

Age Friendly Communities Pack



What is an Age Friendly Community?

Age-friendly communities are places where age is not a barrier to living well and where the environment, activities and services support and enable older people to:

- have opportunities to enjoy life and feel well
- participate in society and be valued for their contribution
- have enough money to live well
- feel safe, comfortable and secure at home
- access quality health and care.

Why do we need Age Friendly Communities?



Living longer presents huge opportunities to create vibrant and resilient communities where older people can develop their interests and aspirations.

As we grow older, we often spend more time in our homes and communities, so our immediate environment has a significant impact on our health, wellbeing and the quality of our lives. Age-friendly communities are essential for our ageing population.

Learn more about Age Friendly Communities

Visit [The Centre for Ageing Better website](#) which has lots of information about Age Friendly Communities

Watch [this video](#) about Age Friendly Communities.



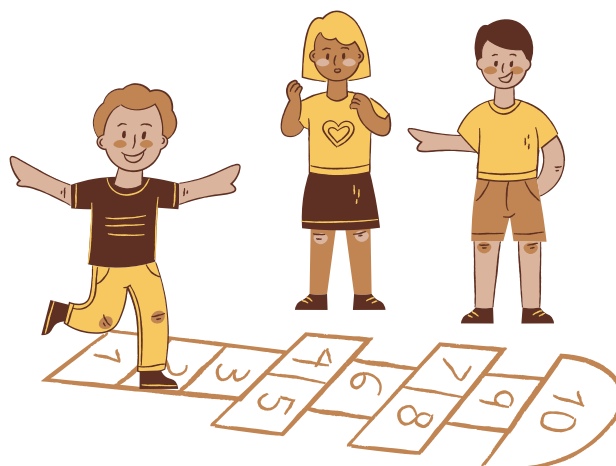
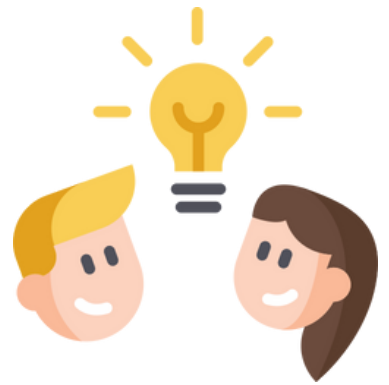
Initial discussion

A trip down memory Lane - How has your village or town changed within living memory? Is it possible to invite an older person in to describe what the area was like when they were younger? Or perhaps look in local archives/ museum resources for photographs.



Ideas to explore

- 💡- What places or facilities have been added?
- 💡- What places or facilities have gone or changed?
- 💡- Do you think these are helpful changes?
- 💡- What do you like most in the area around your home?
- 💡- What about inside our own homes? What makes you feel safe, comfortable and secure?
- 💡- What do you like taking part in? Do you go to clubs or groups? See your friends? Go to the shops or local attractions?



Local trip preparation

Where do you like to go to locally?

What would you like to be able to do in your local area when you are older?

Suggestion for a local trip in the school area

Create a check list of features and facilities in the local environment that enhance your lives and the lives of everyone in the local community. Are there any hazards that make accessing places more difficult? Can you spot them?

We have made a handy checklist for you to get you started on what you could look out for (My local area check list).

Follow Up Ideas

Class discussion

If you could make any changes to the local school area what would they be? How would they benefit everyone in the community? Would any ideas negatively impact anyone?

This could also link to a safety in the home topic too if appropriate as a follow up for homework.

Homework idea

What about inside our own homes?

What makes you feel safe comfortable and secure?

