Responding to the Challenges of an Aging Society: Creating Aging-Friendly Communities

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Homecoming
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Located within the world’s finest public university, the UC Berkeley School of Social Welfare is creating a new generation of social workers, scholars, advocates and policy-makers dedicated to serving the most vulnerable members of society.

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- Doctoral Program in Social Welfare (PhD)
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  - Community Mental Health Services
  - Gerontology/Aging Services
  - Health Services
  - Management & Planning
- MSW/MPH Concurrent Degree Program

What sets the Berkeley School of Social Welfare apart is its:
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- Commitment to Community and the Public Social Services
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- Multidisciplinary Approach to Systems Change

WWW.SOCIALWELFARE.BERKELEY.EDU
Center for the Advanced Study of Aging Services

Mission:
Improving services for the elderly through research, collaboration and education

Examples of projects:
- Village Model Effectiveness and Sustainability
- ROI of Community-Based Aging Initiatives
- Aging-Friendly Community Development
- Guizhou Berkeley Big Data Research Center

http://socialwelfare.berkeley.edu/center-advanced-study-aging-services
Overview

1. Conceptualizing “healthy aging”
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Creating Aging-Friendly Communities

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## Part IV: Challenges and Opportunities
Conceptualizing “Healthy Aging”
Perspectives on “Healthy Aging”

- Functional
- Phenomenological
- Developmental
“Successful Aging” (Rowe & Kahn, 1998)
- avoidance of disease and disability
- maintenance of high physical and cognitive functioning
- active engagement in social and productive activities

“Healthy Aging” (Ryff & Singer, 2009)
- “the maximal delay of illness, disease, disability, and hence mortality”
“Successful aging”?  
John Turner, age 79
“Successful aging”?  
Dolores Huerta, age 85
“Successful aging”?  
Fauja Singh, age 100
Who ages “successfully”?

- 10.9% of 65+ in US (McLaughlin et al., 2010)
- 8.5% of 65+ in Europe and Israel (Hank, 2011)

Who doesn’t fit? (Hank, 2011; Strawbridge et al., 2002)
- Older
- Less educated
- Less well-off
- African Americans
- Health problems
  - (35.5% of persons with disabilities say they are “aging successfully”)
What Do Aging Boomers Want?

- Remain in their own homes or neighborhoods
- See friends, social networks
- Get to shopping, health care
- Be safe
- Be healthy
- Be involved in the community

*Maturing of America Survey, Part 2.*
(National Association of Area Agencies on Aging)
Integrated Developmental Model

• Continuity
  ○ Minimal Age Barriers
• Compensation
  ○ Accommodations/Supports
  ○ Basic Safety and Security
• Control
  ○ Efficacy Opportunities
  ○ Consumer-Directed Care
• Connection
  ○ Social Engagement Opportunities
  ○ Intergenerational and Age-Cohort Activities
• Contribution
  ○ Civic Engagement
  ○ Meaningful Family Roles
• Challenge
  ○ New Opportunities for Fulfillment
### Aging in Place vs. Aging in Community

<table>
<thead>
<tr>
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<th>Aging in Place</th>
<th>Aging in Community</th>
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<tbody>
<tr>
<td><strong>Underlying motivation:</strong></td>
<td>Reactive</td>
<td>Proactive</td>
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<tr>
<td><strong>Goals:</strong></td>
<td>Avoid institutionalization</td>
<td>Foster interdependence</td>
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<td><strong>Responsibility:</strong></td>
<td>Individual</td>
<td>Communal</td>
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<td><strong>View of Aging:</strong></td>
<td>Avoidance</td>
<td>Opportunity</td>
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<tr>
<td><strong>Service delivery:</strong></td>
<td>Unidirectional</td>
<td>Reciprocal</td>
</tr>
<tr>
<td><strong>Elder Role:</strong></td>
<td>Care recipient</td>
<td>Participant</td>
</tr>
</tbody>
</table>

(Based on work by Janice Blanchard, Janet Stambolian and William Thomas, MD)
"Optimal aging refers to...
aging under development-enhancing
and age-friendly environmental
conditions”

(Baltes & Baltes, 1990, p. 8)
Aging-Friendliness in the US

Structural Lag
Married to (in?) our cars...

Drive-Thru Weddings

Little White Chapel
Las Vegas, Nevada
‘Til death do us part ...

Davidson, Tennessee

Pensacola, Florida

Drive-Thru Funeral Homes
No time to stop...

Banking

A nice touch... Braille buttons for blind drivers
Strolling across Abbey Road ...
Takes a little longer now!
So, June, do you think we should get a starlift or just move to a bungalow?

Because, let's face it, we're getting on and there will come a point...

...when you won't be able to carry me up the stairs anymore.
Unmet assistance needs in the United States and Sweden

Creating Aging-Friendly Communities
Components of “Aging Friendliness”

- Environmental fit and accessibility
  - Built environment
  - Transportation/mobility

- Social engagement
  - Social inclusion
  - Social environment

- Multi-dimensional health and well-being
  - Health/independence
  - Safety/security

(Scharlach & Lehning, 2015)
Creating Aging-Friendly Communities

Models and Promising Initiatives
Types of Aging-Friendly Initiatives

- Community planning
- Cross-sector initiatives
  - Aging services collaborations
  - Housing-based collaborations
  - Health care collaborations
- Community development

(Lehning, Scharlach, & Price-Wolf, 2012)
Community Planning Initiatives
WHO Age-Friendly Cities & Communities

**AMERICAS**
- Argentina, La Plata
- Brazil, Rio de Janeiro
- Canada, Halifax
- Canada, Portage La Prairie
- Canada, Saanich
- Canada, Sherbrooke QB
- Costa Rica, San Jose
- Jamaica, Kingston
- Jamaica, Montego Bay
- Mexico, Cancun
- Mexico, Mexico City
- Puerto Rico, Mayaguez
- Puerto Rico, Ponce
- USA, Portland

**AFRICA**
- Kenya, Nairobi

**EASTERN MEDITERRANEAN**
- Jordan, Amman
- Lebanon, Tripoli
- Pakistan, Islamabad

**SOUTH-EAST ASIA**
- India, Delhi
- India, Udaipur

**WESTERN PACIFIC**
- Australia, Melbourne
- Australia, Melville
- China, Shanghai
- Japan, Himeji
- Japan, Tokyo

**EUROPE**
- Germany, Ruhr
- Ireland, Dundalk
- Italy, Udine
- Russia, Moscow
- Russia, Tuymazy
- Switzerland, Geneva
- Turkey, Istanbul
- UK, Edinburgh
- UK, London
Creating an Age-Friendly NYC
One Neighborhood at a Time

A Toolkit for Establishing an Aging Improvement District in Your Community

2012
Contra Costa for Every Generation is a countywide movement to make our local communities good places to age — supporting our aspirations to stay healthy, live independently and lead full and productive lives. We forge volunteer coalitions that promote and advocate for more aging-friendly practices in all aspects of Contra Costa life.
Cross-Sector Collaborations
Pathways to Positive Aging: An Innovative Multi-Ethnic Community Partnership
Housing-Based Collaborations
Hotel Oakland Village

- “Participation = Good Health”
Generations of Hope

Our goal is to enhance and extend the lives of vulnerable populations by tapping the transformative power of intergenerational community living.

Hope Meadows: The First Generations of Hope Community (GHC)
The first GHC, Hope Meadows in Rantoul, Illinois, is a multi-generational neighborhood that supports families who have adopted children from foster care. more »

Generations of Hope Development Corporation
We are working to extend the Hope Meadows model to address a range of social problems, and to inspire new sites across the country. more »

“Hope Meadows sets a perfect role model for the whole country.” —WES SMITH

Real-Life Stories of Healing and Caring from an Inspiring Community
Community Development
G8 Turin Charter: “Towards Active Aging”

- The ageing of our societies will create new opportunities as well as challenges.
- There is nothing inevitable about the impact of ageing on society.
- Older people represent a great reservoir of resources for our economies and societies.

* G8 Labor Ministers Conference, Turin, Italy, November 10-11, 2000
TimeBanks™

Eric does some accounting for Mark

Mark mows Sara's lawn

They are all earning time dollars to be spent on whatever service they want

Joan teaches Spanish to Eric

Sara babysits for John

John fixes Joan's broken cupboards
The “Village” Concept:
Senior Support Associations
“Village” Concept

- “Villages are self-governing, grassroots, community-based organizations, developed with the sole purpose of enabling people to remain in their own homes and communities as they age.”

[from Village-to-Village Network website]
Village program model

- **Core Services**
  - Transportation, technology, shopping, meal prep, etc.
  - Provided by members, volunteers, or Village staff
  - Usually included as part of membership fee

- **Information and Coordination**
  - Referrals
    - Preferred provider networks
    - Usually requires a payment to be made to an outside service provider

- **Social Activities**

- **Volunteer Opportunities**
Villages in the US – Current and Future
Village → Healthy Aging?

- Facilitates Service Access
  - Personalized advice and referrals ("concierge")
  - Care coordination
  - Transportation
  - Reduced service cost
- Builds Community
  - Social engagement
  - Social support
- Promotes Elder Empowerment
  - Participation in meaningful roles
Web-Based Social Networks

- “Next door”
- Tyze
- Stitch
Conclusion
“A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing – and acting upon – their commonality of interest.”

(Kofi Annan, 1998)
Thank you!

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