World Health Organization

Age-friendly World

Age-Friendly in Practice

"Age-friendly environments (such as in the home, community) foster healthy and active ageing by building and maintaining intrinsic capacity across the life course and enabling greater functional ability in someone with a given level of capacity"

World report on ageing and health

In practical terms, age-friendly environments are free from physical and social barriers and supported by policies, systems, services, products and technologies that:

- promote health and build and maintain physical and mental capacity across the life course; and
- enable people, even when experiencing capacity loss, to continue to do the things they value.

Age-friendly practices help build older peoples abilities to:

- meet their basic needs;
- learn, grow and make decisions;
- be mobile;
- build and maintain relationships; and
- contribute.

In doing so, age-friendly practices:

- recognise the wide range of capacities and resources among older people;
- anticipate and respond flexibly to ageing-related needs and preferences;
- respect older people's decisions and lifestyle choices;
- reduce inequities;
- protect those who are most vulnerable; and
- promote older people's inclusion in and contribute to all areas of community life.

About the Global Network for Age-friendly Cities and Communities

WHO Global Network of Age-friendly Cities and Communities

● Member cities and communities

■ Countries covered in the Network

□ Not applicable
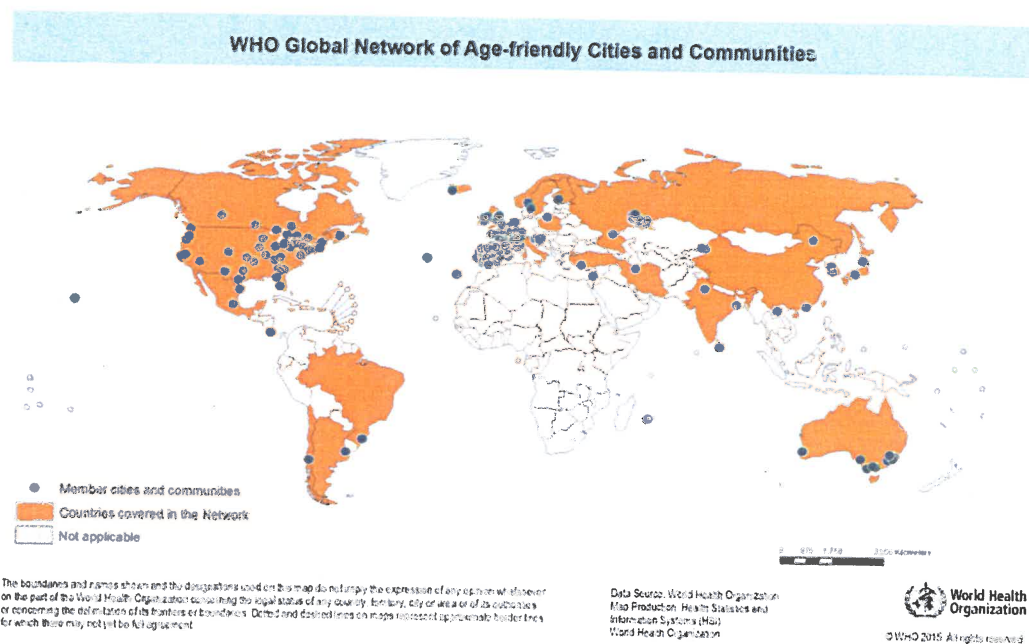
The **WHO Global Network for Age-friendly Cities and Communities** was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow old in. As a response to global population ageing and rapid urbanisation, it focuses on action at the local level that fosters the full participation of older people in community life and promotes healthy and active ageing.

The **mission** of the Network is to stimulate and enable cities and communities around the world to become increasingly age-friendly. The Network seeks to do this by:

- **inspiring** change by showing what can be done and how it can be done;
- **connecting** cities and communities worldwide to facilitate the exchange of information, knowledge and experience; and
- **supporting** cities and communities to find appropriate **innovative and evidence-based solutions**.

Membership reflects cities' commitment to listen to the needs of their ageing population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create age-friendly physical and social environments. Membership is also a commitment to share experience, achievements and lessons learnt with other cities and communities.