

# Age-Friendly Communities

An Age-Friendly Community (AFC) is a community where policies, services, and physical spaces are designed to enable people of all ages to live in secure and accessible physical and social environments.

## Eight Age-Friendly Community Domains



### **Outdoor Spaces and Public Buildings**

Neighbourhoods that are safe and accessible enable outdoor activities and community engagement.



### **Transportation**

Access to reliable, affordable public transit and infrastructure supports personal mobility and active aging.



### **Housing**

Appropriate, affordable housing options are available with a choice of styles and locations and that incorporate adaptive features.



### **Communication and Information**

Information about community events and services are readily accessible and in formats that are appropriate for older adults.



### **Community Support and Health Services**

Availability of a range of services to help promote, protect, and maintain independence and mental and physical health.



### **Civic Participation and Employment**

AFCs encourage older people to participate more in their city's social, civic and economic life.



### **Respect and Social Inclusion**

AFCs encourage community attitudes of respect and recognition to the role older adults play in our society.



### **Social Participation**

Participation in leisure, social, cultural and spiritual activities helps older adults stay engaged and informed.



# Benefits of Age-Friendly Communities



## Economic Benefits

Age-Friendly Communities:

- Generate tourism revenue and economic growth
- Strengthen the work force
- Retain and/or attract older adults to the community:
  - Many older adults have economic influence as consumers
  - Older adults are more likely to make donations
  - Many older adults provide support to their families by caregiving for younger generations



## Health Benefits

Age-Friendly Communities:

- Promote healthy behaviours
- Contribute to inclusion
- Reduce falls, dementia and depression



## Opportunities Related to Physical Infrastructure

Age-Friendly Communities:

- Connect neighbourhoods
- Create accessible communities for all



## Social Capital Benefits

Age-Friendly Communities:

- Reduce barriers for older adults to volunteer
- Strengthen community connections
- Create vibrant, intergenerational communities



## Opportunities Related to Housing

Age-Friendly Communities:

- Promote cost savings and delayed health expenditures by offering a continuum of housing options to allow for aging-in-place

**Interested in making your community more age-friendly?**

**The Ontario Age-Friendly Communities Outreach can provide support and advice related to age-friendly planning and implementation.**

**Contact the Knowledge Broker, Emily Mullins at [mullinse@providencecare.ca](mailto:mullinse@providencecare.ca)**

**Find out more here**



[www.agefriendlyontario.ca](http://www.agefriendlyontario.ca)

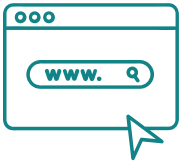


**Ontario Age-Friendly Communities**  
Outreach Program

# Ontario Age-Friendly Communities Outreach Program

The Ontario Age-Friendly Communities Outreach program is funded by the Ministry for Seniors and Accessibility to support age-friendly community development in Ontario. The program supports approximately 70 communities across Ontario that are currently involved in age-friendly planning and implementation.

## Supports available:



### Website

[www.agefriendlyontario.ca](http://www.agefriendlyontario.ca) features interactive maps, age-friendly resources, the provincial planning guide, webinar recordings and more!



### Newsletter

A monthly e-newsletter highlights age-friendly events, resources, research, news stories, and funding announcements.



### Webinars

The Ontario AFC Outreach Program provides an ongoing webinar series about AFC planning, implementation, evaluation, promising practices and emerging trends.



### Knowledge Broker

The Knowledge Broker can provide advice, link to resources, connect you to leaders exploring similar issues, or answer any questions about age-friendly community development. Contact Emily Mullins at [mullinse@providencecare.ca](mailto:mullinse@providencecare.ca).

Find out more here   
[www.agefriendlyontario.ca](http://www.agefriendlyontario.ca)

