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Hi, and welcome to the Age Friendly Communities Website. Here you will find tools and resources designed to help your community, organization, or business become more age friendly. Using the tools on this website has three unique benefits: First, it uses a set of value-based principles to help guide your decision making. These values are integrated into three building blocks to help you think more systematically about becoming age friendly. Second, it places strong importance on community engagement, active participation, and collaboration among individuals and agencies. Third, it consolidates information from a variety of resources, such as the World Health Organization Age Friendly Cities Checklist, the Age Friendly Rural and Remote Guide, and other resources about healthy, walkable, diverse, and liveable communities.

Now, allow me to take a moment to describe the website to you: The first three tabs along the top of the website provide you with a background on this age-friendly tool and offers strategies on how to start your age-friendly initiative. The next three tabs make up the main tools and are: the Guiding Principles, the Building Blocks, and the Community Sectors. I will talk more about these three sections in a moment. The last two tabs offer additional resources and provide you with the means to contact us.

Now, if you scroll down, you will see our vision of an age-friendly community. We use the metaphor of house to describe an age-friendly community because we feel they are built in a similar way. Our tools begin with a set of value-based principles that serve as the foundation for supporting an age-friendly community. Whether you encounter difficult decisions or future strategic plans, the principles can be used as a moral compass to guide decision making. This provides flexibility for each individual community rather than a one-size-fits-all approach. The 3 building blocks serve as the core structure for any organization or community that is age-friendly. These tools contain a series of reflective questions, along with tips and strategies, which will help you think more

systematically and creatively about developing strong and supportive communities.

A community is made up of many different systems that work together the same way as shingles on a roof. They need to overlap in a seamless fashion to keep the structure and foundation stable and strong. These tools contain additional resources and strategies for each of these sectors.

Becoming an age-friendly community is a continuous process of building upon the great things that are already being done in your community in order to meet the needs of all citizens.

What systems are in place within your community that work to improve Quality of life for older adults?