



AGE-FRIENDLY RURAL AND REMOTE COMMUNITIES

Last reviewed December 2023

Rural Age-Friendly Ecosystems for Older Adults: An International Scoping Review with Recommendations to Support Age-Friendly Communities

<https://pubmed.ncbi.nlm.nih.gov/37152222/>

This scoping review sought to (1) map the state of the science of age-friendly systems in rural areas regarding structural characteristics, processes for delivering age-friendly practices, and outcomes of age-friendly systems, (2) analyze strengths, weaknesses, opportunities, and threats of age-friendly system implementation, and (3) make person, practice, and policy-level recommendations to support active aging and development of age-friendly communities. **(PAID ACCESS)**

Age-Friendly Interventions in Rural and Remote Areas: A Scoping Review

<https://onlinelibrary.wiley.com/doi/pdfdirect/10.1111/ajag.13101>

Little is known about interventions that promote age-friendly communities in rural and remote areas. This study sought to present the findings from a scoping review to locate available evidence of interventions, strategies, and programs implemented in rural and remote areas to create age-friendly communities. **(OPEN ACCESS)**

Developing Rural Insights for Building Age-Friendly Communities

<https://static1.squarespace.com/static/5da87442cb7dea389b1d0007/t/6089c39590214e392a0f01d6/1619641238357/McCrillis%2C+Skinner%2C+%26+Colibaba+%282021%29.pdf>

The global age-friendly literature remains sparse regarding the long-term, sustainable implementation of age-friendly initiatives. This paper sought to address this gap by presenting rural insights from a multi-site case study in Ontario, Canada, that considers the influence of unique, rural community contexts that may impact the parameters of success and long-term sustainability among rural age-friendly programs. **(OPEN ACCESS)**



Creating, Applying & Sharing Knowledge
<http://www.csah.ca>

Exploring Rural Older Adults Perspectives on the Scope, Reach, and Sustainability of Age-Friendly Programs

<https://www.sciencedirect.com/science/article/abs/pii/S0890406520300682>

Research into the sustainability of age-friendly initiatives is important and timely, particularly from the perspective of older adults living in rural environments. This paper addresses this gap by reporting on a Canadian rural community case study to understand the perspectives of older adults on the implementation and sustainability of their local age-friendly program.

(PAID ACCESS)

Developing Indicators of Age-Friendly Neighbourhood Environments for Urban and Rural Communities Across 20 Low-, Middle-, and High-Income Countries

<https://pubmed.ncbi.nlm.nih.gov/35027016/>

The World Health Organization (WHO) has developed indicators of age-friendly urban environments, but these criteria have been challenging to apply in rural areas and low-and middle-income countries. This study examines this gap by adapting the WHO indicators to such settings and assesses variation in their availability by community-level urbaneness and county-level income. **(OPEN ACCESS)**

Evaluating the Co-design of an Age-Friendly, Rural, Multidisciplinary Primary Care Model: A Study Protocol

<https://pubmed.ncbi.nlm.nih.gov/35314660/>

This paper outlines a study examining how using an age-friendly care framework (the Indigo 4Ms Framework) within a co-design process can facilitate the development of integrated care models for rural older adults within Australia. **(OPEN ACCESS)**

“Engaging in my Rural Community”: Perceptions of People Aged 85 Years and Over

<https://pubmed.ncbi.nlm.nih.gov/30102138/>

This environmental gerontological study aimed to understand the influence of physical and social environments on enabling those aged 85 years and over to remain engaged in a rural community. **(OPEN ACCESS)**

Aging in Rural Communities

<https://pubmed.ncbi.nlm.nih.gov/36404874/>

Healthy aging in rural areas presents unique challenges. Understanding and addressing those challenges is essential to ensure healthy aging and promote healthy equity. This review aims to present findings, evaluate recent literature on rural aging, and highlight future directions and opportunities to improve population health in rural communities. **(OPEN ACCESS)**

Characteristics of Community-Based Exercise Programs for Community-Dwelling Older Adults in Rural/Regional Areas: A Scoping Review

<https://pubmed.ncbi.nlm.nih.gov/35152393/>

There needs to be a greater understanding of the characteristics and effectiveness of community-based exercise programs, mainly when those programs are outside metropolitan areas. Rural settings face unique challenges, such as limited access to resources, transportation, and services and significant costs to run programs. This scoping review aimed to characterize studies in the field that have aimed to implement community-based programs in settings identified as rural. **(OPEN ACCESS)**

Residential Satisfaction of Rural Older Adults Aging in Place

<https://pubmed.ncbi.nlm.nih.gov/33748337/>

This study explored the residential satisfaction of rural older adults aging in place, relating to demographic and housing characteristics. **(OPEN ACCESS)**

A Scoping Review: Social Participation as a Cornerstone of Successful Aging in Place Among Rural Older Adults

<https://pubmed.ncbi.nlm.nih.gov/31011110/>

By being a part of a community where they are known and know people, rural older adults continue to find meaning. This scoping review explored factors influencing social participation and, through it, successful aging among rural-dwelling older adults. **(OPEN ACCESS)**



Barriers to Transportation in Rural Communities: Perspective of Older Adult Users

<https://pubmed.ncbi.nlm.nih.gov/37749802/>

Rural older adults who require transportation assistance face more challenges than their urban counterparts. This cross-sectional study examines specific barriers from the perspective of older adult users and explores potential policy and technology solutions.

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