

Adapting European Cities to Population Ageing (ACPA)

Demographic trends in the ESPON territory

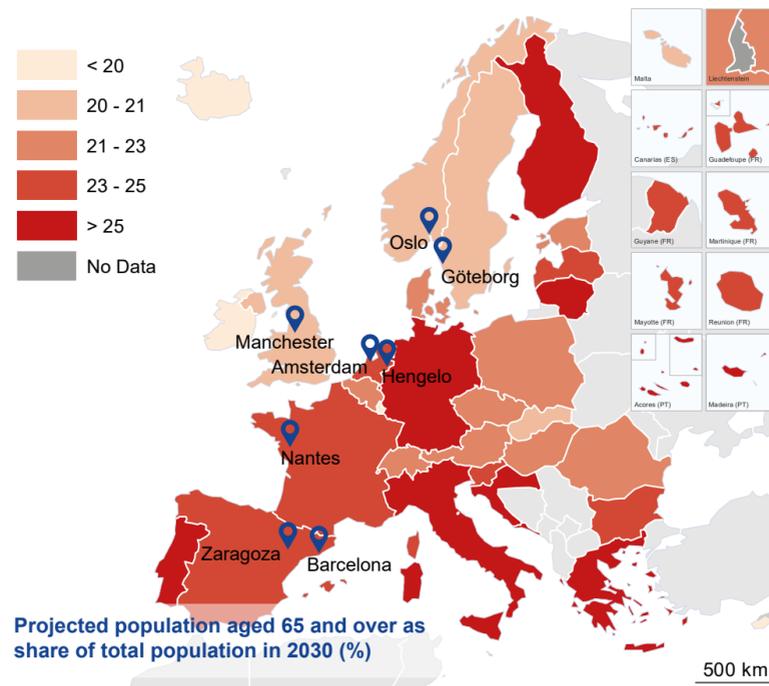
All European countries are experiencing population ageing, with projected shares of older people in 2030 **over 25 percent** in some regions.

This decade has been declared by the WHO as

Decade of Healthy Ageing 2020-2030

The eight stakeholder cities featured in ACPA are already preparing themselves for this decade:

- * Amsterdam
- * Barcelona
- * Gothenburg
- * Greater Manchester
- * Hengelo
- * Nantes
- * Oslo
- * Zaragoza



Stakeholders' knowledge needs

How do older people experience the daily life in the cities?
Older people are generally positive towards daily urban life, although they feel a pressure to become increasingly self-reliant – which can be challenging.

What do older people view as the benefits and constraints associated with urban living?
Older people have expressed the proximity to essential services and amenities as important benefit of urban life. Yet, they are worried about the accessibility of information (due to digitalisation), buildings, public space (feelings of insecurity) and transportation. Lastly, older people are concerned about lack of affordable and adapted housing, and lack of activities and services for minorities.

How are the eight stakeholder cities involved in ACPA responding to population ageing?
All cities have developed measures to facilitate healthy and active ageing around the eight WHO domains, being Outdoor spaces and built environment, Transport and mobility, Housing, Social Participation, Respect and social inclusion, Civic participation and employment, Communication and information, and Community and health services. Most emphasis is placed on social participation.

Which policies have been the most effective in developing age-friendly cities and how have they been implemented and which are the success factors?
On the right, good practices with their success factors are displayed.

Good practices

Problem analysis on neighbourhood level
Successful cities have performed statistical analyses of past and future trends using neighbourhood level data, combined with consultations of older people's views in each neighbourhood.

Multidisciplinary approach and synergy across policy domains
Isolated sectoral ways of working within municipalities are a barrier to achieving results. Instead, taskforce teams consisting of multiple disciplines working on a particular challenge are much more effective. They develop solutions that combine synergy across policy domains. This can be done by combining demands, such as digital skills, civic participation and social contacts development in Life Filming.

Active involvement of older people
Older people are experts of ageing. Their knowledge should not be ignored, but used. Successful policies make use of older people's demands and opinions on how services should be implemented.

Political support and funding
Political backing by an alderman or councillor and solid inclusion of ageing policy within the municipal budget can create long-term stability, instead of occasional pilot projects.

Policy recommendations

Continuation of AFC network, but more exchange of experience
The WHO's age-friendly city network is effective, but more cities should join it and exchange experiences regularly. Exchange can also take place through other European bodies such as AGE Europe, EIP-AHA and URBACT, and within countries (between cities and within city administrations).

Development of long-term strategy and narrative
Cities should develop an holistic strategy towards 2030, consisting of vision, mission, strategy – towards strategic and tactical goals. As many stakeholders as possible (including governments, care providers, insurance companies, research institutions) should contribute to this and a common narrative should be developed together.

Constantly adapt to changing society
Cities should be aware of changing demands among seniors and target groups among them, as well as trends that impact older people, such as digitalization.

More monitoring and evaluation
Impact should play a key role: which influence did policy activities have? To know which interventions are effective and which are not, it is crucial to perform more ex ante and ex post policy evaluations and monitor progress.