

INTRODUCTION

What makes a community age-friendly? We found that the terms 'community' and 'age friendly' are somewhat difficult to define since they have different meanings for different people. For example, people define community as:

groups of individuals with common interests or concerns,
individuals working within a specific organization, or
geographical community such as a region, municipality, town, or
neighbourhood

When we asked community members what words come to mind when they hear the term 'age friendly community' people used words like: welcoming, inclusive, accessible, safe, diverse, and a place where relationships are built. Essentially, they want to be active and involved in their communities. They want to be informed about what is happening in their communities and they want to ensure that others are informed on their needs and wants. They want an environment that will support all citizens both physically and socially, and they want to feel connected to others and be partners in planning their own care.

An age-friendly community can provide opportunities to engage citizens in a variety of ways which have benefits for older adults; businesses and organizations; and communities as a whole. How would you and your community benefit by becoming more age friendly?