

BUILDING BLOCKS

The three building blocks – An Informed Society, an Enabling and Supportive Environment, and Personal, Social and System connectedness are the practical components of building age friendly communities.

Each building block is listed above and you can click on each for:

- a description
- reflective questions that can help your group identify your strengths and where the gaps might be, and
- additional tips and strategies to help answer the reflective questions

All information is available in pdf format for printing. There are also tools and resources provided to help you to use these building blocks in a variety of different ways.

Now, you may be wondering why we have chosen to use reflective questions. Well, reflective questions allow for deeper thinking to occur. And it helps us to focus on the process as well as the outcomes.

The process of collectively working through reflective questions allows for relationships to build by developing a shared understanding of multiple perspectives. Reflective questions are the starting point of any conversation, not the ending point so feel free to add additional questions specific to your community.

How could you use the building blocks as a way to engage citizens in identifying the strengths and gaps of your community?