

LEE LIMING PROGRAMME IN AGEING URBANISM

Age Friendly and Dementia Friendly Cities

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*An Age-friendly City encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.*²

Across the world, cities and communities are responding to the challenges and opportunities of an ageing population by developing and adapting structures and services to suit the needs and abilities of older adults. Initiatives are being undertaken to

¹ The collection of notes is evolving, with new examples and cases to be added over time.

² <https://extranet.who.int/agefriendlyworld/age-friendly-in-practice/>

foster age-friendliness in eight key domains: the built environment, transport, housing, social participation, respect and inclusion, civic participation and employment, communication and health services.³ By mobilising action in these overlapping and connected domains, goals relating to health and wellbeing and the inclusion and active participation of older people in society are expected to be achieved.

*A dementia friendly community can be defined as: a place or culture in which people with dementia and their carers are empowered, supported and included in society, understand their rights and recognise their full potential.*⁴

Many cities are also working towards a better quality of life for people living with dementia (PWD) and their carers by becoming dementia friendly.⁵ Actors across a broad range of government and non-government, public and private, sectors are working in partnership and towards the following objectives: increased awareness of dementia, challenge stigma associated with dementia, achieve social inclusion, and improved care and services for PWD.⁶

³ <http://www.who.int/ageing/projects/age-friendly-cities-communities/en>

⁴ <https://www.alz.co.uk/dementia-friendly-communities/principles>

⁵ <http://www.dfamerica.org/overview-2/>

⁶ <https://www.alz.co.uk/dementia-friendly-communities/principles>

How planning and design strategies can help create inclusive neighbourhoods to foster opportunities for active ageing?

In this collection of briefing notes, we highlight the creative policies, programmes and practices of cities and communities seeking to become age friendly and dementia friendly. In doing so, we hope to facilitate the exchange of best practices among interested stakeholders in Singapore and elsewhere.