

Why should Cambridge become a designated age friendly community?

- Since 2010 the Cambridge Council on Aging has thru education and advocacy promoted the changes we need as the population ages and lives longer
- The CWAC subcommittee on opportunities for youth and older adults has also highlighted the need for far more inclusivity and supports across age groups; especially intergenerational activity between youth and older adults to foster better mental health
- Population aging is one of the biggest transformations of our society between 2015 and 2050 the proportion of those over 60 will double -and most will age in cities-adapting city structures to the needs of a growing older preparation is a sound way to meet the challenges of a demographic change
- Cities have a key role in enabling older adults to live longer and healthier lives
- Age friendly cities benefit everyone from 3 months to 103-they adapt their natural and built environment for residents of all ages-an age friendly community is barrier free, designed for diversity, inclusive and cohesive
- It creates an environment that enables people to stay active, connected and able to contribute in their community-if this pandemic has taught us nothing else we need to find more ways to reduce social isolation and loneliness across ages-we need to create a city that is a great place to live, raise a family and grow older in
- An age friendly city fosters solidarity among generations facilitating social relationships and bonds between residents of all ages- the most wonderful event I witnessed in Cambridge this year, was the tiny kids' soccer training in Dickson Park with the grandfathers as the team equipment guys and the parents and kids all interacting -this intergenerational activity allows older adults to feel socially included and involved
- Age friendly cities reach out and personalize and tailor efforts designed to minimize economic, linguistic, or cultural barriers; that is why all of the CCOA events are free
- WHO (World Health Organization) designation improves our cities opportunities to attract and retain individuals, and to also attract financial supports
- Let's please do this. We need to help ensure older adults can age safely in place, in a place that is right for them, where they can continue to learn and develop, and do the things that they value, and find opportunities that overcome social isolation and exclusion