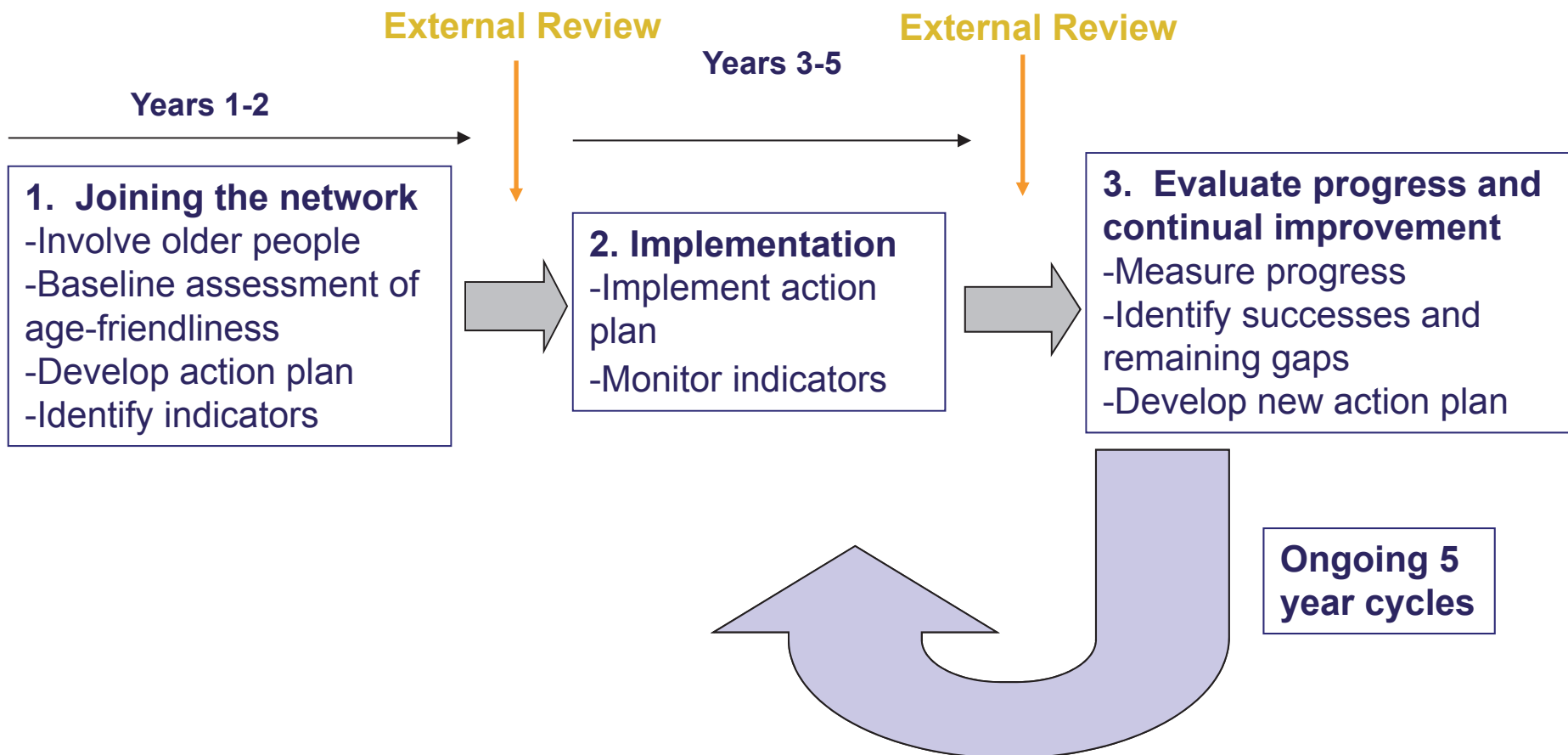


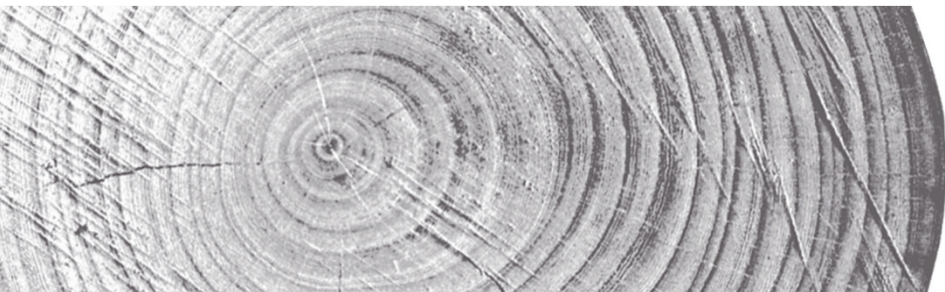
**Community support & health services**





# WHO Global Network of Age-friendly Cities





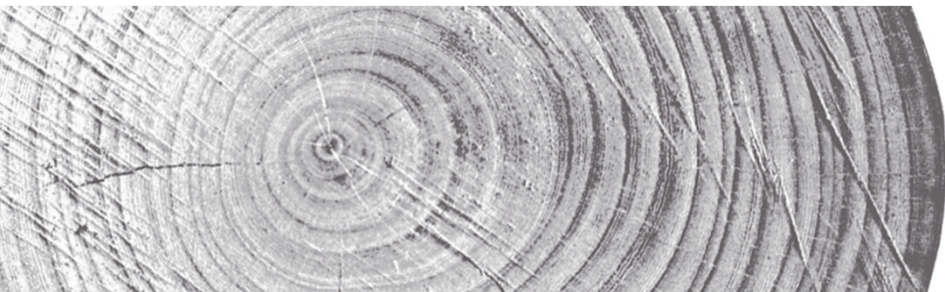
## WHO Global Network of Age-friendly Cities

- **Affiliated National Programmes**
  - Canada/Quebec, Ireland, Portugal, Spain, France, Slovenia, Bashkortostan
- **Individual Cities**
  - Include New York Philadelphia, Montreal, Manchester, Brussels, Dijon, Qiqihaer, Canberra, La Plata

# *New York – a City for All Ages*

<http://www.agefriendlynyc.org>





## Simple ideas from New York

- School buses
- Age-friendly businesses
- Seniors centers

# Safe Streets for Seniors - Early Action

Seniors given more time to cross the major street at 26 of the 43 intersections





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