

Global Network of Age-Friendly Cities: Serving the Needs of Portland's Aging Population



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Introduction and Context

- Institute on Aging at PSU established 1969
- PSU motto: "*Let Knowledge Serve the City*"
- IOA located in the School of Community Health, College of Urban and Public Affairs
- IOA mission: *Enhance understanding of aging and facilitate opportunities for elders, families, and communities to thrive*
- Aging Matters Initiative is committed to enhancing and sustaining the quality of life for older adults who are poor, frail or incapacitated, and who have little support

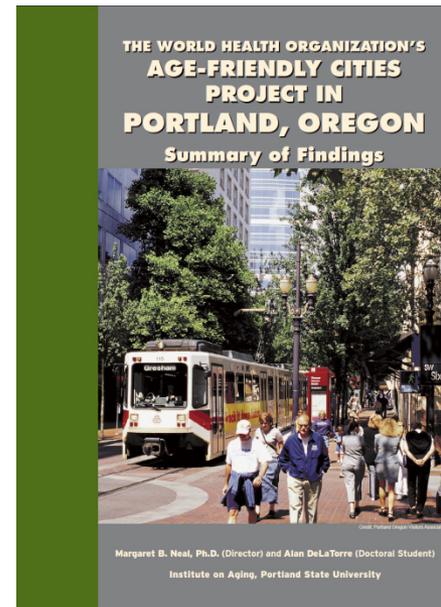
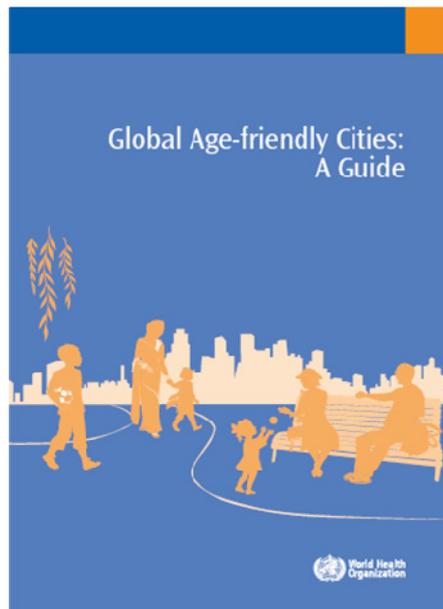


Photo credit: Adam J. Benjamin

World Health Organization

Age-Friendly Environments Programme

- An international effort by WHO to address the environmental and social factors that contribute to active and healthy ageing in societies, given rapid population aging
- Two major efforts
 - Age-Friendly Cities (AFC) Project (2006-07)
 - Global Network of Age Friendly Cities (2010-present)



WHO's Age-Friendly Cities Project

An Age-Friendly City:

“Adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities”



“Emphasizes enablement rather than disablement; it is friendly for all ages, not just age-friendly”

- **For WHO:**

- Identify concrete indicators of an age-friendly city
- Produce a practical guide to stimulate & guide advocacy & policy change to make urban communities age-friendly

- **For participating cities:**

- Increase awareness of local needs, gaps, good ideas for improvement
- Stimulate development of more age-friendly urban settings

Age-Friendly Collaborating Cities

AMERICAS

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

EUROPE

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



AFRICA

Kenya, Nairobi

SOUTH-EAST ASIA

India, New Delhi
India, Udaipur

EASTERN MEDITERRANEAN

Jordan, Amman
Lebanon, Tripoli
Pakistan, Islamabad

WESTERN PACIFIC

Australia, Melbourne
Australia, Melville
China, Shanghai
Japan, Himeji
Japan, Tokyo

Why Portland?

- Previous IOA connections with the Pan American Health Organization/WHO
- Research capacity and experience of the IOA
- Portland viewed as “the poster child for regional planning, growth management and other innovative urban planning policies”¹
- Insufficient attention to planning for older adults



**Photo credit: travelportland.com*

¹Mayer & Provo (2004).

Local Project Advisory Team



Vicki Hersen - Elders in Action

Jerry Cohen/Joyce DeMonnin – AARP Oregon

Ken Calvin - Senior Representative and Advocate

Grady Tarbutton/David Hanson - Multnomah County Aging and Disability Services

Nancy Chapman, Ph.D. - Portland State University, School of Urban Studies and Planning

Carlos Crespo, DrPH - Portland State University, School of Community Health

Sharon Baggett, Ph.D. - Portland State University, Institute on Aging

Neal Naigus - Portland Community College

Lydia Lundberg – Elite Care

Age Friendly Cities Topic Areas



Outdoor Spaces & Buildings

- Even more natural features & green spaces were desired



Housing

- More affordable & accessible housing was suggested (e.g., infill development such as below seen as inadequate)



“A reporter [called] me and [told] me he was writing an article about new homes in the Portland area, brand new construction built to be accessible, and I laughed and said it would be a very short article.” – Design Expert

Select Findings (cont.)

Transportation

- Regional transportation options were considered age-friendly, but improvements were suggested



Social Participation

- Many educational and social opportunities were noted, but additional options were desired



Select Findings (cont.)

Respect & Social Inclusion

- Language and inclusion matter! Terms such as “honored citizen” and “long-term living” were preferred, and organizations were encouraged to consult and listen to the advice of older adults



www.trimet.org

Civic Participation & Employment

- Employment and volunteer opportunities for older adults, especially those with lower incomes and less education, were advocated



Select Findings (cont.)

Communication & Information

- Opportunities to learn how to use technology were seen as important, but services should not assume access and proficiency by all



Community Support & Health Services

- Connecting necessary services to people was seen as critical to making Portland age friendly

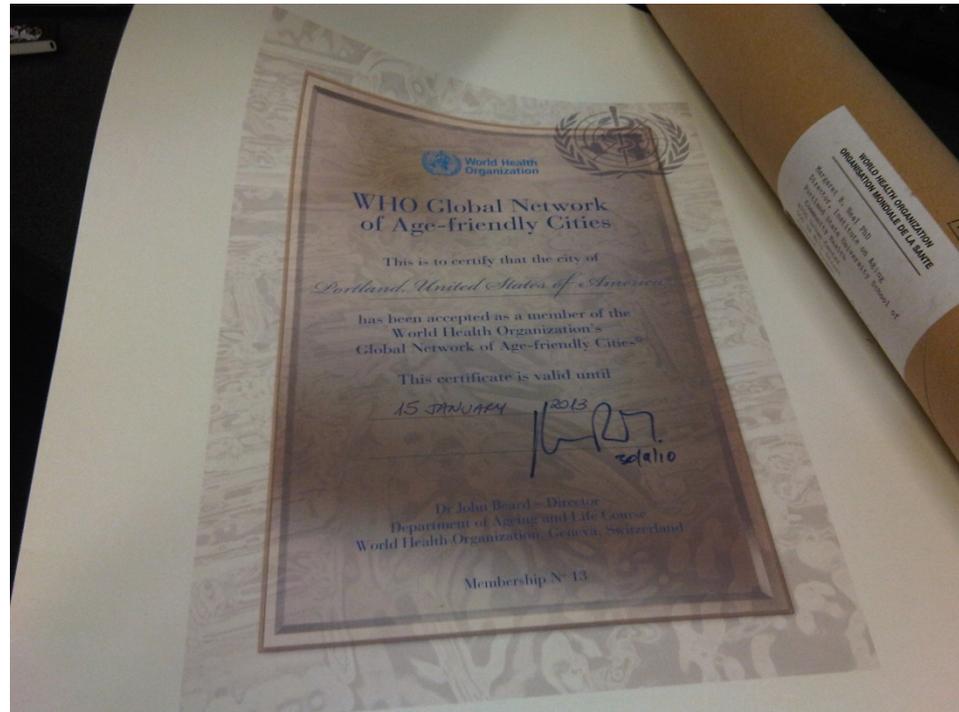


Age-Friendly Cities Timeline

- **2006-07** – Original AFC Project with WHO
 - WHO and IOA engage in collaborative research opportunity
 - IOA completes research, reports to City and to WHO in London
- **2007-present** – National and international dissemination
- **Winter 2010** – Global Network of AFC initiated by WHO
 - *To join:* A city must commit to undertake a process of continually assessing and improving its age friendliness
 - *Goals:* Facilitate exchange of information and best practices among members and ensure that interventions are appropriate, sustainable and cost-effective and involve older adults throughout the process
- **Spring 2010** – Mayor Adams and BPS apply with the IOA for membership in the Global Network and invite IOA to join the Portland Plan Advisory Group
- **May 2010** – IOA reports to WHO in Melbourne, Australia

Congratulations!

- **June 2010** – Portland's application accepted by WHO:
 - Portland was 1 of just 9 initial cities in the Global Network of AFC
- **Spring 2011** – Official Certificate of Membership arrives at IOA:



WHO Proposed Cycle for Global Network of Age-friendly Cities[©]

Years 1-2

Years 3-5

1. Joining the network

- Involve older people
- Baseline assessment of age-friendliness
- Develop action plan
- Identify indicators

2. Implementation

- Implement action plan
- Monitor indicators

3. Evaluate progress and continual improvement

- Measure progress
- Identify success and remaining gaps
- Develop new action plan

Ongoing 5-year cycles

- **Current Activities**

- Development of funding opportunities to further Age-Friendly Cities research and plan development
- Continued work with City on Portland Plan/ Comprehensive Plan

- **Next Steps**

- **Summer 2011** – Formation of advisory council for Action Plan to consider aging issues
- **September 2011** – IOA reports to WHO in Dublin, Ireland
- **Summer 2012** – Report to Council with proposed Action Plan and indicators
- **January 2013** – Check-in with WHO and re-apply to Network

- Continue work with City and Bureaus to ensure that City and services are “Elder Friendly,” accessible for people of all ages, and encourage older adults to stay active and involved in their community
- Continue to advise on the Portland Plan and provide “Elder Friendly[®]” evaluations of City services
- Work with a select neighborhood with a high elder population to build capacity for neighborhood economic development as part of the new 5-year Neighborhood Economic Development Strategy

- Continue to advocate so that WE may plan to engage consumers and policy makers on best practices and approaches
- Engage consumers and private sector on ways to better address, think and plan for more livable communities
- Provide tools for simple ways to adapt homes, secure better access, and promote "walkability"

Partners

- City of Portland
- PSU's Institute on Aging
- AARP Oregon
- Elders in Action
- Others to be named...

