An aerial photograph of a suburban residential area in winter. The houses are densely packed in a grid-like pattern, with snow covering the ground and rooftops. A large, irregularly shaped body of water or a large open lot is visible in the center-left. A road with a median runs through the area, and a few cars are visible on it. The overall scene is a typical suburban neighborhood in a cold climate.

# Age-friendly Cities and Regions:

Engaging older adults, producing socially sustainable communities

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UPE 12 Symposium, Lisbon  
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# Outline

## Context

- Ageing in Canada and the UK
- Age-friendly Communities Movement and the WHO
- Importance of ageing-in-place and in-community

## Concerns

- Economic drivers for policy changes vs social justice drivers

## Methods

## Common Findings

- Short term vs long term
- Intergenerational participation
- Local vs regional
- Transportation and land use
- Fragmentation of funding and regulatory regimes/agencies
- Research about cross jurisdictional spending benefits

# Ageing in Canada

- *In 2015, proportion of Canadians 64+ (16.1%) was greater than those under the age of 15 (16%)*
- *Median age in 1971 – 26.2; in 2011 - 39.9.*
- *Average life expectancy in 1941 – 65; in 2000 – 80.*
- *People 65+ in 1961 – 7.69%; by 2031 – 23.41%.*
- *percentage of older adults over the age of 85+ will double by 2051*

# Ageing in the UK

- Average life expectancy increased dramatically between 1970 and 2000.
- People 65+ in 2015 – 17.7%; by 2034 – 23.5%.
- People 85+ will double in the next 20 years and treble in the next 30
- 3.8 million (36%) people 65+ and live alone, 70% of these are women

# Age-Friendly Communities

An age friendly city encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.

(World Health Organization, *Global Age-friendly Cities: A Guide*)

# Age-Friendly Communities

## Topic areas:

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

(World Health Organization, *Global Age-friendly Cities: A Guide*)

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# Ageing-in-Place/Ageing-in-Community

- preferred environment for older adults to age is at home and in the community, where they can remain active and socially engaged.
- dependent on older adults having the necessary supports for social participation, independence, mobility and active living.
- *but* current planning and design practices are producing environments that hinder and often discourage active ageing, putting older adults at risk for isolation and loneliness.

# Concerns

Growing numbers of older adults will overwhelm the system:

*The Canadian Institute for Health Information reports that today, with seniors accounting for less than 15% of the population, they consume approximately 45% of public health spending. If current trends and approaches continue, the proportion of spending on care for seniors will grow by over 15% to almost 62% of health budgets by 2036.*

*(Canadian Medical Association)*

# Concerns

Ensure that older adults have “right to the city”

- Cities and towns currently exclude or disable older adults by design

- Right to the City:

*“The right to the city is far more than the individual liberty to access urban resources: it is a right to change ourselves by changing the city. It is, moreover, a common rather than an individual right since this transformation inevitably depends upon the exercise of a collective power to reshape the processes of urbanization” (Havey 2008).*

# Methods

## Canada / Manitoba:

- Manitoba Age-Friendly Initiative
- Community University Active Aging Alliance (U of Manitoba)

Community profiles and focus groups with almost 100 communities

- City Planning Students Studio Work

Design work with 7 rural communities

## United Kingdom:

- Designing Places for an Ageing Population

Literature review

Knowledge café workshops with older people organisations, local government, National Health Service, housing providers, and other key stakeholders.

# COMMUNITY PROFILE



REGION: Eastman  
POPULATION (2006): 1450  
PERCENT OF POPULATION 65+: 25%  
MEDIAN AGE: 53.5

Pinawa was originally known by Aboriginal peoples as "pinnowok" meaning "calm waters", referring to a bypass from the raging waters at Seven Sisters, where the initial settlement or "old" Pinawa was located. Today that area is a provincial park. The "new" Pinawa, one of Manitoba's first planned communities, was developed in the early 1960s on the north bank of the historic Winnipeg River at the entrance to Lake Sylvia, 110 kilometres northeast of Winnipeg.

Pinawa was built primarily by Atomic Energy of Canada Limited (AECL) to house research and support staff and their families. Pinawa is also now home to employees of the Tantalum Mining Corporation, Manitoba Hydro, and several other companies based on the natural resources of peat moss, pulpwood and tourism.

During summer and fall, local accommodation, restaurant and retail businesses cater to hundreds of golfers, vacationers, fishers and hunters, while in the winter the area is a haven for snowmobilers and cross-country skiers from across the continent. Pinawa is also known for the Pinawa Poker Derby weekend in January, the Jam Pail Curling and Broomball Weekend, as well as curling bonspiels, and its 18-hole golf course.

(Adapted from: <http://www.communityprofiles.mb.ca>)



## Community Age-Friendly Priorities

*Pinawa, Manitoba*

Age-Friendly Pinawa Advisory Committee  
Community Meeting Summary  
November 10, 2008

Community consultations are being held with seniors and community members in a number of communities in Manitoba as part of a larger AgeFriendly Initiative. The goal of these community consultations is to assist communities to prioritize issues that will help them form action plans to make the community as age-friendly as possible. In November of 2008, sixteen individuals in Pinawa, Manitoba came together to talk about age-friendly priorities and issues within their community. The following is a summary of the age-friendly priorities identified at the meeting.





**Age-friendly Cities and Regions?**



Age-friendly Cities and Regions?

# Common Findings

Addressing short term vs long term

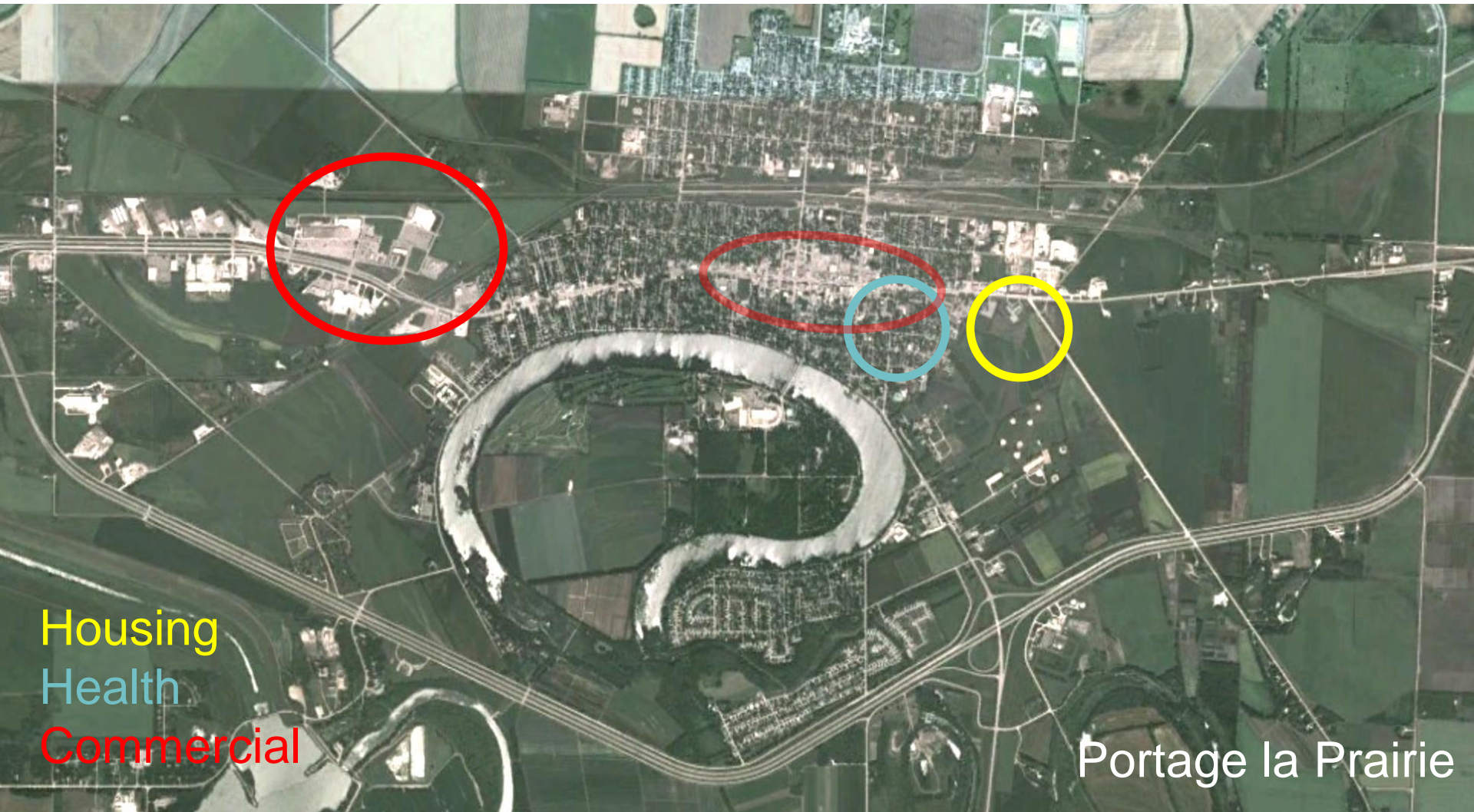


**Age-friendly Regions?**



# Common Findings

Addressing short term vs long term



Housing  
Health  
Commercial

Portage la Prairie

Age-friendly Cities and Regions?

# Common Findings

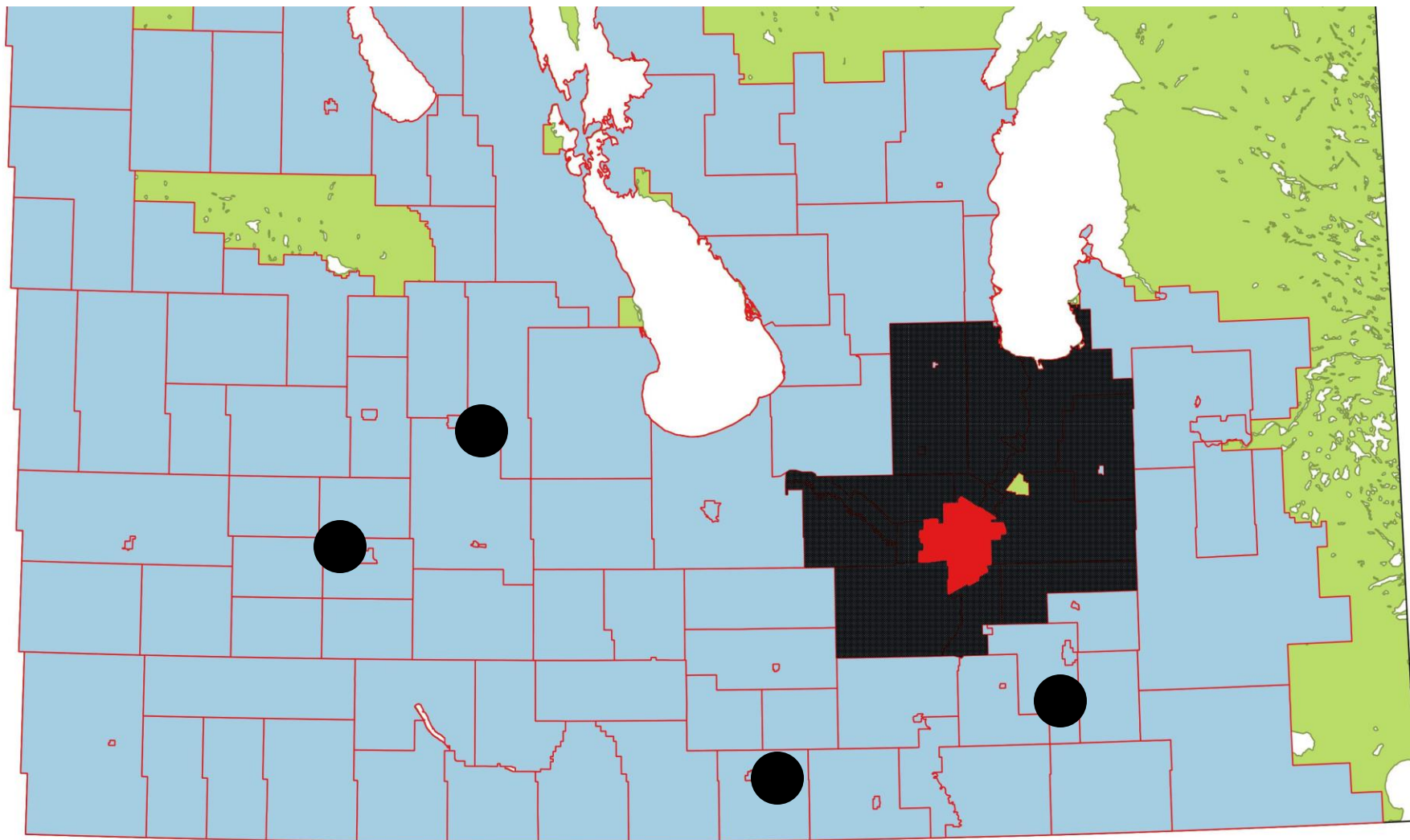
## Need for Intergenerational Participation



**Age-friendly Cities and Regions?**

# Common Findings

Need to address regional as well as local issues



**Age-friendly Cities and Regions?**

# Common Findings

Need to address regional as well as local issues



# Common Findings

Better integration of transportation & land use planning



**Age-friendly Cities and Regions?**

# Common Findings

## Fragmentation of funding and support sources



### Age-Friendly Manitoba Initiative

Age-friendly makes us all aware of the barriers that others face. Our communities should be barrier free to all. Let's work towards this and we will all have better communities. –Sharon Arnold, The Pas

### Welcome to Age-Friendly Manitoba Initiative

Welcome to the Age-Friendly Manitoba Initiative website which is our network for the communities that are part of the Age-Friendly Initiative. Here you will find information about the participating regions and the communities within them. Feel free to select your geographical region, view the information listed and participate in the conversations, using the features built into this website. As well, browse our other website sections for general information about the Age-Friendly Manitoba Initiative, its news or contact us with questions or comments.

Age-friendly Cities and Regions?

# Common Findings

Need for further research/evidence of cross jurisdictional spending benefits

Thank you