

Together we can make the District of Columbia a friendlier place for those of all ages



Dear Community Member...

The District of Columbia is working to become an inclusive and accessible urban environment. Age-Friendly DC is part of an international effort started by the World Health Organization to respond to two significant demographic trends: urbanization and a rapidly aging population.

You can make an investment now in your future. Sponsor a Community Consultation (focus group) for your neighbors, friends, and family members. Participants will join others in contributing to what the District will look like as an Age-Friendly City! Sponsoring is easy and Age-Friendly DC will help.

- WHEN:** Any day of the week, day or evening (to be completed by November 27, 2013).
WHERE: Recreation Center, library, and other community facility in your ward.
WHO: District residents, age 50 or older, those caring for older parents/adults, and those who have an opinion about making the District a better place in which to age.
HOW: AF-DC provides a recruitment flyer, you help us promote and recruit up to 20 participants through listservs, newsletters, ANC meeting announcements, etc. AF-DC provides a trained facilitator and scribe for the consultation.

If you are interested, contact Pamela Davis at Pamela.davis@dc.gov or (202) 727-7973. Please let us know by October 28.

We hope you'll join us on our journey to make the nation's capital an age-friendlier place where seniors can lead healthy, inclusive, and meaningful lives!



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What is an Age-Friendly City?

An Age Friendly City is an inclusive and accessible urban environment that promotes active aging.

As of 2007, over half of the world's population lives in cities and by 2030 that population will rise to about three out of every five people in the world. At the same time, improvements in public health have led to more people living longer lives.

The proportion of people aged 60 and over will likely double from 11 percent of the world's population in 2006 to 22 percent by 2050. To help US cities prepare for the convergence of these two trends, the World Health Organization (WHO) has partnered with AARP to develop a Network of Cities and Communities. The District of

Columbia is one of the first cities in the AARP Network and it will look closely at the eight WHO domains that help influence the health and quality of life of older people, plus two additional domains for a total of ten domains:

1. **Outdoor Spaces and Buildings**—accessibility to and availability of safe recreational facilities.
2. **Transportation**—safe and affordable modes of private and public transportation.
3. **Housing**—wide range of housing options for older residents, aging in place, and other home modification programs.
4. **Social Participation**—access to leisure and cultural activities and opportunities for older residents to participate in social and civic engagement with their peers and younger people.
5. **Respect and Social Inclusion**—programs to support and promote ethnic and cultural diversity, along with programs to encourage multigenerational interaction and dialogue.
6. **Civic Participation and Employment** – promotion of paid work and volunteer activities for older residents and opportunities to engage in formulation of policies relevant to their lives.
7. **Communication and Information**—promotion of and access to the use of technology to keep older residents connected to their community and friends and family, both near and far.
8. **Community Support and Health Services**—access to homecare services, clinics, and programs to promote wellness and active aging.
9. **Emergency Preparedness and Resilience, a DC-addition**—information, education and training to ensure the safety, wellness, and readiness of seniors in emergency situations.
10. **Elder Abuse, Neglect, and Fraud, a DC-addition**—prevention and prosecution of financial exploitation, neglect, and physical, sexual, and emotional abuse of seniors.