General information and guides

AARP Roadmap to Livability Collection, *AARP:* https://www.aarp.org/livable-communities/tool-kits-resources/info-2017/roadmap-to-livability-collection.html

The Livability Collection has six workbooks with strategies and solutions to create an age-friendly or liveable community. They include the Roadmap to Livability (a general overview and guide to becoming a liveable community, with examples of best practice), Community Listening Session (how to gather and analyse feedback from small or community groups), Housing, Transportation, Health Services and Community Supports and Economic Development.

AARP Livable Communities: www.aarp.org/livable-communities

AARP offers a vast array of information, articles and case studies about liveable communities and older person issues. The website has specific sections about liveability in action, housing and getting around (walkability and transport), and also provides additional tool kits, fact sheets (www.aarp.org/livable-communities/info-2014/livable-communities-fact-sheet-series.html) and resources you will find useful. You can also sign up to receive newsletters and updates about liveable communities from AARP.

Accessibility Design Guide: Universal design principles for Australia's aid program, *AusAID:* http://dfat.gov.au/about-us/publications/documents/accessibility-design-guide.pdf

This Australian Government document provides guidance about design and implementation of development initiatives to enable people of all ages and ability to participate equally in social and economic life. It details a background about universal design and includes design guidelines for built environment, health, hygiene facilities, housing, information and communication, transport systems, rural development and more.

COTA
For older Australians

Action for Ageing, *World Health Organization:*
https://extranet.who.int/agefriendlyworld/acting-for-ageing-a-toolkit-for-organizing-innovative-events-on-the-world-report-on-ageing-and-health/

> This toolkit is designed to support organisations to plan and host events about ageing and health. It includes suggestions about who to engage, how to assess your objective in hosting the event, explanation about several event formats and how to make them work, and useful event materials and resources.

Age Friendly Cities and Communities, *COTA Victoria:* https://cotavic.org.au/action-advocacy/age-friendly-communities/

> COTA Victoria has developed information and resources about Age Friendly Communities, including an Information Kit for Local Government Councillors and Senior Management. This Kit aims to support local government to develop and lead a whole of council response to being age-friendly. It provides general information about age-friendly communities and practice examples and resources.

Age-friendly Communities in Canada: Community Implementation Guide Toolbox, *Nova Scotia Centre on Aging:* www.canada.ca/en/public-health/services/publications/healthy-living/age-friendly-communities-canada-community-implementation-guide-toolbox.html

> This Toolbox includes materials to guide the creation and implementation of age-friendly communities, how to communicate and engage with the community, and provides samples of consultation methods and the WHO age-friendly checklist.

Aging and Urbanization, *McGraw Hill Financial Global Institute:*
https://media.mhfi.com/documents/AgingUrbanization_1+15.pdf

> Developed by McGraw Hill Financial (now known as S&P Global), this report explains the importance of embracing an ageing population to ensure cities in the 21st century can thrive. It identifies four key areas that need to be addressed to ensure this occurs – infrastructure and transportation, housing, community health programs, and continuing work, education and recreation. The report also presents case studies

of age-friendly principles from across the world, and how investment can be reorientated to best promote age-friendly growth.

Building Age-Friendly Communities: A guide for local action, *Alberta Government:* www.seniors-housing.alberta.ca/documents/AgeFriendly-Guide-2012.pdf

This report from Alberta, Canada, provides information about the benefits and key elements of age-friendly, or liveable, communities. It includes a useful guide about how local governments can establish an age-friendly city through the establishment of an age-friendly committee, passing resolutions, conducting age-friendly assessment and developing a liveable action plan.

Creating Liveable Cities in Australia, *RMIT, ACU & UWA:* https://cloudstor.aarnet.edu.au/plus/index.php/s/CJ4t5N3SFCOZTWP#pdfviewer

This report and policy review assessed Australian government policies that contribute to creating liveable communities and aimed to map indicators of urban liveability, inequities in liveability across capital cities and identify liveability factors associated with health risks and outcomes. It provides a summary of how effectively Australia is meeting different liveability domains, what policies better support liveability, recommendations for improving liveability and ways to measure domains of liveability to support policymakers and practitioners to enhance liveability of their cities.

Healthy Active by Design, *Heart Foundation:* www.healthyactivebydesign.com.au/

The Healthy Active by Design website provides resources such as research, checklists and case studies for creating liveable places, spaces and communities. This includes in public spaces, community facilities, housing, healthy food and movement networks.

Making Active Ageing a Reality: Maximising Participation and Contribution by Older People, *University of Waikato:* www.waikato.ac.nz/nidea/research/new-zealand-2050/making-active-ageing-a-reality

The New Zealand report explores how older people remain active and participate in their community through their aspirations, employment and digital media. It details a number of personal strategies and policy interventions at both community and national level for government and organisations to consider for the future wellbeing of their community.

Measuring the Age-friendliness of Cities: A Guide to Using Core Indicators, *WHO:*
http://apps.who.int/iris/bitstream/10665/203830/1/9789241509695_eng.pdf

This guide was prepared to provide a framework and indicators to monitor and evaluate age-friendliness and liveability in communities. It includes general information about age-friendly communities, resources and initiatives.

Partners for Livable Communities: www.livable.org/

This website, run by an organisation with over thirty year's of experience supporting communities to help themselves, includes information about what liveability is, community programs they are involved with, and a range of liveability resources.

Pass It On Network: http://passitonnetwork.org/

Pass It On Network is an international website that shares information and ideas about positive ageing. It provides program ideas and resources under the categories of Ageing, Individual and Community Support, Work and Economic Security, and Lifelong Learning, and an online blog with interesting discussions.

Principles for Better Cities, *Circles of Social Life:*
www.circlesofsustainability.org/principles/

The four first-level principles for creating 'better cities' include ecological sustainability, economic prosperity, political governance and cultural engagement, each with seven underlying principles. These aim to support a framework for creating cities that focus on the human condition, rather than from current or fashionable concerns.

Queensland: An Age-Friendly Community - Age Friendly Domains, *The State of Queensland:* https://www.communities.qld.gov.au/resources/dcdss/seniors/age-friendly-community/qafc-age-friendly-domains.pdf

> Queensland: An Age-Friendly Community - Age Friendly Domains is a short document that provides information about the Queensland Government's age-friendly vision and the domains that make this possible. The document includes features and examples of each age-friendly domain.

Recommendations for Local Governments: Integrating Energy Efficient Retrofit of Historic Buildings into Urban Sustainability, *Efficient Energy for EU Cultural Heritage:* www.3encult.eu/en/deliverables/Documents/WP2_D2.3_20140111_P21_Proposal%20of%20generic%20replicable%20factors.pdf

> This document outlines how local governments can engage, retrofit and use local heritage sites to improve community sustainability and development. It explains the importance of sustainability and its relation to climate change. Recommendations are provided around the Aalborg Commitments, with case studies of best practice provided to guide decision-making.

Shaping Ageing Cities: 10 European cases studies, *ARUP:* http://publications.arup.com/publications/s/shaping_ageing_cities

> This study researched ten different European cities to investigate how they have responded to population ageing by comparing societal, mobility, built and digital environments. The paper includes detailed city mapping, reports the main issues identified to shaping ageing cities and includes interviews with some of the leaders in the ageing space.

Silver Linings: the Active Third Age and the City, *Building Futures:* www.buildingfutures.org.uk/projects/building-futures/silver-linings-the-active-third-age-and-the-city

> This UK document investigates how an increasing number of active, healthy older people could positively affect society by addressing current economic and social

challenges. Opportunities for older populations to shape future cities is discussed in relation to tourism, housing, social and retail areas, intergenerational knowledge transfer, and infrastructure and services that promote health.

Starting the Innovation Age, *TACSI:* www.tacsi.org.au/project/the-innovation-age

This report from the Australian Centre for Social Innovation details the experiences of a group of Australians as they age to determine what it means for them to age well and what happens when this does not occur. It identifies some key themes around positive ageing through family and friends, participation, money, housing and caring with the aim of engaging a community-wide approach to address these.

Where We Live: Communities For All Ages, *AARP:* www.aarp.org/livable-communities/tool-kits-resources/info-2016/where-we-live-communities-for-all-ages.html

Both the 2016 and 2017 editions of this book are available online through request email to AARP (no personal information required). These books have over 100 examples of community initiatives that are improving liveability through the United States. Examples in the 2017 edition are in housing, transit, streets and sidewalks, public places and outdoor spaces, health and wellness, community engagement, work, volunteerism and opportunity, and arts, entertainment and fun. The 2016 edition includes examples in housing, transportation, environment, health, engagement, opportunity, culture and neighbourhood.

WHO Age-friendly Cities: A Guide: www.who.int/ageing/age_friendly_cities_guide/en

The WHO developed this resource through consultation with older people in 33 cities across WHO regions, including Australia. The guide provides a background about population ageing and age-friendly cities. It explains core age-friendly features in outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. Each feature includes a checklist for community assessment.