

Äldrevänlig stad/age friendly city



Age- friendly cities is not about elderly care -

it's about how we can build and develop a city that promotes an active and independent life for those who are older



Why age friendly cities?



- The proportion of older people is increasing and we are also getting older and older. By 2040, the number of people aged 80 or over will double in Stockholm
- At the same time, the number of workers is decreasing
- Most elderly people do not have any form of care, only about 19%

WHO:s network age friendly cities and communities

- Stockholm became a member of the WHO network 2016
- There are 50 countries that are members and over 1000 cities
- All Nordic countries have cities that are members and in Sweden there are 6 cities
- To become a member, you need to follow the WHO model and start with a baseline measurement and follow up with indicators
- The WHO Age-friendly Cities framework developed in the [Global Age-friendly Cities Guide](#) proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people.
- These domains overlap and interact with each other. For example, respect is reflected in the accessibility of public buildings and spaces and in the range of opportunities that the city offers to older people for social participation, entertainment, volunteering or employment.

Stockholm City Council decided on an action plan in 2021 that follows the WHO model

the action plan contains five areas that need to be developed in order for the city to become more age-friendly. It should be seen as a guide.

- The participation and influence of the elderly needs to be part of the development
- The importance of cooperating internally and externally and in various partnerships such as academia in order to achieve good results
- Reduce social isolation
- Develop housing and urban environment towards being more age-friendly
- Develop our information and communication to the elderly about what support is available and what is being done

Äldrevänlig stad – encouraging/promoting and prevent development areas

Delaktighet och inflytande
Samverkan och partnerskap
Kommunikation och information

Social inkludering

- Develop the conditions for participating in activities
- Involuntary loneliness and social isolation should be actively counteracted
- Mental illness should be actively counteracted
- Increase digital skills and participation
- Develop meeting points for people with disabilities
- Develop working methods to meet elderly people's needs for support and treatment in case of addiction
- Violence must be actively combated

Bostäder och stadsmiljö

- Urban development
- Availability in the property
- Being able to move or switch to an accessible home
- Affordable housing
- Homelessness
- Increased safety and security
- Climate-smart and resilient city
- Promoting mobility opportunities

Gender perspective
Discrimination perspective – ålderism
Disability perspective

Steering group

- consisting of the City planning and City Development department, sport department, cultural department, and 4 City District, Departments Elderly Services Department and 2 municipal housing companies etc.

Six selected areas to increase skills and work innovatively

- Elderly-friendly housing with reasonable rent
- Senior housing/collective housing in cooperation with enterprises and academia
- Elderly friendly urban environment - nature reserve/areas
- Accessibility adaptation labelling of housing
- Welfare technology for persons or relatives living at home
- Development of the opportunity to practice sport and experience culture for the elderly

The home is increasingly important for health with increasing age...

- Older people over the age of 70 spend 80% in their home or in the local area
- A home or the immediate area can either be exclusive or inclusive.



Fakta: Ofrivillig ensamhet/social inkludering

3% experience loneliness on a daily basis

2% of nearly 3,000 people and about 250 people in a neighborhood with 12,000 people over the age of 65 want help to break perceived loneliness

Källa: Äldrecentrum

- May be as harmful as smoking or obesity
- The body may suffer from chronic stress
- Has more difficulty dealing with bacteria and viruses and becomes more sensitive to pain
- Increases the risk of cardiovascular disease, dementia, depression and depression
- Social exclusion activates the same parts of the brain as physical pain.

Different definitions of loneliness

Social loneliness – lacking ties to friends and acquaintances

Social isolation – making social connections, doesn't always mean experiencing loneliness

Emotional loneliness: lacking a confidant person to confide in depth

Källa: Forskare Lena Dahlberg och Peter Strang KI

What are important values for the elderly that affect physical and mental health

Self-determination and independence

Security – close friends, easy to participate in e.g. activities, close, financial opportunities

Reciprocity – not being a passive recipient

Ageism – not stigmatized, "accessibility, beauty and dignity"

The 4 Pillars of Well-Being

- Physical activities
- Good eating habits
- Social community
- Meaningfulness

Change perspective from load to needed

Biological ageing

The musculoskeletal system; brittle bones, stiff joints, fewer muscles

Circulation; heart, blood vessels, tired faster

Breathing system; upper windpipes, lungs, more difficult to breathe

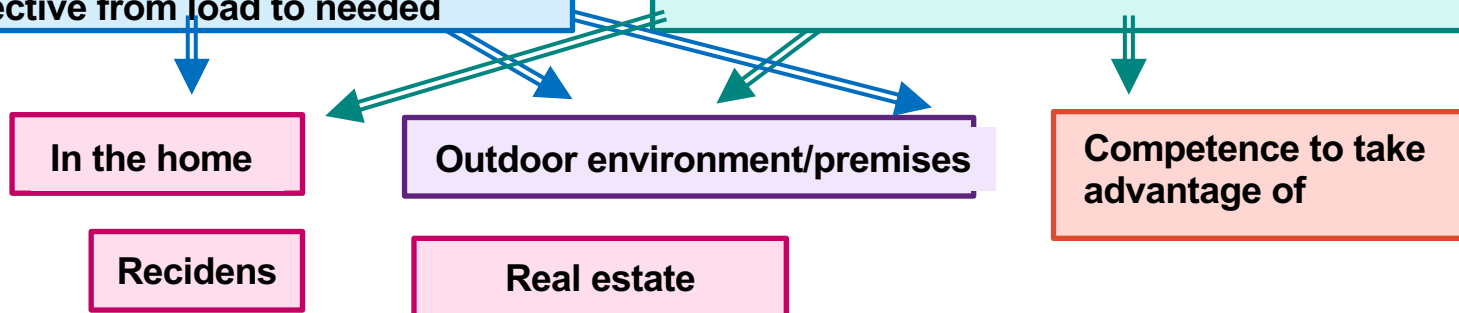
Eyes and vision; glare, more light, poorer colour and night vision

The ear and hearing; reduced, difficult to locate sound

The balance; impaired – impaired vision, fewer muscles, fewer sensory cells in the ear

The skin; more sensitive to heat and cold

Nervous system; info slows down



Pilotområden:

Development of affordable housing with reasonable rent

Senior housing/collective housing in one or more districts in collaboration with academia and industry

Elderly-friendly urban environment

T-marking of housing/real estate

Welfare technology/data/communication

Development of collaborations that provide increased health (physical, mental and social health)

cooperation with academia

- Think together
- Technology that enables the elderly to live independently and actively and enables independent living
- Products/goods and services that elderly/relatives can acquire themselves
- Ask elderly
- What do we know about elderly's needs today