Network of Age-Friendly States and Communities

Real Possibilities

An Introduction

NETWORK PROFILE

The **AARP Network of Age-Friendly States and Communities** consists of villages, towns and counties throughout the United States. The network is expanding regularly as additional communities make the commitment to become age-friendly. AARP advances efforts to help people live easily and comfortably in their homes and communities, and it encourages older residents to take an active role and have their voices heard.

EIGHT DOMAINS OF LIVABILITY

The **AARP Network of Age-Friendly States and Communities** targets improvements that influence the health and quality of life of older adults:

1. **Outdoor spaces and buildings**
   Availability of safe and accessible recreational facilities
2. **Transportation**
   Safe and affordable modes of private and public transit
3. **Housing**
   Range of housing options for older residents, the ability to age in place and home-modification program
4. **Social participation**
   Access for older adults to leisure and cultural activities, and opportunities for social and civic engagement with both peers and younger people
5. **Respect and social inclusion**
   Programs to promote ethnic and cultural diversity, as well as multigenerational interaction and dialogue
6. **Civic participation and employment**
   Paid work and volunteer activities for older adults, and opportunities to engage in the creation of policies relevant to their lives
7. **Communication and information**
   Access to technology that helps older people connect with their community, friends and family
8. **Community support and health services**
   Access to homecare services, health clinics and programs that promote wellness and active aging

LEARN MORE!

AARP.org/AgeFriendly

AARP.org/Livable

STATE PROFILE: OREGON

Enrolled communities: 7 *

City of Portland

Multnomah County

City of Springfield

City of Newberg

City of Salem

City of Talent

City of Sisters

Total state population: 4.19 mil
age 50+: 36.3%
age 65+ : 17%

Median household income: $73,202

** as of Sept 2019*

QUESTIONS? Contact AARP OR

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The Program Cycle

Step 1: ENTERING THE NETWORK

The **AARP Network of Age-Friendly States and Communities** serves as a catalyst to educate, encourage, promote and recognize improvements that make communities supportive for residents of all ages. The network provides U.S. cities, towns and counties with the resources to become more age-friendly by tapping into national and global research, planning models and best practices.

Step 2: PLANNING PHASE (Years 1 - 2)

This phase has four key elements:

- The establishment of mechanisms to involve older people throughout the age-friendly community cycle
- A baseline assessment of the community's age-friendliness
- The development of a three-year community-wide action plan based on the assessment
- The identification of indicators for monitoring progress

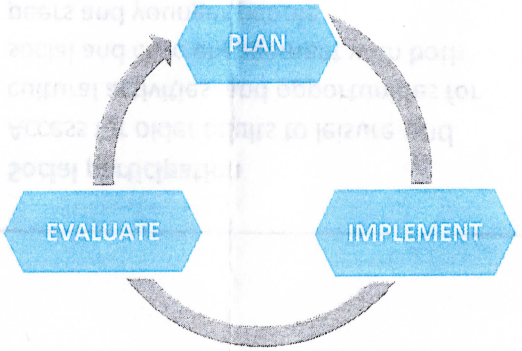
This phase is completed when an action plan is submitted to the World Health Organization (WHO) for review and endorsement.

Step 3: IMPLEMENTATION and EVALUATION (Years 3 - 5)

No later than two years after joining the **AARP Network of Age-Friendly States and Communities**, a community needs to submit its action plan to AARP for review and endorsement. Upon endorsement and recommendation to the WHO by AARP, a community begins a three-year period of implementation. At the end of this period the community is required to submit a progress report to AARP outlining its progress against the indicators developed in the Step 2: Planning Phase.

Step 4: CONTINUOUS CYCLE OF IMPROVEMENTS (Years 5+)

At this point a community is able to continue their membership by entering into further implementation cycles.



NETWORK MEMBER BENEFITS

- Organizational guidance from national experts
- Streamlined admission into the World Health Organization's age-friendly network
- Resources for identifying and developing assessment and survey tools
- Information about identifying and developing community-success criteria
- Strategies for identifying and developing ways to monitor progress
- Access to a network of communities and best practices
- Access to a volunteer network of support
- Access to evaluation tools
- Invitations to organized trainings and networking events
- Resources at AARP.org/livable and AARP.org/agefriendly
- Support and guidance from AARP
- Recognition by AARP and others

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