

Age-Friendly Communities

The Eight Domains Defined

1. **Outdoor Spaces and Buildings** – People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings can be used and enjoyed by people of all ages.
2. **Transportation** – Driving shouldn't be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.
3. **Housing** – Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.
4. **Social Participation** – Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.
5. **Respect and Social Inclusion** – Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.
6. **Civic Participation and Employment** – An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.
7. **Communication and Information** – Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.
8. **Community and Health Services** – At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.