CREATING AGE-FRIENDLY AND INTERGENERATIONAL SPACES WITHIN URBAN ENVIRONMENTS
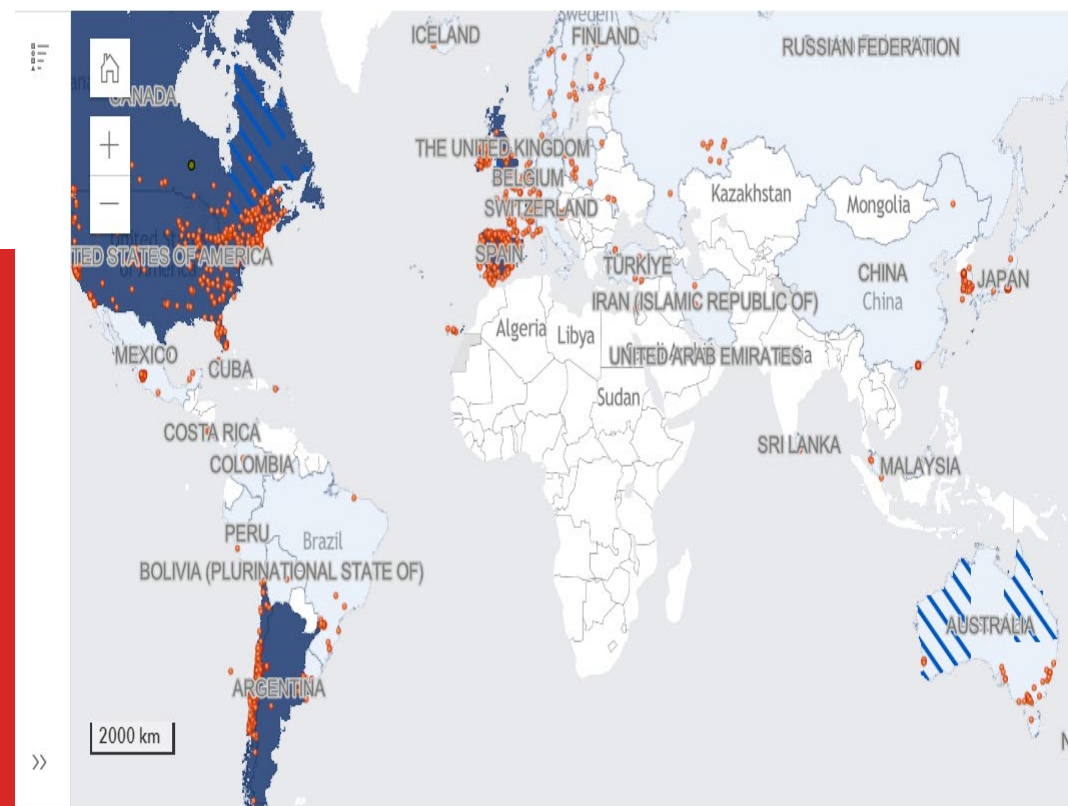

WHO Global Network for Age-friendly Cities and Communities

AGE-FRIENDLY COMMUNITIES

TRANSPORTATION

HOUSING

SOCIAL PARTICIPATION

RESPECT & SOCIAL INCLUSION

CIVIC PARTICIPATION & EMPLOYMENT

COMMUNICATION & INFORMATION

COMMUNITY SUPPORT & HEALTH SERVICES

OUTDOOR SPACES & BUILDINGS

WHAT is AFC & WHY IT IS NEEDED

Rationale to AFC

AFC practices help build people's abilities to:
- meet their **basic needs**;
- learn, grow and make decisions;
- be mobile;
- build and maintain relationships; and
- contribute.

In doing so:
- **recognize** the wide range of capacities and resources among the community;

- **anticipate and respond** flexibly to ageing-related needs and preferences;

- **respect** people's **decisions and lifestyle choices**;

- **reduce inequities**;

- **protect** those who are most vulnerable; and

- promote vulnerable people's inclusion in and contribute to all areas of community life.

Benefits to Penang Island & MBPP

Figure 1. Growth of the Global Network of Age-Friendly Cities and Communities (GNAFCC) (adapted from [7]).
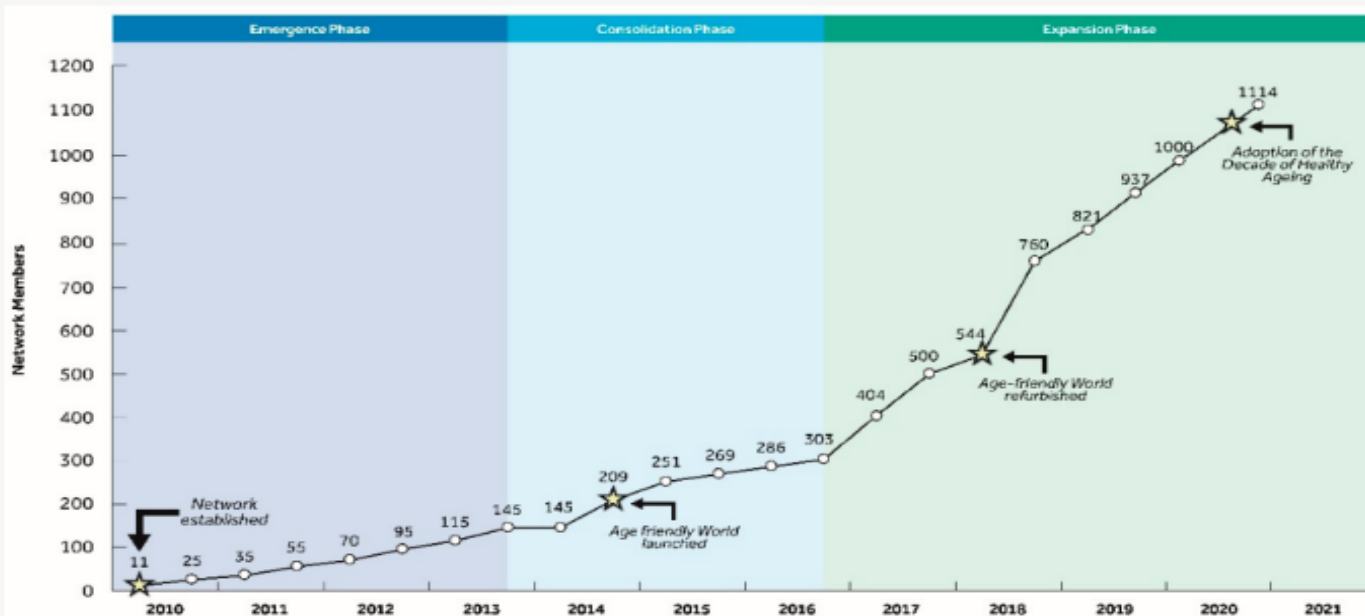

Figure 2. Map of selected cities.
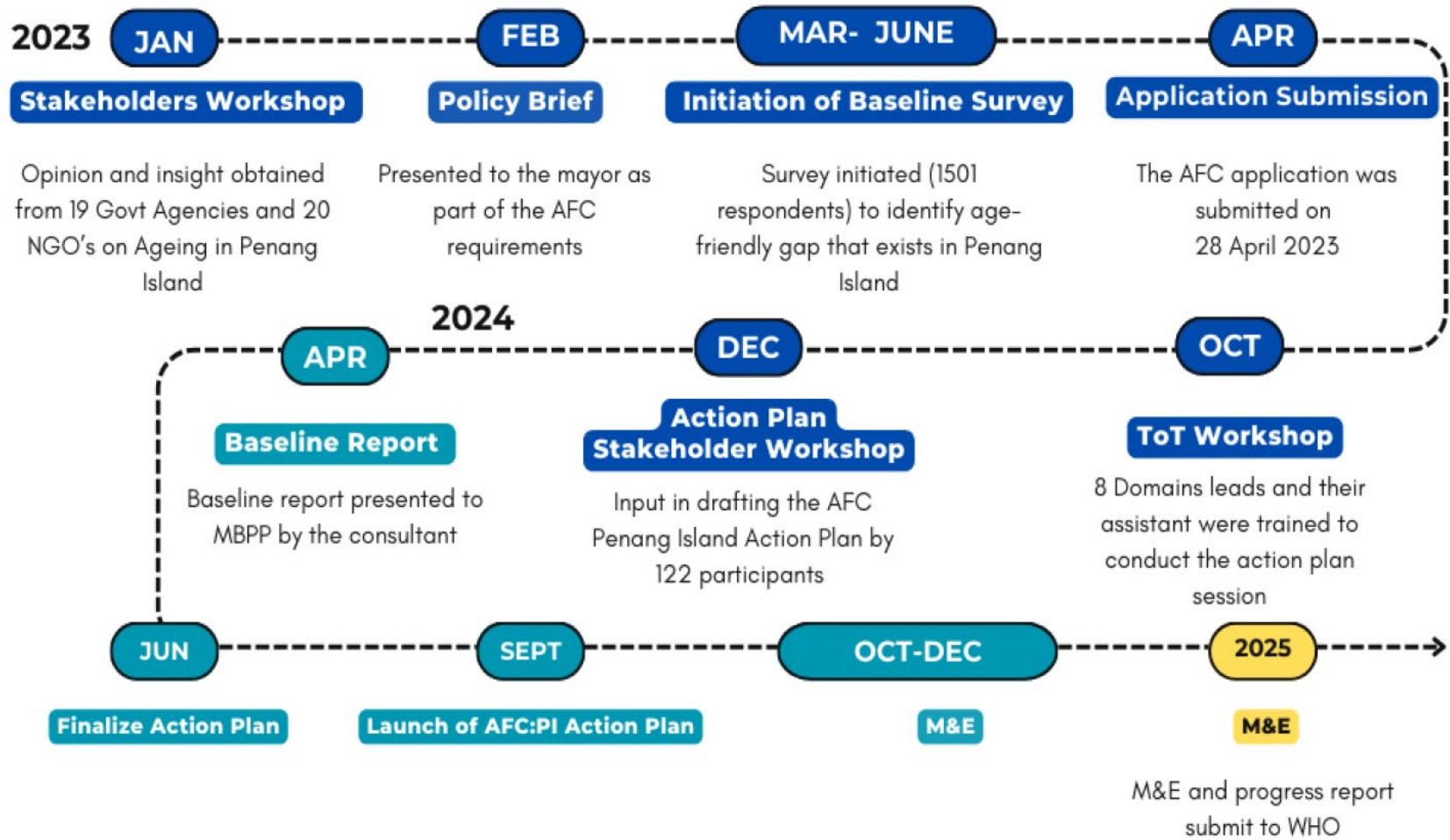
1. Immediate recognition at the global level
2. Allows every person to continue <u>contributing economically</u> and permits citizens of all ages and abilities to lead full, productive, and dignified lives.

What has been done?

AFC Penang Island Timeline

2023

JAN — **Stakeholders Workshop**
Opinion and insight obtained from 19 Govt Agencies and 20 NGO's on Ageing in Penang Island

FEB — **Policy Brief**
Presented to the mayor as part of the AFC requirements

MAR- JUNE — **Initiation of Baseline Survey**
Survey initiated (1501 respondents) to identify age-friendly gap that exists in Penang Island

APR — **Application Submission**
The AFC application was submitted on 28 April 2023

2024

APR — **Baseline Report**
Baseline report presented to MBPP by the consultant

DEC — **Action Plan Stakeholder Workshop**
Input in drafting the AFC Penang Island Action Plan by 122 participants

OCT — **ToT Workshop**
8 Domains leads and their assistant were trained to conduct the action plan session

JUN — **Finalize Action Plan**

SEPT — **Launch of AFC:PI Action Plan**

OCT-DEC — **M&E**

2025 — **M&E**
M&E and progress report submit to WHO

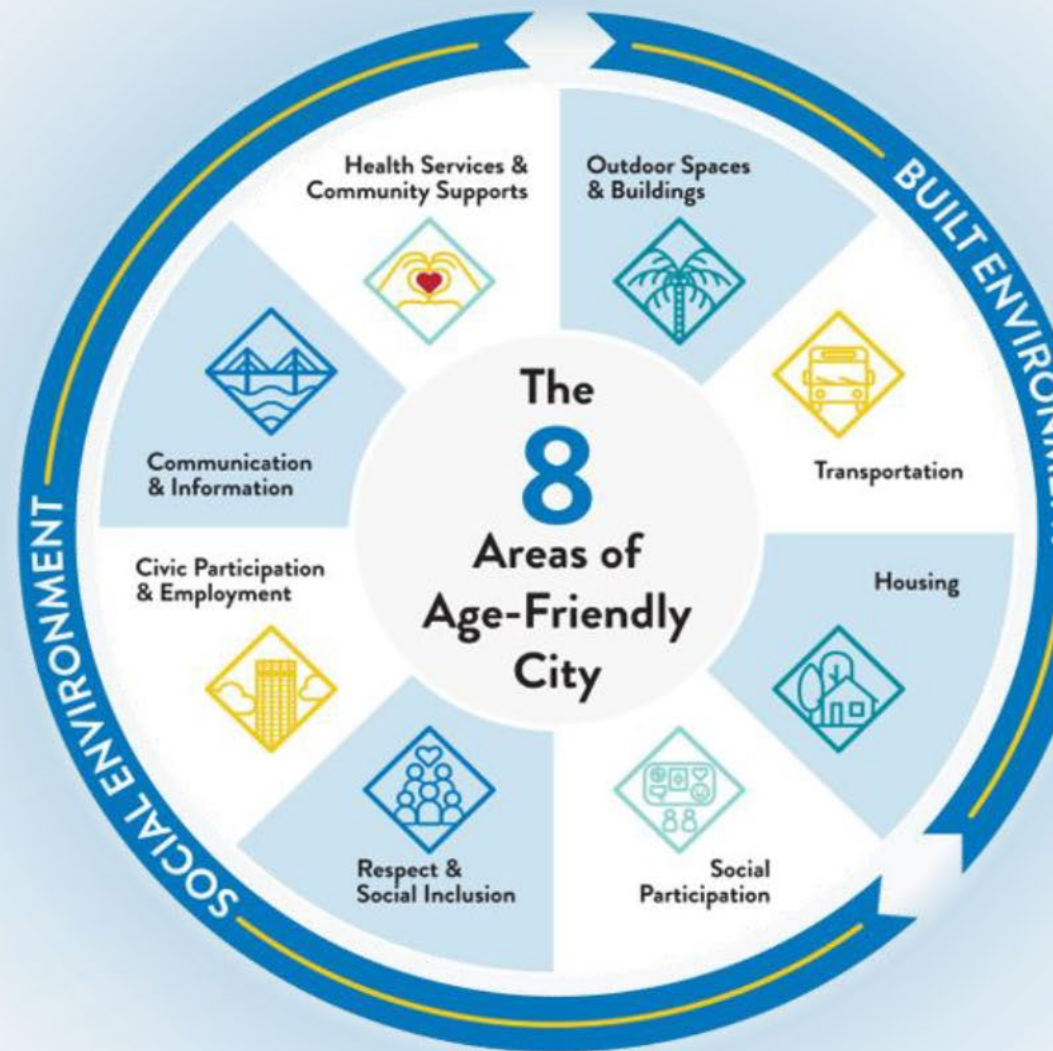# What are the focused areas of AFC?

8 DOMAINS OF AGE FRIENDLY CITY

WHO proposes eight interconnected domains that can help to identify and address barriers to an Age-Friendly City.
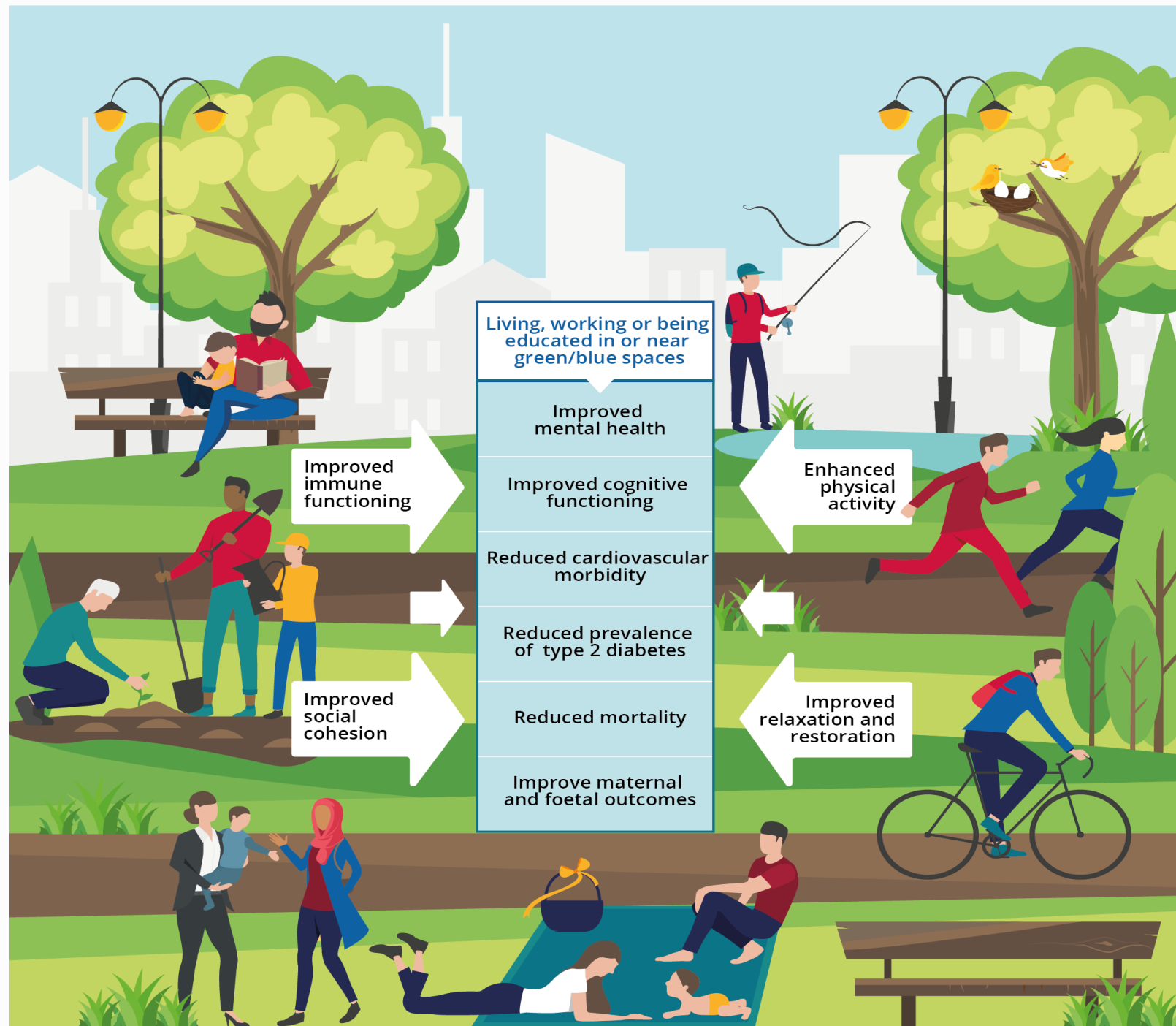
These domains will help MBPP to prioritise the creation of an environment that promotes active and healthy ageing.

WHO encourages intergenerational connections and fosters a sense of community inclusiveness by organising events and activities that bring people of different ages together.

The 8 Areas of Age-Friendly City

- Health Services & Community Supports
- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Civic Participation & Employment
- Communication & Information

BUILT ENVIRONMENT

SOCIAL ENVIRONMENT

AFC and how are Intergenerational Spaces Within Urban Environments – RELEVANT?

AFC and how is intergenerational Spaces Within Urban Environments – RELEVANT?

A critical strategy to promote inclusivity, well-being, and active participation for all age groups.

These spaces aim to enhance the quality of life for older adults while fostering meaningful interactions across generations.

Universal Design and Accessibility

Mobility-friendly Infrastructure: Ensure that streets, parks, and public buildings are easily accessible for people with different mobility needs, such as the elderly, parents with strollers, and individuals with disabilities. This includes ramps, non-slip surfaces, handrails, benches, and clear signage.

Public Transportation: Improve the availability and accessibility of public transport systems for all age groups, especially for older adults. Design transportation systems that cater to the needs of both the elderly and younger generations.

Green Spaces and Parks
Multi-functional Parks:

Design parks and recreational areas that all ages can use.

For example, spaces could include playgrounds for children, exercise equipment for adults and the elderly, and shaded seating areas for relaxation.

Nature Engagement: Green spaces should be designed to encourage physical activity, relaxation, and social interaction, supporting both physical and mental health for all generations.

Mixed-age Housing: Encourage intergenerational housing complexes where different age groups can live together.

These developments could include shared spaces, communal gardens, and recreational areas to promote interaction between older and younger residents.

Housing Solutions

Affordable Housing for All Ages: Ensure affordable, accessible housing options are available for older adults and families within urban settings to foster diverse, multi-generational communities.

Social Interaction and Programs

Intergenerational Programs: Promote programs and activities that bring together different generations, such as shared art projects, gardening, or technology workshops where the elderly can learn from younger people and vice versa.

Community Centers: Create community hubs where older adults and young people can gather for social, educational, and recreational activities.

These centers can be platforms for cross-generational dialogue, learning, and cooperation.

Safety and Comfort

Safe Public Spaces: Design urban environments that feel safe and secure for all ages, with proper lighting, pedestrian-friendly zones, and low crime rates.

Age-friendly Healthcare: Ensure that healthcare services are accessible and available within close proximity in urban areas, providing preventive care, wellness programs, and emergency services for older adults.

Inclusive Policy and Planning

Community Engagement: Involve older adults, youth, and other community members in the planning and development process to ensure their needs and preferences are considered in urban design and policies.

Age-Friendly Policies: Governments and municipalities should adopt policies that encourage the development of age-friendly environments, ensuring inclusivity in public planning, healthcare, transportation, and social services.

Technology and Innovation

Smart City Integration: Use technology to create "smart cities" that cater to different generations. This could include digital kiosks, mobile applications for urban navigation, or community platforms that foster intergenerational engagement.

Digital Inclusion: Provide training and resources for older adults to stay digitally connected, ensuring they are not left behind in an increasingly tech-driven world.

By incorporating these principles, cities can develop vibrantly, age-friendly urban spaces that promote intergenerational connection, health and well-being for people of all ages.

**Working Group of
Malaysian Healthy Ageing Society – AFC**

1. **Prof Dr Sharul Bahyah Kamarulzaman**
2. **Prof Dr Prem Kumar**
3. **Prof. Nathan S Vytialingam**
4. **Dr Wong Teck Wee**
5. **Mr. K. Siladass**
6. **Datin Ranuga Devy**

&

Dr. Sangeeta Kaur
Project Manager & Honorary Secretary
for MHAS
E-mail: info@healthyageing.org
/mhas.acha@gmail.com
Tel: +6012 364 6109