Paul McGarry
Senior Strategy Manager
Public Health Manchester
Manchester City Council
Overview

- About AFC movement
  - History
  - Concepts
  - Typology
- AFCs and mental wellbeing
- About Manchester programme
- Constraints and opportunities
Concept developed by World Health Organization as a policy to develop supportive urban environments that encourage ‘active ageing’ by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. ”

* WHO: 2007
Growing Age-Friendly movement

2007
WHO Guide to Age-Friendly Cities published

2010
first UK city joins WHO Global Network of Age-Friendly Cities

2013/4
expansion of Global Network (230 cities)

UK Network launched
**AFCs typology: approach and agency**

<table>
<thead>
<tr>
<th>Variety of approaches</th>
<th>Variety of agencies</th>
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<tbody>
<tr>
<td>- Community development</td>
<td>- Communities</td>
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<td>- Rights of older people</td>
<td>- City authorities</td>
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<td>- Labour market participation</td>
<td>- Academics</td>
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<td>- Urban design</td>
<td>- National programmes</td>
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<td>- City ageing plans</td>
<td>- Regional</td>
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<td>- Rural applications</td>
<td>- NGOs</td>
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<td>- Corporate sector</td>
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# Citizenship-based approach

<table>
<thead>
<tr>
<th>Medical</th>
<th>Care</th>
<th>Citizenship</th>
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<tbody>
<tr>
<td>Patient</td>
<td>Customer</td>
<td>Citizen</td>
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<tr>
<td>Focus on individual</td>
<td>Focus on individual, family and informal networks</td>
<td>Focus on neighbourhood and city</td>
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<tr>
<td>Clinical interventions</td>
<td>Care interventions</td>
<td>Promoting social capital and participation</td>
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<tr>
<td>Commission for ‘frail elderly’</td>
<td>Commission for vulnerable people</td>
<td>Age-proofing universal services</td>
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<td>Prevention of entry to hospital</td>
<td>Prevention to delay entry to care system</td>
<td>Reducing social exclusion/rights to the city</td>
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<tr>
<td>Health (and care system)</td>
<td>Whole system</td>
<td>Changing social structure and attitudes</td>
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Paul McGarry 2013
Ageing in the city

“There is emerging evidence that urban environments may place older people at a heightened risk of isolation and loneliness.”

- **Changes in which urban spaces** are developed to meet the needs of younger consumers;

- Older people’s social well-being is prone to **changes in population**. The loss of family members, friends and neighbours has implications for the maintenance of stable social relationships.

- Older people are affected by **changes linked to social issues**, such as changes in services and levels of crime.”

  *Scharf/Gierveld 2008*

“Some councils will see an outward migration of affluent people in their 50s and 60s who choose to leave the cities…..the remaining older population…tends to be….poorer, isolated and more vulnerable with a lower life expectancy and a need for acute interventions”

*Audit Commission 2008*
AFCs and mental wellbeing from AFC Research and Evaluation Framework

• Transport
  – Crucial role in enabling access to resources
  – Maintain independence
  – Support of being connected with ‘real’ world

• Housing
  – Physical health and independence
  – Social identity, status, continuity, place and self
AFCs and mental wellbeing from AFC Research and Evaluation Framework

• Social participation
  – Link between SP, health and wellbeing
  – Value of social networks, meaningful and productive activities

• Respect and Social Inclusion
  – Impact of ageist attitudes on wellbeing
  – Social inclusion dependent on structural inequalities
AFCs and mental wellbeing from AFC Research and Evaluation Framework

- Civic participation and employment
  - Role of volunteering in promoting health and wellbeing
  - Leaving employment's key life transition

- Communication and Information
  - Role of C and I in supporting other themes
  - Barriers in digital age, being ‘left out’
AFCs and mental wellbeing from AFC Research and Evaluation Framework

• Buildings and open spaces
  – Value of green open spaces in fostering health and wellbeing
  – Impact of urban environments on identity, sense of self and belonging
The Old Moat: Age-friendly Action Plan map is available from http://www.southwayhousing.co.uk/
About Age-Friendly Manchester:

- Age-friendly neighbourhoods
- Age-friendly services
- Research and innovation
- Communication and engagement
- Governance, etc
Age-friendly neighbourhoods

- Improve AFM locality structures and plans, working with regeneration teams, NHS agencies, and Council ward coordination groups
- Support the VOP/AFM locality networks
- Support community projects that increase social participation, including the AFM small grants fund
- Promote a range of volunteering opportunities
Research and Innovation

• Support the Manchester Ageing Study and Cheetham Living Lab

• Develop Manchester as a centre of excellence, including MICRA, MMU, etc

• Publish Research and Evaluation Framework

• Collaborate with (inter) national research and policy projects

• Economy and Ageing project

• Age-friendly design project
Age-friendly services

- Apply ‘ageing lens’ to city plans and strategies and support Public Sector Reform
- Deliver next phase of ageing studies programme
- Expand the AFM Cultural Offer
- Support a range of intergenerational projects
Involvement and Communication

• Further develop the VOP Board and Older People’s Forum
• Improve how older people inform decisions about their areas and services
• Promote AFM protocol for involving older people
• Improve AFM on-line resources and promote AFM through ‘pledge’
• Review how we communicate with older people
Governance, reporting and resources

- Support multi-agency AFM **Senior Strategy** group to lead and promote the programme
- **Report to** Health and Well Being Board and Communities OSC
- Publish AFM **Action plan** and annual **progress statement**
- Develop AFM multi-agency **workgroup** and attract resources
Summary: key success features

- Political leadership and support is key
- A team of people supporting age-friendly initiatives and partnerships
- A local narrative that agencies and residents understand
- Develop mainstreaming ageing issues to everyone
- Promote a ‘citizen’ perspective rather than a ‘deficit’ model: Involving older people as actors in setting the age-friendly agenda
- Support a partnership strategy: research – policy – practice; multiple stakeholders

Buffel, McGarry et al 2014
Journal of Aging Social Policy
Constraints and opportunities

• No national ageing programme
• Ageing dominated by medical and care narratives, including PH: dementia and loneliness
• Voices of ageing still weak
• Devolution
• NHS Plan
Thanks....

For more information:

p.mcgarry:@manchester.gov.uk

www.manchester.gov.uk/vop