



"An age-friendly community enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age ... encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities"

~ World Health Organization (WHO)

Introducing an Age-Friendly Sarasota

Welcome to the inaugural issue of our Age-Friendly Sarasota (AFS) newsletter! My name is Kathy Black, and as the Initiative Consultant for Age-Friendly Sarasota, I look forward to serving as editor for this newsletter. Many of you may know me from my role as professor at the University of South Florida Sarasota-Manatee and my longstanding work on aging issues throughout our community. In my academic role, I am well-connected with colleagues leading age-friendly communities across the United States and internationally, uniquely positioning me to coordinate our community's age-friendly efforts.

I look forward to sharing news and updates about the important mission that lies ahead for our community. It is truly my honor to convene this effort, and I look forward to joining forces with you to make our community an even better place to live at any age!

Intergenerational Approach

The idea of age-friendly cities and communities (AFCs) began in 2005 by the World Health Organization (WHO) in response to global aging and to explore the factors impacting health, happiness and well-being throughout a person's lifetime.

The WHO developed an age-friendly framework of eight interconnected Domains of Livability that help to identify and address barriers to the well-being and participation of people in communities as they age.

1. Civic Participation and Employment
2. Communication and Information
3. Community Support and Health Services
4. Housing
5. Outdoor Spaces and Buildings
6. Respect and Social Inclusion
7. Social Participation
8. Transportation

AFCs seek to enhance principles of active aging at the community level in all eight domains. The WHO recognizes the vast diversity between communities and requires that each AFC assess its own assets and the aspirations of its aging residents for each domain.

To learn more about the eight domains, click [here](#).



From left: Dennis Stover, Debra Jacobs, Bill Clark, Carolyn Mason, Kathy Black, Cory Livingston, Kathy Hyer, Kathleen Hall

Celebrating Age-Friendly Sarasota

Sarasota County celebrated becoming an age-friendly community (AFC) this morning at the Board of County Commissioners meeting when today, May 6, 2015, was proclaimed Age-Friendly Sarasota Day.

The Age-Friendly Sarasota initiative seeks to build upon our community's assets and citizens' aspirations to optimize active, healthy and engaged living for people of all ages.

Like all AFCs, this initiative will begin with a two-year planning phase to assess Sarasota County's current age-friendly assets and the aspirations of older residents to create a road map for implementing next steps.

Did You Know...

- Between 2000 and 2050 the proportion of the world's population over 60 years of age will double from about 11% to 22%.
- The number of people aged 60 years and over is expected to increase from 605 million to 2 billion over the same period.
- There are 258 age-friendly communities worldwide in 28 countries.
- More than 40 of those age-friendly communities are in the U.S.
- Sarasota County is Florida's first global age-friendly community.
- Over one-half of Sarasota's residents are age 50 or older.



Get Connected

There will be many ways to join us in our efforts. To start, we want to hear from you!

Survey: Please visit www.agefriendly Sarasota.org to take a survey to share your aspirations for each of the Domains of Livability. This information will be used to inform Sarasota County government, businesses and other organizations about your aspirations for age-friendly features moving forward. Please note that the survey will take 20-30 minutes or more to complete.

Focus Groups & Forums: We will also hold focus groups and forums on these topics. More information on how to participate in these will be included in future newsletters and posted to the website.

Volunteer: There will be multiple ways to volunteer with Age-Friendly Sarasota. Please be sure to check the website for updates on all of these opportunities and more!

Social Media: Follow Age-Friendly Sarasota on Facebook.

Join the global age-friendly conversation on Twitter using [#AgeFriendly](#).

"Aging is not lost youth but a new stage of opportunity and strength."

~Betty Friedan

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