



AGE-FRIENDLY TOOLKIT PROJECT

OPEN EDUCATIONAL RESOURCES FOR A NEW PROFESSIONAL PROFILE

ENSA meeting Brussels, 05.03.2025

www.afctoolkit.eu/

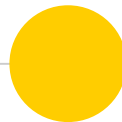
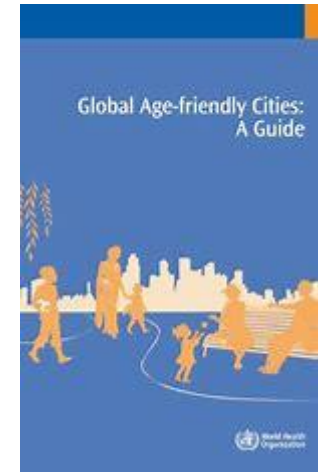
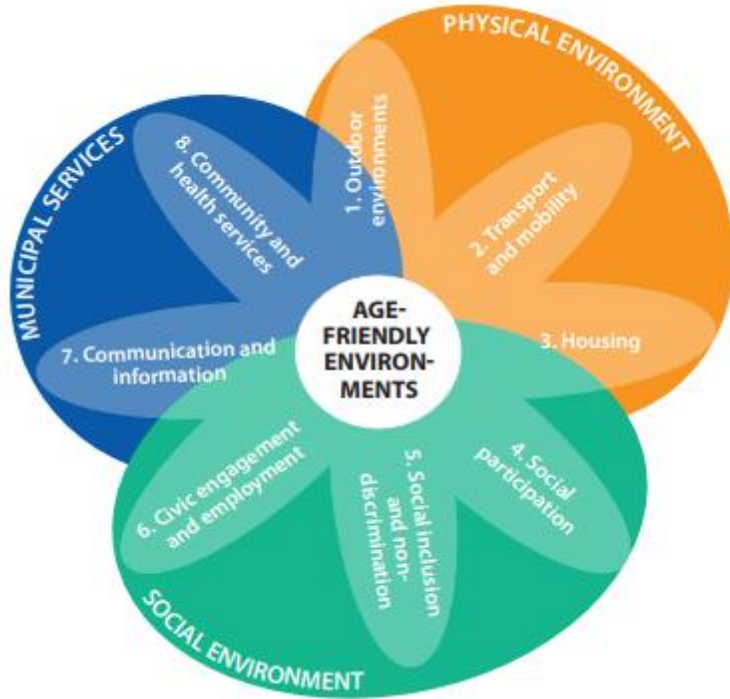


Co-funded by
the European Union

GA: KA220-HED-1A62E2DB



2007: launch of the WHO Global Network of Age-friendly Cities and Communities



WHO Global Network for Age-friendly Cities and Communities



Currently:
1705 cities and
communities

Covering 330
million people
worldwide

THE AFC-TOOLKIT PROJECT

The AGE-FRIENDLY TOOLKIT project (2022-2025, Erasmus+) **issued an open training** for the development of age-friendly cities and communities.

Outcome no. 1

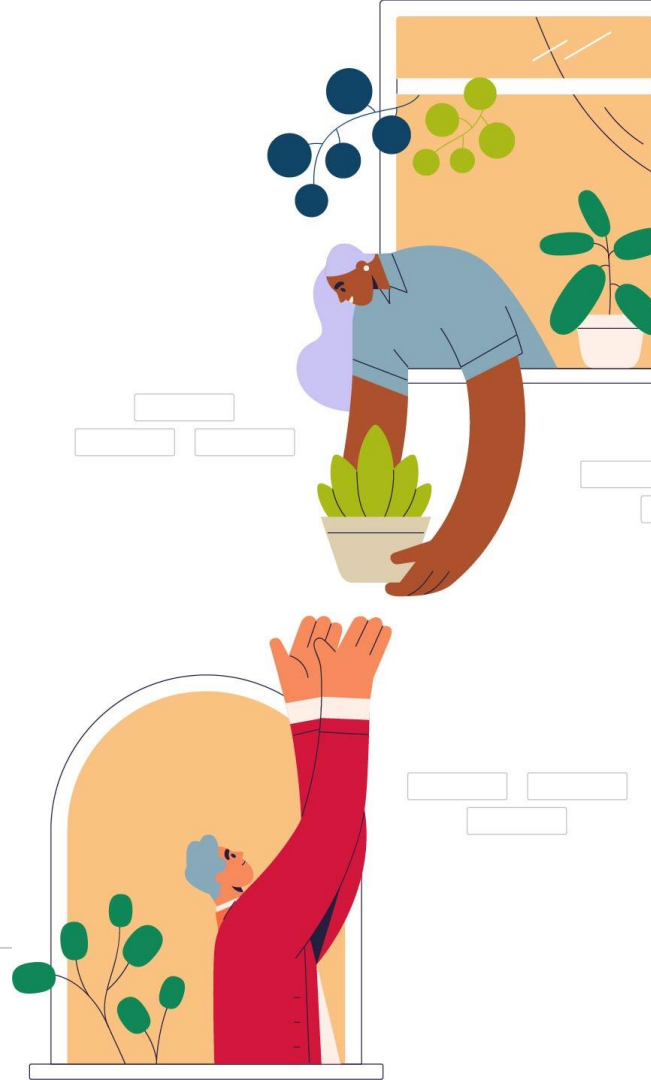
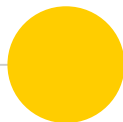
a new professional profile for the development of “Age-Friendly Cities and Communities” together with a training curriculum (content and learning outcomes) deemed necessary for this profile.

<https://www.afctoolkit.eu>

Outcome no. 2

a web app platform (training), developed by the consortium with the inputs and validation by several stakeholders across the EU.

<https://training.afctoolkit.eu/>





Overview

Qualification level

The AFC-Toolkit educational resources will be referenced on the European Qualifications Framework.

Objective

A training curriculum for professionals who want to promote and develop age-friendly environments on the local level.

Workload

The whole training curriculum will take 40 hours to complete and will be self-paced

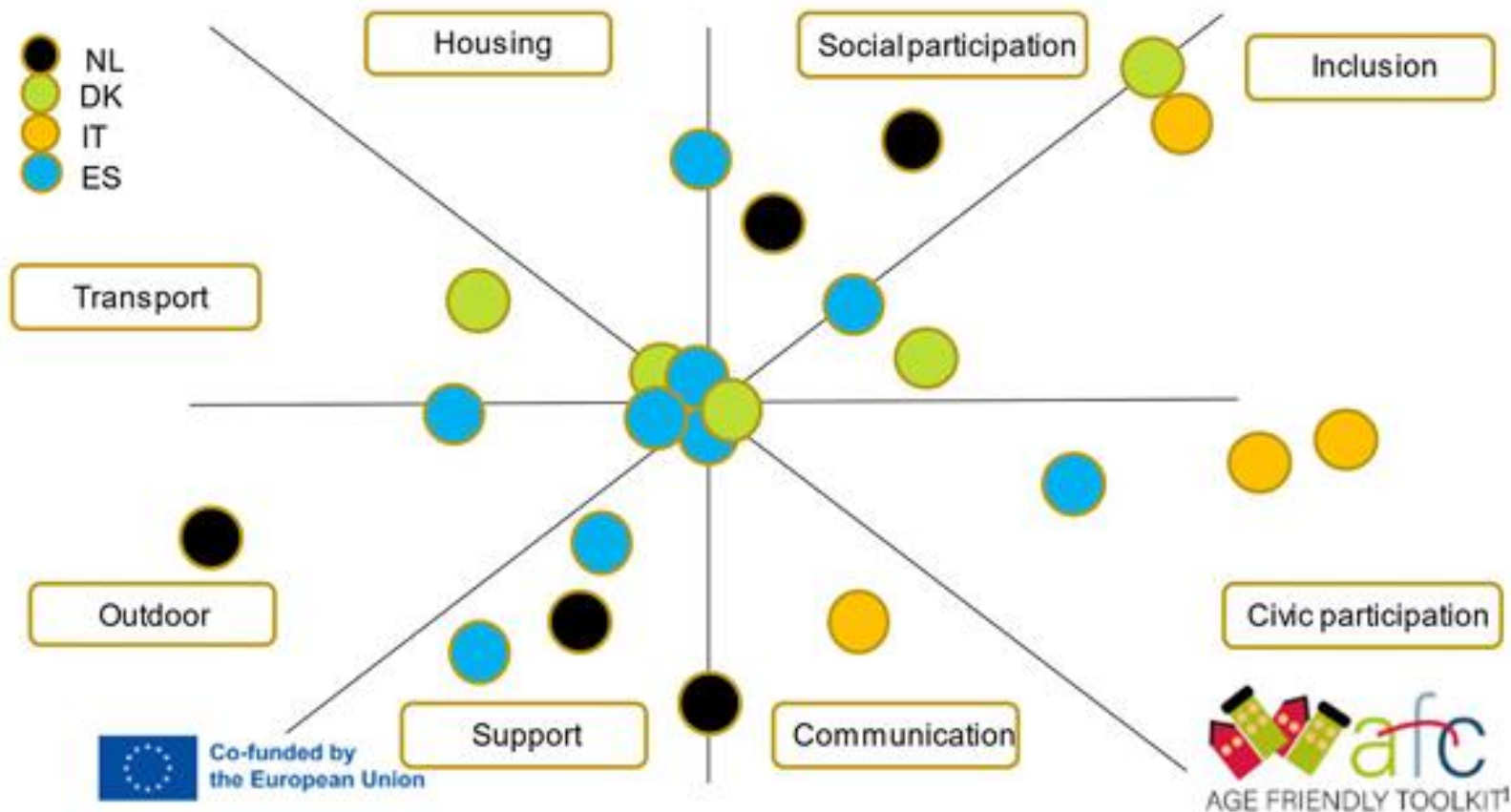


FIGURE 2: INTERVIEWS PER COUNTRY, PER WHO DOMAIN

The Age-Friendly City Professional

Community development

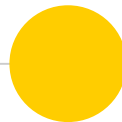
- Networking
- Working with and within communities
- Mobilising necessary resources

Person-centred approach

- Analysing needs of citizens
- Providing care and support based on needs

Age-friendly City knowledge

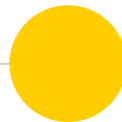
- Understanding the AFC framework
- Implementing and developing the eight domain of the AFC framework



The AFC Web App



- Available in 6 languages: **EN**, **ES**, **NL**, **IT**, **DK** and **FR**
- Built with Moodle
- Contains learning materials to support the development of age-friendly cities
 - **Glossary** with 17 Transversal Topics and their definitions
 - **5 Training Modules** covering different topics, including lessons and practical exercises



Select your language from the list of the available eCourses below

Available courses

An educational toolkit for the development of age-friendly cities



A set of open educational resources through an educational app and an eLearning course.



AGE FRIENDLY TOOLKIT

Log in

[Lost password?](#)

Is this your first time here?

For full access to this site, you first need to create an account.

[Create new account](#)

Some courses may allow guest access

[Access as a guest](#)

[Cookies notice](#)



New account

Username ¹

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as *, -, or #

Password ¹

Email address ¹

Email (again) ¹

First name ¹

Last name ¹

City/town

Country

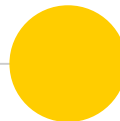
[Create my new account](#)

[Cancel](#)

¹ Required

GLOSSARY - TRANSVERSAL THEMES

- Accessibility
- Age-Friendly Environments
- Age-friendly policies
- Ageing
- Ageism and abuse
- Agency and quality of life.
- Climate Change
- Communication and networking
- Cultural sensitivity
- Digital Technologies
- Health and prevention
- Human-rights based approach
- Intergenerational
- Life course approach
- Lifelong learning
- Person-centred approach
- Project management
- ...



Welcome to the Age Friendly Toolkit project web-app!

We are excited to present to you this innovative educational resource designed to promote the creation of age-friendly environments in the context of longevity and the challenges of demographic transition in European countries. Our mission is to provide professionals, practitioners and volunteers from different sectors, involved in policy making, services, social inclusion and support of older people, with a set of digital tools that facilitate the identification of obstacles and issues that hinder the development of inclusive cities.

The Age Friendly Toolkit Web-App is designed to enrich your skills, offering through 5 modules theoretical, practical and multimedia contents that are directly linked to the World Health Organisation's key indicators. These indicators cover key areas such as, Outdoor Space and Buildings, Transport, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and finally, Health and Community Support Services.

Accessible in five languages - English, Spanish, Italian, Dutch and Danish - our platform can be used from any digital device, be it PC, smartphone or tablet. This tool is not only a learning tool, but also a concrete support to promote sustainable and inclusive solutions to improve the quality of life of older people.

Join us on this journey towards a more inclusive and age-friendly future!



Glossary



AFC virtual assistant



Glossary

 Search full text

Browse the glossary using this index

[Special](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | **ALL**

Page: **1** 2 3 (Next)

[ALL](#)

A

Accessibility & egressibility

Accessibility refers to the design and implementation of products, services, and environments so that they can be used by people with a wide range of abilities and disabilities. It encompasses practices that ensure equitable access and usability, including accommodations for visual, auditory, physical, speech, cognitive, accessibility of evacuation and neurological disabilities.

Egressibility refers to the ability and ease with which people can exit a building or area, particularly in emergency situations. It involves designing and maintaining clear, accessible, and unobstructed pathways to ensure safe and efficient evacuation for all individuals, especially those with physical or cognitive impairments.



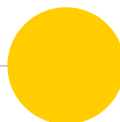
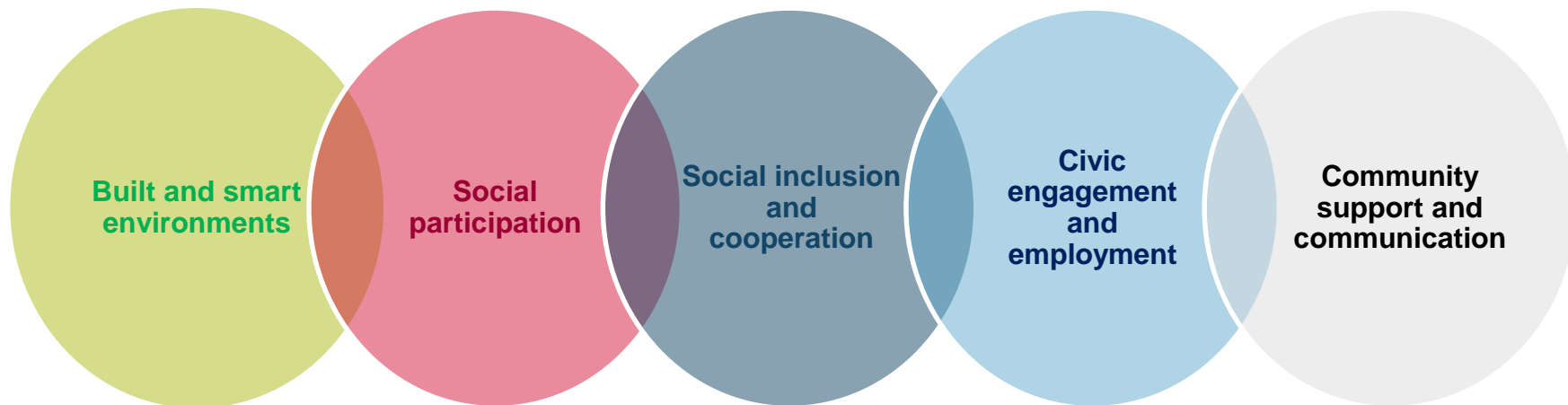
Aae-Friendly Environments



TRAINING MODULES

The educational web app is mainly structured in 6 sections:

- Welcome section containing the glossary with the 17 Transversal Topics and
- 5 Training Modules and their contents



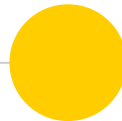
TRAINING MODULES - CONTENTS

Each of the 5 modules consists of:

- **A short-written introduction**, in some cases accompanied by multi-media content
- **A list of related transversal topics**
- **3 learning units**

Each of the module's units has a theoretical part in slides and practical exercises.

Additional resources such as a **bibliography for further study**, **case studies**, **good practices** and **self-assessment exercises** are available at the end of the module



MODULE 1 – BUILT AND SMART ENVIRONMENT

Introduction

The module of Built and Smart Environments focuses on the domains of Housing, Outdoor spaces and Buildings and Transportation, the physical environments domains of the Age-Friendly Cities (AFC) flower. Housing is the physical place where an older adult lives, alone, with a partner, with children or with others. Housing has many shapes: family housing, split-level housing, apartment, and mobile homes are some examples. Outdoor spaces contain the physical infrastructure, parks, and squares. For public buildings, one could think of governmental buildings, theatres, shops, shopping malls or healthcare facilities. Transportation includes every means of going from place A to B by using a car, tram, bus, train, plane or ferry. Supportive smart solutions will be included covering technology that can support older adults in ageing in place




Related topics

Transversal topics:

Ageing | Age-friendly policies | Health and Prevention | Age-Friendly environments | Communication and Networking | Digital Technologies | Literacies | Accessibility and Climate Change.


Unit 1

 Lesson: Housing

 Practical exercise - Evaluating Age-Friendly Housing

In this exercise you will practise how to use the age-friendly housing framework to assess the age-friendliness of the houses within your community

Unit 2

 Lesson: Outdoor spaces and buildings

 Practical exercise - Design the perfect neighbourhood

Exercise on defining the requirements for outdoor spaces and buildings to enable older adults to use them.

Unit 3

 Lesson: Transportation

Unit



MODULE 1

Unit 2: OUTDOOR SPACES AND BUILDINGS



Co-funded by
the European Union

GA: KA220-HED-1A62E2DB



LESSON

Self assessment questionnaire



Quiz Module 1

Resources



Case study: Thuis Technologie Verkenner (The Netherlands, Den Haag)



Bibliography



Co-funded by
the European Union



Quiz Module 1

Back

Question 1

Not yet answered

Marked out of 1.00

Flag question

Which four perspectives can you consider when developing age-friendly housing

Edit View Insert Format Tools Table Help

↶ ↷ **B** *I*

p


0 words

MODULE 1

BUILT AND SMART ENVIRONMENTS


Unit 1

 Lesson: Housing

 Practical exercise - Evaluating Age-Friendly Housing

In this exercise you will practise how to use the age-friendly housing framework to assess the age-friendliness of the houses within your community

Unit 2

 Lesson: Outdoor spaces and buildings


 Practical exercise - Design the perfect neighbourhood

Exercise on defining the requirements for outdoor spaces and buildings to enable older adults to use them.

Unit 3

 Lesson: Transportation

Self assessment questionnaire

 Quiz Module 1

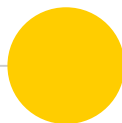
Resources

 Case study: Thuis Technologie Verkenner (The Netherlands, Den Haag)

 Bibliography




Co-funded by
the European Union




MODULE 2

SOCIAL PARTICIPATION


Unit 1


 Lesson: SUPPORTIVE ENVIRONMENTS FOR SOCIAL EXCHANGE IN THE COMMUNITIES.

 Practical exercise - The Community LAB

The Community Lab is a training method for experimenting active participation of citizens: it consists in the participatory analysis of local contexts and concrete cases, where the response to the needs of the community was provided in a participatory way by operators, citizens and volunteers. The method has been applied in more than 20 territories of the Emilia-Romagna Region since 2012

Unit 2


 Lesson : PLANNING OF INTERVENTION TO ENCOURAGE OLDER PEOPLE'S SOCIAL PARTICIPATION

 Practical exercise - Intergenerational activities to reduce digital divide

Implement a path that allows participants to achieve and maintain, in every season of life, full fulfillment with a view to "lifelong learning", which places the person at the center with their fundamental needs and aspirations.


Unit 3

 Lesson: Multilevel engagement

 Practical exercise - Photovoice

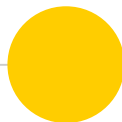
The aim is to actively involve community members in analysing an issue considered relevant through the photographic and narrative expression of their point of view.

Resources

 Case study: PARTICIPATORY BUDGET (Bologna - Italy)




Co-funded by
the European Union



MODULE 3

SOCIAL INCLUSION AND COOPERATION

Unit 1

 Lesson COMBATING AGEISM

 Practical exercise: Ageism Awareness Campaign

Create and think of the possible implementation of an ageism awareness campaign aimed at promoting positive attitudes towards ageing and combating ageist stereotypes in the local community or school environment.

Unit 2

 Lesson: PROMOTING SOCIAL INCLUSION WITHIN NEIGHBOURHOODS

 Practical exercise: Community Mapping for Age-Friendly Neighbourhoods

To explore factors influencing social inclusion and accessibility for older adults within neighbourhoods.


Unit 3

 Lesson: TOWARDS STRONG COMMUNITIES

 Practical exercise: Intergenerational Interview Project

The objective of this activity is to facilitate meaningful interactions between students and older adults in the community, promote understanding of ageing experiences, and document personal histories.

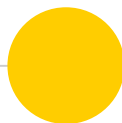
Resources

 Case study: Magic Me (UK)

Exposing Ageism by HELPAGE




Co-funded by
the European Union



MODULE 4

CIVIC ENGAGEMENT AND EMPLOYMENT

Unit 1

 Lesson: EMPLOYMENT AND ECONOMIC LIFE OF OLDER ADULTS

 Practical exercise: Proposals for the Employment Plan for the Age-Friendly City of Madrid (2020-2030):


General objective:


- Understand the challenges faced by individuals over 50 in accessing training, avoiding labor exclusion, and receiving professional guidance

Specific objectives:

- Develop a comprehensive employment plan to support older adults in the workforce.
- Collaborate effectively in a group setting to analyze and propose solutions.

Unit 2


 Lesson: UNPAID WORK AND VOLUNTEERING OF OLDER PEOPLE

 Practical exercise: Implementing a Local Plan to Support Grandparents in Childcare

Objectives:

- Understand the role of grandparents in childcare and the challenges they face. Develop a local plan to provide support for grandparents engaged in childcare.
- Analyze existing models, such as the Newcastle City Council's approach, to identify best practices.

Unit 3

 Lesson: CIVIC ENGAGEMENT OF OLDER ADULTS

 Practical exercise: A co-production toolkit from Ageing Better

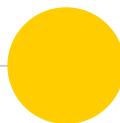
This activity encourages students to delve deeply into a specific aspect of co-production, apply their findings practically, and create tangible improvements aimed at involving older adults in policy-making decisions.

- Understand the specific resource focus (e.g., "Creating a co-production culture") and its importance in involving older adults in co-creation activities. Identify and implement key elements from the chosen resource to enhance the participation of older adults in local policy-making decisions. Develop practical strategies and solutions to improve the inclusivity and effectiveness of the website for older adults.
- Conduct a SWOT analysis to identify strengths, weaknesses, opportunities, and threats related to their website enhancement plan.

Resources




Co-funded by
the European Union




MODULE 5

COMMUNITY SUPPORT AND COMMUNICATION

Unit 1


 Lesson: Empowering Communities through Dementia Awareness and Support


 Practical exercise: Discussion Paper: Understanding ageing and dementia

Objectives:

1. Understanding the relationship between ageing and dementia.
2. Identify the challenges and needs of older people with dementia.
3. Discuss different approaches to care and support for older people with dementia.

Unit 2

 Lesson: Community support services and resources

 Practical exercise: Developing an Age-Friendly Community Program

Objectives:

- To understand the importance of community support for healthy ageing.
- To identify barriers and facilitators to healthy ageing and effective community support.
- To develop practical solutions to enhance community support services and resources for older adults.

Unit 3

 Lesson: Effective communication

 Practical exercise: Developing Communication Strategies for Age-Friendly Environments

Objectives:

- To understand the significance of effective communication in fostering age-friendly environments.
- To identify key barriers and facilitators to effective communication with older adults.
- To develop practical communication strategies tailored to the needs of older adults.

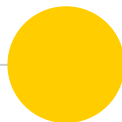
Resources

What is Dementia? | Dementia Symptoms, Stages, Types, Causes & Treatment

The video discusses dementia as one of the most common cognitive disorders called "Dementia". Dementia is a group of symptoms that affect memory, thinking, and the ability to do everyday activities. It is not a single disease, but a collection of symptoms that can be caused by various conditions.



Co-funded by
the European Union





CERTIFICATE OF PARTICIPATION

YOUR
LOGO

We certify that ___*Name and Surname*___ successfully completed the learning path about **promoting the creation of age-friendly environments** with the study of theoretical and practical contents the following modules:

- Module 1. Built and smart environments
 - Module 2. Social participation
- Module 3. Social inclusion and cooperation
- Module 4. Employment and civic engagement
- Module 5. Community support and communication



Co-funded by
the European Union

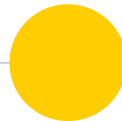
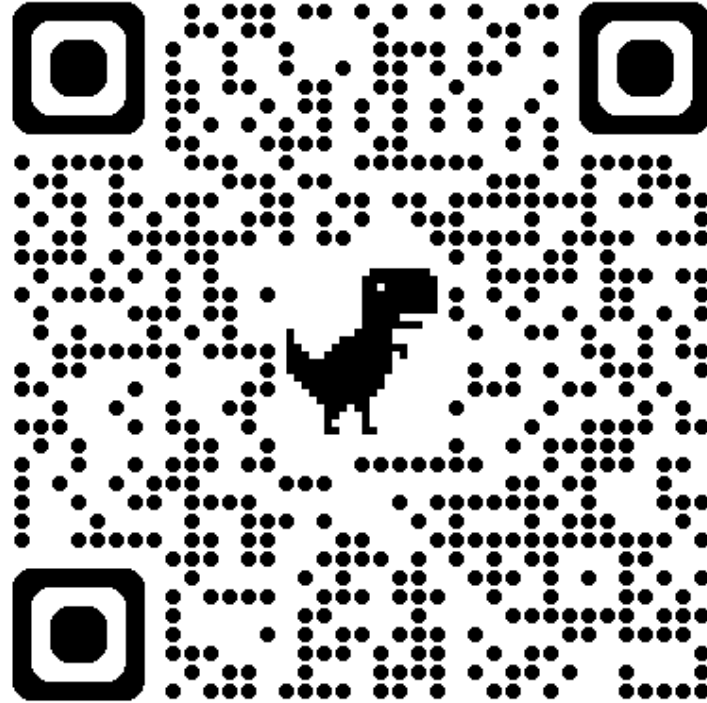




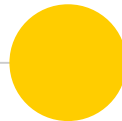
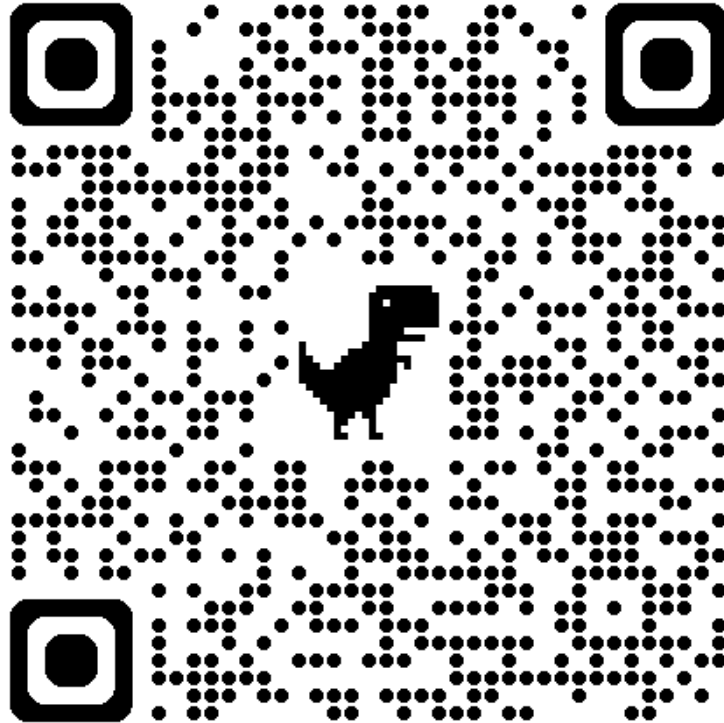
Finalisation

- Published on WHO Age-friendly World website:
<https://extranet.who.int/agefriendlyworld/afp/age-friendly-toolkit/>
- Submitted a request to ESCO to include the Age-friendly City Professional
- Add to the virtual campus for public health of PAHO:
<https://campus.paho.org/en/course/training-program-age-friendly-environments-2024>

TEST THE AFC TOOLKIT WEB-APP



GIVE US YOUR FEEDBACK





AGE-FRIENDLY TOOLKIT PROJECT

OPEN EDUCATIONAL RESOURCES FOR A NEW PROFESSIONAL PROFILE

Multiplier Events AFEdemy (18, 19, 20 – 02, 2025)

www.afctoolkit.eu/

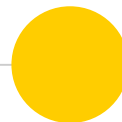
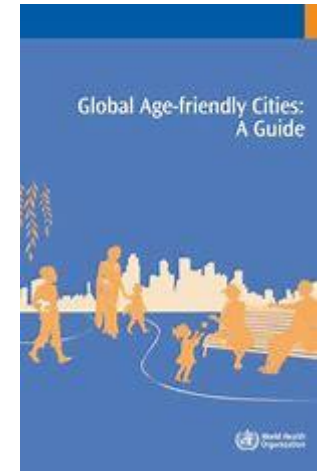
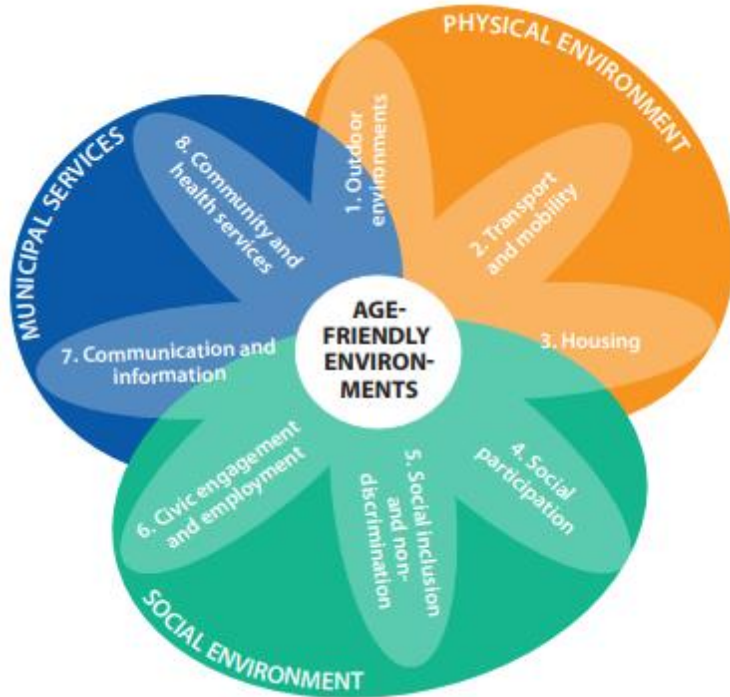


Co-funded by
the European Union

GA: KA220-HED-1A62E2DB



2007: launch of the WHO Global Network of Age-friendly Cities and Communities



WHO Global Network for Age-friendly Cities and Communities



Currently:
1705 cities and
communities

Covering 330
million people
worldwide

THE AFC-TOOLKIT PROJECT

The AGE-FRIENDLY TOOLKIT project (2022-2025, Erasmus+) **issued an open training** for the development of age-friendly cities and communities.

Outcome no. 1

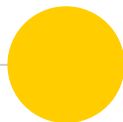
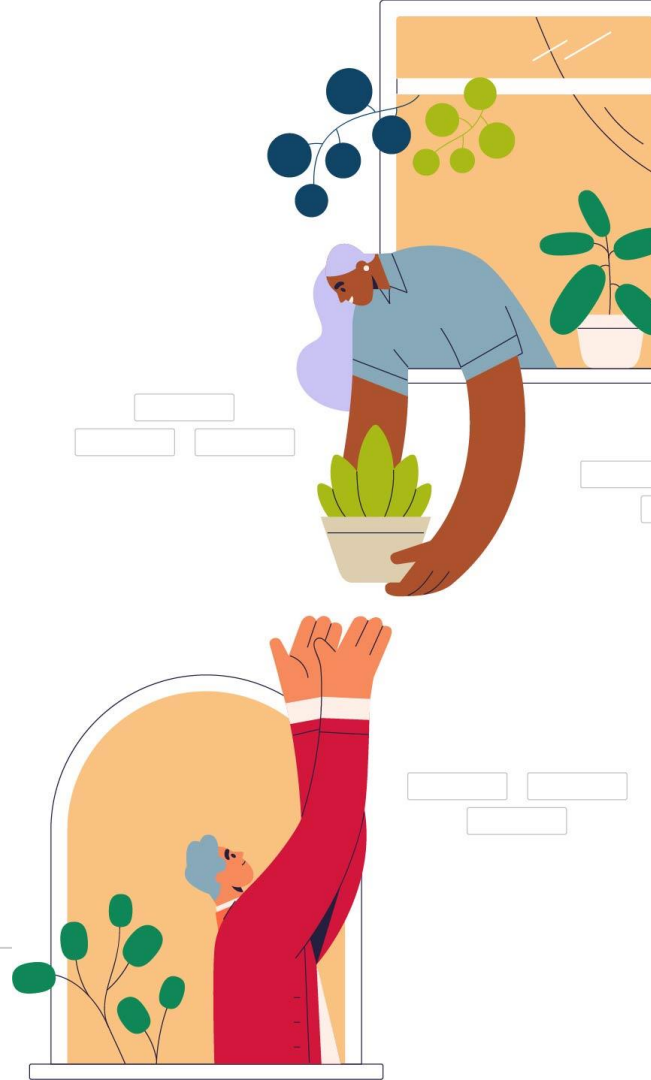
a new professional profile for the development of “Age-Friendly Cities and Communities” together with a training curriculum (content and learning outcomes) deemed necessary for this profile.

<https://www.afctoolkit.eu>

Outcome no. 2

a web app platform (training), developed by the consortium with the inputs and validation by several stakeholders across the EU.

<https://training.afctoolkit.eu/>





Overview

Qualification level

The AFC-Toolkit educational resources will be referenced on the European Qualifications Framework.

Objective

A training curriculum for professionals who want to promote and develop age-friendly environments on the local level.

Workload

The whole training curriculum will take 40 hours to complete and will be self-paced

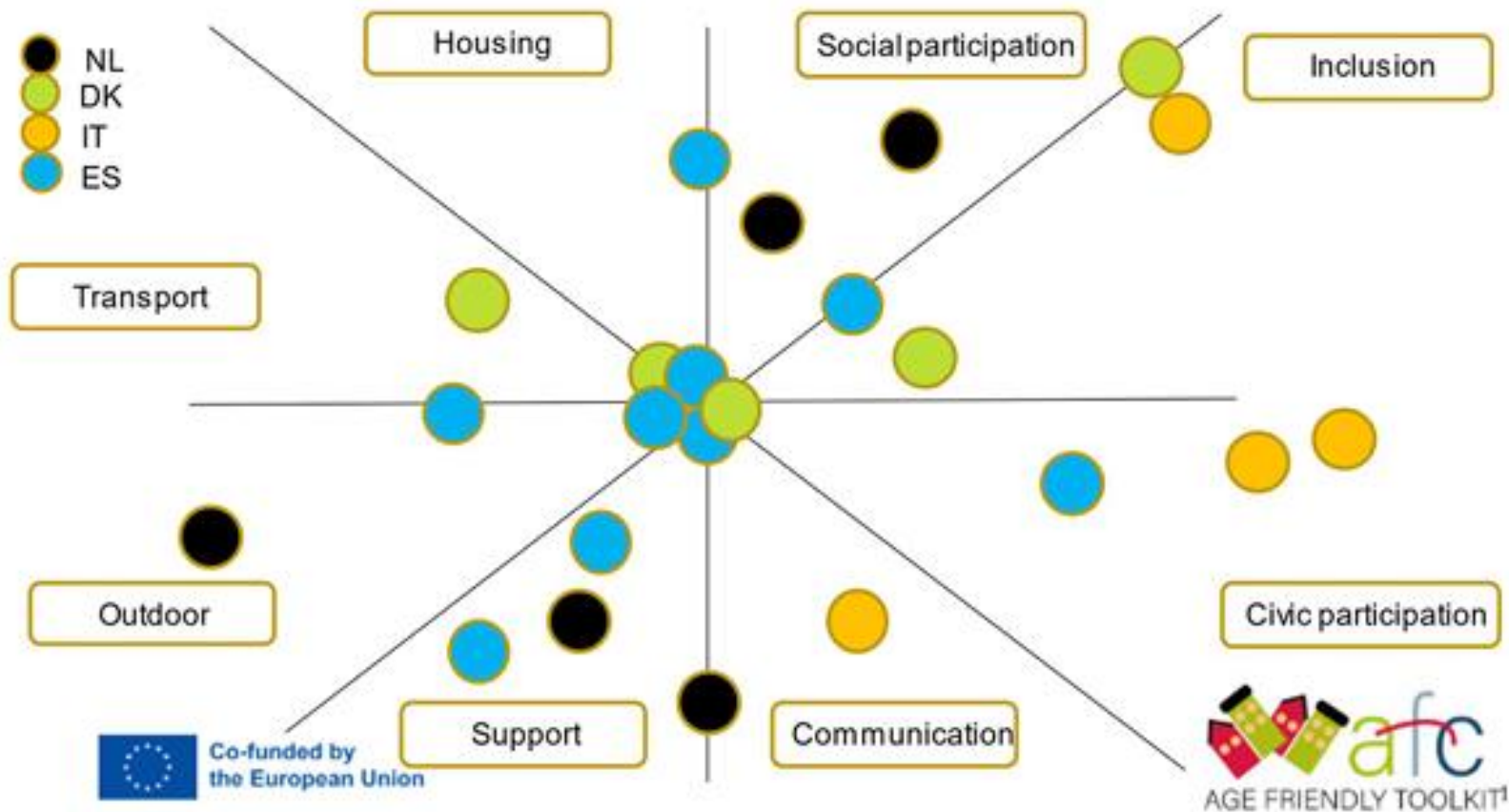


FIGURE 2: INTERVIEWS PER COUNTRY, PER WHO DOMAIN

The Age-Friendly City Professional

Community development

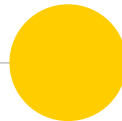
- Networking
- Working with and within communities
- Mobilising necessary resources

Person-centred approach

- Analysing needs of citizens
- Providing care and support based on needs

Age-friendly City knowledge

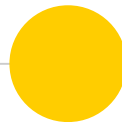
- Understanding the AFC framework
- Implementing and developing the eight domain of the AFC framework



The AFC Web App



- Available in 6 languages: **EN**, **ES**, **NL**, **IT**, **DK** and **FR**
- Built with Moodle
- Contains learning materials to support the development of age-friendly cities
 - **Glossary** with 17 Transversal Topics and their definitions
 - **5 Training Modules** covering different topics, including lessons and practical exercises



Select your language from the list of the available eCourses below

Available courses

An educational toolkit for the development of age-friendly cities



A set of open educational resources through an educational app and an eLearning course.



AGE FRIENDLY TOOLKIT

Log in

[Lost password?](#)

Is this your first time here?

For full access to this site, you first need to create an account.

[Create new account](#)

Some courses may allow guest access

[Access as a guest](#)

[Cookies notice](#)



New account

Username ¹

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as *, -, or #

Password ¹

Email address ¹

Email (again) ¹

First name ¹

Last name ¹

City/town

Country

Select a country ¹

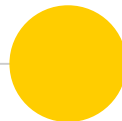
[Create my new account](#)

[Cancel](#)

¹ Required

GLOSSARY - TRANSVERSAL THEMES

- Accessibility
- Age-Friendly Environments
- Age-friendly policies
- Ageing
- Ageism and abuse
- Agency and quality of life.
- Climate Change
- Communication and networking
- Cultural sensitivity
- Digital Technologies
- Health and prevention
- Human-rights based approach
- Intergenerational
- Life course approach
- Lifelong learning
- Person-centred approach
- Project management
- ...



Welcome to the Age Friendly Toolkit project web-app!

We are excited to present to you this innovative educational resource designed to promote the creation of age-friendly environments in the context of longevity and the challenges of demographic transition in European countries. Our mission is to provide professionals, practitioners and volunteers from different sectors, involved in policy making, services, social inclusion and support of older people, with a set of digital tools that facilitate the identification of obstacles and issues that hinder the development of inclusive cities.

The Age Friendly Toolkit Web-App is designed to enrich your skills, offering through 5 modules theoretical, practical and multimedia contents that are directly linked to the World Health Organisation's key indicators. These indicators cover key areas such as, Outdoor Space and Buildings, Transport, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and finally, Health and Community Support Services.

Accessible in five languages - English, Spanish, Italian, Dutch and Danish - our platform can be used from any digital device, be it PC, smartphone or tablet. This tool is not only a learning tool, but also a concrete support to promote sustainable and inclusive solutions to improve the quality of life of older people.

Join us on this journey towards a more inclusive and age-friendly future!



Glossary



AFC virtual assistant



Glossary

 Search full text

Browse the glossary using this index

[Special](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | **ALL**

Page: **1** 2 3 (Next)

[ALL](#)

A

Accessibility & egressibility

Accessibility refers to the design and implementation of products, services, and environments so that they can be used by people with a wide range of abilities and disabilities. It encompasses practices that ensure equitable access and usability, including accommodations for visual, auditory, physical, speech, cognitive, accessibility of evacuation and neurological disabilities.

Egressibility refers to the ability and ease with which people can exit a building or area, particularly in emergency situations. It involves designing and maintaining clear, accessible, and unobstructed pathways to ensure safe and efficient evacuation for all individuals, especially those with physical or cognitive impairments.



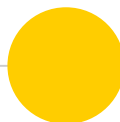
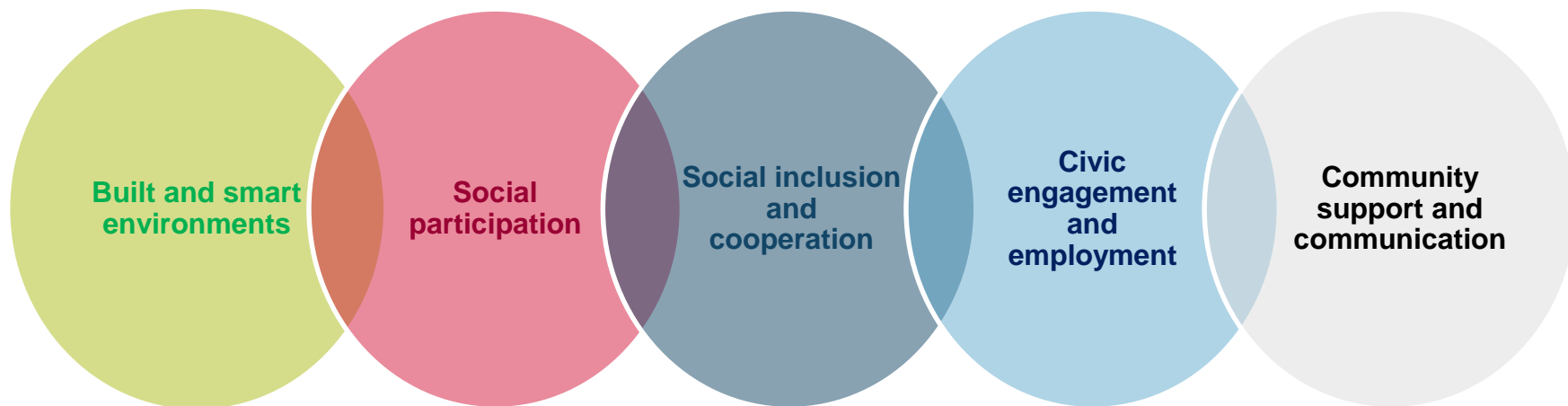
Aae-Friendly Environments



TRAINING MODULES

The educational web app is mainly structured in 6 sections:

- Welcome section containing the glossary with the 17 Transversal Topics and
- 5 Training Modules and their contents



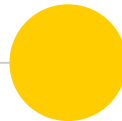
TRAINING MODULES - CONTENTS

Each of the 5 modules consists of:

- **A short-written introduction**, in some cases accompanied by multi-media content
- **A list of related transversal topics**
- **3 learning units**

Each of the module's units has a theoretical part in slides and practical exercises.

Additional resources such as a **bibliography for further study**, **case studies**, **good practices** and **self-assessment exercises** are available at the end of the module



MODULE 1 – BUILT AND SMART ENVIRONMENT

Introduction

The module of Built and Smart Environments focuses on the domains of Housing, Outdoor spaces and Buildings and Transportation, the physical environments domains of the Age-Friendly Cities (AFC) flower. Housing is the physical place where an older adult lives, alone, with a partner, with children or with others. Housing has many shapes: family housing, split-level housing, apartment, and mobile homes are some examples. Outdoor spaces contain the physical infrastructure, parks, and squares. For public buildings, one could think of governmental buildings, theatres, shops, shopping malls or healthcare facilities. Transportation includes every means of going from place A to B by using a car, tram, bus, train, plane or ferry. Supportive smart solutions will be included covering technology that can support older adults in ageing in place




Related topics

Transversal topics:

Ageing | Age-friendly policies | Health and Prevention | Age-Friendly environments | Communication and Networking | Digital Technologies | Literacies | Accessibility and Climate Change.


Unit 1

 Lesson: Housing

 Practical exercise - Evaluating Age-Friendly Housing

In this exercise you will practise how to use the age-friendly housing framework to assess the age-friendliness of the houses within your community

Unit 2

 Lesson: Outdoor spaces and buildings

 Practical exercise - Design the perfect neighbourhood

Exercise on defining the requirements for outdoor spaces and buildings to enable older adults to use them.

Unit 3

 Lesson: Transportation

Unit



MODULE 1

Unit 2: OUTDOOR SPACES AND BUILDINGS



Co-funded by
the European Union

GA: KA220-HED-1A62E2DB

LESSON

Self assessment questionnaire



Quiz Module 1

Resources



Case study: Thuis Technologie Verkenner (The Netherlands, Den Haag)



Bibliography



Co-funded by
the European Union



Quiz Module 1

Back

Question 1

Not yet answered

Marked out of 1.00

Flag question

Which four perspectives can you consider when developing age-friendly housing

Edit View Insert Format Tools Table Help



B

I



p


0 words


tiny

MODULE 1

BUILT AND SMART ENVIRONMENTS


Unit 1

 Lesson: Housing

 Practical exercise - Evaluating Age-Friendly Housing

In this exercise you will practise how to use the age-friendly housing framework to assess the age-friendliness of the houses within your community

Unit 2

 Lesson: Outdoor spaces and buildings


 Practical exercise - Design the perfect neighbourhood

Exercise on defining the requirements for outdoor spaces and buildings to enable older adults to use them.

Unit 3

 Lesson: Transportation

Self assessment questionnaire

 Quiz Module 1

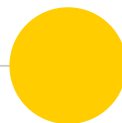
Resources

 Case study: Thuis Technologie Verkenner (The Netherlands, Den Haag)

 Bibliography



Co-funded by
the European Union




MODULE 2

SOCIAL PARTICIPATION


Unit 1


 Lesson: SUPPORTIVE ENVIRONMENTS FOR SOCIAL EXCHANGE IN THE COMMUNITIES.

 Practical exercise - The Community LAB

The Community Lab is a training method for experimenting active participation of citizens: it consists in the participatory analysis of local contexts and concrete cases, where the response to the needs of the community was provided in a participatory way by operators, citizens and volunteers. The method has been applied in more than 20 territories of the Emilia-Romagna Region since 2012

Unit 2


 Lesson : PLANNING OF INTERVENTION TO ENCOURAGE OLDER PEOPLE'S SOCIAL PARTICIPATION

 Practical exercise - Intergenerational activities to reduce digital divide

Implement a path that allows participants to achieve and maintain, in every season of life, full fulfillment with a view to "lifelong learning", which places the person at the center with their fundamental needs and aspirations.


Unit 3

 Lesson: Multilevel engagement

 Practical exercise - Photovoice

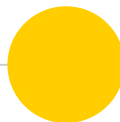
The aim is to actively involve community members in analysing an issue considered relevant through the photographic and narrative expression of their point of view.

Resources

 Case study: PARTICIPATORY BUDGET (Bologna - Italy)




Co-funded by
the European Union



MODULE 3

SOCIAL INCLUSION AND COOPERATION

Unit 1

 Lesson COMBATING AGEISM

 Practical exercise: Ageism Awareness Campaign

Create and think of the possible implementation of an ageism awareness campaign aimed at promoting positive attitudes towards ageing and combating ageist stereotypes in the local community or school environment.

Unit 2

 Lesson: PROMOTING SOCIAL INCLUSION WITHIN NEIGHBOURHOODS

 Practical exercise: Community Mapping for Age-Friendly Neighbourhoods

To explore factors influencing social inclusion and accessibility for older adults within neighbourhoods.


Unit 3

 Lesson: TOWARDS STRONG COMMUNITIES

 Practical exercise: Intergenerational Interview Project

The objective of this activity is to facilitate meaningful interactions between students and older adults in the community, promote understanding of ageing experiences, and document personal histories.

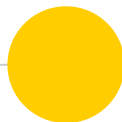
Resources

 Case study: Magic Me (UK)

Exposing Ageism by HELPAGE




Co-funded by
the European Union



MODULE 4

CIVIC ENGAGEMENT AND EMPLOYMENT

Unit 1

 Lesson: EMPLOYMENT AND ECONOMIC LIFE OF OLDER ADULTS

 Practical exercise: Proposals for the Employment Plan for the Age-Friendly City of Madrid (2020-2030):


General objective:

- Understand the challenges faced by individuals over 50 in accessing training, avoiding labor exclusion, and receiving professional guidance

Specific objectives:

- Develop a comprehensive employment plan to support older adults in the workforce.
- Collaborate effectively in a group setting to analyze and propose solutions.

Unit 2


 Lesson: UNPAID WORK AND VOLUNTEERING OF OLDER PEOPLE

 Practical exercise: Implementing a Local Plan to Support Grandparents in Childcare

Objectives:

- Understand the role of grandparents in childcare and the challenges they face. Develop a local plan to provide support for grandparents engaged in childcare.
- Analyze existing models, such as the Newcastle City Council's approach, to identify best practices.

Unit 3

 Lesson: CIVIC ENGAGEMENT OF OLDER ADULTS

 Practical exercise: A co-production toolkit from Ageing Better

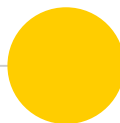
This activity encourages students to delve deeply into a specific aspect of co-production, apply their findings practically, and create tangible improvements aimed at involving older adults in policy-making decisions.

- Understand the specific resource focus (e.g., "Creating a co-production culture") and its importance in involving older adults in co-creation activities. Identify and implement key elements from the chosen resource to enhance the participation of older adults in local policy-making decisions. Develop practical strategies and solutions to improve the inclusivity and effectiveness of the website for older adults.
- Conduct a SWOT analysis to identify strengths, weaknesses, opportunities, and threats related to their website enhancement plan.

Resources




Co-funded by
the European Union




MODULE 5

COMMUNITY SUPPORT AND COMMUNICATION

Unit 1


 Lesson: Empowering Communities through Dementia Awareness and Support


 Practical exercise: Discussion Paper: Understanding ageing and dementia

Objectives:

1. Understanding the relationship between ageing and dementia.
2. Identify the challenges and needs of older people with dementia.
3. Discuss different approaches to care and support for older people with dementia.

Unit 2


 Lesson: Community support services and resources

 Practical exercise: Developing an Age-Friendly Community Program

Objectives:

- To understand the importance of community support for healthy ageing.
- To identify barriers and facilitators to healthy ageing and effective community support.
- To develop practical solutions to enhance community support services and resources for older adults.

Unit 3

 Lesson: Effective communication

 Practical exercise: Developing Communication Strategies for Age-Friendly Environments

Objectives:

- To understand the significance of effective communication in fostering age-friendly environments.
- To identify key barriers and facilitators to effective communication with older adults.
- To develop practical communication strategies tailored to the needs of older adults.

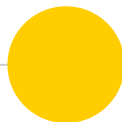
Resources

What is Dementia? | Dementia Symptoms, Stages, Types, Causes & Treatment

The video discusses dementia as one of the most common cognitive disorders called "Dementia". Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. It is not a specific disease but a group of symptoms that can be caused by various conditions.



Co-funded by
the European Union





CERTIFICATE OF PARTICIPATION

YOUR
LOGO

We certify that ___*Name and Surname*___ successfully completed the learning path about **promoting the creation of age-friendly environments** with the study of theoretical and practical contents the following modules:

- Module 1. Built and smart environments
 - Module 2. Social participation
- Module 3. Social inclusion and cooperation
- Module 4. Employment and civic engagement
- Module 5. Community support and communication



Co-funded by
the European Union

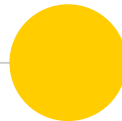
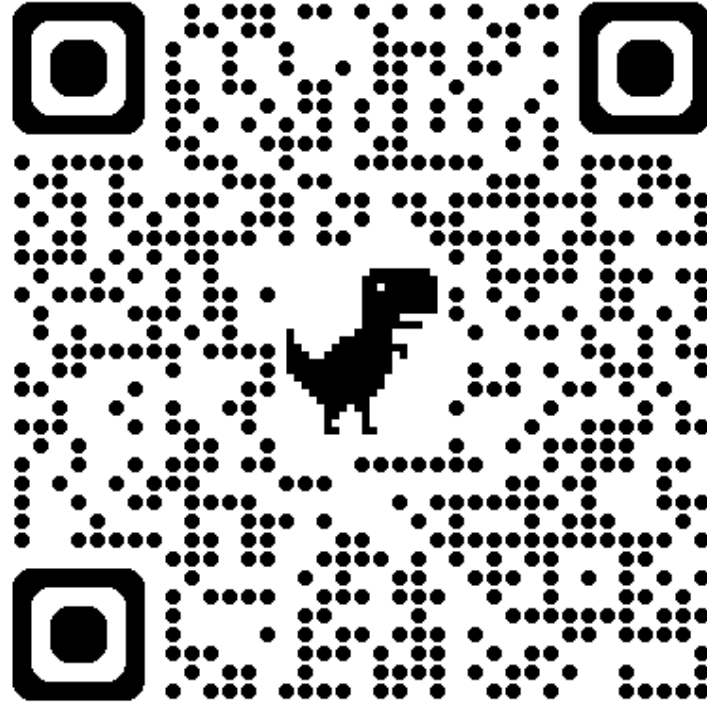




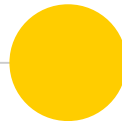
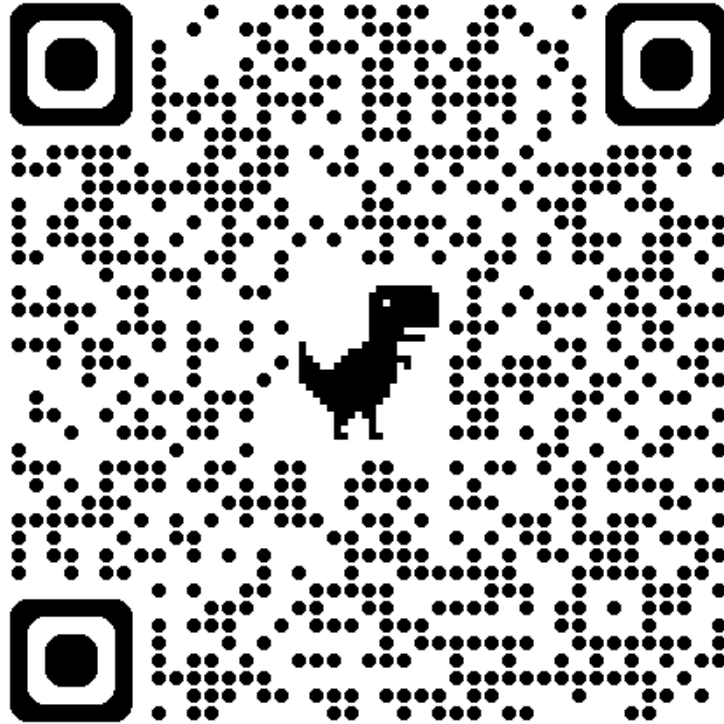
Finalisation

- Finalise the web app and disseminate
- Published on WHO Age-friendly World website:
<https://extranet.who.int/agefriendlyworld/afp/age-friendly-toolkit/>
- Submit a request to ESCO to include the Age-friendly City Professional
- Add to the virtual campus for public health of PAHO:
<https://campus.paho.org/en/course/training-program-age-friendly-environments-2024>

TEST THE AFC TOOLKIT WEB-APP

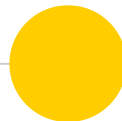


GIVE US YOUR FEEDBACK



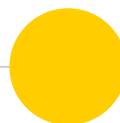
Discussion / Feedback

- How important do you think the position of the Age-Friendly City Reference Professional might be in your country?
- How useful and accessible do you think the learning materials are? Do you have any use for them in your organisation?
- Do you have any criticism or suggestions for improvement?



CONTACT US...

Country	Contact person	E-mail address
The Netherlands	Willeke van Staalduinen	Willeke@afedemy.eu
	Jonas Bernitt	jonas@afedemy.eu
Italy	Sara Beccati	formazione@anzianienonsolo.it
	Giusy Trogu	g.trogu@anzianienonsolo.it
Spain	Angel Yagüe Criado	angelyague@ceoma.org
	Clara del Castillo	clara.delcastillo@edaddoradaclm.es
Denmark	Lisbeth Marcussen	lima@sosuoj.dk
Europe	Ilenia Gheno	ilenia.gheno@age-platform.eu



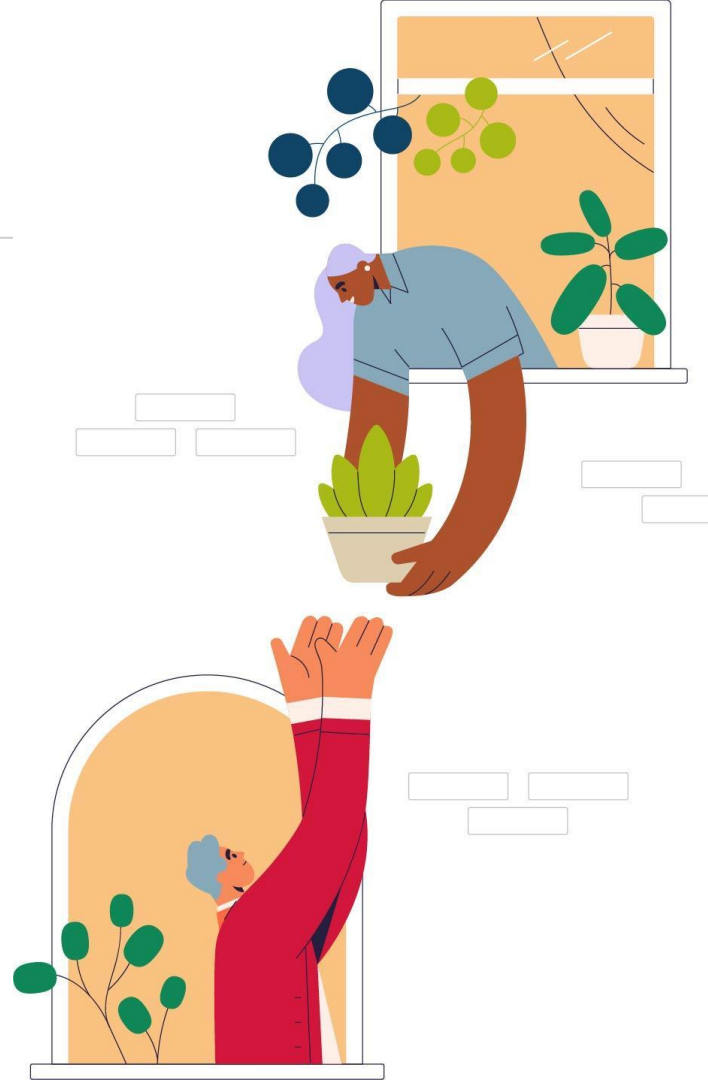


Thank YOU

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

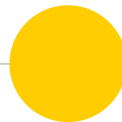


Co-funded by
the European Union



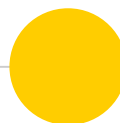
Discussion / Feedback

- How important do you think the position of the Age-Friendly City Reference Professional might be in your country?
- How useful and accessible do you think the learning materials are? Do you have any use for them in your organisation?
- Do you have any criticism or suggestions for improvement?



CONTACT US...

Country	Contact person	E-mail address
The Netherlands	Willeke van Staalduinen	Willeke@afedemy.eu
	Jonas Bernitt	jonas@afedemy.eu
Italy	Sara Beccati	formazione@anzianienonsolo.it
	Giusy Trogu	<u>g.trogu@anzianienonsolo.it</u>
Spain	Angel Yagüe Criado	angelyague@ceoma.org
	Clara del Castillo	clara.delcastillo@edaddoradaclm.es
Denmark	Lisbeth Marcussen	lima@sosuoj.dk
Europe	Ilenia Gheno	ilenia.gheno@age-platform.eu





Thank YOU

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein



Co-funded by
the European Union

