



A Community for All Ages
June 2016



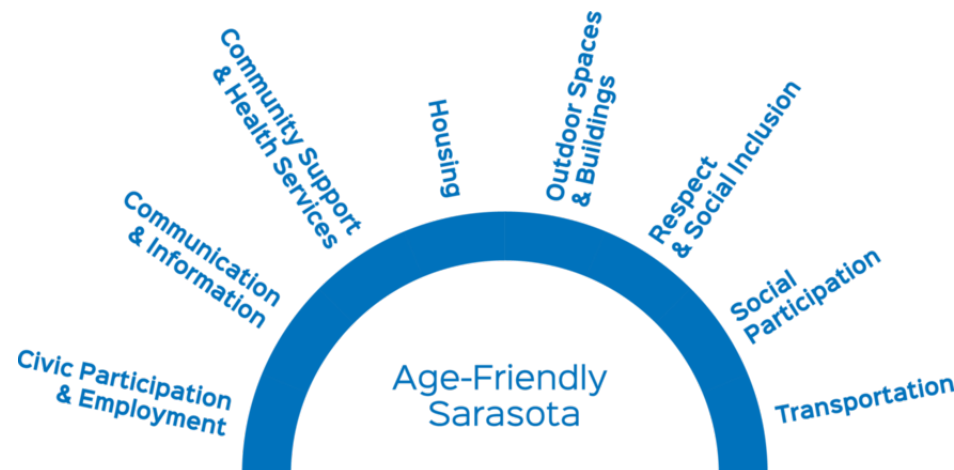
Updates from Kathy

Age-Friendly Sarasota is a community "FOR ALL AGES" – and the phrase also represents an acronym on which the guiding principles of Age-Friendly Sarasota are based. We look forward to sharing the meaning and importance of each letter of the acronym in the newsletters to come, and will commence this issue with a focus on the "F" which stands for "Future-focused."

This long-range perspective beckons us to think ahead about the society we want to be – fully considering the trajectories of the individual life-course – that we will all be living longer; and the implications of our aging demographic – that sectors such as business, government, nonprofits, media and people must all adapt to meet the longevity imperative.

Read on to learn more about the visionary work occurring at all layers of society – national, international and local. Thank you for joining us as we advance toward our community's age-friendly vision! Be sure to check out our sidebar on facts to learn about our future demographics!

– Kathy Black, Age-Friendly Sarasota Initiative Consultant



Age-Friendly Spotlight

MIT AgeLab: Focusing on the Future of Aging

The MIT AgeLab was created in 1999 to invent new ideas and creatively translate technologies into practical solutions that improve people's health and enable them to "do things" throughout their lifespan. Equal to the need for ideas and new technologies is the belief that innovations in product design, services and policy implementation are of critical importance to our quality of life tomorrow.

The MIT AgeLab is a multidisciplinary research program that works with business, government and NGOs to improve the quality of life of older people and those who care for them. The AgeLab applies consumer-centered systems thinking to understand the challenges and opportunities of longevity and emerging generational lifestyles to catalyze innovation across business markets.

Check out this [short video](#) to view the future of aging.

Age-Friendly Innovation

World Report on Aging and Health

According to the World Health Organization (WHO), comprehensive public health action on population aging is urgently needed. This will require fundamental shifts, not just in the things we do, but in how we think about aging itself.

The [World Report on Aging and Health](#) outlines a framework for action to foster Healthy Aging built around the new concept of functional ability. Making these investments will have valuable social and economic returns, both in terms of health and wellbeing of older people and in enabling their ongoing participation in society.

"Today most people even in the poorest countries are living longer lives," says Dr. Margaret Chan, Director-General of WHO. "But this is not enough. We need to ensure these extra years are healthy, meaningful and dignified. Achieving this will not just be good for older people, it will be good for society as a whole."

Celebrating Age-Friendly Sarasota



Sarasota County Comp Plan

The Sarasota County Comprehensive Plan (Comp Plan) is an official public document adopted by the Sarasota County Commission to guide decision-making related to the physical development of the county.

The contents of the plan are all-inclusive, general and long range. "All-inclusive" meaning that the plan addresses all geographical parts of the community and all functional elements that can affect physical, cultural and community development. "General" meaning that it includes general policies and designations, not detailed regulations. "Long range" meaning that the plan looks beyond pressing current issues to the problems and possibilities of the future. The Comp Plan is poised to adopt an age-friendly lens in consideration of the community's current and future demographic projections.



Did You Know...

The number of Americans age 65 and older is approximately 45 million.

The number of Boomers (born between 1946 and 1964) is 77 million.

Persons reaching age 65 have an average life expectancy of an additional 19 years (21 years for females and 18 years for males).

The 85+ population is projected to triple from about 6 million now to about 15 million in 2040.

There are nearly 70,000 persons aged 100 or older in the United States.

*Source: U.S. Census Bureau



#DisruptAging

What's the first thing that comes to mind when you hear the word aging?

#DisruptAging, started by AARP, is an opportunity to have a new conversation – often funny, sometimes raw, always honest – about how we want to live and age.

Celebrating all those who own their age, this movement holds a mirror up to the ageist beliefs around us. New ways of living and aging, and the products and solutions that make this possible are a core focus.

AARP is partnering with companies and communities to create new solutions that work for all of us at any age. It's time to change the conversation.

Follow and join the #DisruptAging conversation on social media.



June 28 Informational Fair!

Tuesday, June 28 from 11am-3:30pm Age-Friendly Sarasota will have an info booth at the S.A.L.T Informational Fair at the Friendship Center located at 1888 Brother Geenen Way, Sarasota, FL. Admission is free.

Up to 20 organizations that offer services to our senior population will be onsite. Come enjoy light snacks, live music and dancing.

Grab those dancing shoes and come join the fun!

Submit Ideas

Want to share an upcoming event or program related to making Sarasota County age-friendly? Please send to: info@AgeFriendlySarasota.org

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For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-0243

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