

Sustainable Communities for an Ageing Population



Left to Right: Amanda Barusch, Judith Davey, Verna Schofield, Debra Waters, Beatrice Hale, Sally Keeling, Nancy Morrow-Howell

Workshop Presentations

- Prof. Nancy Morrow-Howell, Washington University, St. Louis: [*Engaging the Potential of an Ageing Society*](#)
- Dr Beatrice Hale, Independent Scholar: [*Community: Ideas and Practicalities*](#)
- Dr. Judith Davey, Victoria University: [*Population Ageing – Implications for Work and the Work Force*](#)
- Dr. Sally Keeling, New Zealand Institute for Research on Ageing: [*House and Home in Later Life: Tenure, design, and location*](#)
- Dr. Matthew Parsons, University of Auckland: [*Ageing in Place, Who Can Afford It?*](#)
- Dr. Debra Waters, University of Otago: [*Creating and Sustaining Physical Activity Opportunities for an Ageing Population*](#)
- Dr. Verna Schofield, New Zealand Association for Gerontology: [*From Potential to Reality: Engaging with the Issues*](#)

Participant Affiliations

Type of Setting	Number of Participants	Percent of Participants
Government Agencies	23	34%
Local Authorities	14	21%
NGO's	10	15%
Academic Settings	8	12%
Students	7	10%
Provider Organizations	5	7%
Total	67	100

Action Steps: Develop or Expand Programs

- Establish time banking program (volunteer brokerage, could include transport) – volunteer programs require careful management
- Expand men's sheds
- Focus on programs for rural communities
- Use technology to reduce social isolation (Internet) – promote virtual communities-of-interest
- Maintain (and enhance) current services, supports & benefits for older people – support Positive Ageing Strategy, injury prevention
- Expand transport options, including shared taxi chits, volunteer networks, public transport, medical shuttles, car pools – Gold Pass = great resource
- Could we adapt shopping buses into library buses?
- Passport to Leisure was a good model (parking discounts)
- Promote bike riding by making shared bikes freely available
- Employment program for older people run by older people
- Socialization & exercise can go together – walking groups, peer-led Tai Chi classes, dancing, community gardens (elders could volunteer with walking school bus)

Action Steps: Public Education/ Attitudes

- Promote intergenerational activities to reduce ageism – esp. in school curriculum – invite Plunket groups to meet in rest homes; seniors volunteer in schools
- Emphasize valued roles for older people (school curriculum) – Use aged athletes to demonstrate that you're never too old – “growing old, living dangerously”
- Initiative to prevent social isolation (media)
- Current health promotion initiatives are too focused on the young
- Educate elders about the need to plan

Action Steps: Policy Initiatives

- Consider program that permits elders to volunteer in public service and work off their rates
- Develop national recommendations for physical activity of older adults

General Remarks

- Collaborative approaches that include cross-sectional representation will be important (DHB work closely with Councils; government & nongovernmental organizations; include business community)
- Need to establish Councils of Older People within local authorities
- Submissions to local authorities will be important
- Important to ask older people about their needs – not assume what they are – Use methods of “appreciative inquiry” provide opportunities for voice
- Change efforts should be both top-down and bottom-up
- Strong need to work with the commercial sector
- Barriers to healthy communities: Apathy, social isolation, people don’t know neighbors, ageism, over-work (esp. women)
- Built environment (housing, shopping, etc.) should be walkable & encourage social interaction

Attributes of Age-Friendly Communities*

- Active ageing
- Outdoor spaces and public buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

* From WHO Report: “Global Age-Friendly Cities: A Guide” (www.who.int)

Resources on Age-Friendly Communities



- “Global Age-Friendly Cities: A Guide” (www.who.int)
- www.agefriendlycommunities.org

Thank you for your attention!

