Healthy and Age-Friendly Cities
Best Practices Around the World

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Executive Summary & Key Findings

Making cities more livable and fit for the future of the emerging four-generation urban society with more old people and fewer children is critical and doing so will be a competitive advantage for cities who act swiftly and decisively. This will include to adjust urban areas, public spaces, infrastructure facilities and buildings to make the cities healthy and age-friendly. There have been a wide range of local initiatives around the world and a number of scientific and technical guidance publications on the topic of healthy cities, age-friendly cities, and children-friendly cities, notably the work of the World Health Organization (WHO) and others. A recent ADB publication integrated the three aspects into a guide to prepare health impact assessments (HIA) and healthy and age-friendly city action and management plans (HACAMP).

This report summarizes the internship work that built on ADB's HACAMP guide and further advanced the methodology deepening the integration of urban planning and urban design with the matrices of child-responsive urban planning and design, age-friendly urban planning and design features, and urban planning and design features with positive health outcomes. A key part of the work was to identify, compile and categorize international best practice cases, and extract key lessons. The key finding has been that many cities have already carried out highly innovative and relevant initiatives making their urban areas more livable, inclusive, and specifically healthy and age-friendly with many different approaches and target groups and measures applied. A compilation of cases organized along 6 dimensions is presented in this report.

While the topic has been discussed widely, a unified definition of what is a healthy and age-friendly city is yet to be found. In many developed cities around the world we can find several actions and plans for the elder as well as for kids, and most of the time they are fragmented and typically not integrated into a holistic vision for the overall city and remain on the shelves and on the walls of city halls. As with many other cross-cutting policies, it is important to have champions and advocates and ideally on a high leadership level like a pro-active mayor who champions HACAMP and promotes and implements actions, and aims at sustainability beyond elections.

When healthy and age-friendly city dimensions are assessed and translated into action plans they are expected to have specific and significant positive health outcomes benefitting people of all ages including vulnerable groups.

The aspects of children, elderly and health in cities share common visions of urban livability and universal accessibility, safety and environmental and economic sustainability and some aspects are distinct and require specific features. We are using 6 dimensions to develop the healthy and age-friendly cities framework, that are typically along urban administrative departments and that need to be intgegrated across sectors. Those six dimensions have their own objectives and urban planning actions that need to be taken. The 6 dimensions and objectives are:

1.Community: Encouraging social participation and enhance the accessibility of events and activities for all age groups, by civil participation and employment opportunities for all. Promote communications and information understandable for all.
2.Public Spaces and Buildings: Creating safe, inclusive, accessible slow mobility options, within neighborhoods, cities and encourage universal design, sustainable public spaces, and buildings.
3.Transport: Encouraging the use of public transport
4.Housing: Creating Affordable, Diverse, and Inclusive Housing, where people feel safe, secure, and integrated into their community.
5.Basic Infrastructure Services: Creating healthy, affordable, and sustainably produced food, water, and nutrition. Improve the natural and built environment by basic infrastructure where the community can thrive in a safe and clean environment.
6.Health Services: Provide health and social services for the community to develop lifelong monitoring, maintaining, and restoring health. Promote a healthy lifestyle.

After identifying dimensions, we elaborated on how they were linked to the various levels of heatlh needs of cities for least, lesser, more and highly developed cities based on the adapted Maslow's pyramid of needs per the HACAMP guide. Most of the dimensions can contribute to the basic level of healthy and age-friendly city, they should also simultaneously be applied to higher health outcome levels even when HACAMP is applied in lesser developed cities. This way actions can create multiple benefits on various levels and investments cost and benefits ratio can be optimized.
Based on the HACAMP guide of ADB the steps were further refined into an iterative 10 steps-guide preparing an integrated healthy and age-friendly city

action and management plan (HACAMP) supporting local governments in this important work.

With this general framework of institutional arrangement, technical assessment, participation and preparation of plans and prioritized investment plans it was possible to screen international cases around the world and filter and categorize them into specific case classes according to these dimensions. A compilation of cases is organized in this report according to the 6 dimensions and topics with same or similar health outcomes.

The cases presentation also includes the scale if the focus is on physical investments "hardware", or more on arrangements and people's initiatives "software" including digital tools, or on "heartware" which focuses on community actions and wellbeing. Country context, key drivers and types of actions are described with the cases along with illustrations from cases sites.

Further, 4 more in-depth best practice cases are presented with longer implementation periods giving more background information, and reporting on impacts achieved, comparing action plans, implemented actions and results.

Along with literature review also expert interviews with ADB representatives, and international academic researchers, policymakers and practitioners were conducted. Both literature review findings and interviews are included in the report, including portraits of some selected publications and websites of the hundreds of inspiring toolkits and guide books that are available.
The interviews with the experts with rich experience and different perspectives provided us main hints from those cities and practitioners who know what to do and what can be good for their community. One of the main challenges has always been how to act and implement immediately and "from tomorrow". As perspectives differ, a common ground between different age group representatives and various other stakeholders is important to be actively involved in the assessment and planning process. Further, the general importance of relevant public communication was assessed and a wide range of local, regional, national and global agencies and players have been engaged in creating healthy, age-friendly and children-friendly cities and creating platforms to exchange their experiences. While there are are quite a few global actors and networks, many local players in small communities exist and are scattered

around the world.

The successful cases can be inspiring for any city, and to develop a long-term vision city representatives should start linking the relevant local actors and establish leading and working groups for healthy and age-friendly city transformation, to be integrated into the overall city's vision, and turned into an active document with broad ownership. This is a lesson from inspiring cases worldwide, where action plans of the city are also well coordinated with the local community and neighborhoods. From these experiences scaling up is the next step to implement throughout a city and links among the age-groups and other stakeholders are critical to enable mainstreaming.

A key driving force for making a healthy, age-friendly or children friendly city initiative or plan often is the community that tries to fill a gap responding to specific needs and shortcomings in the in their urban environment to improve some specific services and/or options for their daily lives.

We also recommend cooperation across stakeholders and age-groups and find common ground as elder action plans are typically never linked with child-friendly action plans. However, we can see that when common ground is found it will have a bigger impact on the city. Even though a lot of cities can replicate simple, software practices from the report there has to be a strong interest to create a long-term vision and engage all the relevant stakeholders in order to hear all the voices from all age groups. The starting point can be global events as well as local community events that will help people to be engaged about healthy and age-friendly cities.

Successful practices will happen more and more, and scaling up takes time. Many successful cases are initiatives of local people, and local communities who are the most powerful drivers, encouraged and engaged driving the preparation of a HACAMP, and supported by proactive leaders. This should be replicated around the world and lessons should be shared.

We hope HACAMP can be used as a tool to bring leaders, experts, stakeholders and community together preparing a plan together. And we hope HACAMP may help cities provide a label and definition and promote health and age-inclusive outcomes, simultaneously contributing to a unified vision that will become a comparative advantage for those cities who apply this concept.

1

1.1 Research Question and methodology

My entire research started from the recent publication of ADB -Healthy and Age-Friendly Cities in the People's Republic of China: Proposal for Health Impact Assessment and Healthy and Age-Friendly City Action and Management Planning. I started to expand the research that had already been done.

https://www.adb.org/publications/healthy-age-friendly-cities-prc

While in many developed cities and countries we will find several actions plans for the elder as well as for kids, most of the time they are not integrated into city vision and remain an interesting paper in the walls of city halls, if the city is lucky enough to have active mayor some aspects can be promoted but from election to election not many visions do survive.

Research Question:

1)What are the dimensions of healthy and age-frienly city?

2) What can we learn from existing practices?

3)How can we collaborate with different stakeholders representing all age group interests to find common ground about creating a healthy and age-friendly city?
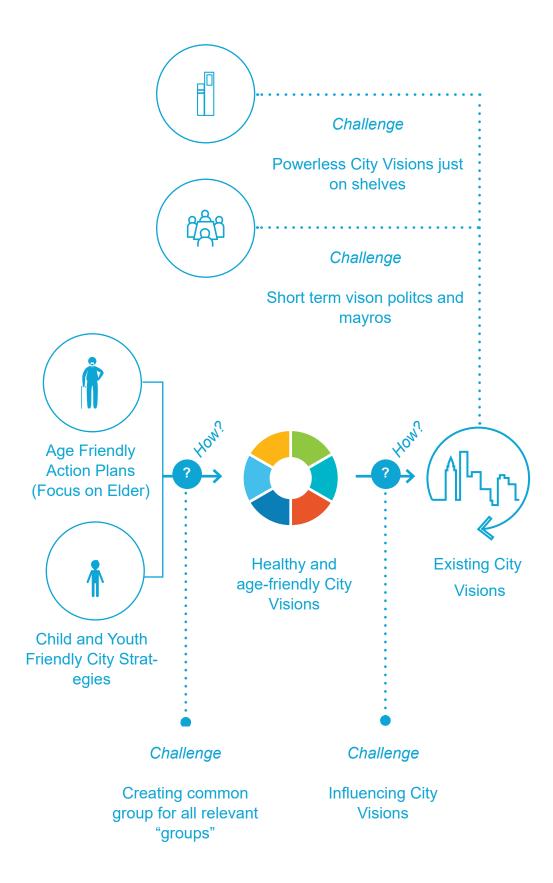
Observing successful case studies from all over the world will help us to build an answer how to step towards healthy and age-friendly cities and what can be the starting point.

To define what is a healthy and age-friendly city, the methodology of the literature review was used.
Integrating Urban Planning and Design Matrices of: Child-Responsive Urban Planning and Design, Age-Friendly Urban Planning and
Design Features and Urban Planning and Design Features with Positive Health Outcomes. This resulted in 6 dimensions that are crucial for healthy and age-friendly cities.
For collecting practices was used literature review as well as interviews.

Challenge

Powerless City Visions just on shelves

Challenge

Short term vison politcs and mayros

Age Friendly Action Plans (Focus on Elder)

How?

?

Healthy and age-friendly City Visions

How?

?

Existing City Visions

Child and Youth Friendly City Strategies

Challenge

Creating common group for all relevant "groups"

Challenge

Influencing City Visions

Figure: Implementing healthy and age-friendly city vision cycle and challenges faced.

1.2 Introduction

Rapid urbanization will bring more than half of our planets' population in cities; rapid aging that is a worldwide process, is another dimension that makes us rethink the way of living.
Healthy and age-friendly city concepts are becoming more and more important; Covid 19 Pandemic become one of the main drivers to put the existing problems of our cities more on the surface, then ever before.

Changing patterns in our lives, social distancing, increased pressure on families and reduced access to support services, makes us to rethink our cities having in mind health as one of the main pillar and tackling issue of aging considering our cities from lenses of kids as well as elder. As our cities have to make "good life" for all age citizens.

If we start from the very beginning and try to get an answer, what makes a "good life"? We can get answers from Lessons from the longest study of happiness. Robert Waldinger · Psychiatrist, psychoanalyst, Zen priest, and the Director of the Harvard Study of Adult Development answers that this way -"The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," Psychiatrist George Vaillant, who work on the same research from 1972 until 2004. Trained as a psychoanalyst, Vaillant emphasized the role of relationships, and came to recognize the crucial role they played in people living long and pleasant lives. "When the study began, nobody cared about empathy or attachment. But the key to healthy aging is relationships, relationships, relationships."— George Vaillant

This Ted Talk by Robert Waldinger is one of the most popular ted talks of all times. And issue of measuring happiness is still a very popular topic. But what we can definitely learn from their research is the importance of relationships. Have it in mind we have to think about what kind of spaces we are creating in cities. Do they enhance relationships or no? Are those spaces helping us to live healthier and happier? Are our cities ready for the upcoming aging issue? What are the respones from Governments?

Production of Space

Looking back on the theory of Henri Lefebvre about the Production of space, we can adapt his triad to see how in general city is produced.
Firstly city is a material environment that is created by mental space and on the other way around. A city is a place that is called a social space.
Overlap of that dimensions is what creates a city. While trying to tackle the problems of our current cities we should be considering these 3 dimensions.
To simplify those concepts we define them as
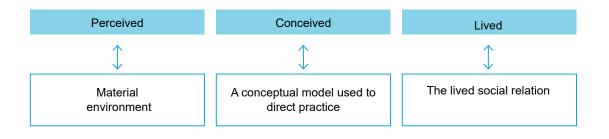-A built environment that is hardware
-Action plans and policies that are software
-Social relations, initiatives that are heartware.
Those definitions will help us to look at cases from that 3 perspectives and identify "where" does it take place.

Triad Conceptual Space Lefebvre 1974 & Soja 1996		
First Space	**Second Space**	**Third Space**
Physical space	Mental space	Social space
Perceived space	Conceived space	Lived space
Spatial Practice	Representation of sp.	Representation sp
Spatial Materiality	Spatial metaphor	Spatial praxis
-Particular location	-Conceptualized space	-Complex symbolism
-Spatial set	-Developed by architect planner	-Partial unknown ability
-Level of performance	-Relation to production	-Mystery and secretiveness
-Everyday life	-Control over Knowledge	-non verbal subliminally
-Routes, Networks	-System of verbal signs	-Potential insightful
-Focus on conventional		

Perceived	Conceived	Lived
↕	↕	↕
Material environment	A conceptual model used to direct practice	The lived social relation

Triad of Healthy and Age-friendly City

Action Plans, Policies
Software

**Healthy and
Age-Friendly City**

Built Environment
Hardware

Social Relations-Initiatives
Heartware

Figure: Healthy and Age-friendly City Dimensions and Triad- Adapted from Triad of Prodcution of space

Conceived And Lived

Safe Mobility
Perceived

Public Spaces
and Buildings
Perceived

Community
Lived

Perceived
Basic Infrastructure Services

Perceived
Health Services

Housing
Perceived

Community

Publics spaces & Buildings

Transport

Health Services

Housing

Basic infrastructure services

2.What is Healthy and Age-Friendly City

2.1 Identifying Healthy and Age-Friendly City Dimensions

From the very beginning, the methodology was to integrate Urban Planning and Design Matrices of Child-Responsive Urban Planning and Design, Age-Friendly Urban Planning and Design Features, and Urban Planning and Design Feature with Positive Health Outcomes.

While observing each of them, separately they share common visions that are overlapping and sometimes have distinctive directions. After identifying all those features of each kind of planning, it resulted in 6 dimensions that are crucial for healthy and age-friendly cities.Those six dimensions have their own objectives and urban planning actions that need to be taken.

Dimensions
1.Community
2.Public spaces and Buildings
3.Transport
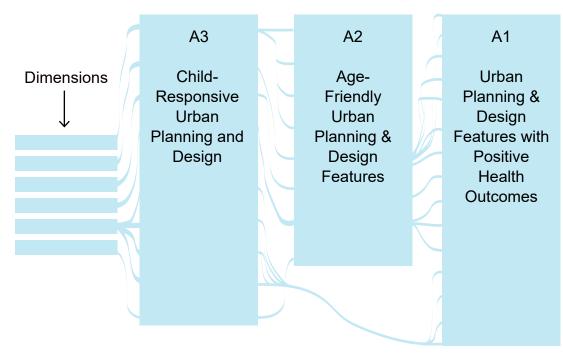4.Housing
5.Basic Infrastructure Services
6.Health Services

Figure: HACAMP Dimensions - Adaptation Healthy and age-friendly cities in the people's republic of china,Appendix: Urban Planning and Design Matrices Creating Healthy, 50-63

2.2 Healthy and Age-Friendly City Dimensions

A3 Child-Responsive Urban Planning and Design

A2 Age-

Data and ICT networks

Public spaces

Transportation systems

Housing and land tenure

Investments

Waste cycle systems

Food systems

Integrated water, sanitation management systems

Energy networks

Public amenities

Age-

Age-Frie

Age-

Age

Age

Ag

Age

Community

Publics spaces & Buildings

Transport

Housing

Basic infrastructure services
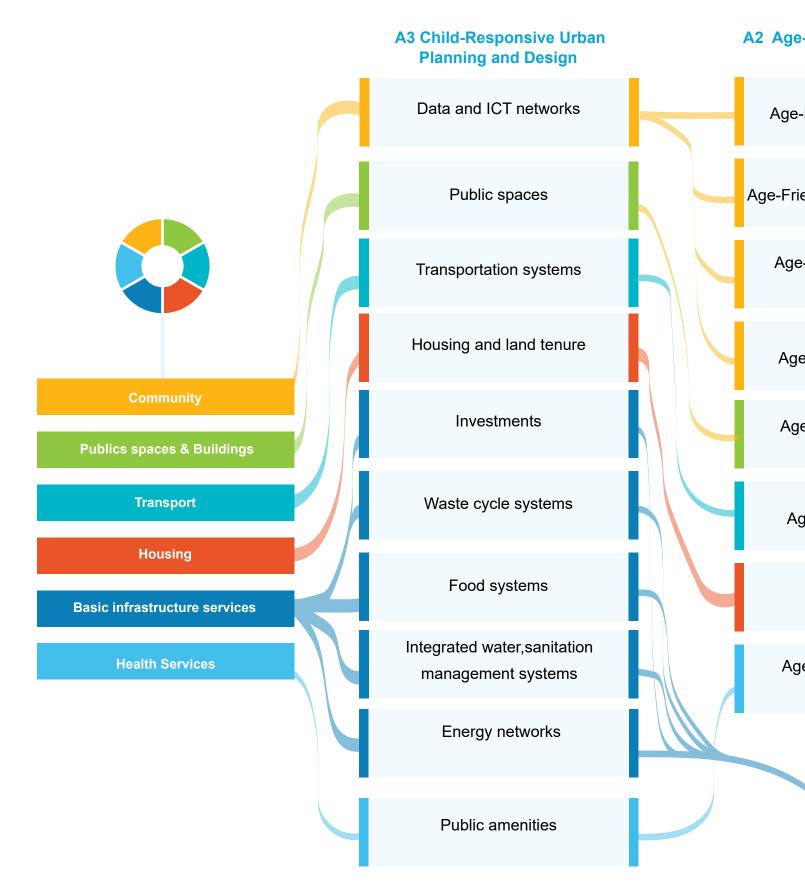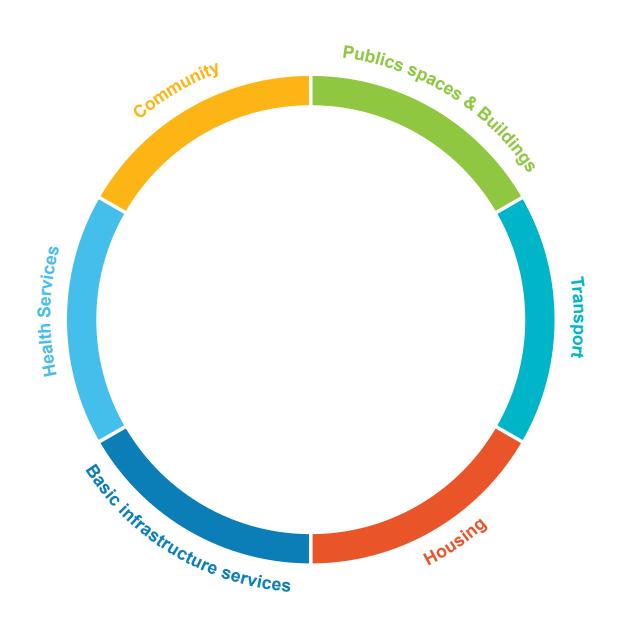
Health Services

Figure: HACAMP Dimensions - Adaptation Healthy and age-friendly cities in the people's republic of china, Appendix: Urban Planning and Design Matrices Creating Healthy, 50-63
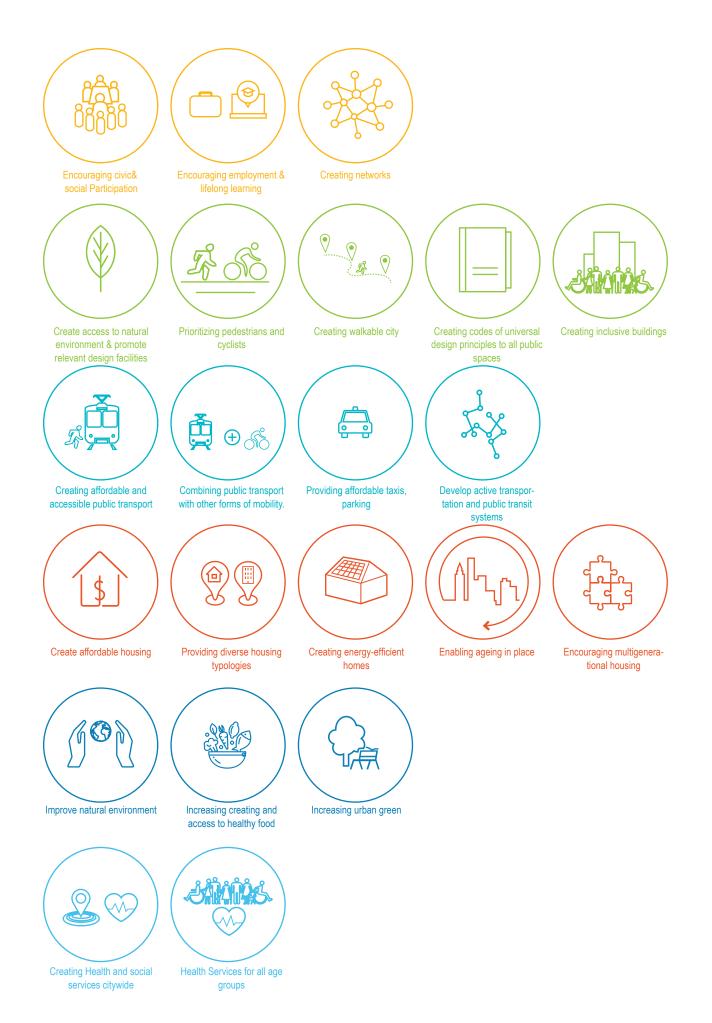
-Friendly Urban Planning and Design Features

Friendly Social Participation

endly Respect and Social Inclusion

-Friendly Civic Participation and Employment

e-Friendly Communications and Information

e-Friendly Outdoor Spaces and Buildings

e-Friendly Transportation

Age-Friendly Housing

e-Friendly Community and Health Services

Access to and Engagement with the Natural Environment

Building Complete and Compact Neighborhoods

Mobility and Accessibility for All Ages and Activities: Universal Design

Enhancing Neighborhood Walkability

Travel and Road Safety

Improving Connectivity and Traffic Safety

Active Travel Infrastructure

Public Transport

Expanding the Stock of Affordable Social Housing for Groups with Specific Needs

Increasing the Stock of Affordable and Diverse Social Housing

Improving the Quality of Housing

Eliminating/Minimizing Exposure to Environmental Hazards,Providing Basic Urban Services

Adaptation to Climate Change Risks and Disaster Risk Management

Ensuring and Improving Community Food Infrastructure

Providing Healthy, Affordable Food for the General Population

Community

Publics spaces & Buildings

Transport

Housing

Basic infrastructure services

Health Services

2.3 Healthy and Age-Friendly

City Objectives and strategies

Based on Appendix table A. 1, A.2, A.3, (Urban Planning and Design Matrices of Child-Responsive Urban Planning and Design, Age-Friendly Urban Planning and Design Features, and Urban Planning and Design Feature with Positive Health Outcomes) I defined common objectives and strategies linked to 6 healthy and age friendly city dimensions.

Encouraging civic&
social Participation

Encouraging employment &
lifelong learning

Creating networks

Create access to natural
environment & promote
relevant design facilities

Prioritizing pedestrians and
cyclists

Creating walkable city

Creating codes of universal
design principles to all public
spaces

Creating inclusive buildings

Creating affordable and
accessible public transport

Combining public transport
with other forms of mobility.

Providing affordable taxis,
parking

Develop active transpor-
tation and public transit
systems

Create affordable housing

Providing diverse housing
typologies

Creating energy-efficient
homes

Enabling ageing in place

Encouraging multigenera-
tional housing

Improve natural environment

Increasing creating and
access to healthy food

Increasing urban green

Creating Health and social
services citywide

Health Services for all age
groups

Encouraging civic and social Participation

Encouraging employment and lifelong learning

Creating networks

Community

Objective-Encouraging social participation and enhance the accessibility of events and activities for all age groups, by civil participation and employment opportunities for all. Promote communications and information understandable for all.

Strategies:

Encouraging Civic and social Participation

1.Encourage community activities, encourage the participation of people of different ages and cultural backgrounds. Respecting all age groups and including them socially in events and the decision-making process. Giving opportunities to all age groups to share knowledge, histories, and expertise with other generations.

Encouraging employment and lifelong learning

2.Encouraging employment, life-long learning for all age groups, Encouraging Communications and Information that is understandable and accessible for all age groups.

Creating networks

3.Creating networks and ensure digital connectivity of all age groups.

Create access to natural environment and promote relevant design facilities

Prioritizing pedestrians and cyclists

Creating walkable city

Creating codes of universal design principles to all public spaces

Creating inclusive buildings

Publics spaces & Buildings

Objective-Creating safe, inclusive, accessible slow mobility options, within neighborhoods, city and encourage universal design, sustainable public spaces, and buildings.

Strategies:

Create access to natural environment and promote relevant design facilities

1.Providing access to, and opportunities to engage in, the natural environment; and make parks more attractive, with adequate shelter, toilet facilities, and seating that can be easily accessed. Promote active travel to work and school.

Prioritizing pedestrians and cyclists

2.Prioritizing pedestrians and cyclists, Improve infrastructure to support walking and cycling, implement traffic calming measures.

Creating walkable city

3.Building compact neighborhoods, Increase neighborhood walkability. Improve street connectivity and public realm.

Creating codes of universal design principles to all public spaces

4.Creating the application of universal design principles to all public spaces— such as sidewalks, plazas, parks, public buildings and facilities, and transport systems.

Creating inclusive buildings

5.Creating Buildings that are accessible and have the following features: elevators, ramps, adequate signage, railings on stairways, stairs that are not too high or steep, nonslip floors, rest areas with comfortable chairs, and sufficient numbers of public toilets.

23

Creating affordable and accessible public transport

Combining public transport with other forms of mobility.

Providing affordable taxis, parking

Develop active transportation and public transit systems

Transport

Objective-Encouraging the use of public transport

Strategies:

Creating affordable and accessible public transport

1.Providing affordable and accessible public transport. Providing Public transport that is reliable, frequent and vehicles that has a universal design.

Combining public transport with other forms of mobility.

2.Combining public transport with other forms of active travel.

Providing affordable taxis, parking

3.Providing affordable taxis and parking lots for special needs.

Develop active transportation and public transit systems

4.Developing active transportation and public transit systems and ensure independent mobility for the community, so everyone has equal and safe access to all services.

Create affordable housing

Providing diverse housing typologies

Creating energy-efficient homes

Enabling ageing in place

Encouraging multigenerational housing

Housing

Objective-Creating Affordable, Diverse, and Inclusive Housing, where people feel safe, secure, and integrated into their community.

Strategies:

Create affordable housing

1.Providing affordable housing for specific vulnerable groups, people living with chronic conditions, and the homeless.

Providing diverse housing typologies

2.Providing diverse housing typologies—mixed-use, affordable, affordable rental.

Creating energy-efficient homes

3.Providing energy-efficient homes, remove physical hazards in homes, refurbish or retrofit housing, ensure housing has daylight and ventilation, housing modifications are affordable.

Enabling ageing in place

4.Providing Affordable services to enable older people to remain at home, to "age in place."

Encouraging multigenerational housing

5.Encouraging multigenerational housing and Community integration.

Improve natural environment

Increasing creating and access to healthy food

Increasing urban green

Basic infrastructure services

Objective-Creating healthy, affordable, and sustainably produced food, water, and nutrition. Improve the natural and built environment by basic infrastructure where the community can thrive in a safe and clean environment.

Strategies:

Improve natural environment

1.Improve air quality; reduce exposure to air pollution; ensure access for all to safe and secure drinking water; ensure clean surface water; ensure access to sanitation and wastewater management; ensure proper solid waste management, including hazardous waste management (also medical waste); reduce excessive noise; reduce risk of flooding

Increasing creating and access to healthy food

2.Increase access to healthier food for the general population, decrease exposure to unhealthy food environments, increase access to healthier food in schools, and increase access to retail outlets selling healthier food. Promote urban food cultivation, increase the provision of and access to allotments and adequate garden spaces.

Increasing urban green

3.Increase urban green and blue spaces, address climate change, manage disaster risks, and prepare response plans and mechanisms. Invest in urban planning that ensures a safe and clean environment for everyone.

Creating Health and social services citywide

Health Services for all age groups

Health Services

Objective-Provide health and social services for the community to develop life-long monitoring, maintaining, and restoring health. Promote a healthy lifestyle.

Strategies:

Creating Health and social services citywide
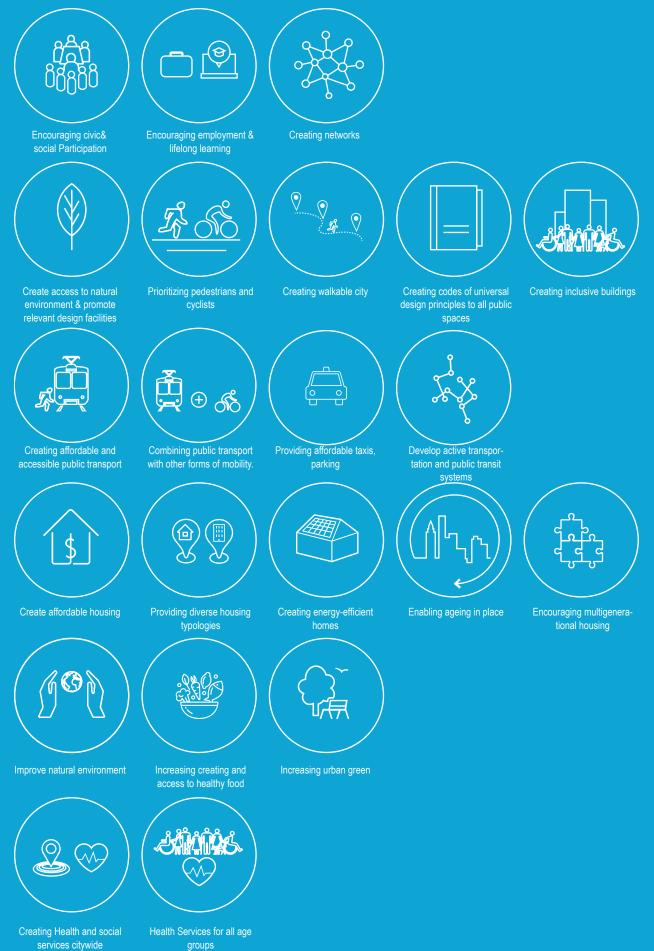
1.Creating Health and social services that are well-distributed throughout the city, are conveniently co-located, and can be reached readily by all means of transportation. Creating an adequate range of health and community support services for promoting, maintaining, and restoring health.

Health Services for all age groups

2.Addressing Health and social services the needs and concerns of All age groups.

Encouraging civic& social Participation

Encouraging employment & lifelong learning

Creating networks

Create access to natural environment & promote relevant design facilities

Prioritizing pedestrians and cyclists

Creating walkable city

Creating codes of universal design principles to all public spaces

Creating inclusive buildings

Creating affordable and accessible public transport

Combining public transport with other forms of mobility.

Providing affordable taxis, parking

Develop active transportation and public transit systems

Create affordable housing

Providing diverse housing typologies

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Encouraging multigenerational housing

Improve natural environment

Increasing creating and access to healthy food

Increasing urban green

Creating Health and social services citywide

Health Services for all age groups

3.Healthy and Age-Friendly City Action and Management Plan in Ten steps and Health benefits,Hierarchy of High-Quality Healthy

3.1 Healthy and Age-Friendly City Action and Management Plan in Ten steps

The 10 Steps of HACAMP-Healthy and Age-Friendly City Plan – A decision maker's overview

Implementation is evaluated and learned lessons are shared.

Decision to prepare Healthy and age-friendly City Plan

What have we learned?

What are our resources?

01

10

Review and learn lessons

Set up an urban health team

02

How can we manage well?

What is planning context?

Prepare a monitoring and evaluation plan, improve it.

09

Determine Healthy and age-friendly city scope

Future actions are agreed

03

Prepare implementation plan and health-management plans

Analyze Assess health risks, impacts, and opportunities.

What are the main problems, opportunities?

What concretely, will we do?

08

Develop City Vision and integrate it into city strategy.

04

Analysis of problems, opportunities concluded

Prepare to finance

Evaluate and recommend risk-mitigation options.

What kind of city do we want?

Are we ready to go?

07

Select and prioritize projects and investments.

05

06

What are your options for the future?

Which projects are we selecting?

Vision for HACMP is agreed

This symbol indicates points of political involvement and residents involvement during the HACAMP process.

Figure: Steps of HACMP, all steps are considering HACMP dimensions

The 10 Steps of HACAMP-Healthy and Age-Friendly Action and Management Plan
A decision maker's overview

Milestone-Decision to prepare Healthy and age-friendly City Action and Management Plan
Preparation and analysis

What are our resources?
Step1.Set up an urban health team.
Establish an interdisciplinary and cross-sector team, get support from champions, raise awareness among sectors, create a network of agencies and individuals, secure data-sharing commitments, and establish a steering committee headed by the city mayor.

What is planning context?
Step 2.Determine Healthy and age-friendly city scope
Identify the key health risks in the planning or project area, as they will require attention and assessment; appraise the availability of data and the need for new data collection; develop terms of reference for data collection and assessment. Collect qualitative and quantitative data on project-affected communities over and above the data available in the healthy city profile, and as needed; analyze data and generate evidence and insights, and develop a healthy city profile.

What are the main problems and opportunities?
Step 3.Analyze Assess health risks, impacts, and opportunities.
Compile a registry of risks, impacts, and opportunities; identity, characterize, and prioritize risks, impacts, and opportunities linked to the existing built environment; formulate options for aspirational goals against each risk, impact, and opportunity, including needs of the elderly.

Milestone-Analysis of problems and opportunities concluded
Strategy development
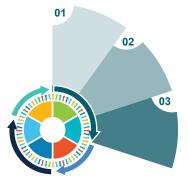
What kind of city do we want?
Step 4.Develop City Vision and integrate it into city strategy.
Use visioning exercises with stakeholders and citizens to develop a shared understanding of desirable futures, based on the results of the healthy and age-friendly analysis and scenario impacts. A vision is a qualitative description of the desired health and age of a friendly city, which is then specified by concrete objectives that indicate the type of change aimed for. Objectives address the important problems and they cover all dimensions of healthy and age-friendly city topics. This vision is integrated and has a tremendous impact on the common city vision document.
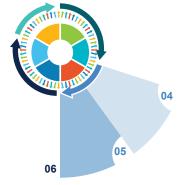
What are your options for the future?
Step 5. Evaluate and recommend risk-mitigation options.

Map all planned features, indicating positive health benefits and additional structural and nonstructural options for mitigating risks and leveraging health benefits; evaluate options, including cost–benefit analysis, and recommend structural and nonstructural urban health actions and investments; outline costs against benefits and additional synergies for various scenarios.

Milestone-Vision for HACAMP is agreed
Action planning

Which projects are we selecting?
Step 6.Select and prioritize projects and investments.
Prioritize structural and nonstructural options to minimize adverse health risks and maximize health benefits in consultation with leaders and other stakeholders.

Are we ready to go?
Step 7.Prepare to finance
Based on cost-benefit analysis, a detailed financial scheme can be included in the plan itself. A budget is agreed for each prioritized action and long-term arrangements for the distribution of costs and revenues among all involved organizations.

What concretely, will we do?
Step 8. Prepare implementation plan and health-management plans
Prepare implementation plans; integrate healthy design features into the project proposal; identify additional structural and nonstructural options to leverage health benefits; develop a management plan.
Milestone-Future actions are agreed
Implementation and monitoring

How can we manage well?
Step 9.Prepare a monitoring and evaluation plan, improve it.
Prepare monitoring and evaluation plans, Monitor mitigation and enhancement measures and complementary interventions for construction and operation phases; adjust mitigation actions as needed.
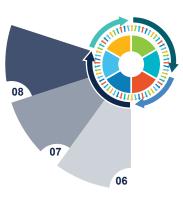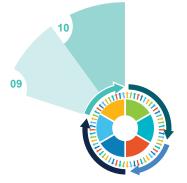
What have we learned?
Step10. Review and learn lessons
The last step of the HACAMP cycle is about reviewing successes and failures and communicating these results with stakeholders and the public. This review process also looks towards the future and considers new challenges and solutions. Ideally, decision-makers will take an active interest in understanding what has worked (and what has not), so that these lessons are considered in the next HACAMP update.
Milestone-Implementation is evaluated and learned lessons are shared.
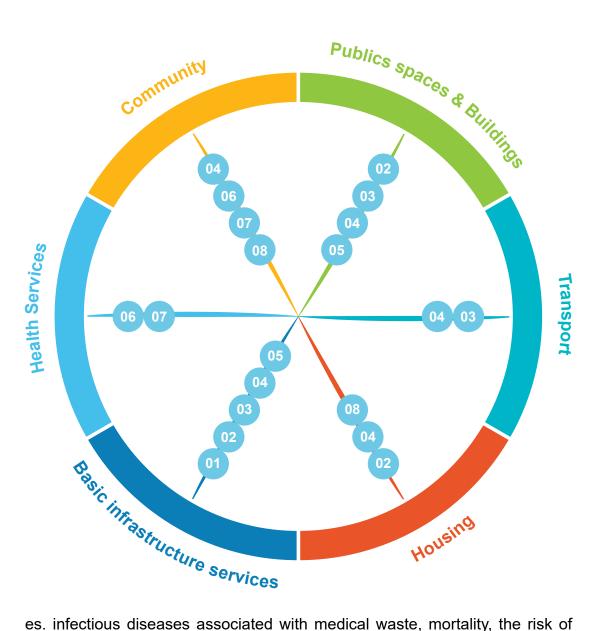
3.2 Healthy and Age-Friendly City Dimensions and Health Benefits

It is extremely important to understand what kind of health benefits will we have in case of having actions in specific healthy and age-friendly city dimensions. This general scheme shows general health benefits that we will have. For example, If we build a park, which goes in the dimension of public spaces and buildings. This way we reduce the risk of Chronic diseases, Cardiovascular diseases, Cancers, Respiratory illnesses, emerging infectious diseases, mental illness-

01 Creates Sufficient healthy nutrition and drinking water that is essential for health and well-being.

02 Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers, Respiratory illnesses, emerging infectious diseases, mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

03 Improves physical activity levels (weight status among children, adults, and older adults)

04 Social connectivity (Aging in place), Increases social inclusion and self-realization

05 Builds a healthy natural environment by Building resilience to climate change, extreme heat, and cold weather. Increases indoor air quality that reduces risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers. Controls noise.

06 Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

07 Increases a Healthy lifestyle among people.
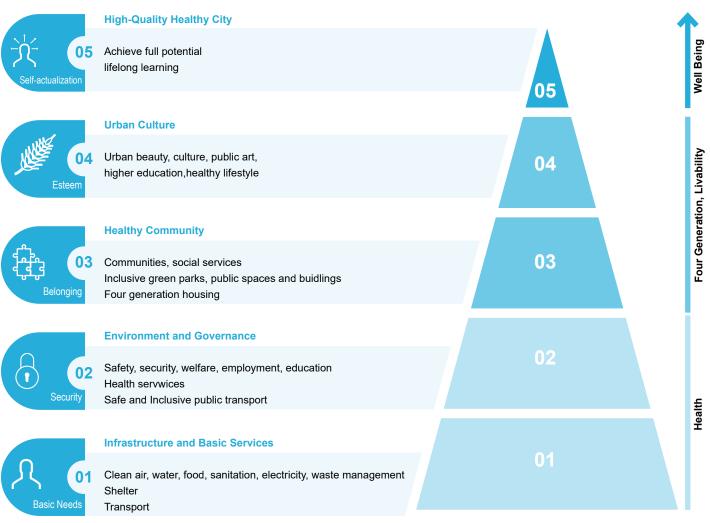
08 Creates a safe, and secure environment.

es. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death. Also Improve physical activity levels (weight status among children, adults, and older adults). As well as create Social connectivity (Aging in place), Increases social inclusion and self-realization. We Build a healthy natural environment by Building resilience to climate change, extreme heat, and cold weather. Increase indoor air quality that reduces risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers. Controls noise. (Numbers 02,03,04,05)

3.3 Hierarchy of High-Quality Healthy City linked to HACAMP Dimensions

Based on A Hierarchy of Urban Health and Well-Being (Source healthy and age-friendly cities in the people's republic of china december 2020 proposal for health impact assessment and healthy and age-friendly city action and management planning najibullah habib, stefan rau, susann roth, filipe silva, and janis shandro, page 23) I cretaed adapted version to link it with Healthy and age-friendly city dimensions. The result is quite interesting as those dimnesions are active in lower as well as in higher levels. While for housing Sheldter is on level 1. Gour generation home is on level 3. It turned out that all those dimensions have diffenet degree on each level of the pyramid.

High-Quality Healthy City

Self-actualization

05 Achieve full potential
lifelong learning

Urban Culture

Esteem

04 Urban beauty, culture, public art,
higher education,healthy lifestyle

Healthy Community

Belonging

03 Communities, social services
Inclusive green parks, public spaces and buidlings
Four generation housing

Environment and Governance

Security

02 Safety, security, welfare, employment, education
Health servwices
Safe and Inclusive public transport

Infrastructure and Basic Services

Basic Needs

01 Clean air, water, food, sanitation, electricity, waste management
Shelter
Transport

05
04
03
02
01

Well Being

Four Generation, Livability

Health

High-Quality Healthy City

- Achieve full potential
- lifelong learning

05 Self-actualization

Urban Culture

- Urban beauty, culture, public art,
- higher education, healthy lifestyle

04 Esteem

Healthy Community

- Communities, social services
- Inclusive green parks, public spaces and buidlings
- Four generation housing

03 Belonging

Environment and Governance

- Safety, security, welfare, employment, education
- Health servwices
- Safe and Inclusive public transport

02 Security

Infrastructure and Basic Services

- Clean air, water, food, sanitation, electricity, waste management
- Shelter
- Transport

01 Basic Needs

Community

Publics spaces & Buildings

Transport

Housing

Basic infrastructure services

Health Services

Link of A Hierarchy of Urban Health and Well-Being with Healthy and age-friendly city dimensions.

4.Healthy and age-friendly practices Worldwide examples (By countries)

Multigenerational Housing Chobham Manor -Olympic Park, London
Car-free Co-Housing Marmalade Lane Cambridge UK
Extra Care Housing Example, UK
Multigenerational Housing North London OWCH,New Ground Co-Housing
Fast Housing,Tata Steel UK

Students and Housing Intergenerational
Home Sharing in Lyon

Accessible and cheap
transport, Rennes

Lactation Room Laws, New York

Commercial Farm in a Residential
Development.USA

Seniors for Seniors, Policy, USA

Former factory transformation into co-housing
(Alone,together

Accessory Dwelling Units-ADU

Safe and playful walking
routes Towards Schools

Paseo Bandera: Pedestrianized
Street in Chile, One Big Work of Art

Project focus considered

- Community
- Publics spaces & Buildings
- Transport
- Housing
- Basic infrastructure services
- Health Services

Smart Parking,UK

Helsinki Toward citywide preventive health care services enabled by data

Oslo's Traffic Agent project, Norway

The Humanitas-Home Offers Students Free Rent For Time Spent With Elderly Residents,Netherlands

Multigenerational housing, Generation Block, Helsiniki

Universal public space design-Superkilen / Topotek 1 + BIG Architects + Superflex

Educational Traffic Playground Copenhagen

Play elements-Sidewalk trampolines, Copenhagen

Co-Housing Herfra til Evigheden & Egebakken

15 Minute City example-London Walworth Road in Southwark Case Study

Green Quarter Antwerp – living urban quarter,Belgium

Urban park with play areas, Mziuri Park in Tbilisi

Green Buidling Coffee Production Plant, Tbilisi

Ibasho House: A Communal Place in an Aging Local Community

Dementia Village, Bufalotta, Rome

Parking lots into natural children's play area, Israel

Deploying community based air quality monitors, Bengaluru India

Nursing Rooms And Diaper-Changing Stations, Japan

DigiTel,Smart digital system,Telaviv Israel

Green Buidling-Bosco Verticale, Milan

Software interventions Tactical Urbanism examples, Milan

Urban Park-"Tree Library" Milan
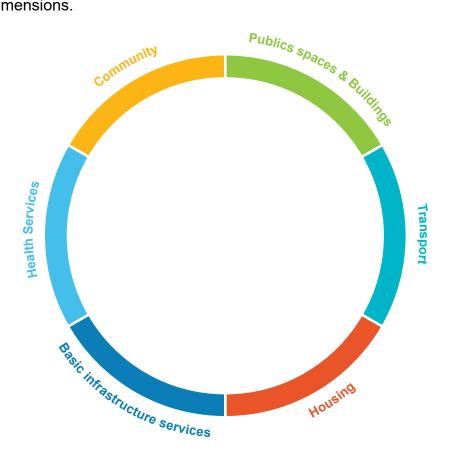
How to read Case

After defining healthy and age-friendly city dimensions, practices are organized according to dimensions, the colored bar indicates that dimension. As practices take place in different countries showing the keymap helps the reader to locate themselves. As the context of practices is drastically different basic data helps the reader to understand the main information about the country.
Defining actions and highlighting what was the main driver can help us understand what was the process like of happening that practice.
As these practices take place in different scales and types, defining them is drastically important if it is hard, soft, or heart ware.
All of those practices have positive health benefits and highlighting that fact can help us know what to do in order to have more health benefits with our actions.

Practices are grouped according to their dimension of healthy and age-friendly city dimensions.

Healthy and Age-Friendly City
Dimensions-Color indicates dimension
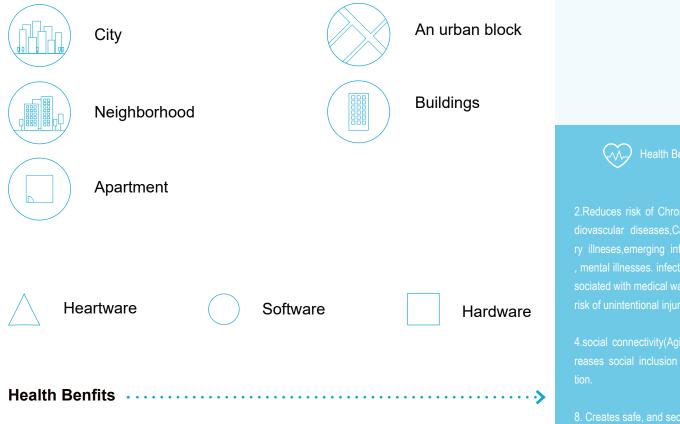
Location

Basic data about Country

Action Definition and Main driver

This icon indicates type and scale

City

An urban block

Neighborhood

Buildings

Apartment

Heartware   Software   Hardware

Health Benfits

Country-Denmark
Total Population-5.806 000 (2019)
Population ages 65 and above 20.2 %
Median Age 41.6 years (2021)
GDP Per Capita 60,170 USD (2019)
Average household size 2.1 people
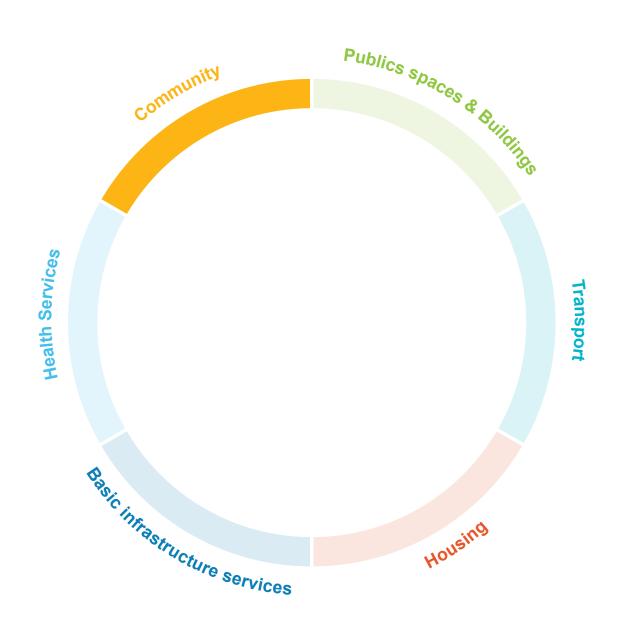
Action-Building Community Housing
Main Driver-Community

An Urban Block
Hard/Heart Ware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Increases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Source: Photo by Shane Rounce, Unsplash

Community
Publics spaces & Buildings
Transport
Housing
Health Services
Basic infrastructure services

DigiTel,Smart digital system,Telaviv Israel

This practice is exceptional as it created a smart system to match the needs of all age group people, a Universal system is one of the main tool for the municipality to communicate with people.

The DigiTel Residents Club is a personalized web and mobile communication platform that provides residents with individually tailored, location-specific information and services. The platform facilitates a direct, open channel of communication between the city and its residents, from alerting residents about neighborhood roadwork and directing them to the nearest bicycle-sharing station, to sending targeted reminders for school registration or events and offering discounts to the many cultural events taking place in the city.

MiniDigi is an innovative governance model aimed at improving quality of life for parents and babies. It uses a digital platform to build community, provide relevant services and information tailored specifically to their needs, and integrate babies into everyday life in Tel Aviv, a nonstop city. This resident card gives unique access, free of charge, to a one-stop shop of services and benefits for young families: from coaching for parents and fun events at all hours, to online scheduling of vaccine appointments, tailor-made discounts and benefits and, above all, a community for young families.
Every child born in Tel Aviv is now sent a Digitaf card. Launched in December 2017, Digitaf – which reads in Hebrew as a pun on 'digital for toddlers' – is a new addition to Tel Aviv's pioneering online Digitel platform, which connects residents with municipal services. Digitaf makes it easy for parents to book appointments with 'well baby' clinics, or find out about local childcare facilities or upcoming public events such as storytelling. It offers discounts on products, services and activities.

DigiTel Card

Country-Israel
Total Population 9.053 000 (2019)
Population ages 65 and above 12% (2018)
Median Age 30.5 years (2020)
GDP Per Capita 43,592 USD (2019)
Average household size 3.3 people

Action-Creating Digital platform
Main Driver-Municiplaity, Smart Innovation

City
Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.
6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7. Increases a Healthy lifestyle among people.
8.Creates a safe, and secure environment.

The Humanitas-Home Offers Students Free Rent For Time Spent With Elderly Residents,Netherlands

This policy provides students with a cheap renting fee, in order to live in an elderly community and spend few hours in a month. It encourages multigenerational communications.

project allows students to live rent free alongside elderly resident as part of a project to ward off the negative effects of aging. In return for a small rent free apartment, the Humanitas retirement home in Deventer asks the students to spend at least 30 hours helping residents per month. They can do anything from watching sports, offering company when seniors are ill which can help combat loneliness.

The program ensures a bit of the outside world is brought into the home and that a warmth between all parties is created. Altogether there are around 6 students sharing the building with 160 seniors.

Humanitas daily life

Humanitas daily life

Country-Netherlands
Total Population 17.280 000(2019)
Population ages 65 and above 19.6% (2019)
Median Age 43.3 years (2021)
GDP Per Capita 52,331 USD (2019)
Average household size 2.2 People

Action-Policy, Cheap housing for young to

commuicate with elder

Main Driver-Policy

City

Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.
6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7. Increases a Healthy lifestyle among people.
8.Creates a safe, and secure environment.

https://internationalsocialhousing.org/2017/05/29/learning-best-practices-in-housing-for-the-elderly-from-the-dutch/https://www.youtube.com/watch?v=tjRtaulQsZU&ab_channel=HumanitasDeventer
https://www.boredpanda.com/student-dorm-elderly-retirement-home-deventer-humanitas/?utm_source=google&utm_medium=organic&utm_campaign=organic

Nursing Rooms And Diaper-Changing Stations, Japan

These citywide nursing rooms help citizens to have a more comfortable daily life in the city and gives favor to babies and their caregivers.

Nursing rooms are spaces available for anyone who wants to feed their baby, either by breastfeeding or with a baby bottle. They are designated with the above symbol ("nyujushitsu").

They are often located in many public government offices and children's centers. In cities such as Tokyo, Osaka, and Fukuoka, nursing rooms and diaper changing stations are prescribed by local regulations.

Local municipalities have established homepages such as Tokyo Kosodate Switch (Japanese). Here they offer information on nursing rooms and other facilities.

Nursing Room

Nursing Room

Nursing Room Icon

授乳室

https://matcha-jp.com/en/9989

Lactation Room Laws, New York

The policy helps parents to have a more comfortable space at their workplace and encourages, supports parents and caregivers.

New York City passed two new laws, New York City Local Laws 185 and 186 (the "NYC lactation room laws") that went into effect on March 18, 2019 and that expand the rights of nursing mothers in the workplace. Specifically, the laws set forth new mandatory standards that require employers to provide a lactation room and to implement written lactation room accommodation policies. These new laws amend the New York City Human Rights Law (N.Y.C. Admin. Code §§8-101 to 8-131).

CountryUnited States
Total Population-328.200 000 (2019)
Population ages 65 and above 15.2% (2017)
Median Age 38.1 years (2019)
GDP Per Capita 65,297 USD (2019)
Average household size 2.53 people

Action-Policy, Making nursing room city-wide,developing policy
Main Driver-Policy

City
Hard/Soft ware

Lactation Room icon

Lactation Room in the airport

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.
6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7. Increases a Healthy lifestyle among people.
8.Creates a safe, and secure environment.

Students and Housing Intergenerational Home Sharing in Lyon

This policy uses a matching market model, while elder people are living alone they need someone to help them, for students housing is expensive and it is a win-win situation to match them. This policy helps social integration.

To fight against the loneliness of the elderly and confront the housing crisis for students, In Lyon there is a good solution : intergenerational home sharing !

The principle is simple : A single person agrees to open his or her doors to a student in exchange of presence and services like :

Sharing and help preparing meals, being at home in the evening and weekends,

Help for the errands, get the mail.

Share passions and discuss together.

Share moments relaxing outings, reading, board games …

Help with gardening

Introduction to Computer skills etc…

Company for one, savings for the other…

The formula has become a model in big French cities like Lyon !

Country-France
Total Population 67.060 000 (2019)
Population ages 65 and above 20.8% (2020)
Median Age 42.3 years(2021)
GDP Per Capita 40,493 USD(2019)
Average household size 2.38 People

Action-Policy, Cheap housing for young to

commuicate with elder

Main Driver-Policy

City
Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

7. Increases a Healthy lifestyle among people.

8.Creates a safe, and secure environment.

Home Sharing in Lyon

Encouraging civic and social Participation
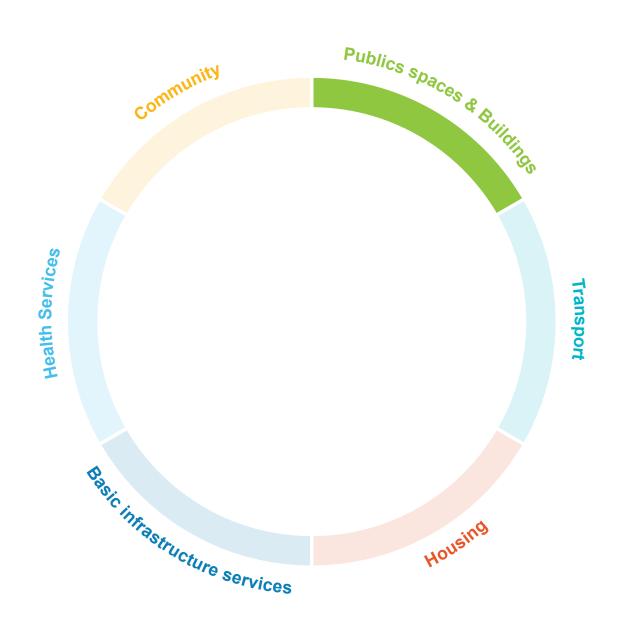
Encouraging employment and lifelong learning

Creating networks

Urban Park-"Tree Library" Milan

In the central part of the city new green public space was created, with soft infrastructural elements and more natural elements, as trees and bushes. It increases walkability in the city and became one of the main parks in the city.

The park acts as urban connector, cultural campus and botanical garden. Paths are drawn from different areas (residential, commercial, governmental) around the site, creating a grid of connections that overlap and cross with one another. These paths, together with the irregular fields that are created in-between, can overcome height differences and underlying traffic tunnels, create sound-walls and bridge streets. The planting design for the fields is composed of a series of carefully selected species. Each plot offers a different type of growth and program. Circular forests are scattered over the site and will grow into roofs of foliage of different color and structure that fl oat above the park. A series of cultural, educational, social and commercial buildings are placed in the park and along its edges, their program triggering interest and income for the area and thus securing a high-level maintenance program for the park.
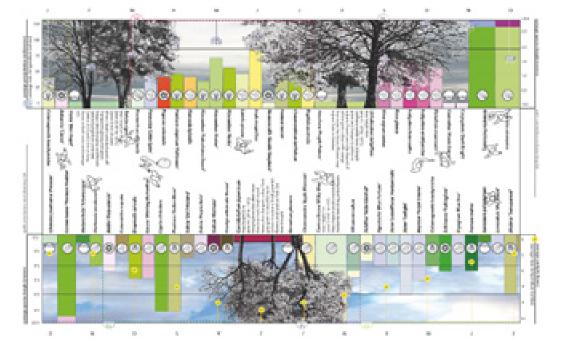
The park - located between Stazione di Porta Garibaldi and Stazione Centrale - will be the beating heart between municipality and commercial offices, fashion and culture related buildings, vital public transport knots, busy streets and quiet residential areas such as the Quartiere Isola.

Coutry-Italy

Total Population 1,396,059 (2019)

Population ages 65 and above 23% (2019)

Median Age 47.3 years old (2021)

GDP Per Capita $33,228.24 (2019)

Average household size 2.58 people

Action-Construction of urban green space

Main Driver-Municipality

An Urban Block

Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3.Improves physical activity levels (weight status among children, adults, and older adults)

4.social connectivity(Aging in place), Increases social inclusion and self-reallization

5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redceuces risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

https://www.insideoutside.nl/Biblioteca-degli-Alberi-Milan

Software interventions
Tactical Urbanism examples, Milan

This project is an example of how tactical urbanism can play a key role to inhabit streets by people and not by cars.

Milan has several examples of using tactical Urbanism as a tool to test possible transformations, having included local residents as well as students and diverse stakeholders.

"Since September 2018, Milan's "Piazze Aperte" project, sponsored by the Municipality of Milan in collaboration with Bloomberg Associates, National Association of City Transportation Official (NACTO) e Global Designing Cities Initiatives, has been experimenting with tactical urbanism to create new public spaces out of redundant roads and intersections through a series of experimental temporary, fast and cost-effective projects. The temporary nature of these project allows for a rapid and reversible solution testing, before investing time and resources in a definitive structural arrangement, anticipating the impacts with immediate benefits and supporting the decision-making process towards a permanent solution."

Example -Sidewalk expansion
Tools: street signs and/or bollards
Reversibility: medium-high
Pedestrian interventions include the possibility of widening sidewalks that do not allow safe distances between people, creating space from the roadway and separating it with temporary devices and other tactical urban planning tools

Coutry-Italy
Total Population 1,396,059 (2019)
Population ages 65 and above 23% (2019)
Median Age 47.3 years old (2021)
GDP Per Capita $33,228.24 (2019)
Average household size 2.58 people

Action-Using tactical urbanism to test scenarios
Main Driver-Municipality

An Urban Block
Software

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
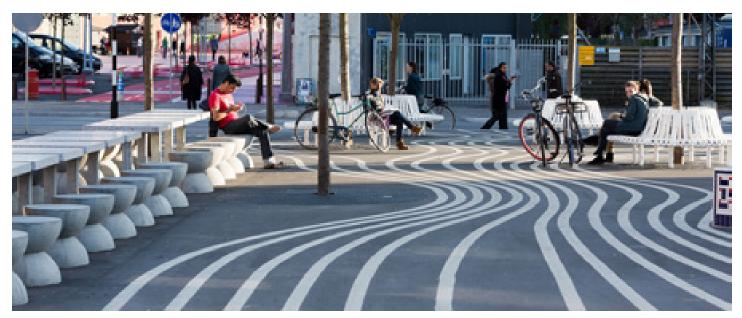4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Tactical Urbanism- Angilberto square

"Piazze Aperte", before and after the tactical urban planning intervention in Nolo (Via Spoleto, Via Venini)

before and after the tactical urban planning intervention Dergano Square

Universal public space design-Superkilen / Topotek 1 + BIG Architects + Superflex

This project is an example of how urban design can promote urban play and can become a bridge between cultures, which became a worldwide landmark in Copenhagen. It considers people from age groups.

Superkilen is a half a mile long urban space wedging through one of the most ethnically diverse and socially challenged neighborhoods in Denmark. It has one overarching idea that it is conceived as a giant exhibition of urban best practice – a sort of collection of global found objects that come from 60 different nationalities of the people inhabiting the area surrounding it. Ranging from exercise gear from muscle beach LA to sewage drains from Israel, palm trees from China and neon signs from Qatar and Russia. Each object is accompanied by a small stainless plate inlaid in the ground describing the object, what it is and where it is from – in Danish and in the language(s) of its origin. A sort of surrealist collection of global urban diversity that in fact reflects the true nature of the local neighborhood – rather than perpetuating a petrified image of homogenous Denmark.

Country-Denmark
Total Population-5.806 000 (2019)
Population ages 65 and above 20.2 %
Median Age 41.6 years (2021)
GDP Per Capita 60,170 USD (2019)
Average household size 2.1 people

Action-Construction of urban block, inclusive deisgn
Main Driver-Part of city programme, Competition

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Elder Friendly Zone

https://www.archdaily.com/286223/superkilen-topotek-1-big-architects-superflex
https://www.theguardian.com/cities/gallery/2016/apr/29/playgrounds-elderly-seniors-in-pictures

60

Sittings

Play Zone

Bird View

Bird View

City
Hard/soft ware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Incleases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

15 Minute City example-London Walworth Road in Southwark Case Study

Example of the 15-minute city that encourages pedestrians to walk more and increases livability.

The key ingredients of a 15-minute city include:
-Large numbers of residents within walking/cycling distance of the town centre/high street;
-Tthe presence of core local amenities (shops and services);
-Good access to public transport; and
-An easily walkable/cyclable high street and town centre – with wide pavements without clutter, frequent crossings, low-speed single carriageway traffic and protected cycle lanes where space allows..
There are a large number of town centres and high streets across London around which we can create a highly sustainable city.
1. Densely populated. The Walworth area is densely populated with some 45,000 people living in the three local wards.
2. Car ownership. There are low levels of car ownership in the area. On average (as of the 2011 Census) 68% of Walworth households do not own a car.
3. Local amenities. There are a large number of amenities locally (within walking distance) in the form of independent shops, supermarkets, street markets, banks
4. Green space. There is an array of green spaces locally which are made up of formal green and open spaces and large areas of green space that are part of the area's many council estates.
5.   Greening streets. Local people have also used 'Section 106' and other forms of funding to initiate projects to improve local streets and make them greener and more attractive.
6. A safer, more pedestrian friendly high street.
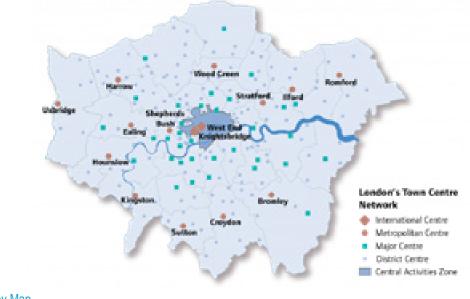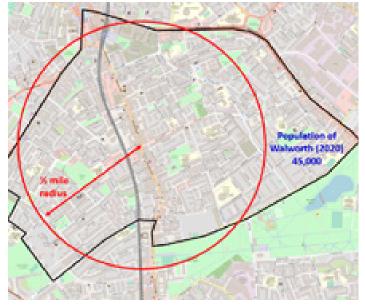
Key Map
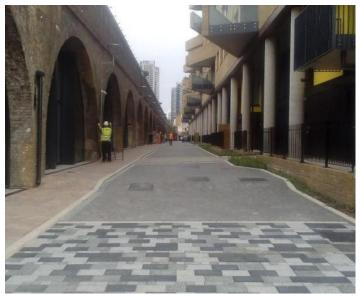
Map of Walworth and 10 minutes walking Radius

Car Ownership -68% of Walworth households do not own a car

A safer, more pedestrian friendly high street

Greening streets

New Low Line walking route as part of the Manor Place Depot redevelopment
https://londonlivingstreets.com/2020/10/25/the-15-minute-city-a-london-case-study/

Local amenities

Urban park with play areas, Mziuri Park in Tbilisi

This Park represents a place, that has diverse activities for all age groups, despite very difficult topography, it is inclusive. Within 8 hectares on a hill it has modern ways of playing and is one of the main play hub in the city.

Skatepark and parkour ground are located in Mziuri Park - one of the central green areas of Tbilisi. "Mziuri - the city of children" is the original name of the theme park built in the 1980s. This is the place where kids bond, make new friends and grow; it's a "ghetto Disneyland" on a post-soviet land.

Country-Georgia
Total Population 3,983,284 (2021)
Population ages 65 and above 15.1% (2020)
Median Age 38.3 years old (2020)
GDP Per Capita 4,697 USD (2019)
Average household size 3.4 people

Action-Construction of skatepark,
creating diversity of play
Main Driver-Municipality

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Educational Traffic Playground Copenhagen

This project is an example of how to educated kids from their early childhood about slow and fast mobility works, through play.

Traffic Playgroud in Copenhagen aims to teach good manners and consideration, and raise awareness that other road users may have their own agendas – at different speeds. The playground welcomes toddlers to 14-year-olds, as well as parents. The smaller you are, the more attention you need to pay…

At the Fælledparken Traffic Playground you can hire pedal carts, bring your own bike, "rent" a trailer with tricycle, or simply wander around by foot. The real joy comes from the diversity of speeds, height, and stability. Even rollerbladers are welcome.

Traffic Playgroud Signs

Traffic Playgroud Signs

Country-Denmark
Total Population-5.806 000 (2019)
Population ages 65 and above 20.2 %
Median Age 41.6 years (2021)
GDP Per Capita 60,170 USD (2019)
Average household size 2.1 people

Action-Building educational playground
Main Driver-X

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
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Play elements-Sidewalk trampolines, Copenhagen

This project is an example how to enhance play in our cities.

Down the Havnegade in Copenhagen, you'll find a series of five soft-play trampolines built into the sidewalk by the canal. The trampolines are rarely unoccupied with kids and adults alike, drawn to the opportunity for spontaneity in the city!

Country-Denmark
Total Population-5.806 000 (2019)
Population ages 65 and above 20.2 %
Median Age 41.6 years (2021)
GDP Per Capita 60,170 USD (2019)
Average household size 2.1 people

Action-Making sidewalk "playable"
Main Driver-X

An Urban Block
Hardware

Sidewalk Play

Sidewalk Play

https://www.trendingcity.org/sidewalk-trampolines-copenhagen-1

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Paseo Bandera: Pedestrianized Street in Chile, One Big Work of Art

This project is an example of how tactical urbanism can play a key role to inhabit streets by people and not by cars.

One of Santiago, Chile's most congested streets became a colorful pedestrian promenade full of urban art after a 30-day transformation led by artist Dasic Fernández. Now, the city is fighting to keep it. The 400-yard stretch of road adjacent to Santiago's government palace and main square was never meant to be a permanent pedestrian zone; its this tactical urbanism intervention has been paid for by local business owners and made permanent by the city government.

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
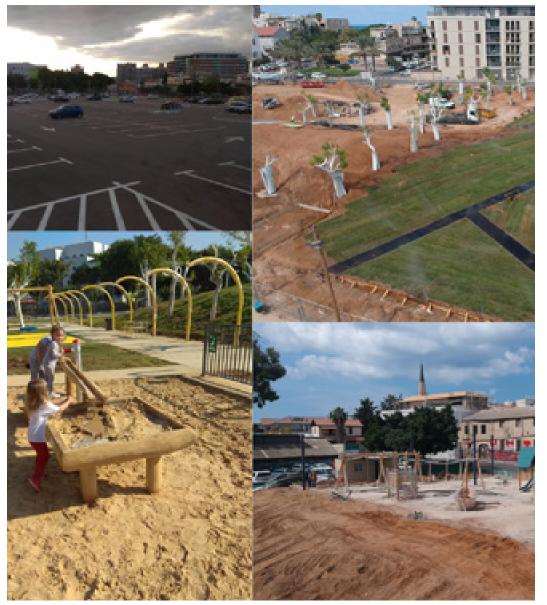4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Top view

Blocked Street

https://mymodernmet.com/paseo-bandera-urban-art/

Ibasho House: A Communal Place in an Aging Local Community

Community space that is produced by NGO, which created a new dynamic in daily life by their way of managing the place.

Ibasho House began as a community cafe where all were welcome. Older members of the local community make up the core group of visitors, but during school holidays children also drop by to play. Ibasho House observes special events, such as Hinamatsuri (the doll festival), Tanabata (the star festival), Bon-odori dancing, and Christmas, and also hosts group activities from ikebana (flower arranging) and communal sing-alongs to class reunions. There are currently about 20 visitors per day, and the aggregate number of visitors in the three years since its opening has reached about 17,600 people.

Kitchen

Shared space

https://ibasho.org/projects/japan
https://www.nippon.com/en/features/c02802/

Country-Japan
Total Population 126.300 000 (2019)
Population ages 65 and above 28%(2019)
Median Age 48.4 years (2021)
GDP Per Capita 40,246 USD (2019)
Average household size 2.71 People

Action-Making cafe as community hub
Main Driver-basho, a Washington DC–based NGO

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3.Improves physical activity levels (weight status among children, adults, and older adults)

4.social connectivity(Aging in place), Increases social inclusion and self-reallization

5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Safe and playful walking routes Towards Schools

This project aims to create a playful and safe road towards school, in this context, it is an important step forward.

"Educational territory"project to improve walking routes near educational and cultural early childhood services, making them safer and introducing features that encourage playful interactions between children and their caregivers.

The project is part of the Bernard van Leer Foundation's Urban95 strategy in São Paulo.

Tactical Urbanism Near School

Country-Brazil
Total Population 211 000 000 (2019)
Population ages 65 and above 9.3% 2019
Median Age 33.5 years (2021)
GDP Per Capita 8,717 USD (2019)
Average household size 3.0 people

Action-Using tactical urbanism to make schools more accessible
Main Driver-Art, tactical Urbanism

An Urban Block
Software

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3.Improves physical activity levels (weight status among children, adults, and older adults)

4.social connectivity(Aging in place), Incleases social inclusion and self-reallization

5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Parking lots into natural children's play area, Israel

This project is an example of how to give priority to natural play and kids instead of car-oriented development.

Young children in Tel Aviv have a new play area, incorporated into a former parking lot which the city muncipality has transformed into a community space featuring greenery and trees.
Yoav Ben Yehuda, Director of Parks and Gardens in Tel Aviv-Yafo municipal government, is among the city leaders who has become a champion for the Urban95 programme.

Natural Play environment

https://bernardvanleer.org/news/tel-aviv-turns-parking-lot-into-childrens-play-area/

Country-Israel
Total Population 9.053 000 (2019)
Population ages 65 and above 12% (2018)
Median Age 30.5 years (2020)
GDP Per Capita 43,592 USD (2019)
Average household size 3.3 people

Action-Turning parking into play space
Main Driver-Art,tactical Urbanism

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Incleases social inclusion and self-reallization
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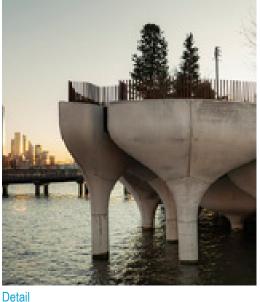
Green Buidling-Bosco Verticale, Milan

This project rethinks the image of residential building in a sustainable way, that tackles the challenge of climate change and creates an almost natural built environment.

The Vertical Forest is the prototype building for a new format of architectural biodiversity which focuses not only on human beings but also on the relationship between humans and other living species

Coutry-Italy

Total Population 1,396,059 (2019)

Population ages 65 and above 23% (2019)

Median Age 47.3 years old (2021)

GDP Per Capita $33,228.24 (2019)

Average household size 2.58 people

Action-Green Building

Main Driver-Developer,Architect

Building

Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3.Improves physical activity levels (weight status among children, adults, and older adults)

4.social connectivity(Aging in place), Incleases social inclusion and self-reallization

5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Perspective view

Exterior

https://www.worldgbc.org/news-media/bosco-verticale-not-easy-being-green

72

Green Buidling Coffee Production Plant, Tbilisi

This project rethinks the image of an industrial building in a sustainable way, that tackles the challenge of climate change and creates an almost natural built environment.

Located on a highway connecting city to the airport, the site is sparsely developed. Surrounded with fields and pine trees. the project houses coffee production plant, its offices, coffee tasting and small coffee exhibits.
 The city required a building that escapes the regular factory appearance, the client - a strong visual identity. The program required to fit both, coffee plant, office and public areas with coffee tasting and small exhibits.

Bird view

Perspective view

https://www.archdaily.com/921231/coffee-production-plant-khmaladze-architects

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
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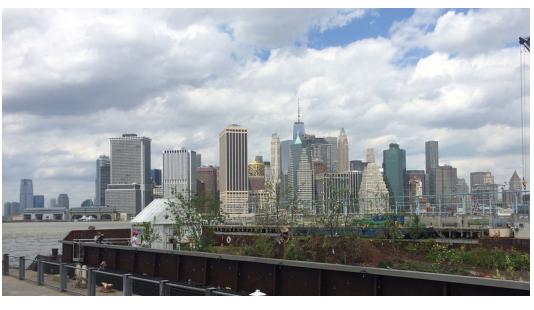
A Floating Food Forest In New York City

This project is a good example how to create green spaces in urban areas, that is ineractive and benefits residents mental and physical health issues.

New York's 'barge-to-table' floating farm gives city residents without access to farmland the opportunity to pick their own food. Swale is a public floating food forest built atop a 5,000 square foot barge, currently docked at Brooklyn Bridge Park's Pier 6. Founded in 2016 by artist Mary Mattingly, Swale allows visitors to harvest herbs, fruits and vegetables for free. The project began as an idea to advocate for food to be grown on some of the 30,000 acres of public land in New York City.

CountryUnited States
Total Population-328.200 000 (2019)
Population ages 65 and above 15.2% (2017)
Median Age 38.1 years (2019)
GDP Per Capita 65,297 USD (2019)
Average household size 2.53 people

Action-Building new housing typlogy
Main Driver- Policy development

City
Hard and Soft ware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

'Floating' park on the Hudson, New York
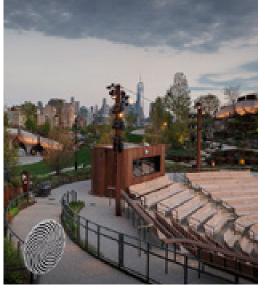
This project is a good example how to create green spaces even on water infrastructure and create quality public space.

Bird view

Detail

The amphitheater and venue at the park

https://internewscast.com/the-big-apples-latest-wonder-265m-floating-park-on-the-hudson-prepares-to-open-in-nyc/

CountryUnited States
Total Population-328.200 000 (2019)
Population ages 65 and above 15.2% (2017)
Median Age 38.1 years (2019)
GDP Per Capita 65,297 USD (2019)
Average household size 2.53 people

Action-Building new housing typlogy
Main Driver- Policy development

City
Hard and Soft ware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
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Create access to natural environment and promote relevant design facilities

Prioritizing pedestrians and cyclists

Creating walkable city

Creating codes of universal design principles to all public spaces

Creating inclusive buildings

4.3

Community

Publics spaces & Buildings

Transport

Housing

Basic infrastructure services
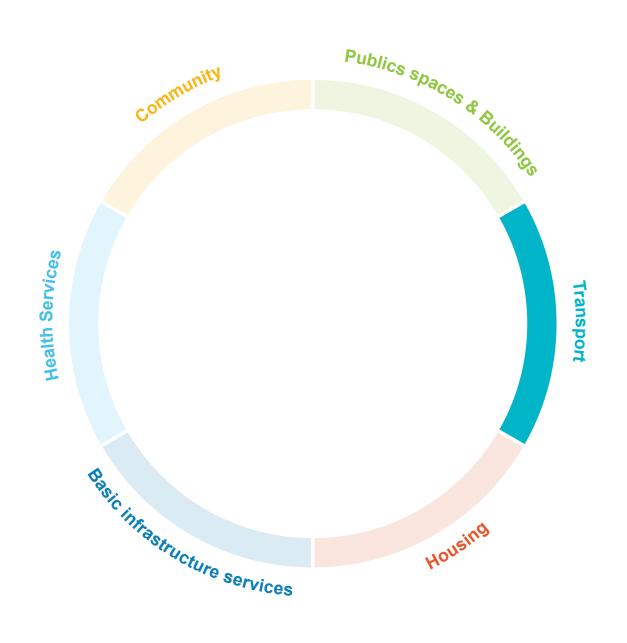
Health Services

Smart Parking,UK

This project is a good example how smart technologies can help parking managment.

Installing sensors in a select number of defined use bays – both disabled and Save-a-Space – as well as SmartSpots, which relay real-time occupancy information to SmartCloud.

Country-United Kingdom
Total Population-66.650 000 (2019)
Population ages 65 and above 18% (2018)
Median Age 40.5 years (2021)
GDP Per Capita 42,330 USD (2019)
Average household size 2.3 People

Action-Creating Smart Parking

Main Driver-Innovation

City
Software

Health Benefits

3.Improves physical activity levels (weight status among children, adults, and older adults)
4.Social connectivity (Aging in place), Increases social inclusion and self-realization.
8.Creates a safe, and secure environment.

Accessible and cheap transport, Rennes

This project is a good example how inclusive public transport is promoted, with the help of community.

Rennes is a shining example of how to reconcile the two, by working with local disability groups to provide the best possible transport services for people with disabilities.'

"Everything was discussed and evaluated, tested and approved by the people directly concerned,"

Action-inclusive public transport
Main Driver-Policy

City
Software

Health Benefits

3.Improves physical activity levels (weight status among children, adults, and older adults)
4.Social connectivity (Aging in place), Increases social inclusion and self-realization.
8.Creates a safe, and secure environment.

fully accessible for people in wheelchairs

The driverless metro in Rennes, fully accessible for people with disabilities.

https://www.euractiv.com/section/public-transport-accessibility/news/how-to-make-transport-accessible-and-cheap-learn-from-rennes/

Creating affordable and accessible public transport

Combining public transport with other forms of mobility.

Providing affordable taxis, parking
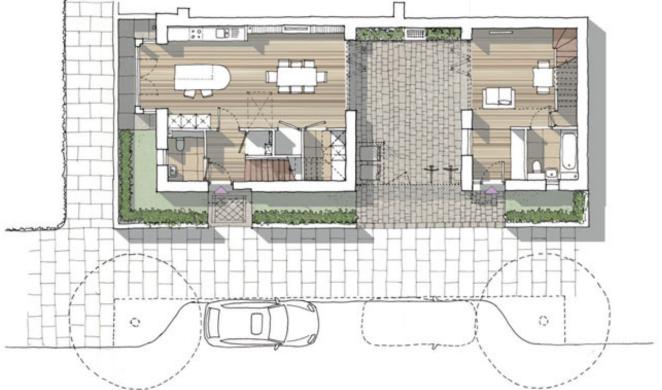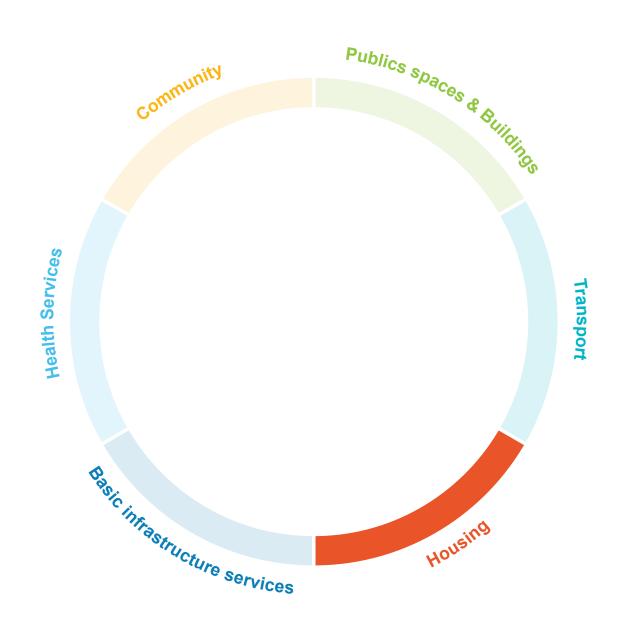
Develop active transportation and public transit systems

Source: Photo from book-Radical Housing Designing multi-generational and co-living housing By Caroline Dove Page 53

4.4

Publics spaces & Buildings

Transport

Housing

Basic infrastructure services

Health Services

Community

Multigenerational housing, Generation Block, Helsiniki

This project tries to create a small community within the city as an urban block, creating shared spaces and encouraging different age groups to coexist together is a very positive side of the project. Also, it builds a new typology of living encouraging multigenerational living and integrates several services.

The aim of the project has been to examine housing innovations in a variety of operating areas through trial construction.
The development goals of the CIN innovation block have been as follows:
1. Network management, mobilising city innovation to the block level
2. Living and service concept for the block, creating a service concept through a user-centric process.
The original development themes also included modular architecture
– the development of modular prefabricated construction technology in an urban environment. When the module supplier pulled out of the project, the CIN project gave up the idea of modular construction.
The CIN innovation block has created spaces and an operating model for resident-oriented, multi-generational and international block housing in which the core is formed by the block's inner street, shared yard and centralised services, with undisturbed housing provided above ground level.
The block features a diverse range of urban housing options: rental housing for students, senior citizens and disabled people. Hitas owner-occupied housing is also available.
The project has received the Vuoden Parhaat ARA-neliöt (Best ARA square metres of the year) award

Shared Space

Courtyard

Gym

Shared Space

Co-Housing Herfra til Evigheden & Egebakken

Community is the main driver to fill their needs as on the market they do not have appropriate options, they initiate and fill that gap, shared spaces and architectural decisions makes that practice successful.

The Højen was initiated by 5 couples whose club grew to 24 families, with the final development providing for 26 houses and a common house. Similarly, Egebakken was initiated by 5 couples who gathered 40 families for an interest list, with 20 families finally committing to an investment for the build. Final development provided for 29 houses and a common house. The interested families invested capital for initiating the development, with final construction costs divided amongst families upon completion.

The need for social integration highlights the importance of the common house which forms an integral part of each development. At the Højen, it is centrally located in the masterplan's overall courtyard configuration. Their common house features a shared kitchen, woodworking space, meeting rooms, library, fitness room, guest suite, and shared laundry facilities. At Egebakken, the common house serves as an entry marker to the larger housing complex, where the individual houses are laid out in an array of four rows. Their common house features a common kitchen, library, and small crafts and fitness area.
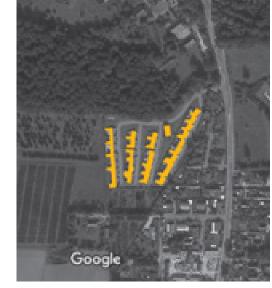
Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Site plans
https://housingourmatureelders.wordpress.com/2018/09/14/tours-herfra-til-evigheden-egebakken/

Exterior view of the individual houses at the Højen showing distinctive skylights as part of their roofscape.

Exterior view of the residences at Egebakken.

Interior view of the Egebakken common house dining area

Exterior view of the Højen residences.

Højen's 5 year birthday party

Building

Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Multigenerational Housing Chobham Manor -Olympic Park, London

This project creates a new typology of housing that encourages a multigenerational way of living.

The multi-generational home is a new housing typology developed by PRP that is a connected flexible home for extended families who want to live together, while retaining a degree of mutual independence.The corner apartment blocks are four storeys, one with commercial use at ground floor. The Velo block has a retail space on the ground floor with a 'spill-out' area along its frontage. Duplexes and penthouse occupy upper floors and are dual aspect with a view of the Velodrome from private balconies and roof terraces.

Chobham Manor houses work as a successful multigenerational place to live; the home is inclusive, facilitating family longevity to establish roots in the community. Ie ;allenge of designing an innovative home started as an aspiration to address modern family demands through promotion of social interaction and wellbeing. PRP are rightly proud that the seed of their 'multigen' idea has been realised as a high quality home.

Exterior

Perspective View

Exterior

Car-free Co-Housing Marmalade Lane Cambridge UK

This project is targeted at all age groups, creates car-free streets, and enhances multigenerational living.

Marmalade Lane is a multi-generational community - its residents come from all ages and walks of life and include families with young children, retired couples and young professionals.

Marmalade Lane is laid out in terraces creating attractive, people-friendly streets to the front with lovely gardens behind.

Car parking is kept to the periphery and bins in communal stores, conserving the outside space for people's enjoyment.

Homes are contemporary versions of the townhouses and low-rise apartments traditional to Cambridge, and are finished in one of four brick colours with generous porches, balconies and private gardens.

The common house provides a place for residents to socialise, host guests and eat together. It includes a large kitchen, lounge with wood-burning stove, laundry facilities, children's play room, a secluded room for adults only, and flexible spaces for meetings and wellbeing classes. It also includes guest bedrooms, bookable by residents. There is a small gym and a workshop provides a place for hobbies. Since occupation, the cohousing community has created a small internal shop.

The Gardens At the centre of the development is a large, shared, south-facing garden that has been beautifully landscaped to incorporate retained mature oak trees and areas for relaxation, play and food-growing.

The Lane - a child-friendly, car-free 'street' through the development; a shared space encouraging neighbourly interaction. Since moving in, the cohousing community has added cable drum tables and chairs in the plaza area outside the common house and a cosy outdoor siting area.

Country-United Kingdom
Total Population-66.650 000 (2019)
Population ages 65 and above 18% (2018)
Median Age 40.5 years (2021)
GDP Per Capita 42,330 USD (2019)
Average household size 2.3 People

Action-Buidling car-free housing typlogy
Main Driver-Community, Developer

Building

Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Car-free street

Common Space

Building

Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Extra Care Housing Example, UK

This project creates a new typology of housing, for people who need extra care but are not necessarily very unhealthy to be a move to nursing homes. This project fills the gap that we have in housing nowadays.
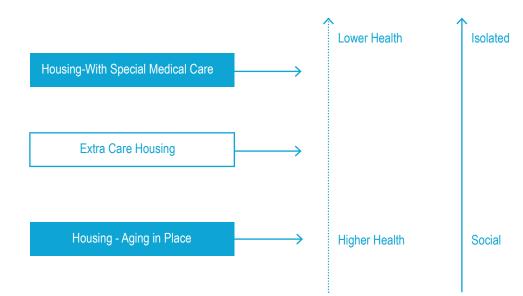
Extra care housing, sometimes known as assisted living, is for older people with care and support needs who want to be active and independent.

Our one or two bedroom extra care housing (ECH) flats, houses and bungalows are part of complexes with public spaces that may include:
-restaurant
-activity room
-lunch club
-hairdressers
-shop
These areas can also be used by local older people.
Every extra care accommodation has an alarm linked to a 24-hour control centre.
Other services available at an extra cost include:
personal care, such as washing or dressing
domestic help, such as laundry and housework
meals
With the Extra Care scheme can rent, buy or part-buy, on your own or as a couple, your own flat, house or bungalow.
You have your own front door,the right level of care and support for you when you need it, seven days a week, 24 hours a day,the chance to be part of a community and take part in activities and interests be surrounded by friends and neighbours as well as extra care housing staff.

	Lower Health	Isolated
Housing-With Special Medical Care →		
Extra Care Housing →		
Housing - Aging in Place →	Higher Health	Social

That kind of Housing is filling the gap.

https://www.bristol.gov.uk/social-care-health/extra-care-housing
https://lkycic.sutd.edu.sg/research/resources/

Courtyard-Lawson House

Hall-Lawson House

Hall-Lawson House

Dining Room-Lawson House

Bathroom-Lawson House

An Urban Block
Hard/Heart Ware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Multigenerational Housing North London OWCH,New Ground Co-Housing

This project is driven by 26 women who shaped their community. It is an exception how they are trying to fill the gaps of existing housings and create the desired environment by themselves.

Group of 26 women, almost all of whom previously lived alone. Who come from a variety of backgrounds and cultures and ages range from early 50's to late 80's. Although they are all very different and have their own particular interests, family connections, work – some of them are still working – or health difficulties or disabilities, what they all share is a determination to stay as self-dependent and active as they can as they get older.

They see cohousing as a way of living as co-operative, friendly neighbours.

This community is actively managed by them, its residents. Everyone has opportunities to share in the life of the group and contribute in whatever way she can.

Exterior

Community

https://www.owch.org.uk

Fast Housing, Tata Steel UK

Light Mass construction for housing.

"Our approach is based on work carried out between 2015-17 by the Agile Ageing Alliance on Neighbourhoods of the Future. The white paper produced contained a strategy to provide adaptable, digitally enabled dwellings which provide access to services such as healthcare and work across a broad demographic. This enables the creation of `cognitive homes' for life, rather than the current stratified model of provision where   it is often necessary to `move or improve'. Our proposal is to facilitate the building of a Neighbourhood (or Neighbourhoods) of the Future at scale in the UK. As a consortia of like-minded designers, suppliers and manufacturers. The first step towards making this happen is this white paper, whichwe see as a blueprint for our homes and neighbourhoods of the future."

Bimlendra Jha
Chief Executive Officer, Tata Steel UK

Keeping the frame connection design simple reduces costs and can allow us to build more quickly; typically up to twice as fast as traditional methods. Simplification of the construction process is also important in helping to address the skills shortage in the sector.

Our ambition, as a collective, is to build a prototype Neighbourhood of the Future.

Country-United Kingdom
Total Population-66.650 000 (2019)
Population ages 65 and above 18% (2018)
Median Age 40.5 years (2021)
GDP Per Capita 42,330 USD (2019)
Average household size 2.3 People

Action-Light house construction, Concept
Main Driver-Tata steel company

City
Software

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Medical Buildings · Residential Buildings · Commercial Buildings · Hybrid Construction · Educational Buildings · Buildings for Armed Forces

Accessory Dwelling Units-ADU

City
Hard and Soft ware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases, mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

ADU is becoming a new trend in the USA that serves as a home and for the elder, it is an additional source of income. That enhances the idea of aging in place.
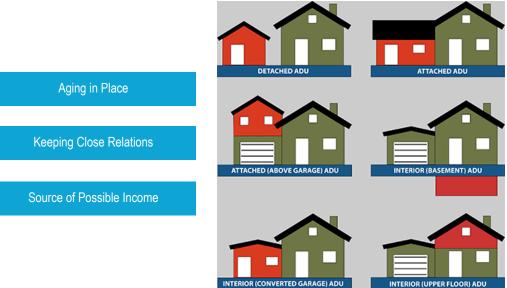
An accessory dwelling unit is a really simple and old idea: having a second small dwelling right on the same grounds (or attached to) your regular single-family house, such as:
an apartment over the garage
a tiny house (on a foundation) in the backyard
a basement apartment
"An intergenerational movement is happening. Probably 70% of our ADU work is for families that are multigenerational. Often a young couple with young kids decides to move here and one or both sets of parents say 'Let's move to Portland!' They build the ADU so they have a place to live. It's discouraging that the balance in this equation – which has always been value based – is based on an economic turn. The values were always there. The intergenerational benefits were always there. They were just stymied by the reluctance of the financial industry to recognize them." –Sam Hagerman
American example of Changing land Code in order to have possibility to build tiny home, elder people will move out and they have potential income from their existing homes.
About 10 times as many ADUs are now built each year in Portland as compared to before the city changed its fees and zoning rules. The change has even inspired some niche tourism, with bike tours taking cyclists on visits to the most innovative units, introducing the concept to anyone who's curious. As builder Spevak notes: "If you've toured an ADU, you'll be more likely to build an ADU."

Aging in Place

Keeping Close Relations

Source of Possible Income

Advantages and types of ADUs

https://www.aarp.org/content/dam/aarp/livable-communities/livable-documents/documents-2019/ADU-guide-web-singles-071619.pdf
https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/domain-3-accessory-dwelling-units-portland-oregon.html

Owner-Builder ADU by Kat and Dad

Perspective View

Masterplan

Interior Concept

Former factory transformation into co-housing- (Alone,together)

This project is an example of how the community can rethink existing buildings and transform that into age-friendly, livable home.

The St.Gallen project SOLINSIEME stands for a new form of living together, alone and yet together. So far there are hardly any examples that attempt to create a specific living space for this. The desire for communal forms of living that differs from conventional settlements and house communities as well as from young people's residential communities is increasingly expressed by many people. Many people want to readjust their relationship between the individual and the community and are looking for a suitable architectural shell.

SOLINSIEME enables residents to live together in one house, while maintaining individuality and freedom. They share common rooms where people can eat, party and work. Personal abilities, talents and preferences benefit the community and should enable mutual assistance and a form of living that is based on family coexistence without being dependent on conventional forms of attachment. We would like to address people of different ages, individuals and couples who have passed their family phase, who want to give quality to a new phase of life and are open to other forms of communal living together.

At Tschudistrasse 43, seventeen apartments of different sizes and different characters were created through the conversion of the old factory premises. Sixty to ninety square meters of living space are available per lot. They are not large lofts, it is not the aim of the cooperative that individuals occupy large areas. There are generous common rooms for this, which underline the social character of the residential factory. A kitchen-cum-living-room accessible to all, guest rooms with shower / toilet as well as workrooms and studios for various activities take up 15% of the total area.

For the two architects Bruno Dürr and Armin Oswald from ARCHPLAN AG, ecological and building biology principles are a matter of course. On the roof there is a solar system for hot water and a photovoltaic system for generating electricity. The access is wheelchair accessible. A lift connects the three floors. The number of parking spaces will be reduced to three and the space gained will be designed as outdoor space and greened. Parking spaces for mobility cars are in front of the house.

The individual apartments in the condominium have a very individual character. The wet cells are placed as boxes in the 3.80 meter high rooms, which preserves the loft character. Unnecessary luxury is deliberately avoided. Each unit has either a balcony, loggia or outside space.

https://www.solinsieme.com/index.php?page=Projektidee

Balcony

Exterior

Bird view

Interior

Interior

Green Quarter Antwerp – living urban quarter, Belgium

This project enhances mixed-use and the idea of creating natural playgrounds.

'The Green quarter is an award-Winning eight-hectare mixed—use redevelopment of a heritage site in the centre of Antwerp that combines repurposed historic buildings and new apartment blocks The scheme created 400 residential units, including social and private housing for families, as well as a luxury hotel, restaurant, shops. whole site is pedestrianised, With all the residential parking underground. Half of the ground area is given over to green space. There are no private gardens; all the outdoor space is public (including play equipment in an unfenced area). Most of the family units are on the ground floor. Giving easy access to outdoor spaces and enhancing informal oversight.

An Urban Block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Increases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Bird View- Masterplan

Playground

Create affordable housing

Providing diverse housing typologies

Creating energy-efficient homes

Enabling ageing in place

Encouraging multigenerational housing

4.5
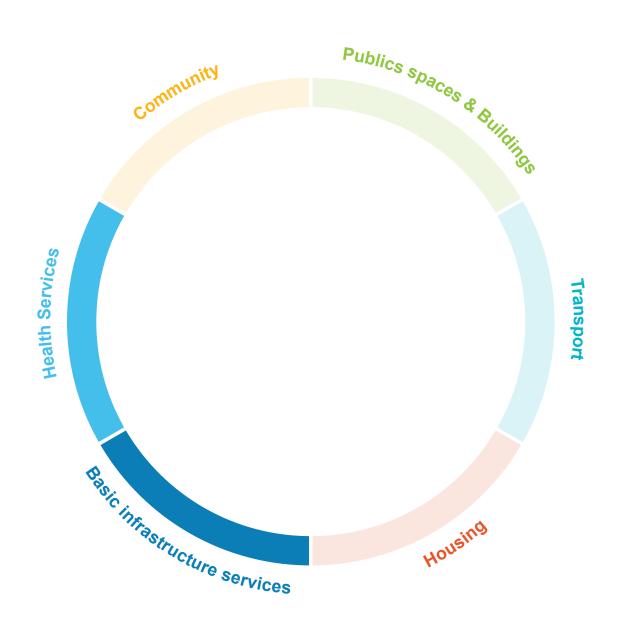
Deploying community based air quality monitors, Bengaluru India

This project is an inspirational example of how a small air quality monitoring device is fighting against air pollution.

To improve understanding of the nature of air quality and levels of fine particulate matter in Bengaluru, the Global Climate Health Alliance (GCHA), the Health and Environment Alliance (HEAL), and the Healthy Air Coalition worked with Clarity to install 30* indicative air quality monitors across the city in 2019. The network was deployed at strategic locations frequented by vulnerable populations, with an emphasis on schools and hospitals.

Since being deployed in 2019, the Clarity air quality monitoring network has empowered community members in the city of Bengaluru to better understand the nature of air quality in their city.

Country-India
Total Population1.366 billion (2019)
Population ages 65 and above 6.38 (2019)
Median Age 28.4 years (2020)
GDP Per Capita 2,099 USD (2019)
Average household size 4.6 People

Action-Air quality monitoring tool
Main Driver-Innovation

Building
software

Active Clarity Node-S generating real-time air quality data

Active Clarity Node-S generating real-time air quality data

Installing and deploying Clarity Node-S to measure air quality in Bengaluru

https://www.clarity.io/blog/community-based-air-quality-monitoring-bengaluru

Health Benefits

1.Creates Sufficient healthy nutrition and drinking water that is essential for health and well-being.
2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers, Respiratory illnesses, emerging infectious diseases, mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.Social connectivity (Aging in place), Increases social inclusion and self-realization
5.Builds a healthy natural environment by Building resilience to climate change, extreme heat, and cold weather. Increases indoor air quality that reduces risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers. Controls noise.

Helsinki Toward citywide preventive health care services enabled by data

This project is an inspirational example of how to use big data to improve and monitor people`s health.

The City of Helsinki's Social Services and Healthcare Division is working with The Finnish Medical Society Duodecim to develop a Health Benefit Analysis (HBA).13 The tool analyzes a patient's data and applies a set of rules — based on medical guidance — in order to recommend the appropriate actions and treatment. All data is pseudonymized and pulled fromexisting health records, giving medical professionals an overview
of a patient's test results, previous diagnoses, medication history, and more, all without disclosing their identity. The data is analyzed to highlight any "care gaps" that may exist where a patient is not receiving the treatment expected based on their health record.

Health Benefit Analysis applications are:
– Risk calculator
– Care gap analysis
– Clinical quality indicators
– Population health reports
– Health benefit calculator (application for measuring net benefit from treatments)
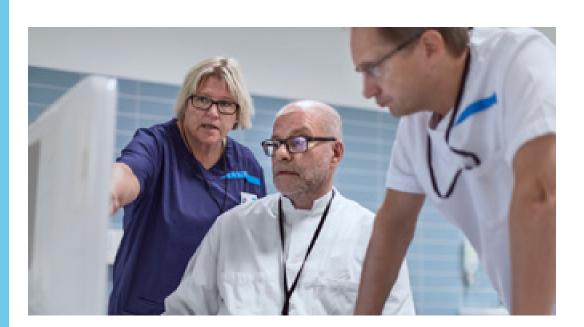
"We should understand the person holistically — a 360° view of the person." Mikko Rusama, Chief Digital Officer, City of Helsinki

Commercial Farm in a Residential Development.USA

This project is an inspirational example how urban farms can exist in big cities like New york, withing urban blockand can have commercial use.

"Asher Landes, 29, who manages the complex's apiary, are in the midst of their first growing season that's already produced thousands of pounds of vegetables. Between a weekly farm stand, the three restaurants they supply with vegetables, a "veggie pick-up bundle" (sort of like a CSA, but without the subscription or a season-long commitment), and donations to a local food bank, they're plowing through the more than 50 types of produce, which includes everything from mustard greens to cutting flowers to Asian broccolini."

Commercial Farm in a Residential Development

Exterior

https://modernfarmer.com/2016/09/empress-green-urby-staten-island/

Country-United States
Total Population-328.200 000 (2019)
Population ages 65 and above 15.2% (2017)
Median Age 38.1 years (2019)
GDP Per Capita 65,297 USD (2019)
Average household size 2.53 people

Action-Building new housing typlogy
Main Driver- Policy development

City
Hard and Soft ware

Health Benefits

1. Creates Sufficient healthy nutrition and drinking water that is essential for health and well-being.
2. Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers, Respiratory illnesses, emerging infectious diseases, mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3. Improves physical activity levels (weight status among children, adults, and older adults)
4. Social connectivity (Aging in place), Increases social inclusion and self-realization
5. Builds a healthy natural environment by Building resilience to climate change, extreme heat, and cold weather. Increases indoor air quality that reduces risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers. Controls noise.

Seniors for Seniors, Policy, USA

This practice is a good example of how soft policy can improve the mental health of the elder as well as for kids.

The Seniors for Seniors adoption program, open to residents of Washington State, is designed to help senior humans rediscover the joys of having a cat or dog in their lives.

The program places senior cats and dogs (typically over 9 years of age) with senior citizens who are 60 years of age or older.

PAWS' expert matchmakers will help you select a companion who fits into your lifestyle and housing situation at a reduced adoption rate of $35 for cats and $50 for dogs. Washington USA

Action-Considering pet as
important part of health
Main Driver-X

City
Software

Health Benefits

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7.Increases a Healthy lifestyle among people.

https://www.paws.org/adopt/seniors-for-seniors/

Oslo's Traffic Agent project, Norway

This digital app helps to build real-time data, with the help of people.

The Traffic Agent is a mobile app to determine road maintenance needs. It targets primary school children, who are some of the most active walkers in Oslo. Using a 'gamification' approach, children can report dangerous spots or problem areas on their way to and from school. This data is fed into the Agency for Urban Environment's traffic and technology section, which uses it to prioritise road maintenance needs for the next year's budget. The app allows children to input anonymously, although data can be filtered by class, school and district. It uses a voice and animations to guide them through the process. The data can be used in class to discuss the safest route to school.

Country-Norway
Total Population 5.328 000 (2019)
Population ages 65 and above 17.2%
Median Age 39.8 years
GDP Per Capita 75,419 USD (2019)
Average household size 2.1 People

Action-Creating Digital platform
Main Driver-Innovation

City
Software

Health Benefits

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7.Increases a Healthy lifestyle among people.

Interactive Map

https://www.theguardian.com/public-leaders-network/2016/sep/02/app-oslo-children-traffic-road-safety
https://use.metropolis.org/case-studies/the-traffic-agent

Dementia Village, Bufalotta, Rome

Dementia Village is a project that is scaled up worldwide and represents a successful example of how the project can be replicated worldwide. Dementia Village Associations team is working worldwide by creating special guide maps to adopt this model in different contexts.

A village entirely conceived and dedicated to Alzheimer's patients, which faithfully reproduces, first in Italy, a positively experimented model in the Netherlands in a town near Amsterdam, Hogeweyk, to offer them, completely free of charge, an environment suitable for improving the quality of life of the people affected by the serious illness, a stimulating, safe and soothing environment, in which to reproduce as much as possible family styles and ways of life, in order to guarantee an alternative therapeutic approach to the traditional one, so as to preserve longer and effectively the residual cognitive abilities of each resident.

Coutry-Italy
Total Population 1,396,059 (2019)
Population ages 65 and above 23% (2019)
Median Age 47.3 years old (2021)
GDP Per Capita $33,228.24 (2019)
Average household size 2.58 people

Action-Green Building
Main Driver-Developer,Architect

Building
Hardware

Health Benefits

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7.Increases a Healthy lifestyle among people.

Appartment for the elderly
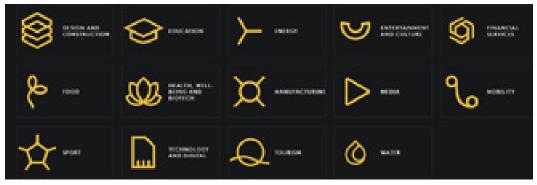

Indoor living area

Natural outdoor living

https://www.dementiavillage.com/projects/dva-rome/

108

NEOM New Future-Modern City Vision

This Coneptual project tries to integrated innovation in all possible sectors and create build city for the future, even though it is concept that elements of each sector can be used worldwide.

One of the most important secot of the project is health and here they will be using numerous modern tool. NEOM will build an integrated health, well-being and biotech ecosystem that goes above and beyond traditional medical care — an unparalleled end-to-end system entirely centred on the individual. With world-class treatment and inclusive care, NEOM will harness innovative technology, research and education to become a global benchmark in the field.

Coutry-Saudi Arabia
Total Population 34.27 million (2019)
Population ages 65 and above 3.4% (2019)
Median Age 31.8 years old (2021)
GDP Per Capita 23,139 USD (2019)
Average household size 6.4 people

Concept
Main Driver-Innovation
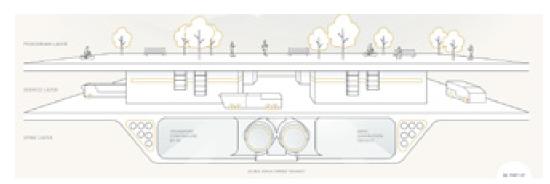
City
Hard/Software

Sectors

Goals and objectives of Health Sector

Health Benefits

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.
7.Increases a Healthy lifestyle among people.

The invisible backbone running all transport, networks and utilities beneath the surface with unprecedented efficiency and sustainability.

Pocket Ultrasound: a new era of medical imaging

This device is a good example of how innovation can make healthcare more accessible and affordable for everyone and also enhance and simplify monitoring of health conditions.

US-based tech company Butterfly has produced a portable, pocket-sized ultrasound scanner that plugs into an iPhone and can be controlled using an app.

Currently, any qualified healthcare provider in the United States can use the device. This includes doctors, paramedics, and nurses, among other medical professionals. That being said, one of our goals is to make medical imaging as accessible as a stethoscope, ushering in a new era of healthcare.

Ultrasound for COVID-19

https://www.smartling.com/resources/101/butterfly-network-covid19/

Improve natural environment

Increasing creating and access to healthy food

Increasing urban green

Creating Health and social services citywide

Health Services for all age groups

5.Healthy and age-friendly practices
Action plans and city examples

New York

Manch

5

hester

Seoul

Singapore

New York

City-New York
Total Population NY
8,419, 000 (2019)
Population ages 65
and above NY 16%
Median Age NY
36.7 years old (2019)
GDP Per Capita (USA)
$65,297 (2015)
Average household size NY
2.42 people

Age-friendly NYC

New Commitments for a City for All Ages

Bill de Blasio
NYC Mayor

Richard R. Buery Jr.
Deputy Mayor for Strategic
Policy Initiatives

NYC
**Department for
the Aging**

Donna M. Corrado, Ph.D.
Commissioner

**AGE
FRIENDLY**
NYC

Source: Cover by Age-friendly NYC New Commitments for a City for All Ages

History of age-friendly work

Vision
All New Yorkers can lead happy, healthy and productive lives.

City initiatives-86 actions

| Health & social services | Housing | Public spaces & transportation | Public safety | Communication & information |

| Community & civic participation |

A brief history of the development and achievements of Age-Friendly New York

2007
Age-friendly NYC was launched in the fall of 2007 as a collaboration between the Mayor's Office, the New York City Council (Council), and the New York Academy of Medicine (Academy). Creating strategies.
Using the Global Age-friendly Cities framework, the City and the Academy conducted a comprehensive assessment of the age-friendliness of New York City.

2008 2009
City and the Academy engaged older New Yorkers, City agencies, and leaders from the private, non profit, and academic sectors to learn how the City could improve the quality of life of older residents.

2010 2013
the World Health Organization named New York City the first Age friendly City under its new certification process. In 2013, Age-friendly NYC was awarded "Best Existing Age-friendly Initiative in the World" by the International Federation on Ageing.

2015
Mayor de Blasio announced the seating of 22 new members of the Age-friendly NYC Commission. Through this public-private partnership, Age-friendly NYC builds upon continuing initiatives, such as the City's **CityBench program** to increase the amount of public seating on NYC streets and Senior Splash that reserves public pool hours exclusively for older adults and offers water exercise classes geared toward seniors.

2017
Age-friendly NYC New Commitments for a City for All Ages-New Report , 86 initiatives that update age-friendly plan of NYC.

CityBench program -Better Benches and Bus Stop Shelters

Over the past decade, New York City's programs to improve its sidewalk benches and bus stop shelters have transformed the experience of waiting by providing 1,500 new benches along with 3,500 new or improved shelters.

In redesigning the basic bench, planners asked, "What makes a bench age-friendly?" For one thing, the bench must fit a variety of body shapes; for another, the armrest needs to be designed and placed in a way that helps a person to sit and stand up again.

The program to improve shelters has been active since 2006. As with the benches, the location of new or improved shelters resulted from a citywide call for community input. In order for the shelters to serve everyone, their design takes into account mobility issues, such as the need for a wide-enough entry and exit to accommodate people using wheelchairs.

The Costs

For the benches, a Bus Livability Grant from the Federal Transit Administration funds 80 percent of the $2.4 million cost. The New York City DOT covers the remaining expenses (approximately $600,000 so far) to install and maintain the benches.

Waiting still isn't fun, but now it's much more comfortable

Action-Creating sitting spots

Main Driver-Action plan

City

Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Street Bench

Bus Stop

Street Bench

Street Bench

119

Senior Splash

The Senior Splash is a senior citizen oriented water exercise event is a service of the NYC parks department that facilitates activities where seniors can socialize, swim and improve their health in a stress-free environment. The park's indoor pools are well maintained and offer plenty of amenities for seniors. The program is offered in the Bronx, Brooklyn, Manhattan and Queens.

Action-Senior splash and training
Main Driver-Action plan

City
Hardware

Healthy Homes Community Presentations and Trainings

Community Presentations monthly workshops are community focused presentations for parents, community residents and anyone interested.

•Cleaning Safely in the Home
•Getting Rid of Mold
•Controlling Roaches and Mice Safely
•Installing Safe Window Guards

Sea view hospital

The historic Sea View Hospital campus on Staten Island will be the City's first health-focused, mixed-use, master-planned community to prevent or ameliorate chronic disease. he site in keeping with four evidence-based principles of healthy design: 1) providing access to healthy, locally sourced foods, 2) promoting physical activity, 3) encouraging social interaction, and 4) providing easy access to nature.

Visualisation

Action-Creating Mixed use
sea-hospital campus
Main Driver-X

City
Hardware

Healthy Community Assets

https://www.silive.com/news/erry-2018/04/3d19ff7bbe4124/10_things_know_about_the_upcom.html

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illnesses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3.Improves physical activity levels (weight status among children, adults, and older adults)

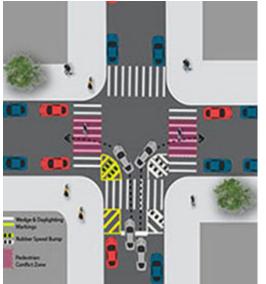4.social connectivity(Aging in place), Increases social inclusion and self-reallization

5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Parks Without Borders: How It Works

Parks Without Borders focuses on three areas of the park: entrances, edges, and park-adjacent spaces. This new design approach will help unify park spaces with the neighborhoods they serve. It will make entrances more welcoming, convenient and easy to find. It will make park boundaries greener and more comfortable with furnishing and amenities and make parks safer by improving sight lines. It will also create new centers of community activity out of underused areas next to parks.

Entrances

Edges

https://www.nycgovparks.org/planning-and-building/planning/parks-without-borders/how-it-works
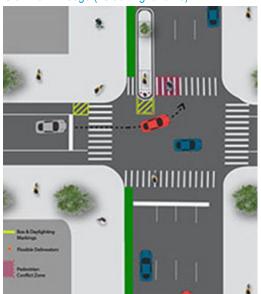
Turn Calming Program

The Turn Calming program is a citywide effort to reduce left and right turn speeds and enforce safe turning behavior. This program is part of the Vision Zero initiative to eliminate traffic fatalities and reduce severe injuries.

NYC DOT chooses locations for Turn Calming treatments by reviewing several criteria including crash injuries, lane configuration and effect on large vehicles' turning movements
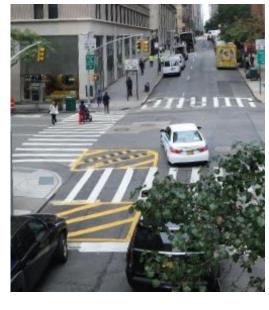

Slow Turn Wedge (Left & Right Turns)

Bike Island Channelization (Left Turns)

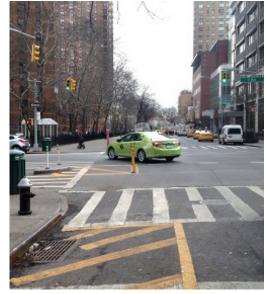https://www1.nyc.gov/html/dot/html/pedestrians/turn-calming.shtml

Action-Creating turn calming actions
Main Driver-Action plan

City
Software

Health Benefits

2. Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers, Respiratory illnesses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

3. Improves physical activity levels (weight status among children, adults, and older adults)

4. social connectivity(Aging in place), Increases social inclusion and self-reallization

5. Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Street Design Manual

A temporary seating installation in the furnishing zone or parking lane that creates an inviting location for eating, reading, working, meeting a friend, or taking a rest during the warm-weather months. Interested parties apply to DOT, select the design, and install and maintain the StreetSeat. Any type of business or institution (such as a museum or community organization) that owns or operates the frontage at the ground floor of a building may be eligible to install and maintain a StreetSeat. Business Improvement Districts (BIDs) and non-profit organizations without frontage are also eligible, if they work in partnership with a local business that does have frontage.

A marked pedestrian crosswalk at an intersection or a mid-block location constructed at a higher elevation than the adjacent roadway. A raised crosswalk is essentially a speed table that meets the adjacent curbs, and has a full-width crosswalk contained within the flat portion of the table, usually 10- to 15-feet wide. It combines the benefits of a Raised Speed Reducer with increased accessibility and enhanced visibility for the pedestrians crossing.

An entire intersection raised above the level of the surrounding roadways. The intersection is typically raised to sidewalk height.
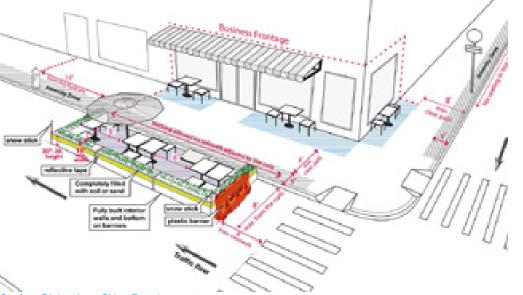
Street Seat

Raised Intersection

https://www.nycstreetdesign.info/furniture/streetseat

Open Restaurants Programme

NYC's Open Restaurant Program is an effort to implement a citywide multi-phase program to expand outdoor seating options for food establishments to promote open space, enhance social distancing, and help them rebound in these difficult economic times.

Outdoor Dining Area Siting Requirements

https://www1.nyc.gov/html/dot/html/pedestrians/openrestaurants.shtml

Action-Street Redesign
Main Driver-Action plan,Pandemic

City
Software

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Incleases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Source: Photo by Coleen Rivas, Unsplash

Singapore

City-Singapore
Total Population
5,703,600 (2019)
**Population ages 65
and above** 12.4%
Median Age
42.2 years old (2020)
GDP Per Capita
$94,105 (2015)
Average household size
3.22 people

History of age-friendly work

A brief history of the development and achievements of Age-Friendly New York

1982
Study the implications of an ageing population and recommend solutions to its challenges as the proportion of older adults aged 65 years and above was increasing.

1988
Community-Based Programmes for the Aged by the Advisory Council of the Aged main focues, Main Goals set- (1) to raise current retirement age from 55 to 60 years; (2) to offer diverse working arrangements such as part time, or work-from-home jobs; and (3) to restructure the disbursement of individual Central Provident Fund savings (retirement funds) to an annuity stream over the current lump sum option in post retirement old age.This document advocated for the inclusion of social participation. Main focus on this domains- Respect and Social Inclusion; Civic Participation and Employment, Community Support and Health Services

1998
Inter-Ministerial Committee on the Ageing Population (IMC) 1) Promoting 'ageing in place',2)strengthening community-based step-down care

1999
Multi dimensional solutions report, which jointly addressed community support, healthcare and social issues. The discussion was focused more on community-level solutions rather than the previously provincial focus on individual-level issues.
Main focus on this domains- (Communication and Information; Community Support and Health Services; Transportation

2000
The Eldercare Master Plan covered three key components.
Component 1: Establishing physical infrastructure and local community service delivery system
Component 2: Restructuring funding for service providers to give focus on service affordability
Component 3: Ensuring a continuum of activities and services for ambulant older adults, people with frailty and their caregivers
Main focus on this domains -(Housing; Outdoor Spaces and Buildings; Social Participation

2010
The national policy agenda had focused centrally on ageing in place and transforming Singapore into an age-friendly city where Singaporeans can age in place.

2015
Action Plan for Successful Ageing

I feel young
in my Singapore!

ACTION PLAN FOR SUCCESSFUL AGEING

Summary of Singapore's Action Plan for Successful Ageing

The Action Plan serves as Singapore's blueprint to prepare for population ageing-Launched in 2015

Vision

OPPORTUNITIES
FOR ALL AGES

Singapore will be a place where everyone, including seniors, can continually learn, grow and achieve their fullest potential.
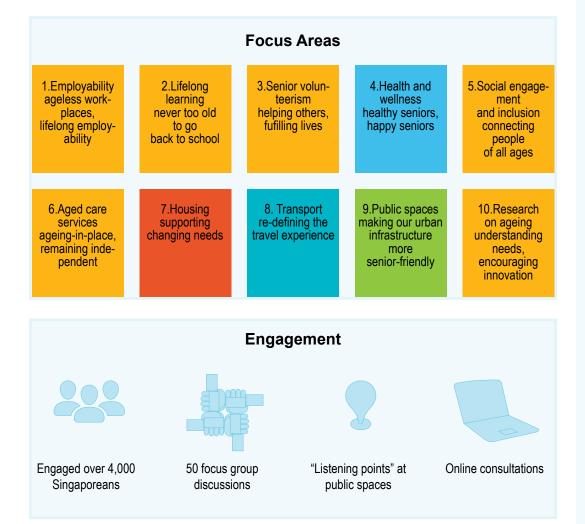
KAMPONG
FOR ALL AGES

Singapore will be a caring and inclusive society that respects and embraces seniors as an integral part of our cohesive community.

CITY
FOR ALL AGES

Singapore will be distinctive globally not just for its economic success, but also as a model for successful ageing.

Focus Areas

1.Employability ageless workplaces, lifelong employability	2.Lifelong learning never too old to go back to school	3.Senior volunteerism helping others, fufilling lives	4.Health and wellness healthy seniors, happy seniors	5.Social engagement and inclusion connecting people of all ages
6.Aged care services ageing-in-place, remaining independent	7.Housing supporting changing needs	8. Transport re-defining the travel experience	9.Public spaces making our urban infrastructure more senior-friendly	10.Research on ageing understanding needs, encouraging innovation

Engagement

Engaged over 4,000 Singaporeans

50 focus group discussions

"Listening points" at public spaces

Online consultations

Designing age-friendly neighbourhoods

This software intervention is a good example of how we can increase walkability.

Walkable

Walking is a common way for seniors to get to and from their daily activities. It is also important for healthy ageing as it enables seniors to remain physically and socially active.

An age-friendly neighbourhood should enable seniors to walk around confidently and comfortably, without fear of falling.

As part of a research study on age-friendly neighbourhoods led by the Singapore University of Technology and Design (SUTD)1, CPG reviewed ways of enhancing the walking experience for seniors in Hong Kah North.

This involved the re-design of existing sheltered connections for easier navigation, with features to provide comfort and reduce the risk of seniors falling. Selected design ideas were refined into a small-scale prototype in Hong Kah North.

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Prominent toilet signage at eye level for enhanced visibility.
https://www.ura.gov.sg/Corporate/Get-Involved/Plan-Our-Future-SG/Innovative-Urban-Solutions/Age-friendly-city

Non-slip floor stickers guide commuters to service nodes.

Improve walkability and to provide residents with a rest point

Improve walkability and to provide residents with a rest point

re-design of existing sheltered connections

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Silver Zone

This is a good example of how we can increase walkability and give priority to pedestrians.

Silver zones in Singapore are areas which have been altered in a way that enhances the safety aspect of the road and the surrounding area. The main point of silver zones is to increase the safety for seniors.

There are a number of changes that make it easier for senior pedestrians to handle everyday traffic. Speed limits are reduced to 40km/h, roads are narrow and pedestrians are guided to marked crossing points.

There are 3 key aspects that decide where a silver zone is located. First of all, they are located in areas with a high senior population. Secondly, they are located in areas with a higher accident rate involving senior citizens. Additionally, they can be found in areas which have amenities suitable for seniors.

According to the LTA, the Silver Zone scheme has been effective since implementation. Accident rates within the 15 completed Silver Zones across the island have been reduced by approximately 75%, from 14 cases to 4 cases per year on average (Land Transport Authority, 2018).

3D road markings at the Silver Zone
https://carro.sg/blog/silver-zones-different/

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Mountable centre dividers

Silver Zone Gateway

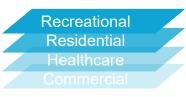**Setback crossings**

Chicanes

Centre Refuge Island

2-stage crossings

Kampung Admiralty

Kampung Admiralty is the nation's first public housing innovation for seniors aged 55 years and above. It integrates residential with healthcare, recreational and commercial facilities

Recreational
Residential
Healthcare
Commercial

Key location close to MRT station.

About 6 in 10 of those who bought a flat at Kampung Admiralty were previously residents of Woodlands or nearby towns such as Sembawang or Yishun.

Encouraging Active Living and Social Interaction The 1,000 m2 plaza-Great for activities

Integrating everyone creating diversity.

Care services for seniors   The Community Park and a playground   A childcare centre

> Bank
> Pharmacy
> Health Check
> Diverse Classes
(Cooking)

> Surface
> Type of kitchen
> where they will be
drying clothes

Action-Mixed use Housing typlogy development
Main Driver-The municipality,Developer

An urban block
Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Increases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Community Garden

Housing for
the Elderly (2 Blocks)

Community Park

Community
Plaza

Active
Ageing
Hub &
Childcare

Medical
Centre

Shops/F&B
Outlets

Supermarket
& Bank

Hawker
Centre

Building Section

Studio apartment design

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Studio Apartment (SA) and 2-room Flexi Scheme

This project creates a diversity of typologies and enhances the idea of aging in place.

Action-Housing typlogy development
Main Driver-The municipality,Developer

Building
Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases, mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Increases social inclusion and self-reallization.

8. Creates safe, and secure environment.

SA-info

Focus on elder people-housing (SA)

Customised for independent elderly living, the SAs allow seniors to:
• have easy access to amenities
 and elderly support services
• stay close to their children
 and friends
• continue living in familiar
 surroundings

2013 > Studio Apartment Priority Scheme (SAPS)
The apartments are sold on a 30-year lease
Give priority to the elderly buying an SA near their married children or their existing home.

72 SA projects, comprising over 11,900 units across Singapore.

2 Room Flexi Scheme

In August 2015, after incorporating public feedback, Ministry of National Development (MND)/HDB announced the new 2-room Flexi Scheme to cater to the diverse needs of families, singles and the elderly.

>More friendly and short leasing terms

Studio Apartment Scheme

Smaller apartments with elderly-friendly features for seniors aged 55 years and above.

2-room Flexi Scheme

Under this scheme, seniors have the flexibility of choosing the length of lease for their 2-room Flexi flat based on their needs as long as it covers them and their spouses up to the age of at least 95 years.

Elderly-friendly features

Studio Apartment of 45 m2

Support hand bar

Lever taps

National Silver Academy (NSA)

This project creates learning opportunities for elder.

The National Silver Academy (NSA) is an initiative under Singapore's Action Plan for Successful Ageing. Launched in May 2016, the Academy is not a physical campus, but made up of a network of over 30 post-secondary education institutions, community-based organisations and partners that offer a wide range of subsidised courses for seniors aged 50 and above.

NSA has helped seniors keep active with its accessible and varied learning opportunities, each tailored to the diverse needs and interests of Singaporean seniors. As of 2018, 26,000 seniors have benefitted from NSA's course offerings and the reach of the network continues to grow each year. A study by Duke-NUS Medical School's Centre for Ageing Research is being conducted to evaluate the impact of lifelong learning on seniors.

Subsidised short courses

"Exam-free" modules

Other learning opportunities

3 Learning Opportunities for Seniors

Engaging seniors through active learning and pursuing interests.

Action-Creating Learning opportunities
Main Driver-Action plan

City
Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

7. Increases a Healthy lifestyle among people.

8.Creates a safe, and secure environment.

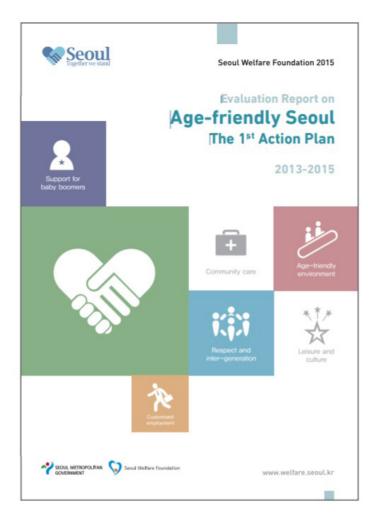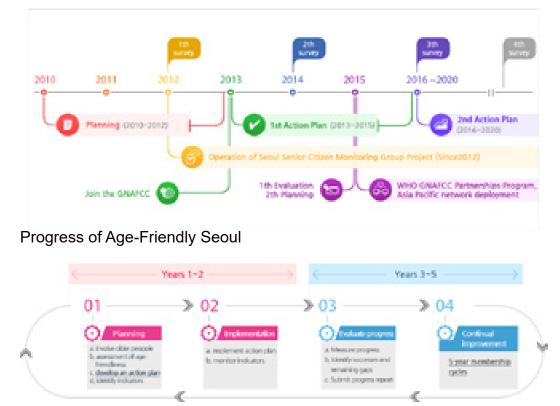Source: Photo by Ori Song, Unsplash

Seoul

City-Seoul

Total Population

9,985,652 (2020)

**Population ages 65
and above** 15.3%

Median Age

40.8 years old (2020)

GDP Per Capita (South Korea)

$30 000 (2018)

Average household size

2.78 people

Seoul
Together we stand

Seoul Welfare Foundation 2015

Evaluation Report on
Age-friendly Seoul
The 1st Action Plan

2013-2015

Support for
baby boomers

Community care

Age-friendly
environment

Respect and
inter-generation

Leisure and
culture

Customized
employment

Action plan for an age-friendly city of Seoul

Action plan for an age-friendly city (Seoul Comprehensive Plans for Senior Citizens) consists of six areas, in contrast to the eight diagnostic areas suggested by the WHO guide.

Progress of Age-Friendly Seoul

Cycle of WHO Global Network of Age-Friendly Cities

Areas of Action

| 1.Support for baby boomers | 2.Community care | 3.Age-friendly environment | 4.Leisure and culture | 5.Customised employment | 6.Respect and integration |

Seoul 50+ Foundation

This project is a good example of how to create networking between elders and making a community that has a driving force.

Seoul has redefined what "work" in the 21st century means.

While the primary focus only a few years ago was on jobs, the 50+ generation in recent years has become increasingly interested in a wide range of areas. A number of concerns relevant to the over-50s have emerged, including questions about who they want to spend their old age with, where they can live, what they can do to support themselves, what work they can do and so on. Different solutions have been developed by the over50s themselves: from experiments in shared living to learning communities or new businesses led by over-50s. Such activities have evolved and progressed as the 50+ generation continue to grapple with these issues.

Action-Redefining working opportunities
Main Driver-Action plan, community

City
Hard/Soft ware

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

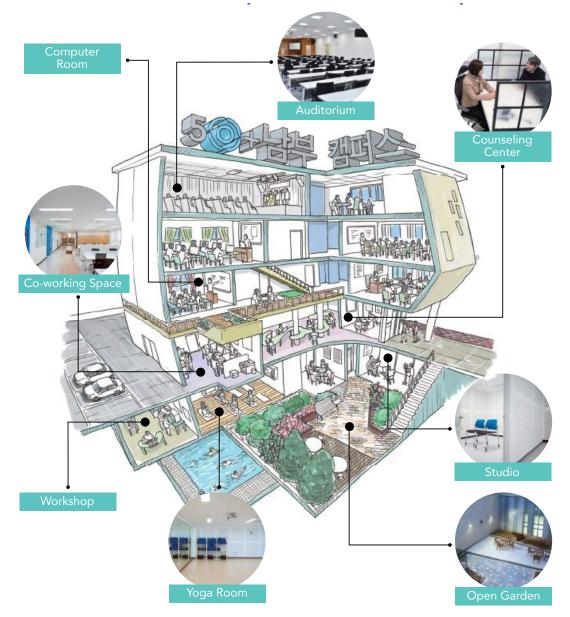7. Increases a Healthy lifestyle among people.

8.Creates a safe, and secure environment.

1 Provides shared services e.g. a database on job opportunities, a shared office, an information centre, and community support

2 Serves as a network hub for over-50s to connect with each other and with other generations, sectors and locations, in order to create networks, share information and draw benefits from a matching system.

3 Offer a venue for various initiatives. This includes opportunities to test pilot projects as well as provide physical venues for activities.

3 Aims of the Foundation's Platform

Key Map

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Computer Room

Auditorium

Counseling Center

Co-working Space

Studio

Workshop

Yoga Room

Open Garden

Cross Sectional Perspective of Seoul 50+ Campus

Campus Building

Reaching Out Community Service Center's

This project is a good example of how to bring services to people and create a dynamic flow of this.

SMG undertook an administrative revolution: citizens would not need to go to public officials but public officials would reach out to them instead. Public social workers and nurses would visit not only the poor and vulnerable, but also all newborns and the elderly, to ascertain their health and well-being. Public officials would also provide information and services appropriate to each situation.

The ROCSC project aims to raise the minimum level of welfare and health for Seoul citizens through administrative innovation and publicprivate cooperation. In particular, it has sought to implement community- based integrated care for the elderly through the Reaching Out Health Care Services and a variety of local resource partnerships.

Dongs offices—a frontline administrative institution—into a community-level health and welfare service platform.

Action-Bringing services to people
Main Driver-Municipality

City
Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

7. Increases a Healthy lifestyle among people.

8.Creates a safe, and secure environment.

Visiting at the family

1 DISCOVERY OF SUBJECTS

List of eligible residents is compiled from:
- Data in the Livelihood Welfare Comprehensive Information System
- *Dong* residents registration network Happiness e-eum System
- Neighbourhood officials

In consultation with the National Health Service, health information is used only for elderly persons who have agreed to follow up management during this health examination.

65 years old: A plan established by the welfare planner

70 years old: A plan established by the visiting nurse

Classification of Groups

Intensive | Regular | Self-capacity

The elderly subjects are sorted into an intensive management group, regular management group or self-capacity supporting group.

Health assessment
Health risk factors and health problems are identified from a basic research table and a health consultation.

2 REGISTRATION OF SUBJECTS AND HEALTH EVALUATION

Registration of subjects
- ☑ 65 years old
- ☑ Not vulnerable
- ☑ Gave consent

3 CONTINUOUS HEALTH MANAGEMENT

JUNE

- The intensive management group: Should be visited once every week or every other week
- The regular management group: Should be visited every 2–6 months (working staff visits homes or external community healthcare centre is referred to residents)
- The self-capacity supporting group: Should be visited every 4–12 months.

4 HEALTH REASSESSMENT

A reassessment is conducted annually if the subject is able to manage their health by themselves. If the total period of non-visit exceeds 2 years, the registration is cancelled.

Flow of the process

Vision
To live a long and healthy life in the community

Values (Strategies)

Accessibility
Resolving blind spots/health gaps

Sustainability
Health promotion throughout the entire life cycle

Integration
Integration with the community

Projects
- Universal health management visits
- Intensive management of high-risk groups
- Health promotion for infants and young children
- Health promotion for the elderly
- Provision of health information to entire generations
- Integrated health-welfare services
- Public-private cooperation
- Linking the resources of the community

Vision System of the ROCSC Project for the Health Sector

Environmental Design for the Cognitively Impaired

This project promotes Cognitive Health Design features.

In light of this need, the SMG became the first local government in Korea to introduce a 'Pilot Program on Cognitive Health Design' in 2014. It is designed to improve built environments and to encourage the elderly with deteriorating cognitive health to get out of their homes, interact with neighbours and engage in physical activities. As part of the programme, the SMG selected local Gu-district governments with a higher percentage of senior citizens and demographic groups at greater risk of dementia. After a preliminary study involving experts, residents and design workshops, plans were drafted to make improvements to the outdoor environment.

The serviceability levels of all seven outdoor space designs were rated more highly than before. Some of the changes indicated as most effective were: improved visibility from Memory Milestone, floor signs in the elevators (50%), and signs on units and their respective directions)50%) in the lobby area on each floor from Memory Signs. Other improvements to serviceability pointed out by residents included: slip-proof features on slopes for Memory Lane and Memory Milestone (47.6%), and benches installed as part of Memory Space (42.9%) and Memory Lane (41%).

Action-Using Cognitive Health Design featureMain Driver-Government

Building
Hardware

Health Benefits

2.Reduces risk of Chronic diseases, Cardiovascular diseases, Cancers,Respiratory illneses, emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.
3.Improves physical activity levels (weight status among children, adults, and older adults)
4.social connectivity(Aging in place), Increases social inclusion and self-reallization
5.Buildis healthy natural environmnet by Building resilince to climate change, to extreme heat and cold weather.Increases indoor air quality that redcuese risks to cardiovascular diseases, respiratory symptoms, sensory irritation, lung cancer, and other cancers.Noise level control.

Brightly coloured Memory Signs with all unit numbers listed aid elderly residents to their homes.

220 m Memory Lane walking path around the apartment complex.

Underutilised basketball court transformed into a Memory Ground

Moon and Sun Spaces.

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Shinnae Medical Housing

This project is a good example of how to create housing that is barrier-free, mixed with several health services.

Shinnae Medical Housing (SMH) is a public rental housing scheme tailored to meet the medical needs of the disadvantaged elderly. SMH is a project to provide medical, welfare and healthcare services by combining the public rental housing facilities with the functions of public healthcare and medical services.

They had specially design guidelines. First 2 floors for common areas, and from 3 to 7th residential floors.

They have possibiloty to have health check up and to monitor their own health. This design is barrier free zone.

A significant feature of SMH is the life rhythm checking system. A motion detector is installed in each unit, so that if any resident fails to use the entrance, bathroom or any such

facility for 24 hours or longer, the superintendent will automatically be notified.

Action-Mixed use Housing typlogy development+health services
Main Driver-The municipality,Developer

Building
Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Emergency alarm installed in the bathroom.

Folding patio chairs

Jungnang-*Gu* Local District Office
Management and programming of community welfare centres and community health centres.

Seoul Medical Center
Provision of healthcare programmes for residents together with community health centres. Community health centres offer residents free health consultation twice a month and operate an emergency hotline service to medical centres.

SH Corp
Construction of SMH and housing management such as building maintenance and living support services.

Eligible Residents

Any resident of Seoul who is older than 65, with a chronic disease, such as high blood pressure and diabetes, or uses a wheelchair

Average Cost

18m² *For single-member households*
KRW 120,000 (USD 107) a month with KRW 9.1 million (USD 8,136) deposit

29m² *For two-member households*
KRW 190,000 (USD 170) a month with KRW 14 million (USD 12,512) deposit

Overview of Shinnae Medical Housing

Interior of a unit.

Toilet fitted with grab bars.

Borin Housing

This project is a good example of how to create affordable housing that is barrier-free and also create communal spaces to promote community spirit.

Borin Housing project in Geumcheon District warrants a particular attention in terms of public housing for senior citizens. This affordable housing initiative combines studio apartments that guarantee an independent space for elderly residents and communal spaces that promote a community spirit among them and encourage interactions between the residents and the local community. A total of four housing units were built in the district under this scheme throughout the year of 2015 and 2016. They look no different from any other low-lying studio buildings in their appearance, but the idea behind this model was not only new but also appropriate, given the lack of consideration for elderly inhabitants under previous public housing initiatives. The Borin Housing model is currently being adopted by other district authorities, which is expected to be the starting point for future advances in the housing policies for the elderly population.

Borin Housing is an exemplary model of ageing-in-place. It is based on the approach of purchasing existing properties to be converted to rental housing for seniors. Senior housing can thus be provided in areas where the elderly already live.

Borin Housing does not consider the health conditions of the elderly. There is no specific plan to take care of a tenant if one falls ill or is involved in an accident.

Eligibility for admission to Borin Housing:
• Geumcheon-gu resident
• Aged 65 years or older
• Lives alone
• Receives Basic Livelihood
 Security benefits Cost of living in Borin Housing:
• Deposit: o KRW 10million (USD 9,040)
• Rent per month: o KRW 60,000–70,000 (USD 55–63)
• Maintenance fee

Action-Mixed use Housing typlogy development+communal spirit
Main Driver-The municipality

Building
Hardware

Health Benefits

2.Reduces risk of Chronic diseases,Cardiovascular diseases,Cancers,Respiratory illneses,emerging infectious diseases , mental illnesses. infectious diseases associated with medical waste, mortality, the risk of unintentional injury or death.

4.social connectivity(Aging in place),Inclreases social inclusion and self-reallization.

8. Creates safe, and secure environment.

Borin House

Borin Haetsal

Geumcheon-*gu*

Borin Dure

Borin Hamgue

Key map Borin Houses

Each unit has a folding chair for residents to wear their shoes. Unit Interior

		1	2	3	4
Location		Doksan-2-dong	Siheung-3-dong	Doksan-2-dong	Siheung-4-dong
Land Area		217 m²	332.4 m²	202 m²	229 m²
Total Building Floor Area		431 m²	623 m²	500 m²	497 m²
Number of Floors Above Ground		5	4	5	5
Number of Households		16	10	14	16
Programme Cost (KRW 1 million)	**Nationally Funded**	1,040	1,040	910	1,120
	City Funded	458	763	861	499
	Total	1,498	1,903	1,771	1,619
Builder		iBookee	DLIM Architects	iBookee	iBookee
Completion		Sep 2014	Sep 2015	Aug 2015	July 2015

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Manchester

City-Manchester
Total Population
553,230 (2019)
**Population ages 65
and above** 9.4%
Median Age
33.1 years old (2016)
GDP Per Capita (UK)
42,330 USD (2019)
Average household size (UK)
2.4 people

History of age-friendly work

A brief history of the development and achievements of Age-Friendly Manchester (AFM):

1995 2003 — Various ageing initiatives established including Older Age Working Party and Better Government for Older People programme
Winner of Beacon Council award for older people programme

2003 — Valuing Older People (VOP) programme launched

2004 — VOP Board established (now known as the AFM Older People's Board)
VOP Strategy launched

2005 2010 — Positive Images of Ageing event held (large scale awareness campaign, challenging ageism)
Locality Networks developed
Older People's Forum launched

2009 — Manchester Ageing Strategy launched
Older People's Culture Programme launched

2010 — First UK city to join World Health Organisation Global Network of Age-Friendly Cities

2014 — VOP re-branded and AFM programme launched
Lord Mayor Sue Cooley dedicated her year of office to promoting our age-friendly city

2015 — Older People's Charter launched

2016 — Greater Manchester Ageing Hub launched
Launch of publication 'Living in Manchester, our age-friendly city', profiling individuals who play a leading age-friendly role in their communities

2017 — Greater Manchester a 'Site of Excellence' for ageing, as recognised by the European Union
The City's ageing strategy, Manchester: A Great Place to Grow Older updated

Older People's Assembly and Board,Charter,Culture Programme

Manchester is the best example of how people's voice can have a tremendous impact, here the main driving force is the voice of the people, looking at their "communication" tools we can see how they manage it.

Older People's Assembly
The Assembly meet annually and act as a consultative body, providing an opportunity for older people to voice their questions, concerns and advice directly to decision makers.

Older People's Board 2004
The Age-Friendly Manchester Older People's Board is a formal meeting taking place approximately every six weeks. The Board includes and represents older people, addressing issues affecting the quality of life for older residents and their communities across Manchester. Our Board members provide a vital voice for older people in the city.

Members of the Board are elected as representatives of the Older People's Assembly, representatives of citywide older people's organisations, or co-opted.

Older People's Culture Programme-2009
Culture Champions, a network of over 100 older volunteers whose aim is to increase the cultural participation of older people in the city and for the city's cultural life to be more age-friendly.

Age-Friendly Manchester Older People's Charter-2015
The aim of this work was to create a simple and concise description of the values and objectives of Age-Friendly Manchester to the companies, organisations and groups across the city. The charter format was used as tool to ensure this message becomes embedded into the fabric of the city.

The City's ageing strategy, Manchester: A Great Place to Grow Older updated-2017

Manchester:
a great
place to
grow older

COMMON
Bar
Eatery
Coffee Spot
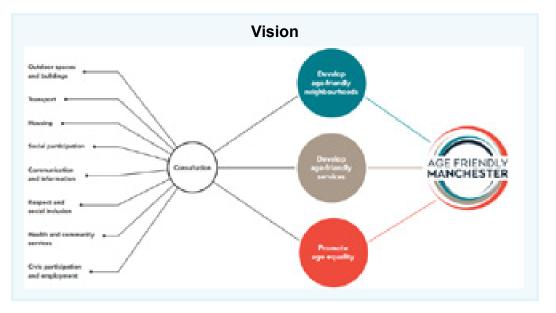
Manchester Strategy 2017-2020 key priorities

The Action Plan serves as Singapore's blueprint to prepare for population ageing-Launched in 2015

Vision

Focus Areas

1.Develop age-friendly neighbourhoods

Places where people can age well in the neigh-bourhoods of their choice, with access to the right services, housing, information and op-portunities – social, cultural or economic.

2.Develop age-friendly services

Where services are age-aware, value and retain their older workforces, deliver age-friendly services and where commissioning includes age-friendliness in its specification.

3.Promoting age equality

Address the negative images and portrayal of ageing that older people tell us negatively impact on their confidence, self-esteem and mental wellbeing. Older people frequently talk about facing discrimination – in the world of work, when trying to access services, and in the way they are portrayed in popular culture. The strategy sets out the need to change the narrative to one that celebrates the valuable role and contribu-tion of older people through positive images of ageing

Take a seat Campain

"Take a seat" is a very successful campaign started in New York and Manchester with that kind of soft intervention we increase the mobility of elder people and encourage them to go out.

Take a seat aims to tackle issues of social isolation, to motivate older people to feel confident about leaving their homes and play an active part in their local communities. It does this by encouraging local businesses and community premises to join the campaign and offer people a chance to take a seat and 'catch their breath'.

Participating members receive 'We are age-friendly' window stickers, a branded fold-up chair, and 'Take a seat' tote shopping bags to help them promote the scheme – all funded by Nottingham City Council. They're also encouraged to go a step further by making toilet facilities available and offering tea, coffee or a glass of water. When an older person sees the sticker displayed, they can be sure of a warm welcome and the offer of a seat. There are no strings attached and no pressure for them to make a purchase.

Action-Creating seating spots
Main Driver-Action plan

City
Software

Health Benefits

4.Social connectivity (Aging in place), Increases social inclusion and self-realization.

6.Increases engagement with health-care services and the chance of prevention is getting higher by frequent monitoring.

7. Increases a Healthy lifestyle among people.

8.Creates a safe, and secure environment.

How-to guide: 'Take a seat' campaign

Age-friendly Nottingham's Take a seat campaign encourages local shops and businesses to provide a seat and a friendly welcome to anybody who needs it, encouraging older people to get out and about in their community and maintain independence. Inspired by New York and the city of Manchester, the campaign has attracted more than 300 businesses across Nottingham.

1. Get council support
Have a key councillor act as a champion and rally support from others. In Nottingham, **Councillor Eunice Campbell** worked on the ground with ward councillors to target local businesses.

2. Community engagement
Identify and work alongside a network of **key stakeholders** with strong relationships in the area to help encourage take up.

3. Get older people invovled
Having a campaign **Steering Group** that includes older people helps to ensure it reflects the wants and needs of people. Age-friendly Nottingham's own Steering Group members were among Take a seat's strongest advocates.

4. Communications plan
Think about the **key messages** and plan for how you can encourage local businesses to sign up. Nottingham Council feature participating businesses on their website, and use local community boards to promote it locally.

5. Branding
The **age-friendly 'flower' logo** makes the campaign instantly recognisable to members of the public. **'We are age-friendly'** stickers, bags and chairs help businesses show support and make them feel part of the campaign. This also helped to raise awareness of Age-friendly Nottingham.

6. Maximise media coverage
Nottingham took a **phased approach**, launching only two wards initially and using the knowledge gained to inform subsequent launches. This maximised local press coverage each time.

7. Learn from others
Age-friendly Manchester shared their **knowledge and resources** with Nottingham when they launched their Take a seat initiative. Nottingham is also happy to pass on what they've learned – contact sharan.jones@nottinghamcity.gov.uk for more information.

Find out more:
www.ageing-better.org.uk/afc

6

6.Appendix

6.1 Appendix A -Events & Organizations

6.2 Appendix B- Guideline/Toolbox & Tools

6.3 Appendix C-Concepts

While a lot of the cities have clear and good action plans, still there is a gap in what are their actions that they can make "tomorrow" and what can be the starting point.
Following Bibliography will inspire local policy-makers to find what can be their further steps and what kind of tools they can use "tomorrow" to make efficient steps towards healthy and age-friendly cities.

The Age-friendly Cities 2020 Conference

The Age-friendly Cities 2020 Conference and Exhibition (AFC 2020) is an international conference conceptualised to introduce 'best practices' and serve as a mechanism to create a deep understanding of what is involved in the creation of vibrant, cohesive and sustainable age-friendly cities, hence providing the foundation for creating a global network of Age-friendly Cities and Communities.
Aged Care Group is the market leader in Malaysia's aged care industry.
Conference was held in 2021 as well.
Location-Malaysia

Age-friendly Cities and communities Summit

Virtual and in-person Age-friendly Cities and Communities, an event designed to showcase the importance of the development and adaption of environments resilient to the needs of people at all stages of life, inclusive of older people, which will allow sustainable social and economic advancement for cities, communities, and the global community. Held by The International Federation on Ageing in Canada. 9/10/2021

http://www.agefriendlycities.com/conference/page/organiser
https://www.ifa2021.ngo/age-friendly-environments-summit/

International Age-friendly Cities Conference, The Hague

Main themes of the conference:
Diversity
Participation
Accessibility
Ageing
Vitality
ICT
Workshops and seminars were organised at various locations throughout The Hague.

International Conference on Age-Friendly Cities, Quebec, Canada 2013-WHO

Main themes of the conference:
Age-friendly cities as social innovation;
The role of various stakeholders;
The interface between built and social environments;
An evaluation of age-friendly city initiatives.

880 Cities-Creating cities for all

Non-profit organization bringing citizens together to enhance mobility & public spaces to create vibrant, healthy, & equitable communities.

880 means cities for 8 years old as well as for 80 years old.

within 10 years organization

Successfully re-branded "8 80 Cities" to reflect on a people-centered approach

Worked with over 350 communities across 6 continents

Become experts in unconventional citizen engagement

Helped lead an open streets movement around the world

Delivered over 100 community-led engagement projects to improve parks, streets, and public spaces for all

Partnered with global leaders in public health, transportation, parks and recreation, urban design, and more.

Bloomberg Philanthropies

Bloomberg Philanthropies is a philanthropic organization that encompasses all of the charitable giving of founder Michael R. Bloomberg.

It focuses its resources on five areas: the environment, public health, the arts, government innovation and education

https://www.bloomberg.org/
https://www.880cities.org/

Bernard van Leer Foundation

The Foundation is active in a set of countries that together reflect global diversity in economic, geographical and cultural terms. To improve opportunities for children from birth to age 8 growing up in circumstances of social and economic disadvantag. Location Headquartered in The Hague, The Netherlands with team members also located in our core countries and London, UK.

The Agile Ageing™ Alliance

Connecting innovators to enrich an aging society-This is the main message from Organization. They do long research involving several stakeholders from multiple disciplines.

In a world where social networks are leading to a pandemic of loneliness, AAA is addressing the challenge at the neighbourhood level. Neighbourhoods are the settings where older adults can socialise, realise a degree of social control, and help to define a sense of purpose. To this end, AAA has established 'Neighbourhoods of the Future', a programme of R&D, which began life in 2016 as a European Commission funded outreach initiative, to inform development of a "Reference framework for smart age-friendly housing".

AAA ISO Ageing Societies Leaders Forum 2021

HelpAge International

HelpAge International is the secretariat to a global network of organisations promoting the right of all older people to lead dignified, healthy and secure lives.
Organization`s vision is a world in which all older people can lead dignified, healthy and secure lives.Thier mission is to promote the wellbeing and inclusion of older women and men, and reduce poverty and discrimination in later life.

Aging-in-Place Design Guidelines

These Aging In Place Design Guidelines (along with Enterprise Aging in Place charrette tools, an existing building checklist, and prioritization tool) have been created to supplement existing Enterprise resources for sustainable, affordable housing.This Document focuses on the building level.

An Urban95 Starter Kit – ideas for action

Urban95 Starter Kit serves as a starting point to help cities understand the value of investing in their youngest inhabitants and the people who care for them, and to provide actionable ideas and guidance on how to do so.

It includes: an introduction to early childhood development and why it matters for cities, an introduction to Urban95, promising ideas for action and implementation guidance for Urban95 initiatives.

https://www.enterprisecommunity.org/download?fid=6623&nid=3496

National Association of City Transportation Officials

NACTO's design guides help cities make the best use of their most abundant resource: their streets.
Several publications can be inspirational for any city.
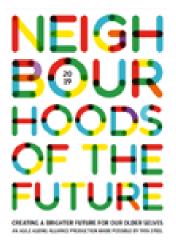
Source:https://nacto.org/publications/#design-guides-design-guidance

Neighbourhoods of the Future

Neighbourhoods of the Future 2019 captures the thoughts and predictions of a veritable `who's who' of distinguished experts and emerging thought leaders. In these pages, you will discover novel concepts for disrupting construction, finance, social and business models.

Made possible by Tata Steel, this report is unapologetically optimistic. Here we look to the future for our older selves and in a spirit of open innovation ask: What If?"

https://nacto.org/publications/#design-guides-design-guidance
https://www.agileageing.org/page/neighbourhoods-future/
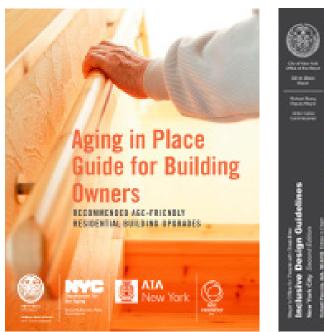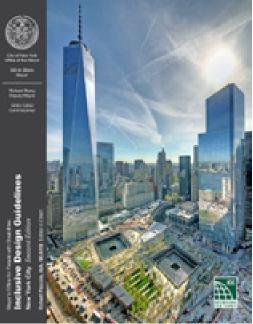
New york city Street design manual

1.The Street Design Manual is New York City's resource on street design policies, principles, processes, and best practices. It aggregates a broad range of resources — from nationally recognized engineering and design guidelines and standards to federal, state, and local laws, rules, and regulations — to provide information on treatments that are allowed and encouraged on New York City streets.

2.This "Aging in Place Guide for Building Owners," created through a collaboration of the New York City Department for the Aging and the American Institute of Architects New York Design for Aging Committee, recommends residential building upgrades to accommodate older tenants.

3."The IDG is voluntary technical guidance helping designers produce multisensory enhanced environments that accommodate a wide range of physical and mental abilities for people of all ages." Adoption of the ICC A117.1
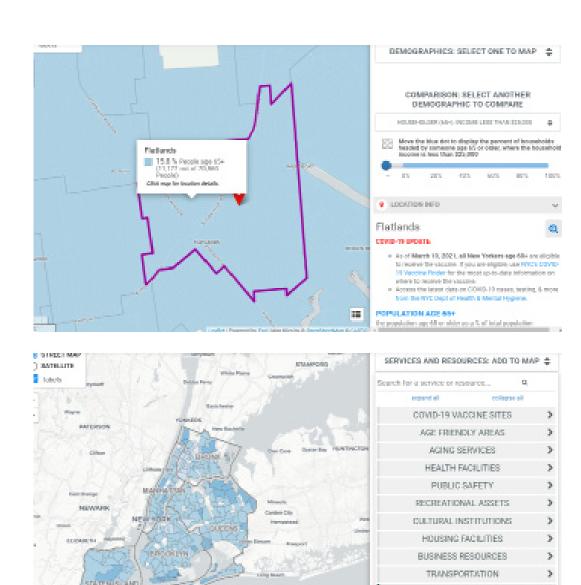
The Interactive Map of Aging

Visualize local data to address unmet needs and plan for the future.

An open-source map of New York City's current and projected population age 65 and older, IMAGE: NYC provides overlays of available resources, services, and amenities. Designed for government agencies, elected officials, health care and social service providers, planners, funders, and researchers, IMAGE:NYC is a critical tool to support funding, planning, advocacy and direct services.

http://imagenyc.nyam.org/map/

Milan Sidewalk Map

Mapping the pedestrian infrastructure inevitably brings significant advantages to multiple actors. First, administrations will gain a number of benefits, including:

Bolster the capacity to analyze and plan pedestrian spaces

Verify the suitability of pedestrian infrastructures with respect to the rules of social distancing

Prioritize and define the type of interventions based on the existing situation

Quickly adapt infrastructure to emerging needs

Once shared, mapping can be a fundamental decision-making tool also for planners and citizens.

Boulder's Digital Child-Friendly City Map USA

Growing Up Boulder's Child-Friendly City printed and digital Maps seek to educate and inspire children, families, and community organizations through the creation of a print and online, bilingual, child-friendly city maps that highlight favorite locations in Boulder. They promote universal values of inclusion, diversity, community engagement, collaboration, and celebration. Our map-making project is co-created by children and families for children and families. By working with children and their preschools, elementary schools, homes, and after school programs, we aim to reach a wide cross-section of Boulder's 0-10 year olds.

https://www.google.com/maps/d/u/0/viewer?mid=1Le1mWLhXjc85-jJQKMHgNwvw2MVPW1X6&ll=40.04107184593858%2
C-105.27810784817693&z=14
http://www.growingupboulder.org/gubmap-376474.html

City Brain - Hangzhou

This is how City Brain works in Hangzhou

Imagine having the GPS of the majority of a city's vehicles in a single database, as well as real-time data from video cameras, traffic lights or updated maps of the city; and this information is added to the historical data from previous days, weeks and months.

The result is City Brain, Hangzhou's total traffic control system designed by Alibaba, which the city's local government could not refuse. The private consortium began in Hangzhou a few decades ago as distributors of goods and today they are leaders in the capture, aggregation and management of data.

City Brain and traffic lights used in Hangzhou
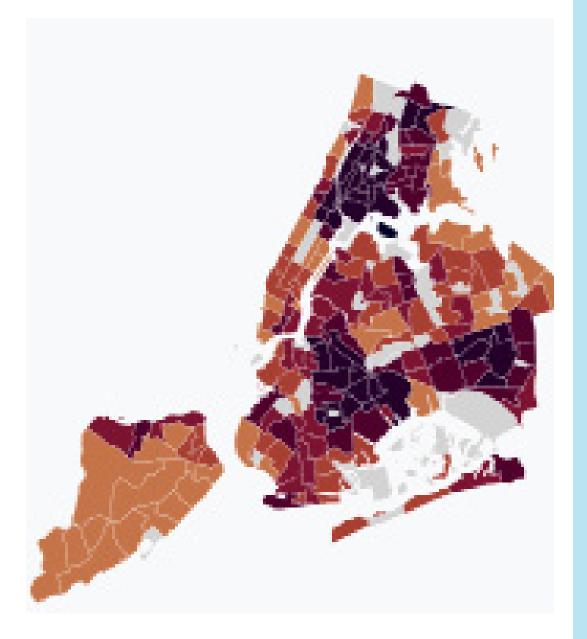
Now, a cloud brain determines how traffic lights work and with it, traffic has become more efficient. In other words, vehicles can travel at higher speeds (+15%) and at a much more constant level (fewer stops and shorter braking).

Furthermore, incident detection precision has improved in Hangzhou by 92%. This has enabled the emergency service response times to be notably reduced by 3 minutes on average and 50% probabilities of arriving within 7 minutes of the accident.

The Heat Vulnerability Index

In New York City, the risk of death from heat is unfairly distributed across neighborhoods. Identified neighborhood environmental and social factors associated with increased risk to create a heat vulnerability index. This can identify neighborhoods at highest risk and help inform neighborhood-level policies and programs that can protect people - sending resources to where they're needed the most.

http://a816-dohbesp.nyc.gov/IndicatorPublic/HeatHub/hvi.html

University as a main driver/tool

The DWELL (Designing for Well-being in Environments for Later Life) project was a multi-disciplinary design research project at the University of Sheffield.

This three-year research project at the University of Sheffield was funded by UK Research Councils (EPSRC, ESRC, and AHRC) via the Lifelong Health and Wellbeing Research Programme. The project investigated how the design of houses and neighbourhoods can facilitate mobility and well-being for current and future generations of older people.

A key feature of the research project is the participation of older residents within the design and evaluation processes. We have worked with a residents and professional stakeholders to better understand how homes and local environment can support people to to live active and fulfilling lives as they get older. This process has led to the production of a series of prototypes and interventions – designed to improve mobility and well-being for current and future generations of older people.
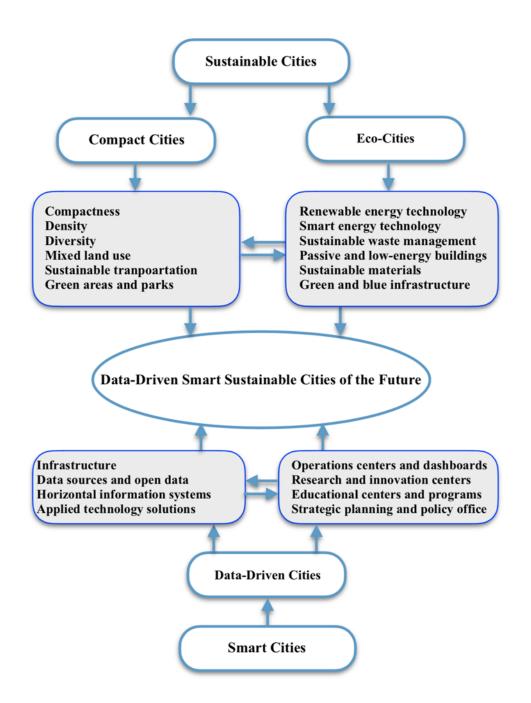
Data-Driven Smart Sustainable Cities of the Future: A Novel Model of Urbanism and Its Core Dimensions, Strategies, and Solutions

This paper focuses about the importance of data and how can we use it nowdays. There currently are neither real examples of a truly data-driven smart sustainable city that have actually been delivered to the world.

Sustainable Cities

Compact Cities — Eco-Cities

Compactness
Density
Diversity
Mixed land use
Sustainable tranpoartation
Green areas and parks

Renewable energy technology
Smart energy technology
Sustainable waste management
Passive and low-energy buildings
Sustainable materials
Green and blue infrastructure

Data-Driven Smart Sustainable Cities of the Future

Infrastructure
Data sources and open data
Horizontal information systems
Applied technology solutions

Operations centers and dashboards
Research and innovation centers
Educational centers and programs
Strategic planning and policy office

Data-Driven Cities

Smart Cities

15 Minute City Paris

The 15-minute city is a residential urban concept popularized by Mayor Anne Hidalgo of Paris. In a 15-minute city, all city residents are able to meet most of their needs within a short walk or bicycle ride from their homes. It has been described as a "return to a local way of life.

Mayoral re-election campaign Anne Hidalgo, mayor of Paris, has outlined her vision for the future of the French capital. Her 15-Minute City focuses on the proximity of workplaces, schools and amenities for all citizens. After years of internationalisation we're encountering a revival of urban localism.

Vision

Vision

https://popupcity.net/observations/paris-will-provide-citizens-everything-they-need-within-a-15-minute-radius/

Woonerf

A woonerf is a living street, as originally implemented in the Netherlands and in Flanders, the Dutch-speaking northern portion of Belgium. Techniques include shared space, traffic calming, and low speed limits. Under Article 44 of the Dutch traffic code, motorised traffic in a woonerf or "recreation area" is restricted to walking pace.

-Visible Entrances: the entrances of the woonerf are distinctly marked by a sign (see below).

-The woonerf is a shared and paved space, intended for all street users.

-Using physical barriers (like curves), car traffic is slowed down.

-The woonerf accommodates landscaping and street furniture.
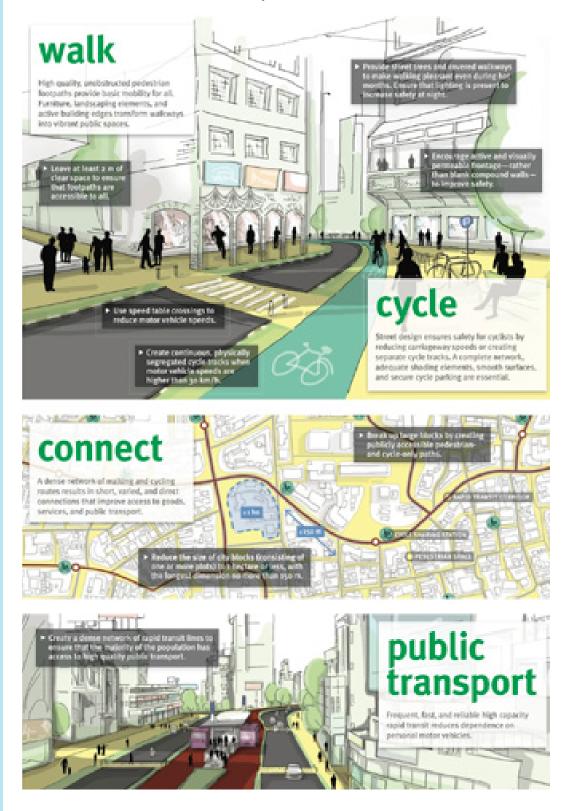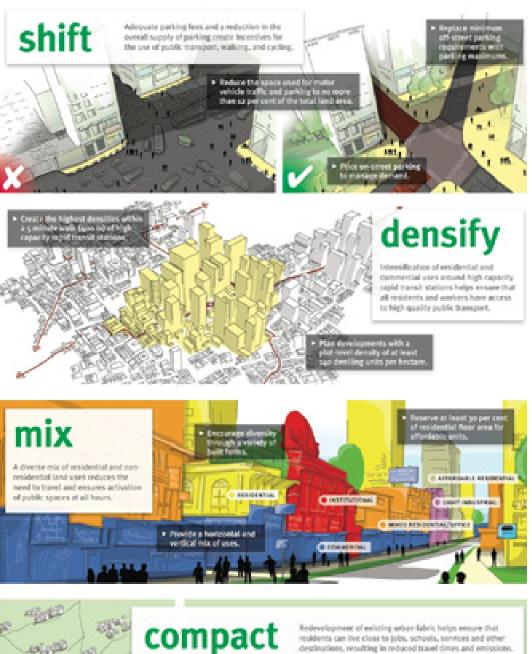
THE 4 PRINCIPLES OF A WOONERF

VISIBLE ENTRANCES

PHYSICAL BARRIERS

SHARED AND PAVED SPACE

LANDSCAPING AND STREET

LIORSTEINBERG

Vision

Vision

Transit-oriented development

TOD, or transit-oriented development, means integrated urban places designed to bring people, activities, buildings, and public space together, with easy walking and cycling connection between them and near-excellent transit service to the rest of the city.

It means inclusive access for all to local and citywide opportunities and resources by the most efficient and healthful combination of mobility modes, at the lowest financial and environmental cost, and with the highest resilience to disruptive events. Inclusive TOD is a necessary foundation for long-term sustainability, equity, shared prosperity, and civil peace in cities.

Livable City

A livable city provides equitable access to the necessities of life, including housing, mobility, food, services, education, and meaningful work. It gives all residents an opportunity particpate in the civic, economic, and cultural life of the city.

-Clean air is among the most important conditions for liveability – and citizens are not satisfied with the authorities' efforts in the area.
-Safety is vital – both traffic safety and crime prevention – and citizens are also dissatisfied on this count.There is also a gap between the demand for affordable housing and its availability.
-Mobility is another definite priority – and a majority find better conditions for pedestrians, bicycles and public transport more important than better conditions for cars.
-Green areas and urban nature are very important, especially in Copenhagen – in fact green areas are the most important aspect of liveability in the capital.
-Citizens see flood resiliency as less of a priority than most of the other factors mentioned above, but still expressed dissatisfaction with what they felt was too low a level of climate protection.

Resilient City

Resilient cities are cities that have the ability to absorb, recover and prepare for future shocks (economic, environmental, social & institutional). Resilient cities promote sustainable development, well-being and inclusive growth. The OECD is investigating how cities can increase their resilience.

Under the 11 Resilient Urban Design Principles, resilient cities and neighborhoods will:

1. Embrace density, diversity, and mix of uses, users, building types, and public spaces.
2. Prioritize walking as the preferred mode of travel, and as a defining component of a healthy quality of life.
3. Develop in a way that is transit supportive.
4. Focus energy and resources on conserving, enhancing, and creating strong, vibrant places, which are a significant component of the neighborhood's structure and of the community's identity.
5. Provide the needs of daily living, within walking distance (a 500 m radius).
6. Conserve and enhance the health of natural systems (including climate) and areas of environmental significance, and manage the impacts of climate change.
7. Enhance the effectiveness, efficiency, and safety of their technical and industrial systems and processes, including their manufacturing, transportation, communications, and construction infrastructure and systems to increase their energy efficiency, and reduce their environmental footprint.
8. Will grow and produce the resources they need, in close proximity (200-kilometer radius).
9. Will require the active participation of community members, at all scales in the development plans.
10. Plan and design for redundancy and durability of their life safety and critical infrastructure systems. Planning and design of these systems will aim for levels of redundancy and durability that are commensurate with the increasing environmental, social, and economic stresses associated with the impacts of climate change and peak oil.
11. Develop building types and urban forms with reduced servicing costs, and reduced environmental footprints.

ECONOMY
GDP growth rate
Unemployment
No. of start-ups &business failures
Age & gender of:
• employed
• working population

SOCIETY
Migration age & gender
Poverty levels
Household income
Percentage of population living 500 metres from services

GOVERNANCE
Revenues by source
Number of:
• Community organisations
• Public sector officials
• Sub-national governments

ENVIRONMENT
Population density
Accessable green area level
• % Built up areas
• % brownfield sites
• % citizens near open space
• % new development near transit locations

https://www.oecd.org/cfe/regionaldevelopment/resilient-cities.htm
https://www.thebalancesmb.com/resilient-city-definition-and-urban-design-principles-3157826

An ecologically healthy city

"An Ecocity is a human settlement modeled on the self sustaining resilient structure and function of natural ecosystems. The ecocity provides healthy abundance to its inhabitants without consuming more (renewable) resources than it produces, without producing more waste than it can assimilate, and without being toxic to itself or neighboring ecosystems. Its inhabitants' ecological impact reflect planetary supportive lifestyles; its social order reflects fundamental principles of fairness, justice and reasonable equity."

Ecocity Standards

https://ecocitybuilders.org/what-is-an-ecocity/

186

The framework

The Ecocity Framework comprises 18 standards in four categories – urban design, bio-geophysical conditions, socio-cultural features and ecological imperatives. It is a diagnostic tool for cities and citizens to measure progress towards ecocity conditions. Designed for a wide range of users, including both novices and experts, the Framework charts a city's steps forward — from existing conditions to "threshold" ecocity standards and beyond.

18 Standards

https://ecocitybuilders.org/what-is-an-ecocity/

6.4 Interview Summaries

During my internship, one of the main tools that I used was having an interview with ADB colleagues as well as international relevant figures who have rich and inspirational experience in healthy and age-friendly practices. Due to the pandemic, all my interviews were e-meetings, which also gave me the advantage of having met colleagues globally.

Short summaries of our interviews are an important part of my work as here we are highlighting the main challenges and gaps that we are facing nowadays. Provided Sources by my interviewees was also an important tool for me to find out more inspirational practices.

These dialogues made me understand how important it is to connect different stakeholders, perspectives, and colleagues who are successfully working separately but would obviously have a tremendous impact if they can collaborate.

Belinda Yuen

Tim Gill

Peter Chan

Frank van Dillen

Freek Lapré

Julien Vincelot

Jane Parry

Estella Geraghty

Robert Wong kin-ming

Sohail Inayatullah

Hong Soo Lee

Sunghoon Kris Moon

Susann Roth

Matthias C. Helble

Wendy Walker

Meredith Wyse

Belinda Yuen
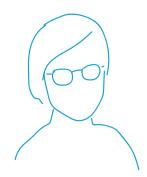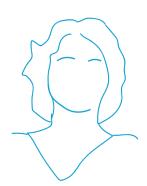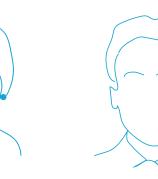
"How to?"

Belinda Yuen is a Professorial Fellow and Research Director at the Lee Kuan Yew Centre for Innovative Cities (LKYCIC), Singapore University of Technology and Design (SUTD)
During our interview, Ms. Belinda Yuen highlighted the main aspect and problems that we face today. How to implement? What can be the main driver for policymakers? While many cities know what is a health and age-friendly design like, they do not know what can be the starting point. While many cities already have great Action Plans still there is a gap on –"How to?" level.

As Ms. Belinda Yuen has rich experience in Singapore, we discuss the case of Kampung Village, which is a worldwide famous example. She highlighted the importance of mixed-use, intergenerational housing and referred as a prototype for that case. This is a new vertical development. She also explained that during the last decades, housing typologies are changing and adapting to new challenges.

https://sng1lib.org/book/2919345/654626 (Her book)

We discussed the importance of university involvement, and she highlighted their successful workshops, which have a very positive impact during research and during the implementation process.
She shared and referred. Successful case studies where she is involved- Lee Li Ming Programm- here we can find cases according to topics – Housing, recreation, mobility,age-friendly dementia-friendly cities.

https://lkycic.sutd.edu.sg/research/resources/

Tim Gill

Tim Gill`s recently published Book - Urban playground was so inspirational that I found it extremely inspiring and the topic itself was so relevant for my research that I wanted to have an interview with him. Luckily I had the possibility to have talked about many interesting topics.

We discussed in general what problems are children facing and how we are designing or not designing cities for them. Are we giving freedom to kids? Or creating even more boundaries? Importantly he highlighted the scale in which we have to be thinking and analyzing cities that is neighborhood scale. Do we need to ask questions like where is the gap? How playful is the street and how many kids can we see there? During our talk, he shared a lot of examples worldwide, where child-friendly practices take place. But still, that kind of actionsare just a few and scattered and mostly are not scaled up.

During our conversation, we touched on the topic of action plans and how actually they work? He gave me an inspiring reference from Gents where they have special offices to take care of and work on implementation of action plans in a long run, so the ideas do not get lost. But the key message for me during this interview was that Mr. Tim considers that anyhow child-friendly actions and perspectives have to be integrated into city visions.

To conclude his work about the topic is tremendous and researchers like Tim gill really promote and share those perspectives, somehow network between that kind of actors have to be created, that will have more powerful impact on city visions.

Urban Playground: How Child-Friendly Planning and Design Can Save Cities | RIBA Books

Peter Chan

"Intergeneration harmony"

Peter Chan is an Elder Care international consultant.
Our starting point was the Global Aging Index created by the John Hartford Foundation tool to measure how countries are adapting to the dramatic increase in the number and proportion of older persons. Elements of The Hartford Index-Productivity and Engagement, Well-being, Equity, Cohesion, Security

https://www.publichealth.columbia.edu/public-health-now/news/new-global-aging-index-gauges-health-and-wellbeing-aging-populations
http://globalagewatch.org/
https://www.johnahartford.org/about

He referred to as one of the most important document for policymakers -The Regional Office for Europe of the World Health Organization, European Commission (2016). Creating an age-friendly environment in Europe: A tool for local policymakers and planners. Denmark

https://www.euro.who.int/en/publications/abstracts/creating-age-friendly-environments-in-europe.-a-tool-for-local-policy-makers-and-planners-2016

During our interview, we discussed the importance of inclusive design and highlighted the importance of intergeneration harmony. While we have that political challenges, for example, UK, we can call it an intergeneration problem considering Brexit. As he mentions, we have to think and have that three concepts in mind 1. Universal Design 2.Inclusive design3.Participatory Design We had a talk about the importance of innovation, specifically about creating a small group social network of five. While five elderly people will keep in touch daily, that would be easier for them to share their condition as some elderly people do not feel like calling on 112 for simple things, that kind of friendly contact is more convenient for them, during our discussion we said that innovation should be used to enhance the well-being of elder and to create relevant networks. We also discussed policy tools to enhance aging in place on the example of the UK and the importance of intergeneration centers and innovation hubs.

Frank van Dillen

Frank van Dillen is A world-renowned expert in the field of holistic design and business case systems for the elderly, dementia care, elderly care and health care institutions He is founder of DVA Dementia Village® Associates.
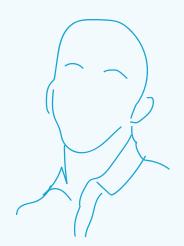
Freek Lapré

Freek Lapré is a scientist involved alongside consultant and as an executive professor at the TIAS Business School at the University of Tilburg

Dementia Village in the Netherlands is a famous example that is being replicated worldwide. During the interview; with Mr. Frank And Mr.Freek, we discussed how they created the vision. Their rich experience in the field of architecture also helped them to create a strong vision with their client, but their key message is to have soft and hard interventions that always have to come together. As they have already worked globally, they highlighted the importance of local context while designing; for instance, using orange color in Italy is common in Scandinavian countries, it is irrelevant. They have created their "Roadmap" to create a vision for a particular context, and the operation is squeezed from vision to the business concept. They encourage pushing boundaries of regulation. They start to have not medical but social models. As I asked what the most important driver for cities is, Mr. Frank used the word courage and having in mind what you would be doing for your mother. East can learn a lot from experiences of West but not copying and repeating same mistakes. Mr. Freek said that his main recommendation is not to destroy the family structure, build next to family life. We should not have an approach of we know what to do to you. Their role is more humble to advise, ask and create a project to impress people but not architects by the built environment they create. We should be rethinking and reinventing.

https://www.dementiavillage.com/

Courage

Do not destroy family structure!

Julien Vincelot

Julien Vincelot is coordinator of Urban95 at bernard van Leer foundation, their research and actions about specific age groups (kids till 95cm) are very inspirational. The aim of the interview was to have more understanding of their work.
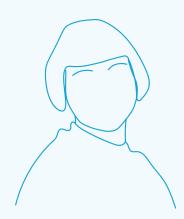
We discussed in general how they work globally and adapt to the local context. What kind of strategies they use. Such as field trips and using local NGOs for help. They are doing teaching and training as well. Julien shared a lot of successful examples from their experiences. We discussed the importance of the baby dimension itself as mostly they are forgotten, they can not raise their voice and as they are distinct users it is hard to talk instead of them. Anyhow this problem has to be resolved with help of experts to create a friendly environment for babies and for their caregivers.

To sum up, activities Urban95 makes are extremely inspirational and can be replicated/adopted in different countries.

1.The scaling partnership case studies. I would recommend looking at Tel Aviv, Boa Vista, Recife and Tirana here.

2.The early years starter kit website, and in particular the Zoom-in section.
3.The Proximity of Care Framework that was developed with Arup, that you may find interesting as an overall framework to think holistically about Early Childhood Development from an urban perspective.
4.The Infant, Toddler and Caregiver Neighbourhood Framework and Guidelines, which is being used in India to implement Urban95 ideas through the Smart Cities Mission nationally.

Jane Parry

Jane Parry is specialized in public health, medicine, development, and finance. Our communication was very interesting as she personally had the experience of living in diverse cultures.

In general, we discussed the topic of aging and health monitoring. we discussed examples of the health system in Hong Kong. And how they are managing all collected data, communication, and network among all those actors did not seem to be very successful. She shared her personal experience of living in Hong Kong and now in Canada and how she feels like living in an environment like these two drastic countries. Obviously, the key message from her was not to think about living healthy later when you have problems but to start it from a very young age, as when the situation is critical helping is not even a possibility.

To sum up this interview helped me again figure out how important it is to have health monitoring and promotion on all stages of life.

Estella Geraghtyis

Estella Geraghtyis is the Chief Medical Officer and Health Solutions Director at Esri where she leads business development for the Health and Human Services sector. As Esri is one of the most important actors in the world of mapping and not just, I wanted to know how it works from a health perspective.

In general, we discussed how innovation can help us nowadays and she shared a lot of inspirational examples that happen nowadays during the covid pandemic. She shared that first in most developing countries face the problem of having no data at all. And the first step is obviously having data that is connected at GIS and that is fresh and updated in real-time. An important milestone is to have awareness of what can be done with that data. She shared about her work at NEOM city of future where she works as a health specialist. Those elements will play important role in future cities: 1. Foundation, moves, accessibility. 2. technology and innovation fusion, creating critical disease pattern mappings and drone ambulances.3. engaging citizens and share.

To sum up, during our conversation it was really clear how using real-time data can help us to save a lot of lives and time and build better cities.

Robert Wong kin-ming

Robert wong kin-ming is reg. architect, RIBA, HKIA, authorized person, BEAM pro

Hong Kong Ten outstanding person 2015. He is an important figure who has practical experience in Hong Kong and also internationally from point of participation.
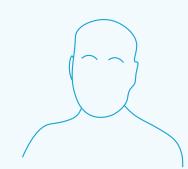
In general, he shared a lot of great examples and projects that have age-friendly features. He shared a participatory design model (user-centered model) -1)Where social workers to connect designer & se contractor together, 2) A joint visit was conducted at the early stage to build up the trust between the contractor & elder. He highlighted the importance of integration of service with design (a co-creation mindset in service).

He Highlighted that NGOs take the role to promote innovative ideas & inter-disciplinary collaboration.

NGOs act as a bridge to coordinate between various stakeholders in order to co-create a more elderly-friendly community and promote the idea of active aging.

His practical experience in the field is extremely valuable.

To sum up, during our conversation he highlighted the importance and model of participation that is key for creating HACAMP cities.

Sohail Inayatullah

Sohail Inayatullah is a Pakistani-born Australian academic, futures studies researcher, and a professor at the Graduate Institute of Futures Studies at Tamkang University in Taipei, Taiwan. His work and course I took at Metafuture is extremely inspiring and in general what he thinks about the future itself.

In general, we talk about numerous numbers of things, starting from futuristic healthy buildings we might have to what can be done today.

We discussed the process of workshops as well and he highlighted a very important question that has to be asked in every team, what is their vision of the future exactly? So they can break it into steps. His workshops and research, help local and global organizations and institutions create alternative and preferred futures. By asking specific questions. Even though the future is blurry from now.

I asked specifically how big organizations should be investing money and how effective will it be? For example, having mega infrastructure will be an advantage or no for the next generation.

We also discussed the topic of action plans and visions that are not so effective in reality and anyhow these actions need to be taken in correlation with visions that are shared.

To sum up, for me the interview was very inspiring as the perspective of the future is really what we will be doing today and how will we be designing and decided where we want to be after several decades.

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https://jfsdigital.org/communicating-the-future-foresight-as-mindfulness-advice-for-an-early-career-futurist/
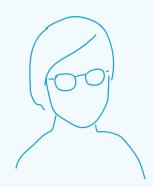
Hong Soo Lee

Hong Soo Lee is Senior Urban Specialist (Smart Cities), Sustainable Development and Climate Change Department, Asian Development Bank
Our interview started about discussing of Singapore's example, as their policy is quite distinct replicating from there is not a case. We discussed a futuristic future of cities, how it could be changed within the next century, and what will happen in the entire streets will be transformed? The issue of having everything privatized is a key point where the government is losing control; while this can be beneficial now, it might have a negative impact in the long run. On the example of Singapore, it will never be a case; we also discussed the importance of leasing contracts and how, with that tool, they try to regulate who buys, what, and where?
Nowadays, they always have specific target groups. Maybe there is an issue of overplanning.
We Highlighted the importance of Technology that they are using in Singapore and Seoul.

Barrier-free access for universal design
https://www.msf.gov.sg/publications/Documents/CAI%20Chapter%204%20-%20Accessibility%20for%20Seniors.pdf
https://www.corenet.gov.sg/media/2268627/accessibility-code-2019.pdf

HDB project at Tengah with community farms and gardenshttps://www.straitstimes.com/singapore/first-housing-district-in-new-tengah-town-unveiled-with-emphasis-on-community-farming

Sunghoon Kris Moon

Sunghoon Kris Moon is an Urban Development Specialist, Asian Development Bank

With Miss Kriss, we started discussing Seoul and her experiences of living there. From her experience in the last decades, Seoul has transformed drastically; there is a notable trend of changing mega infrastructure into public spaces. As she mentioned, she also benefits from the green spaces where she has access to go out with her family, Cheonggyecheon Stream Park is one of the best examples. That kind of project increases livability. Obviously, that kind of mega change is costly, but it has an outstanding impact on the daily life of citizens.

As she said there are many medical centers, and public health issue is highly developed. Privacy issue due to big data is also an issue that stops government to have accessible data for everyone. Small fitness facilities are installed everywhere. We can find special sitting chairs for the elder. Except for Seoul, we discussed experience from the USA, specifically the public-private bike-sharing system in Austin, Texas. That kind of collaboration created a high standard of service and enhanced mobility.

Our interview was very inspiration in sense that Miss Kris has seen the City of Seoul decaded ago that was poorly friendly for any citizen, while nowadays Seoul citizen enjoy liavble City of Seoul.

https://seoulsolution.kr/en/

Susann Roth

Susann Roth is Advisor, SDCC and Chief of Knowledge Advisory Services Center, Asian Development Bank.

During our interview, we discussed the importance of digital tools while thinking about healthy and age-friendly cities. We discussed how important it is to have the involvement of women, while planning cities we need to have more perspectives of women to have more friendly approaches towards our spaces. In our era when women`s role is becoming more and more important, we summarised that this will obviously have a positive impact in the long term that has to be encouraged.

Ms. Suusan shared very important contacts who have worked on the topic and our main focus during an interview was to find a relevant resource that would be helpful.

https://www.citieschangingdiabetes.com/

Jane Parry

Sohail Inayatullah

Este Geraghty

Matthias C. Helble

Matthias C. Helble

Matthias Helble is Senior Economist, Economic Research and Regional Cooperation Department at ADB.

In general, we discussed several topics considering ownership types and what kind of advantages it can bring for the society we discussed the American mortgage system that is helpful for the elder as a system itself. He shares interesting examples from Thailand and the model where you get home out of your slum.

https://www.adb.org/publications/housing-challenge-emerging-asia-options-and-solutions

Wendy Walker

Wendy Walker is Chief of Social Development Thematic Group,ADB
With Ms. Wendy walker we discussed the importance of implementation of action plans. As she said one of the key questions to ask while considering practices is what is the driving force? How do people move from A to Z? How much is attention on the Built environment? On the municipality level, what is the planning like?

Thinking about planning with the lens of elder people we are automatically creating a friendly environment for kids.

As she said at the moment the main question is how countries are retrofitting the houses? And again comes the point where we know what can be good for the particular city but mostly the problem is how to do it and how to adapt this code to reality.

She proposed to focus on particular locations, like

Proposed Locations- Manchester, Hong Kong – Framework 9 districts process(entire district, services, codes Robert Wang)

London Olympics transport side. Bangkok, Malaysia, Kobe Japan, Singapore Sri Lanka, Taiwan, portland Chicago,Sweden, Madrid plan of action on aging, Netherlands

https://extranet.who.int/agefriendlyworld/age-friendly-practices/
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Meredith Wyse

Meredith Wyse is a Senior Social Development Specialist at ADB Meredith specializes in aging and care. She has extensive experience working in the Asia-Pacific region on issues related to adaptations to population aging and older persons, with a specific focus on long-term care systems.
In general, we talked about the topic and she shared several worldwide examples that can be considered successful.

Singapore's Action Plan for Successful Aging (2015-2020) aligns somewhat to this with their three pillars of City for All Ages, Kampong for All Ages and Opportunities for All. (https://sustainabledevelopment.un.org/content/documents/1525Action_Plan_for_Successful_Aging.pdf) IAnd again the process of the development of Singapore's plan, built on consultation and data on older people's needs which then led to the prioritization process. Belinda's Yuan PPT on the planning process linked here highlights interestingly some of the different priorities in age groups: https://www.planning.org.nz/Attachment?Action=Download&Attachment_id=4120

The 15 minute city concept, which is implicitly very age friendly. https://www.academyofurbanism.org.uk/the-fifteen-minute-city-how-the-15-minute-concept-has-been-applied-in-china-dr-wei-yang/

We discussed the importance of having software intervention that can be a good starting point and as she mentioned even without a big budget there can be done a lot of impactful things to improve the quality of life of the elder. To sum up, She really highlighted for me the importance of software policies that can be done easily and can have a tremendous impact.

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Healthy and Age-friendly Cities Best Practices around the world
Intership report

Rapid urbanization and aging in many countries, along with lessons learned from the coronavirus disease pandemic, emphasize the urgent need to make cities healthier and more accessible for the elderly. This report offers examples of best practices around the world and extends the recent Report Healthy and Age-Friendly Cities in the People's Republic of China: Proposal for Health Impact Assessment and Healthy and Age-Friendly City Action and Management Planning by Najibullah Habib Stefan Rau, Susann Roth, Filipe Silva, Janis Shandro.

ADB Internship Program Winter 2021-Elene Machaidze-ADB Intern, Student at Politecnico Di Milano,Tongji University- Urban Plannng and policy Design From Tbilisi, Georgia.

Healthy and Age-Friendly Cities
Best Practices Around the World

ADB Internship Program 2021

Report June, 2021

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