



## **ALEXANDRE KALACHE, MD**

President, International Longevity Centre, Brazil  
Co-President, Global Alliance of International  
Longevity Centres



INTERNATIONAL LONGEVITY  
CENTRE - BRAZIL



# **The Age-Friendly Global Movement**

## **Past, Present and Future**

**Ageing 2.0 Boston Chapter  
25 October 2019**

**Alex Kalache, MD, PhD  
President International Longevity Centre - Brazil  
Co-President, ILC Global Alliance  
[kalache@ilcbrazil.org](mailto:kalache@ilcbrazil.org)**









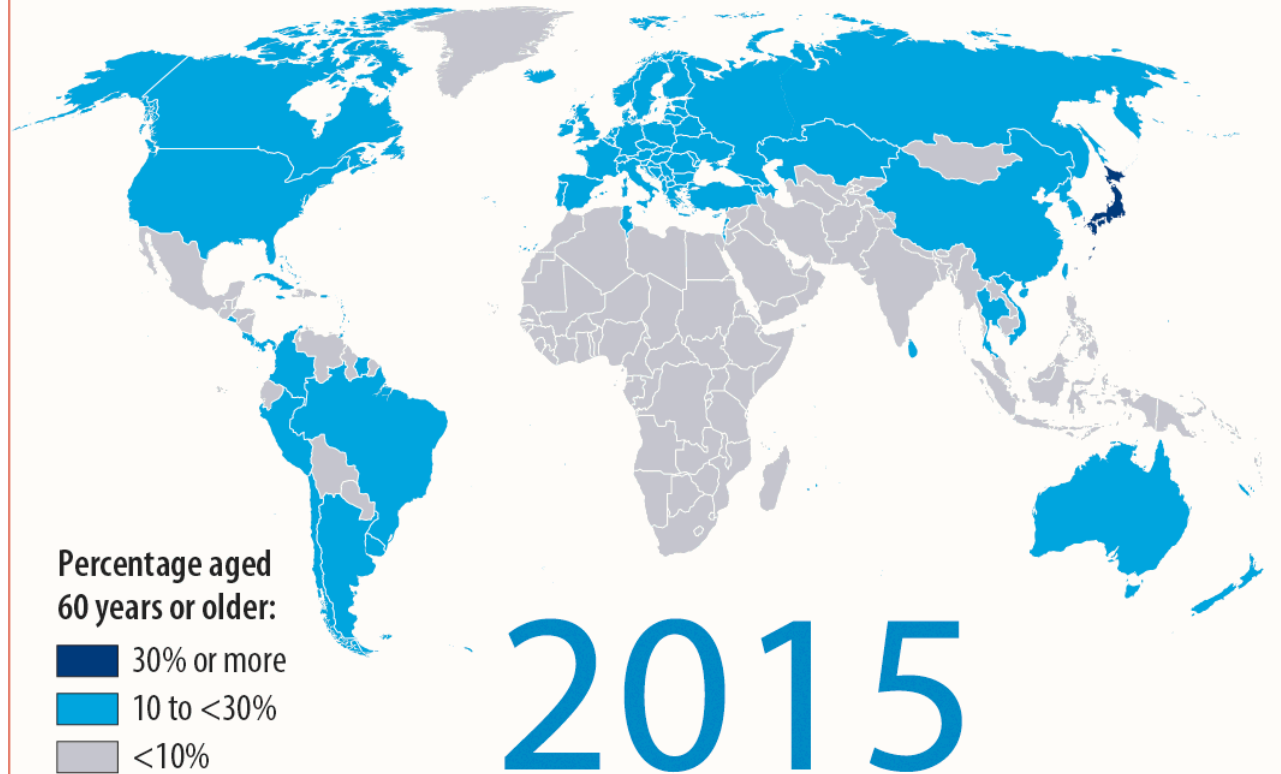


# **TWO DEMOGRAPHIC IMPERATIVES OF THE 21 ST CENTURY**

**AGEING**

**URBANIZATION**

## Populations are getting older

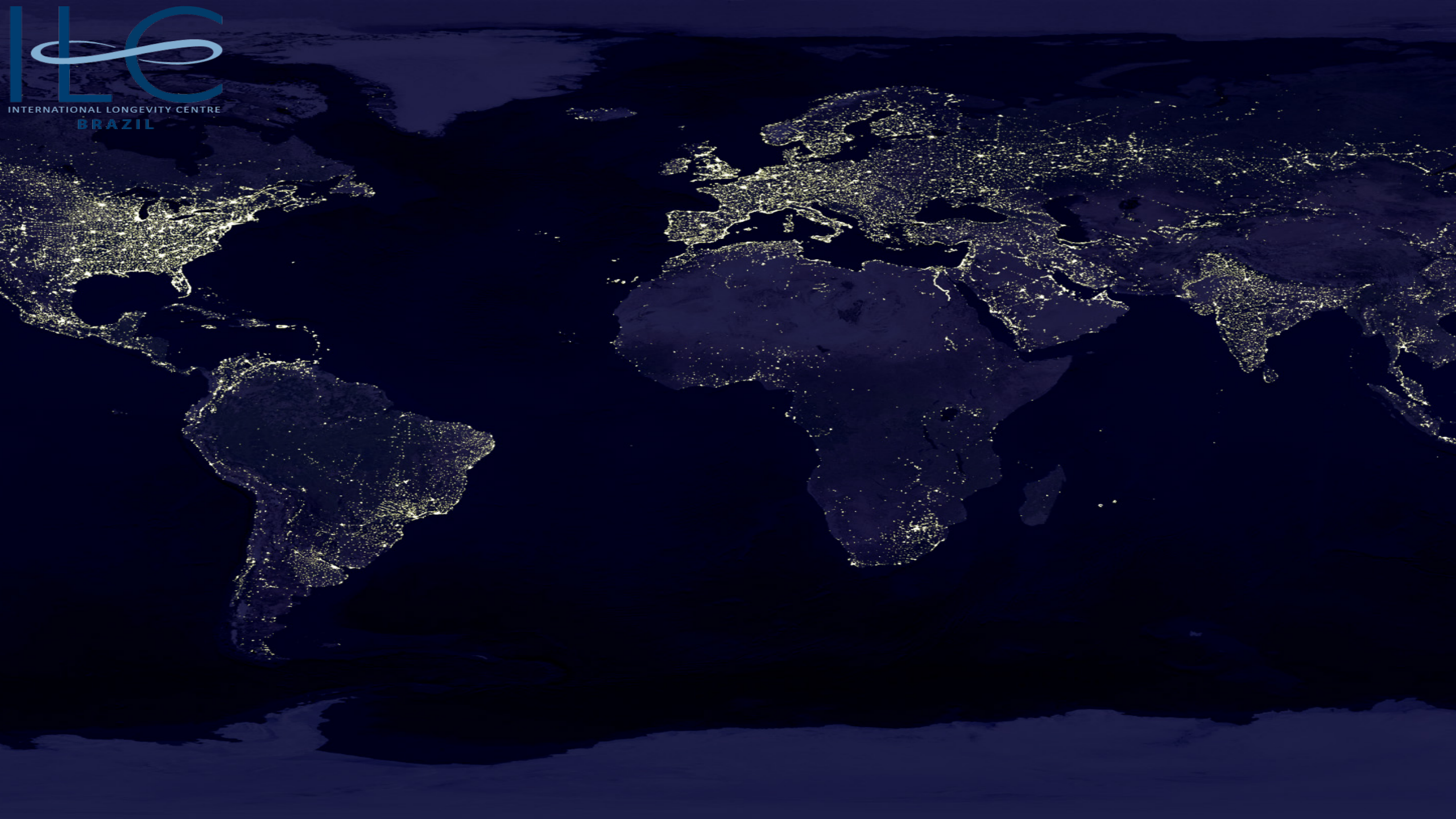


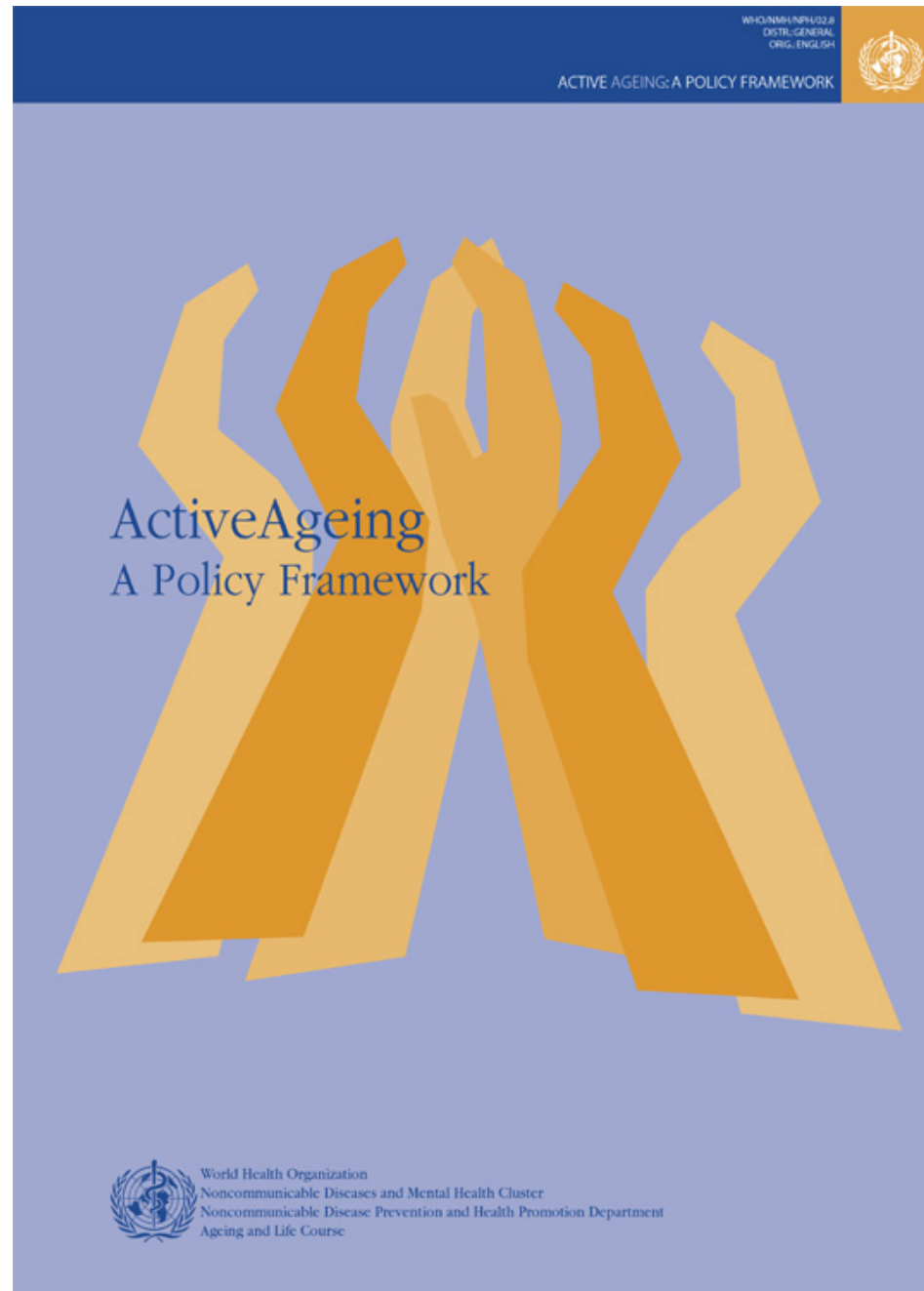
# United Nation Report, 2004

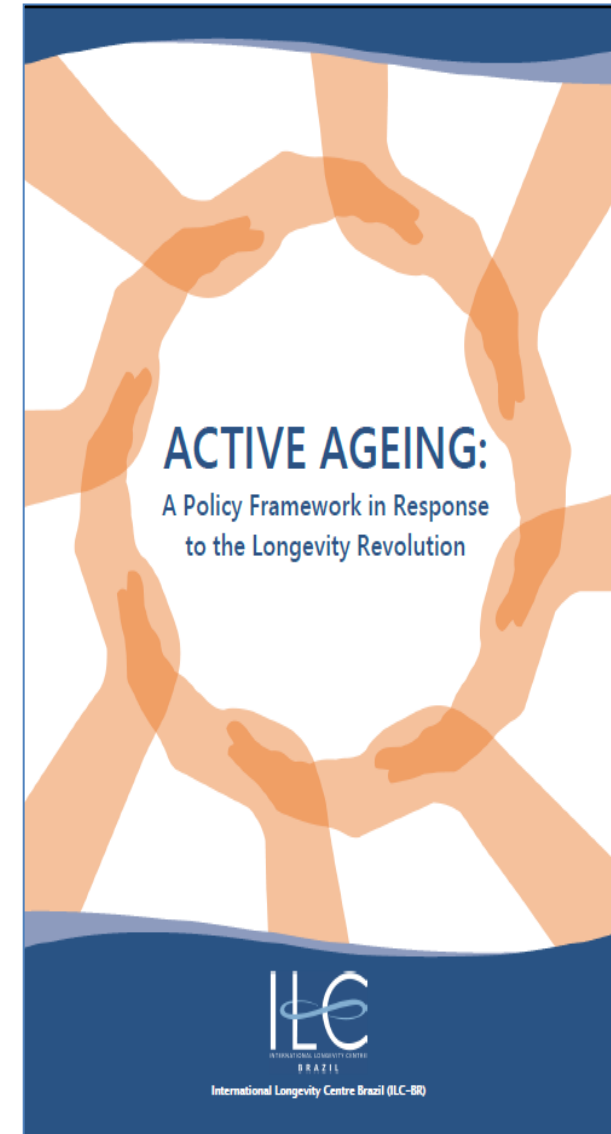
**...”by 2007 there  
will be more people  
living in urban  
areas than in rural  
areas for the first  
time in the History  
of Humankind.”**

# Urbanization







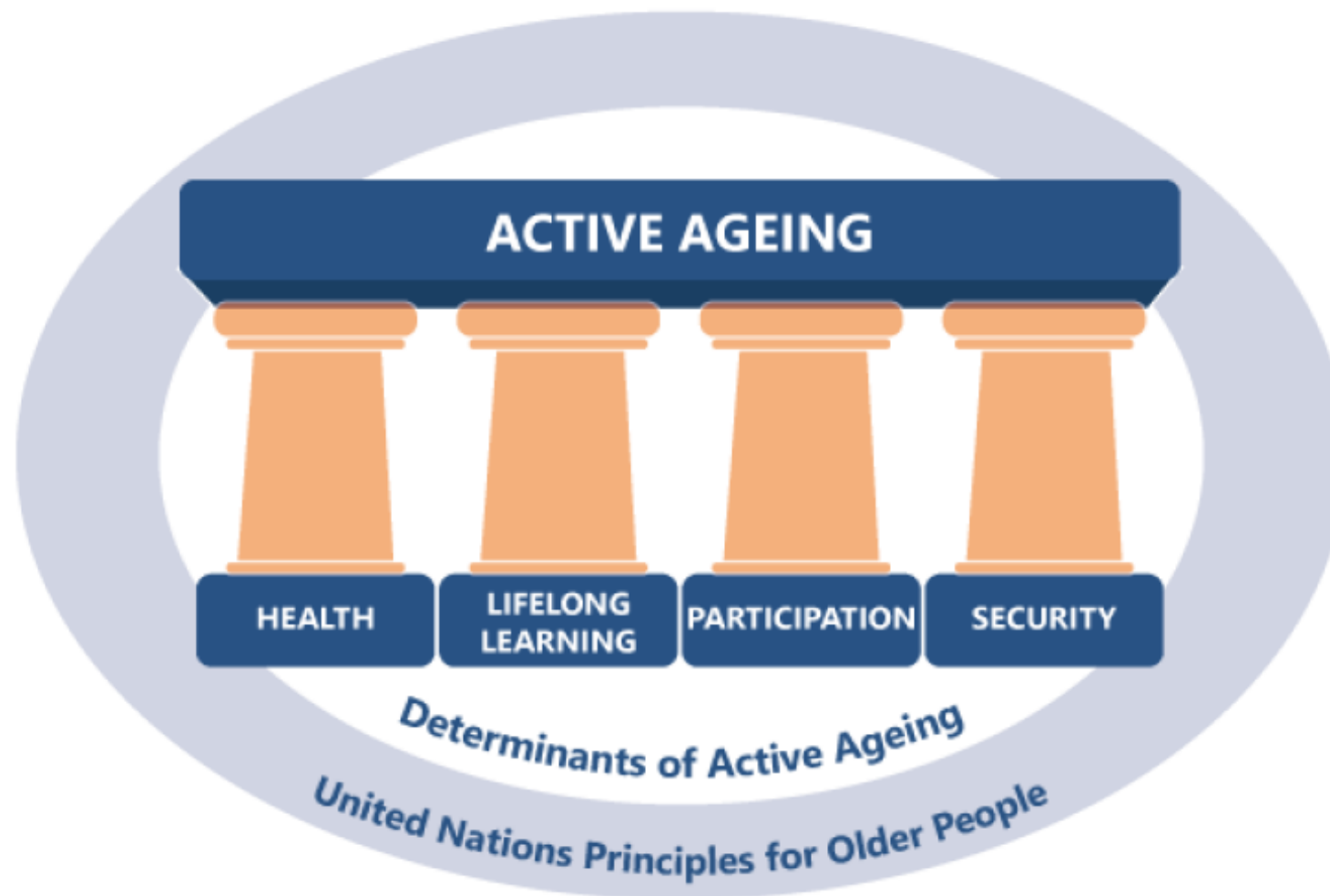


# ACTIVE AGEING

**“Active ageing is the process of optimizing the opportunities for health, lifelong learning, participation and security in order to enhancing quality of life as individuals age”.**

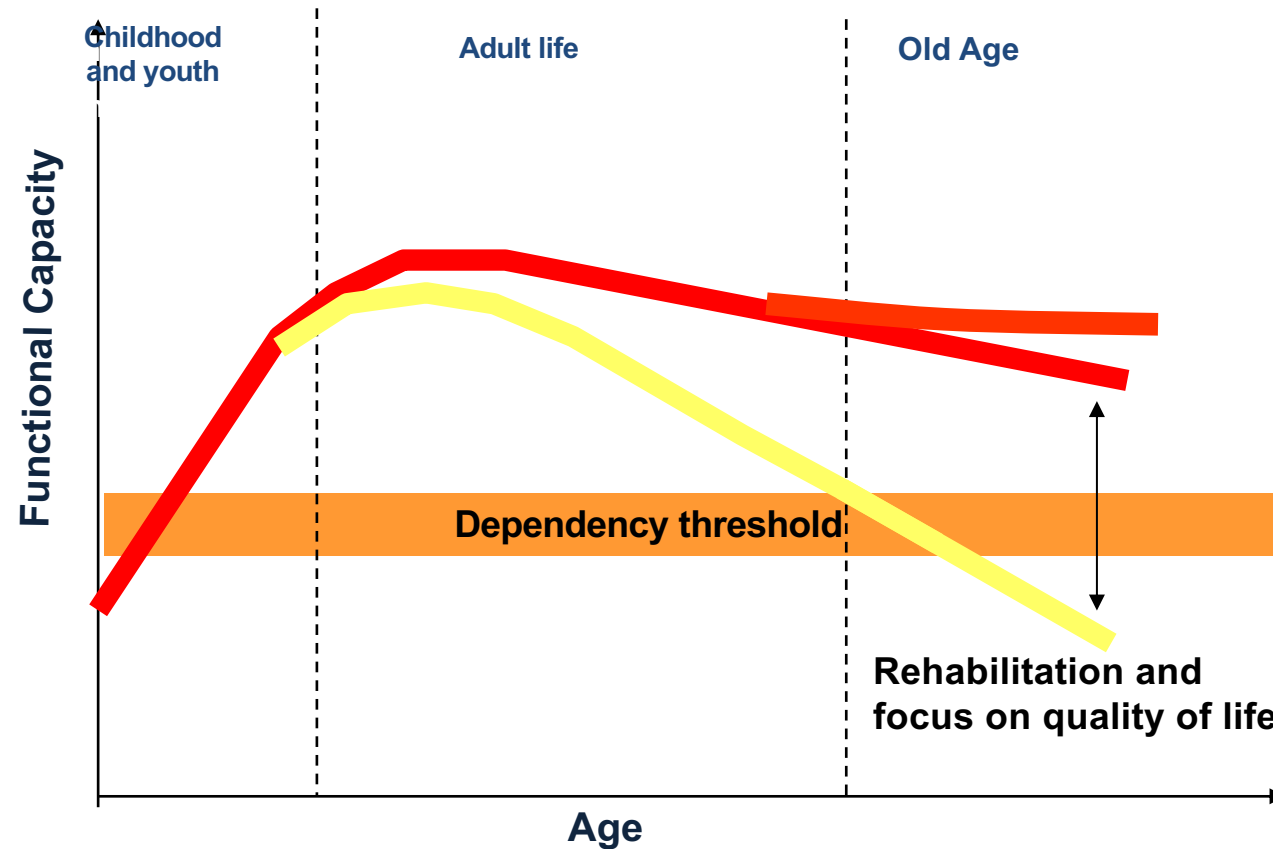
# Active Ageing Determinants





(Source: Adapted from WHO 2002 (1))

# Functional capacity across the life course



Adaptation of Kalache, A., & Kickbusch, I. (1997). A global strategy for healthy ageing. *World Health*, 50(4), 4–5.

# **IAGG CONGRESS 2005 RIO DE JANEIRO**











© O Globo, 2005









# Age Frindly City Vancouver Protocol

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# Age-Friendly Collaborating Cities



## EUROPE

Germany, Ruhr  
 Ireland, Dundalk  
 Italy, Udine  
 Russia, Moscow  
 Russia, Tuymazy  
 Switzerland, Geneva  
 Turkey, Istanbul  
 UK, Edinburgh  
 UK, London

## AFRICA

Kenya, Nairobi

## SOUTH-EAST ASIA

India, New Delhi  
 India, Udaipur

## WESTERN PACIFIC

Australia, Melbourne  
 Australia, Melville  
 China, Shanghai  
 Japan, Himeji  
 Japan, Tokyo

## EASTERN MEDITERRANEAN

Jordan, Amman  
 Lebanon, Tripoli  
 Pakistan, Islamabad

# Global Age-friendly Cities: A Guide



# **Bottom-up process:**

## **Older people as protagonists**



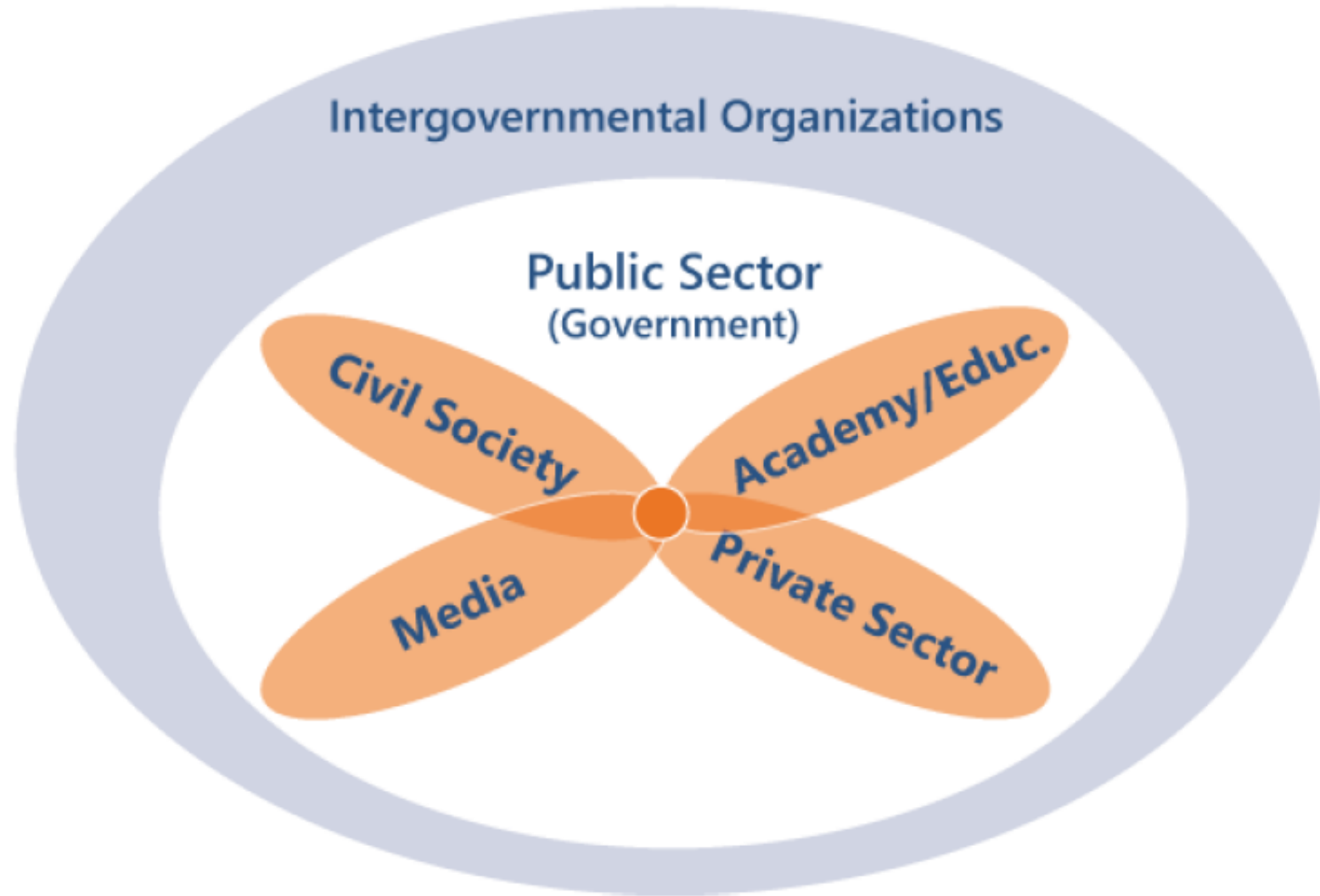
**... But also from the top down:**

## **The response of the public sector**





**1027 cities and counting...**  
**(22/10/2019)**



## libraries

as community hubs

The vibrant role of libraries is being rediscovered as we discover ways to work better together for older adults. NYC's three library systems have all developed comprehensive programs to better serve older patrons.



### MANHATTAN

#### grow green age well

Thousands of council member city residents' age-friendly initiatives have been launched in a wave of local action. From food to senior centers and community gardens, the city is working to create a new landscape for older adults.



#### art as memory

Thousands of older adults are using art to tell their stories and connect with others. From painting to digital art, the city is providing resources to help older adults express themselves.

#### 311 direct line to City Hall

311 is the city's most-used phone number. Now, older adults can get help with everything from lost IDs to housing issues by calling 311.



#### strengthening disaster preparedness

Older adults are often overlooked in disaster planning. The city is working to ensure that older adults are included in all disaster preparedness efforts.



#### innovative senior centers

The switch community center is the first of its kind in the city. It offers a mix of traditional and innovative programming for older adults.



## THE BRONX

### accessible, customized art

The Bronx Museum of the Arts offers a variety of art programs for older adults, including art classes and exhibitions.



### haircuts in peace & quiet

For many older adults, a haircut is a social event. The city is providing free haircuts at senior centers to help older adults feel more comfortable.



### clean clothes and a helping hand

Older adults often have difficulty keeping their clothes clean. The city is providing free laundry services at senior centers.



### safer street crossings

Older adults often have difficulty crossing streets. The city is providing safer street crossings with additional time and assistance.



### free movies and popcorn

Older adults love to watch movies. The city is providing free movies and popcorn at senior centers.



### older workers bring work ethic, loyalty and experience

Older workers bring a wealth of experience and skills to the workplace. The city is working to ensure that older workers are valued and supported.



### 2,800 acres of nature

The city has over 2,800 acres of parkland. Older adults can enjoy these spaces through programs like walking groups and gardening.



## BETTER STORE LAYOUT AND CUSTOMER SERVICE

The city is working to improve the shopping experience for older adults by ensuring that stores have clear signage and helpful staff.



## age-friendly NYC: a tour

This map highlights 25 of the thousands of changes Age-friendly NYC has catalyzed throughout the city.



## QUEENS

### audit college courses for free

Older adults can now audit college courses for free. The city is providing resources to help older adults explore new educational opportunities.



### school buses for grown-ups

Older adults can now use school buses for transportation. The city is providing resources to help older adults use this service safely.



### older adults as ambassadors for change

Older adults are becoming ambassadors for change in their communities. The city is providing resources to help older adults lead these efforts.



### swimming without the crowds and cannon balls at 15 public pools throughout the city

Older adults can enjoy swimming at 15 public pools throughout the city. The city is providing resources to help older adults use these pools safely.



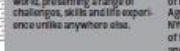
### church groups improve the streets

Church groups are working to improve the streets in their neighborhoods. The city is providing resources to help church groups lead these efforts.



## building an age-friendly NYC

Right now, there are over 1 million older New Yorkers living in the city, and by 2030 this number is expected to increase by 50%—the most rapid increase in history.



## We love this city!

Older adults love living in NYC. The city is working to ensure that older adults can continue to enjoy all that NYC has to offer.



## 1 listen to lots of older people

Older adults are the most diverse group in the city. The city is working to ensure that all older adults are heard and their needs are met.



## 2 share the data loudly

Older adults are sharing their stories and experiences. The city is working to ensure that this information is used to improve the city for all.



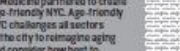
## 3 create real citywide change

Older adults are creating real change in the city. The city is working to ensure that these changes are implemented and sustained.



## STATEN ISLAND

Older adults are creating real change in Staten Island. The city is working to ensure that these changes are implemented and sustained.



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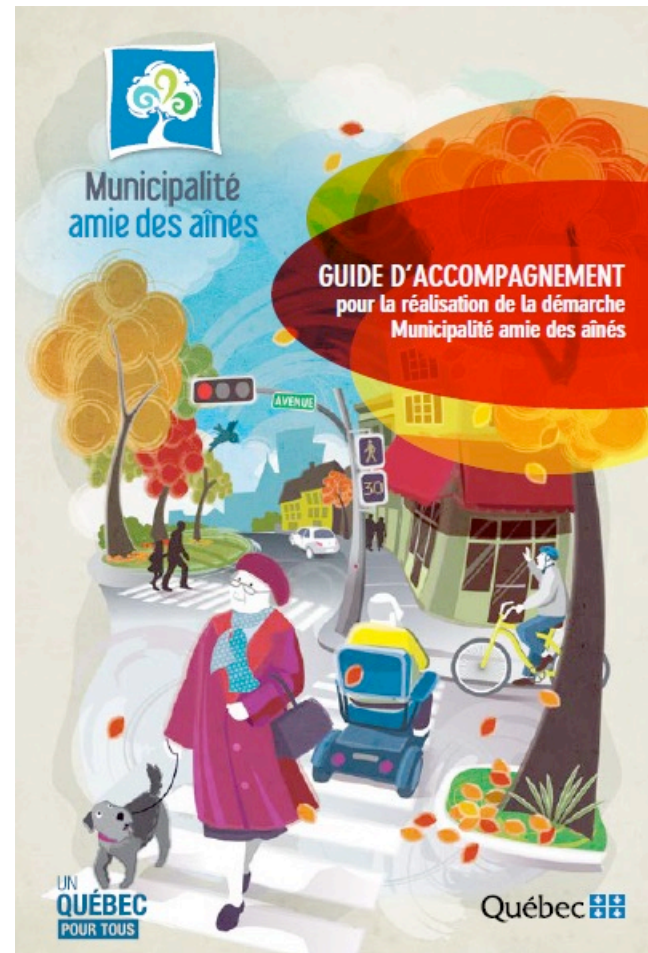
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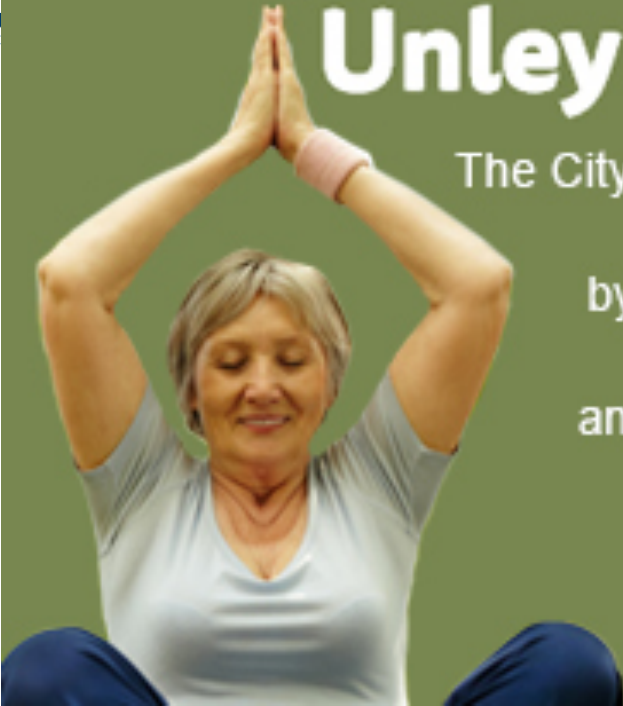








# Active Ageing Unley



The City of Unley is proud to be recognised by the World Health Organisation as an Age Friendly City and Community.

Read more

## Creating Age-Friendly Communities in Western Australia - a case for shared outcomes



Let's build an age-friendly state where Queenslanders regardless of their age, can stay active and connected, and contribute economically, socially and culturally.

Find out more in the *Queensland: an age-friendly community action plan*.

[www.qld.gov.au/agefriendlycommunity](http://www.qld.gov.au/agefriendlycommunity)

# **Micro → Macro**

## **From Cities to States**

**Micro → Macro**  
**From Cities to States**  
**... countries**

**Canada**

**Ireland**

**Slovenia**

**Uruguay**

**Chile**

**Costa Rica**

# The age friendly principles are now being used in a variety of settings

- **Universities**
- **Businesses**
- **Hospitals**
- **Primary Health Care**
- **Tourism**
- **Banking**
- **Employers**
- **Public Transportation**
- **Rural communities**
- **...among other initiatives**

# **Age-Friendly University Global Network led by DCU (Dublin)**



**Age-Friendly  
University**

Supporting Active and  
Healthy Ageing



## Toward Age-Friendly Design

Document derived from the 4<sup>th</sup> International Longevity Forum on  
“The role of design and technology in an ageing society”

The role of design and technology in the context of rapidly ageing populations was the theme of the 4<sup>th</sup> International Longevity Forum held in Rio de Janeiro in October 2016. The Forum brought together a diversity of designers, philosophers, engineers, architects, gerontologists, geriatricians and other health professionals, government and private sector representatives as well as civil society organizations, with the intention to better elucidate a process toward age-friendly design and to open space for an ongoing age-friendly design movement.

### Introduction

Design is the oldest form of communication. Everything that is expressed by human beings is design. It is a continuous and an evolutionary process that does not develop in isolation but within a context. Intrinsic to it, is a freedom from dependency. Design is not limited

*We get much of our culture from the results of our design.”* George Burden

*“Design is a continuous learning experience.”* Gabriel Patrocínio

to material products. It is a **process toward solving problems** across the five “P” domains – **people, place, products, person-centered services, policies.**

There is no singular ownership of design but neither is there sufficient democratization of it. Too often, it is user-centered rather than user-led. Too often, it is design for the middle rather than design for the edges. Too often, it is design for personas or idealized persons rather than *real* people. Too often, it is uni-, multi- and inter-disciplinary rather than trans-disciplinary in nature. Too often, is emotion seen as a side product to design rather than its *leitmotif* or driving-force. Too often, there is an impulse

*“Design should be about the exceptions, not about the averages.”* David Sinclair

*“All of us should behave and be treated as full citizens.”* Pedro Luiz Pereira de Souza

**Opportunities for work**

**Age Friendly Ventures**

**RetirementJobs.com**

**Tim Driver, CEO**

# THE FUTURE

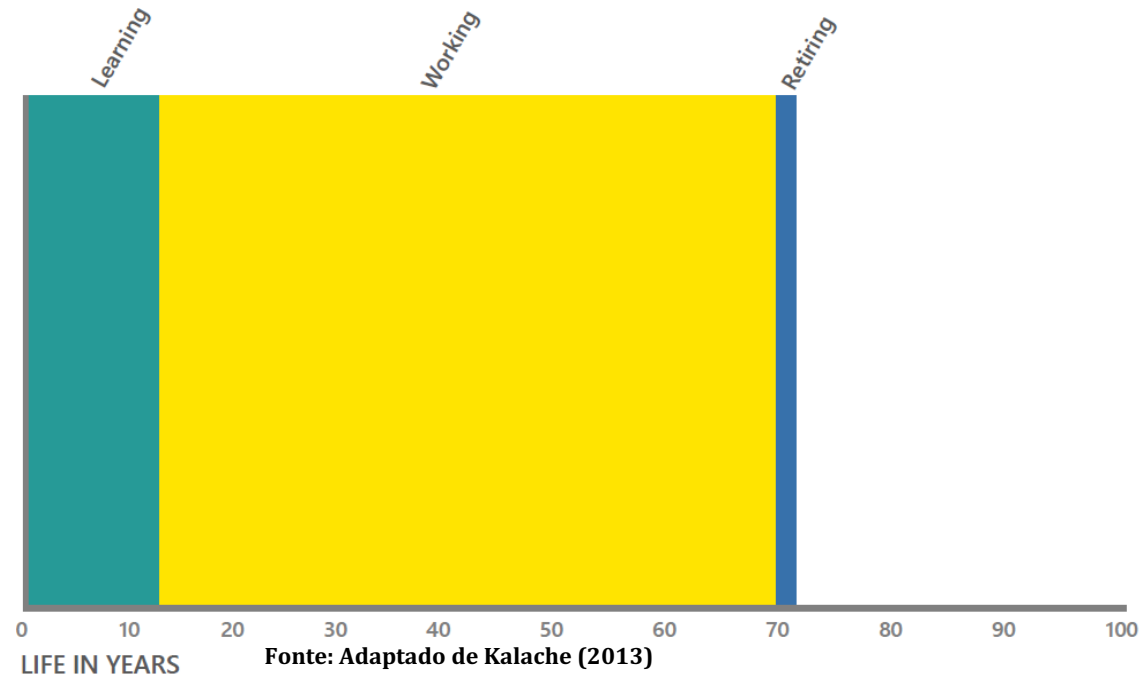


# MEASURING THE AGE-FRIENDLINESS OF CITIES

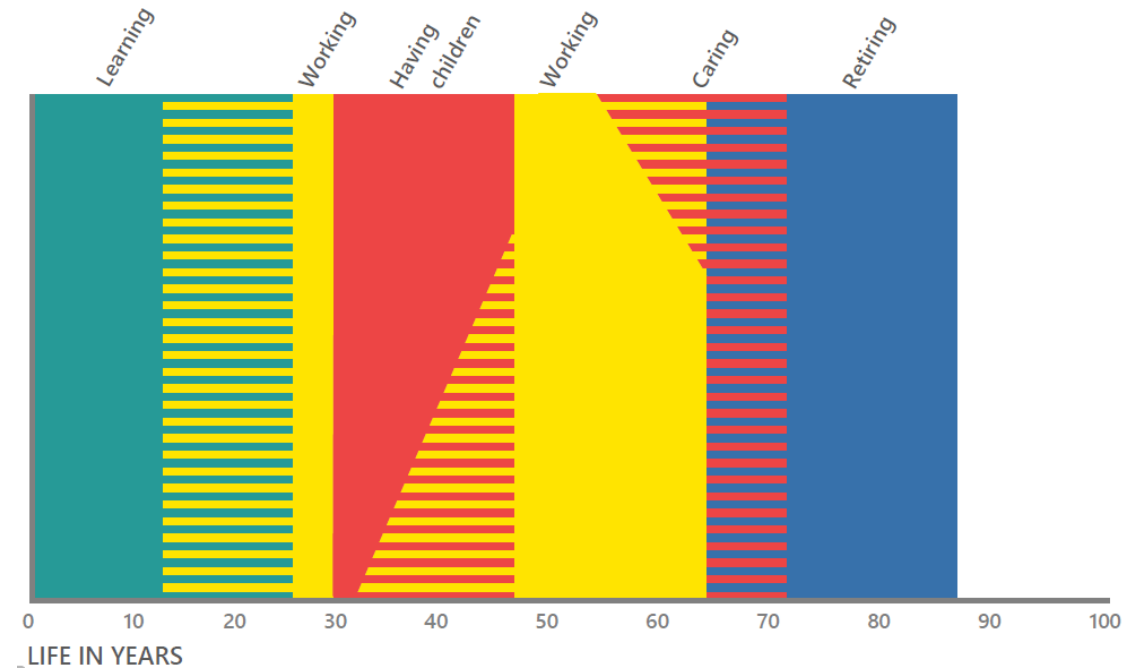
A GUIDE TO USING CORE INDICATORS

# **Re-inventing the life course in response to the Longevity Revolution**

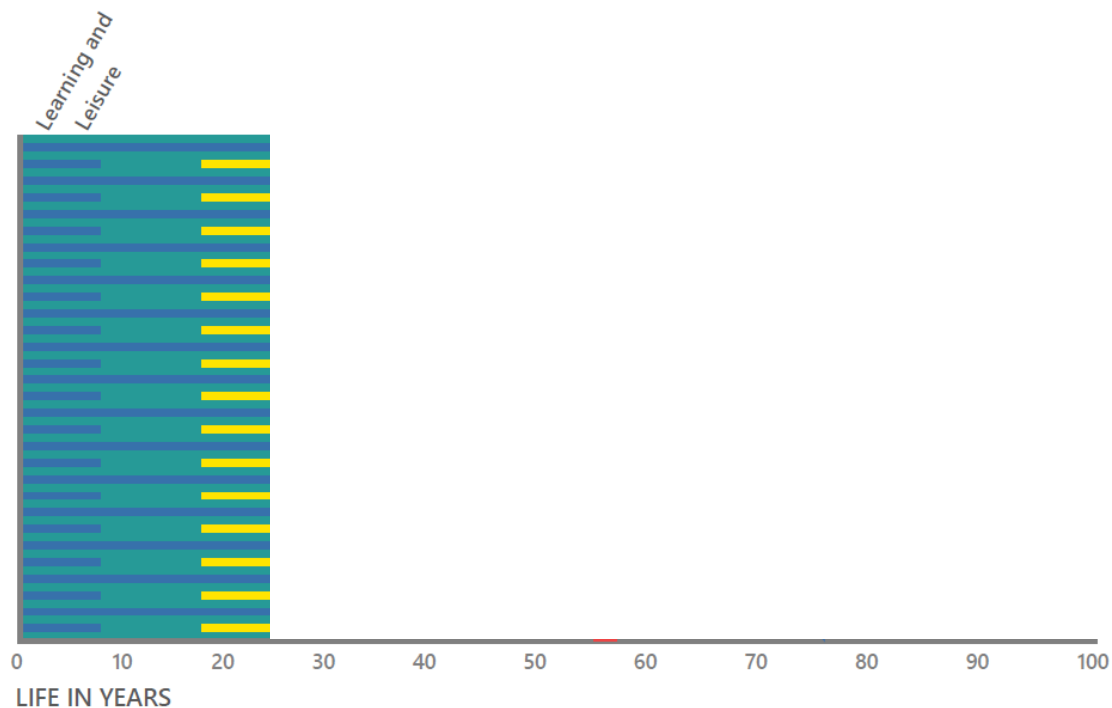
# Life Course in the 19th century



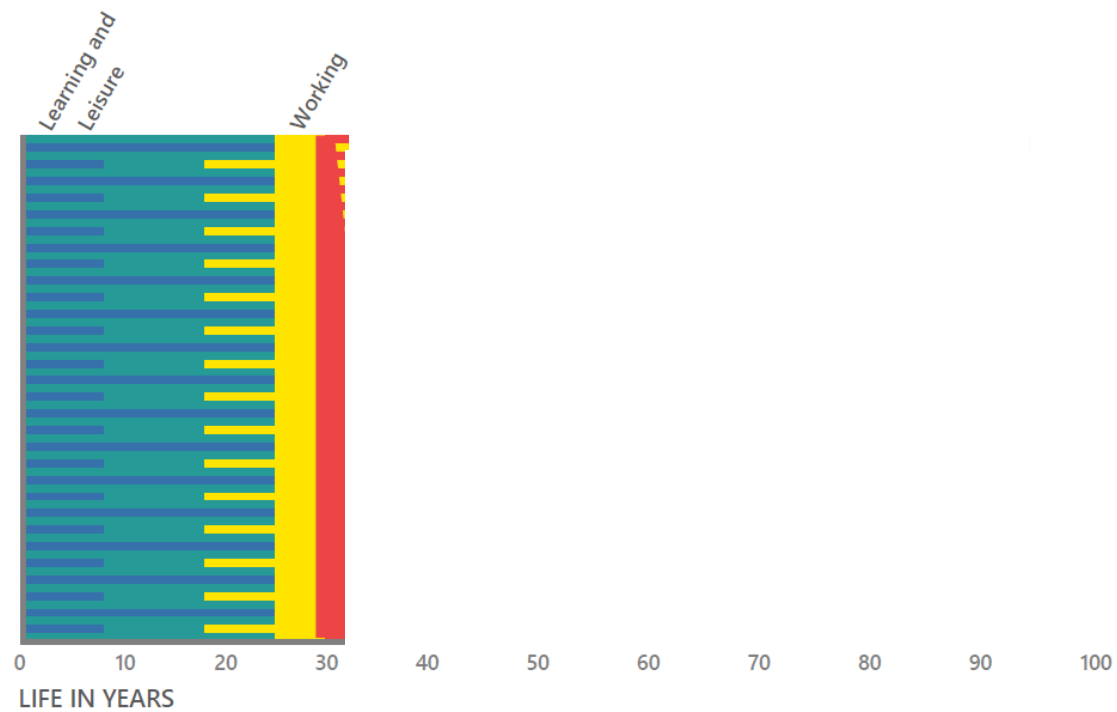
# Life Course today (women)



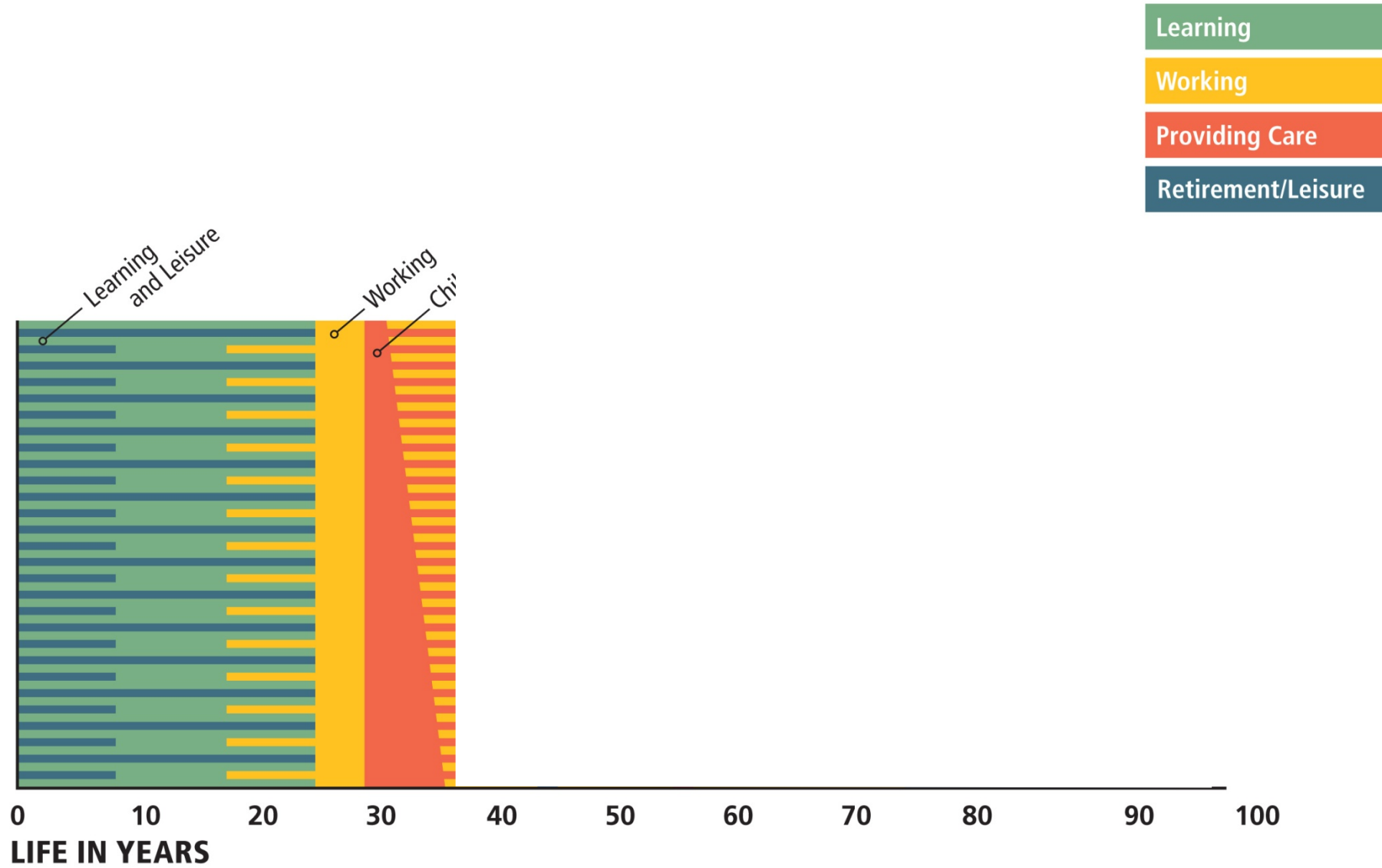
# A Woman's Life Course in the Future

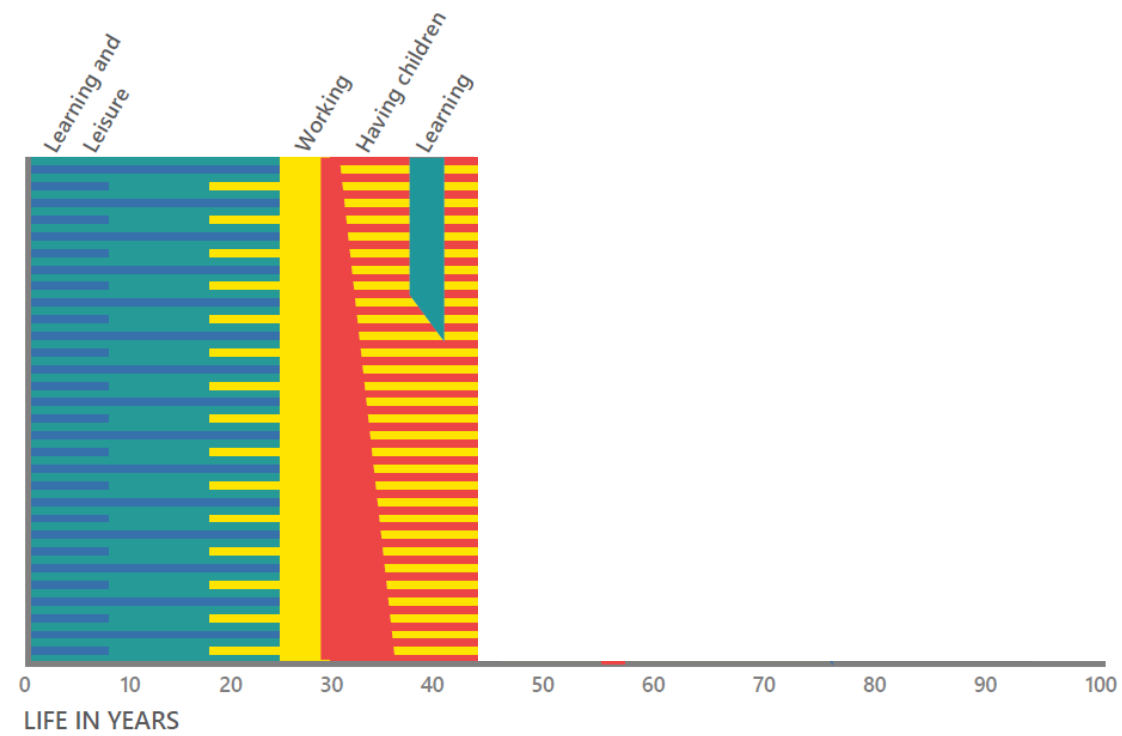


Fonte: Adaptado de Kalache (2013)



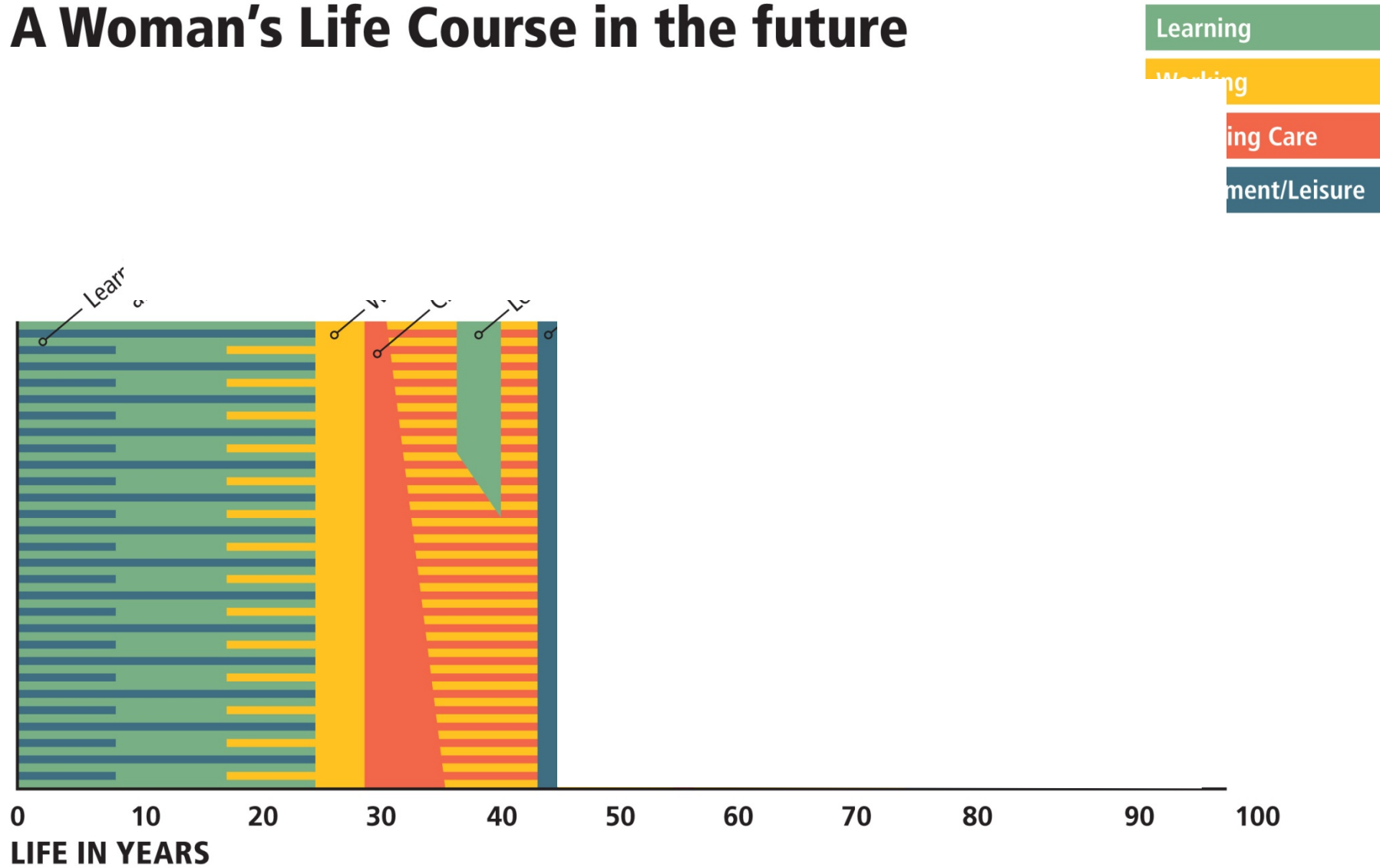
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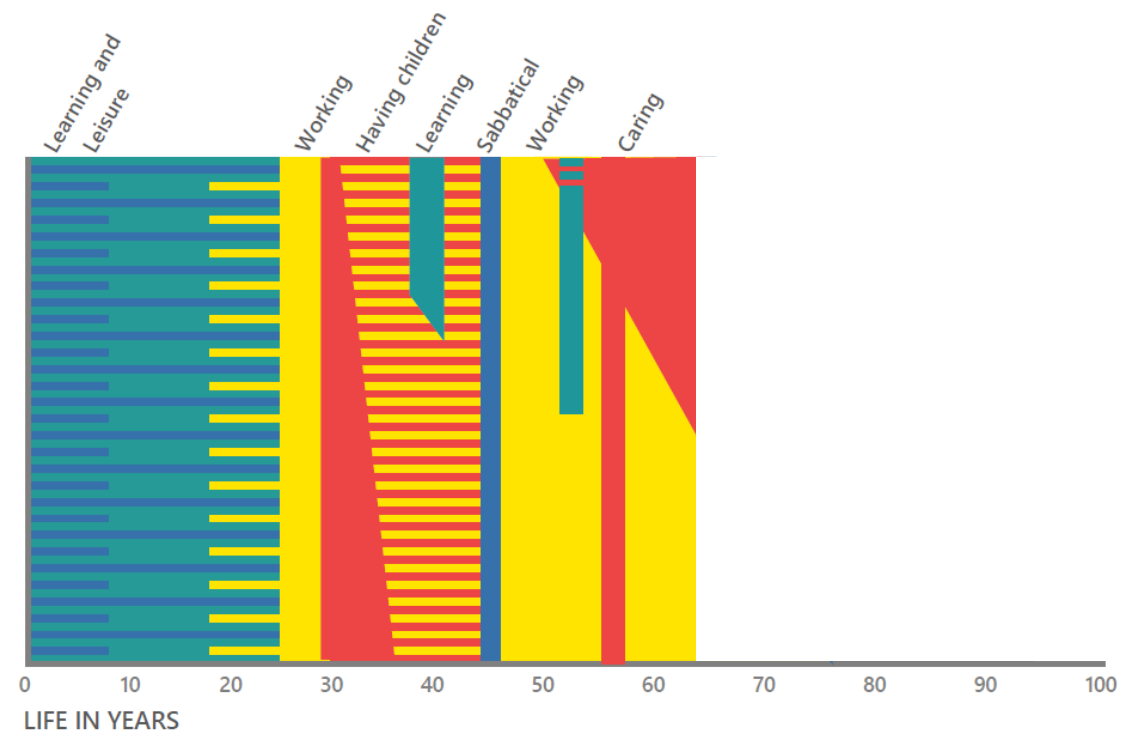




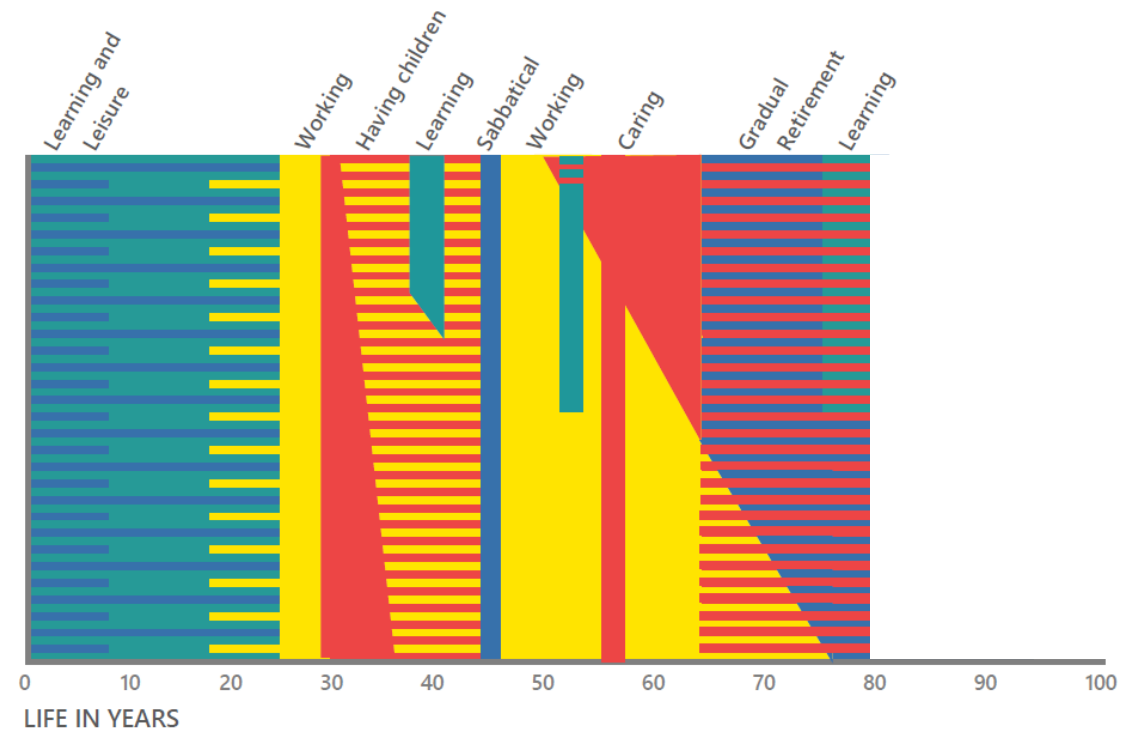
Fonte: Adaptado de Kalache (2013)

# A Woman's Life Course in the future



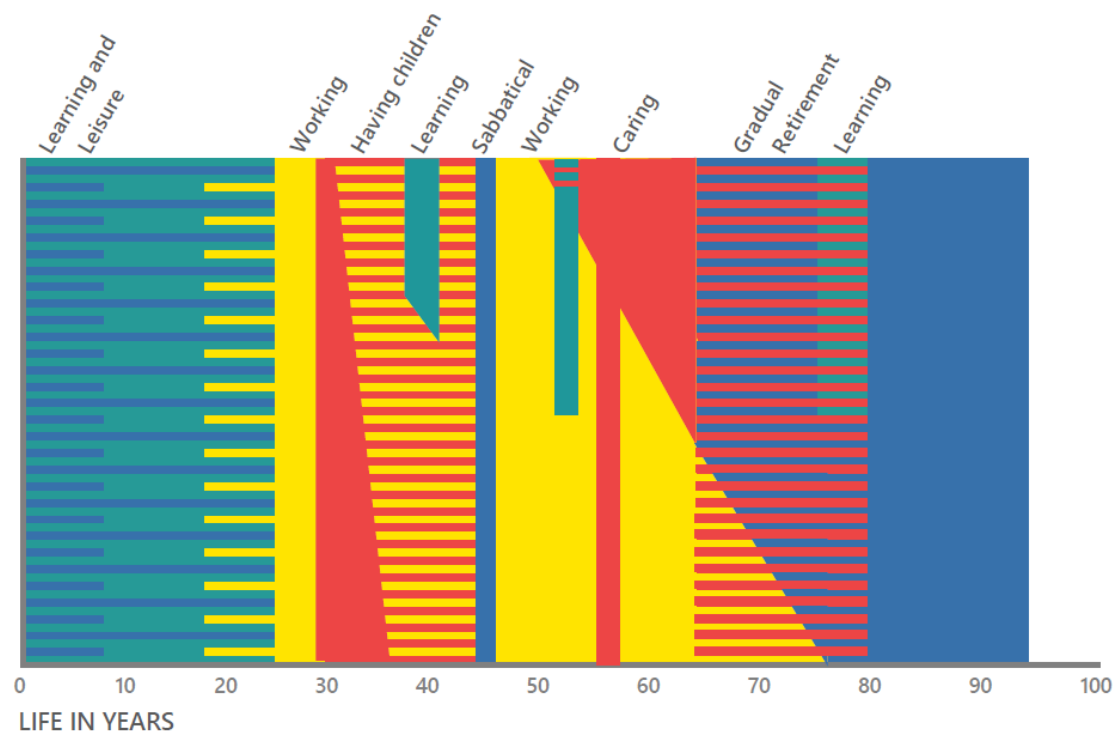


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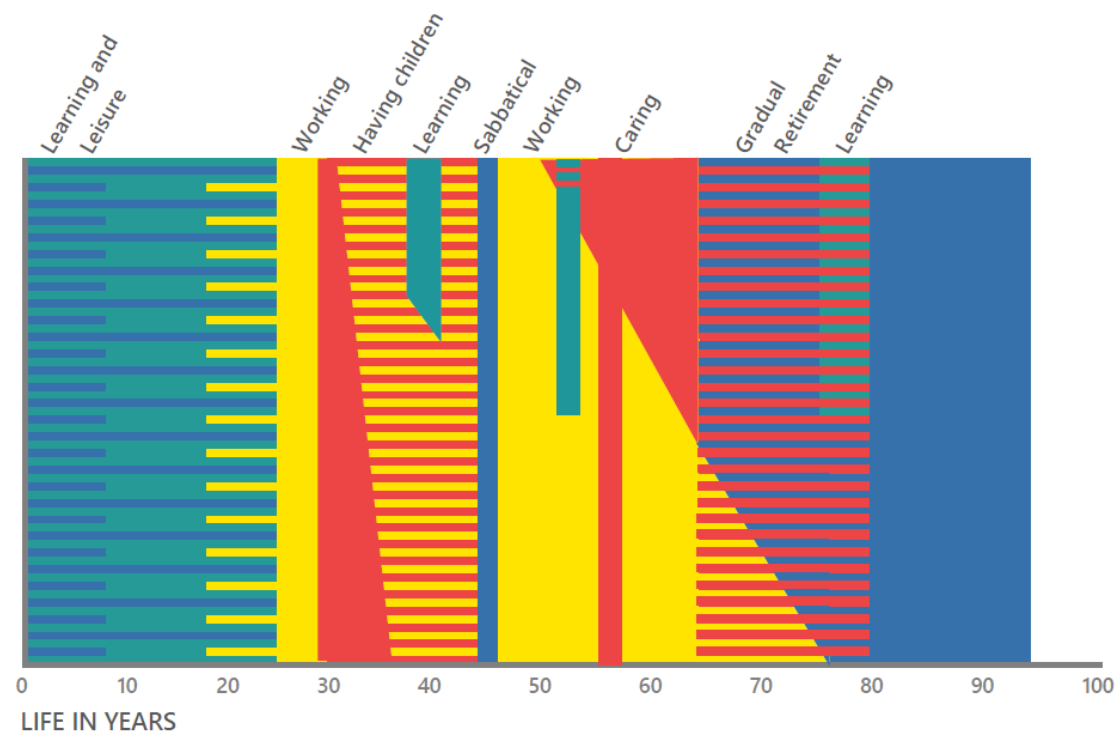
Fonte: Adaptado de Kalache (2013)

# A Woman's Life Course in the Future



Fonte: Adaptado de Kalache (2013)

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# The Economist

JANUARY 14TH - 20TH 2017

Trump v the spooks

The stain of Guantánamo

Pop stars and patronage in Congo

Inflation's welcome return

## Lifelong learning

**How to survive in the age  
of automation**

A SPECIAL REPORT



# **Adressing inequalities**



## Preventing Ageing Unequally



**The Inner  
Level**  
**Richard  
Wilkinson  
& Kate  
Pickett**

How More Equal Societies  
Reduce Stress, Restore  
Sanity and Improve  
Everyone's Well-being

allen lane



INTERNATIONAL BESTSELLER

**THE  
SPIRIT LEVEL**

Why Greater Equality Makes  
Societies Stronger



**RICHARD WILKINSON and KATE PICKETT**

Foreword by Robert B. Reich

# Inequalities



**Over the last 30 years inequality  
has grown year after year.**

**Since 1969 the top 1% income  
share has more than doubled while  
the percentage of poor people has  
remained the same.**

**Richest 0.1% take in 188 times the  
income of the bottom 90%**

**44% of USA population is either  
poor or low-income.**

**The USA spends 18% of its  
GNP on health and yet it  
ranks 32 in LEB globally,  
behind much poorer  
(but less unequal)  
countries\***

e.g. Italy, Spain, Israel, Malta, New Zealand, Portugal,  
Greece, Slovenia, Cyprus, **Chile, Costa Rica, Cuba**

**THE MODERN PLAGUES**  
**THE EPIDEMICS OF**  
**LONELINESS, ANXIETY,**  
**DEPRESSION, SUICIDE.**

# **THE MODERN PLAGUES**

**THE EPIDEMICS OF  
LONELINESS, ANXIETY,  
DEPRESSION, SUICIDE.**

**OVERNUTRITION, OBESITY,  
HYPERTENSION, DIABETES**

**LEB IN THE USA HAS  
DECLINED OVER THE LAST  
FOUR YEARS**

# USA

**LEB at birth in Central Colorado has reached 87y – in South Dakota, only 66y. Disparities are found within same state, same cities.**

**A room with a view**

**...from my office at the  
New York Academy of  
Medicine**

**...or am I referring to LEB  
in Roxbury compared to  
BackBay ??**

**Nobody left behind**

**Nobody left behind**

**Ageing in a foreign land**

**Age friendly policies for  
MIGRANTS**

# **EMBRACING A RIGHTS-BASED APPROACH**

# **... Including the RIGHT**

- **To health**
  - **To learn**
  - **To work**
  - **To be protected**
  - **To have na insurance**
  - **To participate**
  - **To have access to services**
  - **The right not to be discriminated**
- ...as well as...**

**AS WELL AS THE RIGHT**

**TO REST**

**TO STOP**

**TO A DECENT INCOME**

# The Right to **SOCIAL INCLUSION**



# **THE FUTURE OF AGE FRIENDLY**

# **THE **FUTURE** OF AGE FRIENDLY**

## **BOLD AND VISIONARY**

# **Mayor Walsh Age Strong Commission Mission**

**“Together we can live and  
age strong in Boston”**

# **Governor Baker**

## **Aspirational Future State**

**Massachusetts to be the  
Silicon Valley of innovation  
in aging and exports  
knowledge and services.**

# **THE FUTURE OF AGE FRIENDLY**

# **CENTRED ON A CULTURE OF CARE**

# **Reversing the**

## **Conspiracy of Silence\***

### **QUALITY OF LIFE FOR AS LONG AS THERE IS LIFE**

**\*Atul Gawande in  
“Being Mortal”**

# **FROM THE BEGINNING OF LIFE**



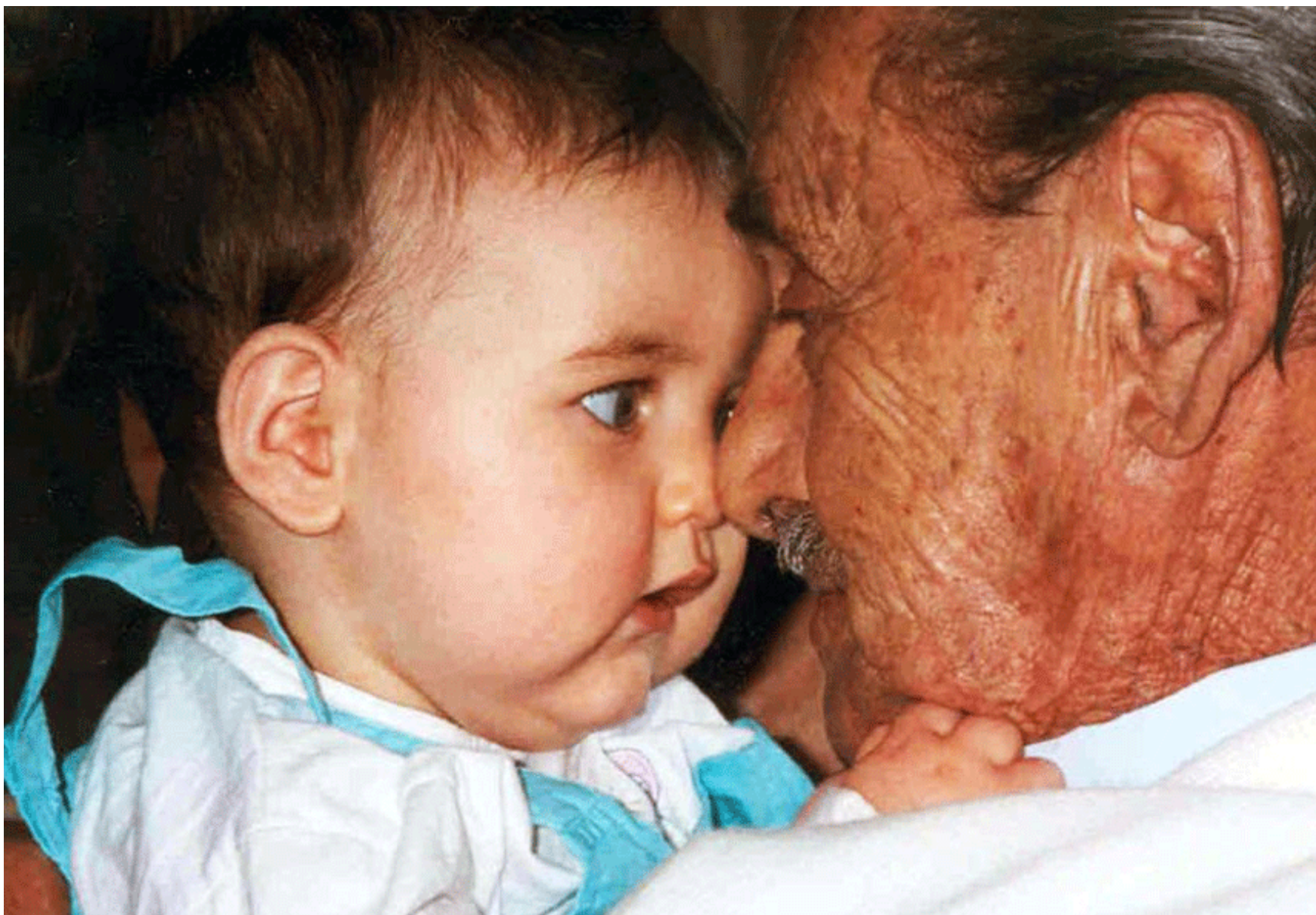


**TO THE END**



**... In the process,  
fostering...**

## **Intergenerational harmony and solidarity**





<http://www.ilcbrazil.org/>  
<http://www.ilcbrazil.org/portugues/>



<http://longevaidade.blogspot.com.br/>



@ilcbrazil



<https://www.facebook.com/ilcBR>