UNIVERSITY OF CAMBRIDGE | Public Health

AGEING IN THE COMMUNITY

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Our research

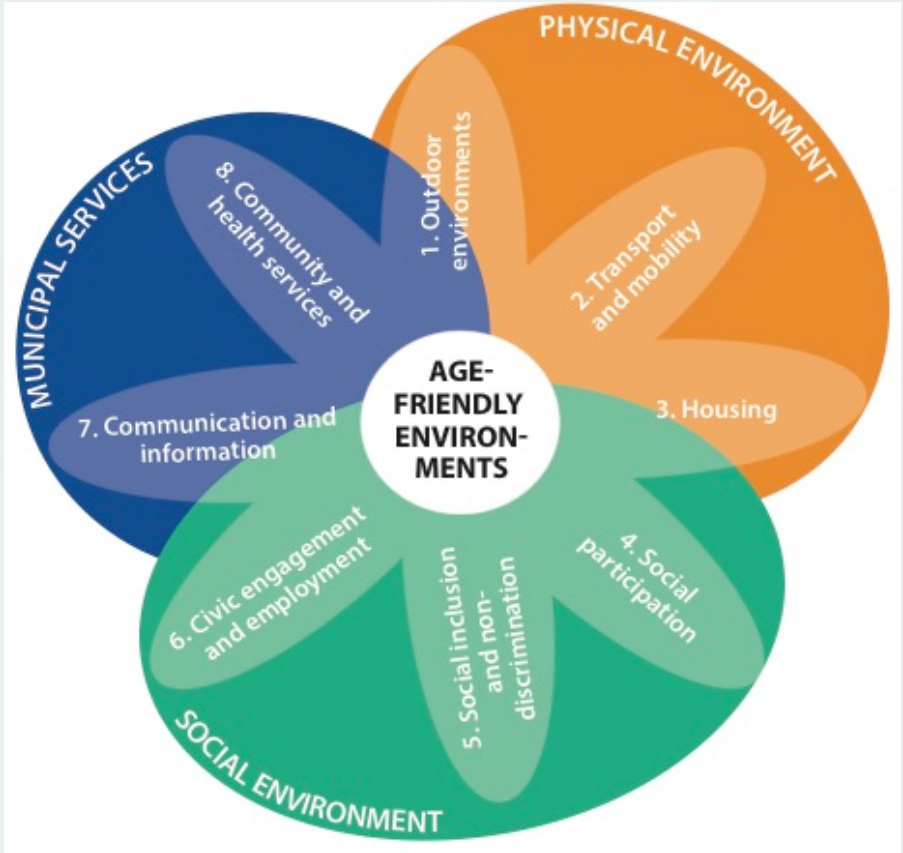
Promoting healthy, engaged and active later life can work and add value at all stages of health and frailty ***if*** efforts are well targeted and delivered equitably

Understanding the factors that influence healthy ageing

Developing interventions & solutions tailored to needs

Demonstrating what works & adds value

Age-Friendly City/Community



…is one in which "policies, services, settings and structures support and enable people to age actively."

WHO 2007 & 2015

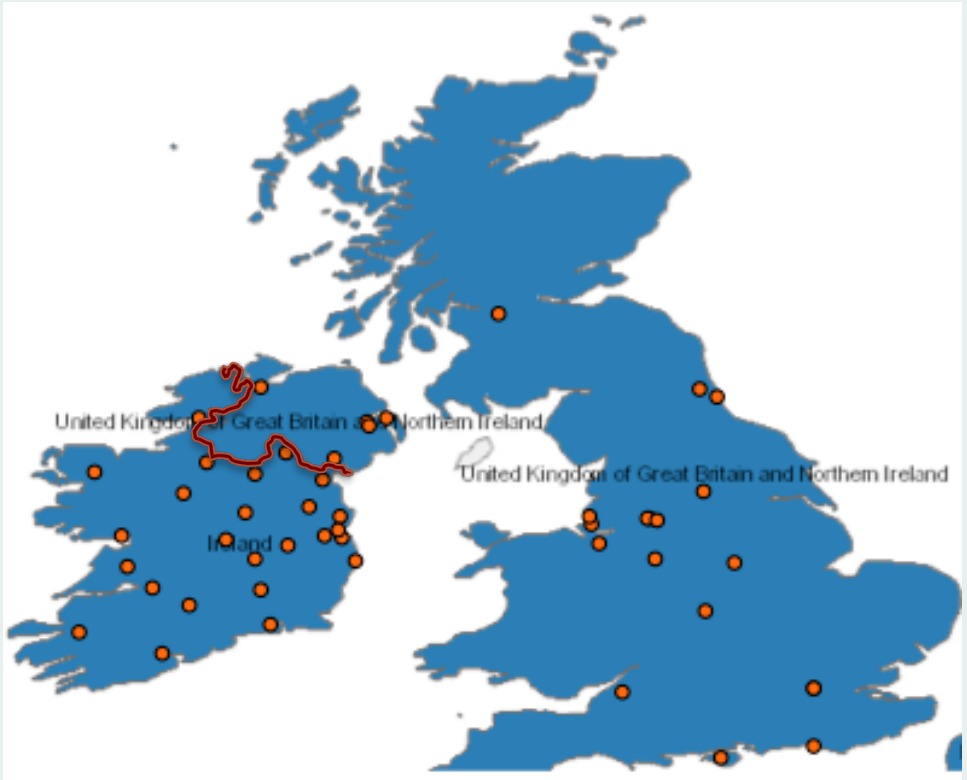
"…we need to demonstrate what we're doing…we are being asked ***'what impact are you making, how is this making a difference***"

Individual ⟷ Environment

physical, social, technological, cultural, polity

Age-Friendly City/Community

UK



Japan

What works to foster active & engaged ageing?

What adds value?

https://extranet.who.int/agefriendlyworld/who-network/

Age-Friendly City/Community

Our research

Monitoring & Evaluation needs
UK network of AFC

Age-Friendly Communities Evaluation Tool

Dementia Friendly Communities National Evaluation

	Evidence
1	**Political support**
2	**Leadership & governance**
3	**Financial & human resources**
4	**Involvement of older people**
5	**Priorities based on needs assessment**
6	**Application of existing frameworks for assessing age-friendliness**
7	**Provision**
8	**Interventions rooted in evidence base**
9	**Co-ordination, collaboration & interlinkages**
10	**Monitoring & evaluation**

(https://sphr.nihr.ac.uk/research/developing-age-friendly-towns-and-cities/)

Dementia Friendly Communities

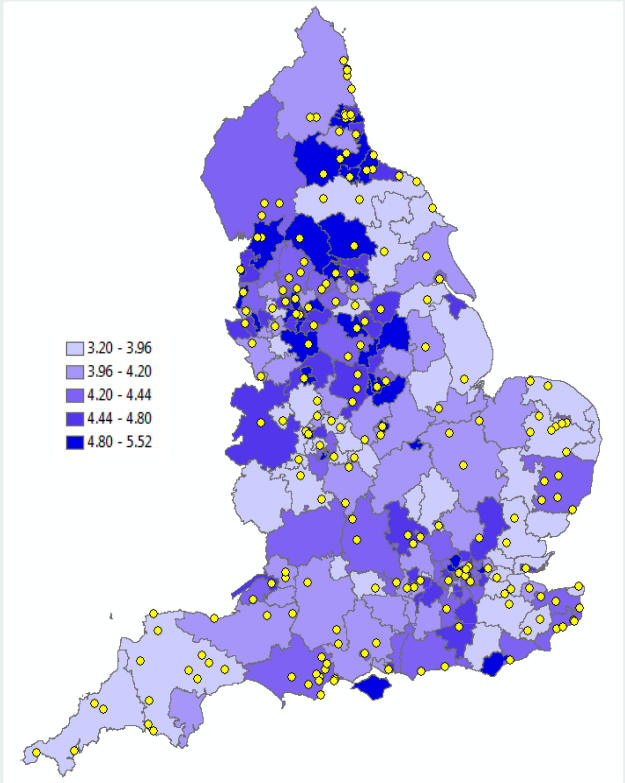
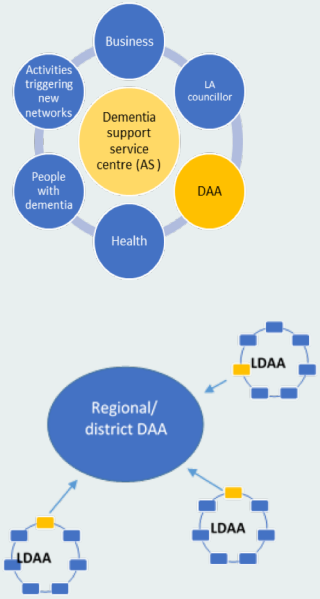
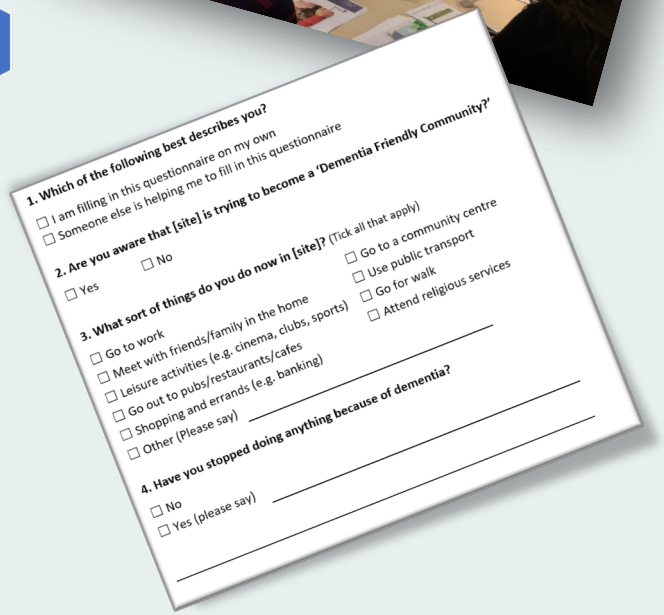


Figure 1: Prevalence of dementia (%) from QOF data by CCG area with DFC location (yellow dot)





1. Which of the following best describes you?
☐ I am filling in this questionnaire on my own
☐ Someone else is helping me to fill in this questionnaire

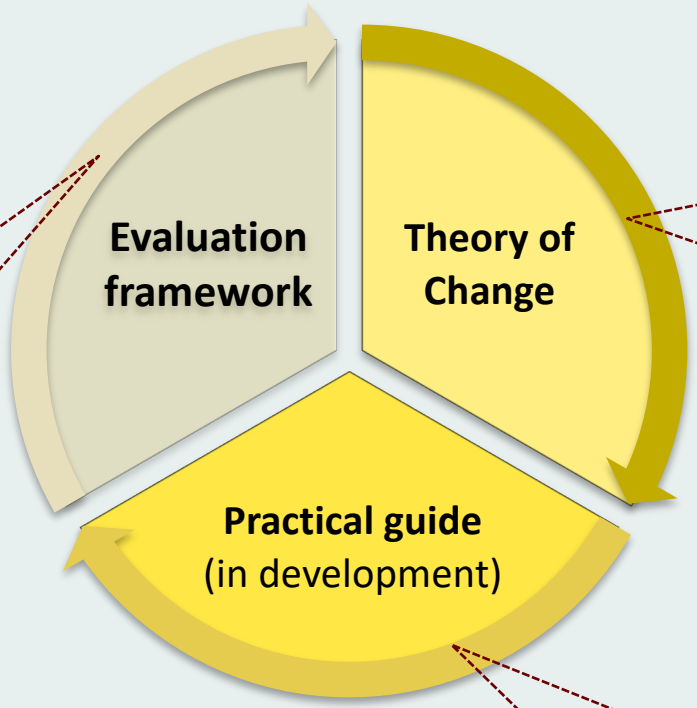
2. Are you aware that [site] is trying to become a 'Dementia Friendly Community?'
☐ Yes ☐ No

3. What sort of things do you do now in [site]? (Tick all that apply)
☐ Go to work
☐ Meet with friends/family in the home
☐ Leisure activities (e.g. cinema, clubs, sports)
☐ Go out to pubs/restaurants/cafes
☐ Shopping and errands (e.g. banking)
☐ Other (Please say) _____
☐ Go to a community centre
☐ Use public transport
☐ Go for walk
☐ Attend religious services

4. Have you stopped doing anything because of dementia?
☐ No
☐ Yes (please say) _____

DEMCOM: https://tinyurl.com/DEMCOM-INFO

Dementia Friendly Communities

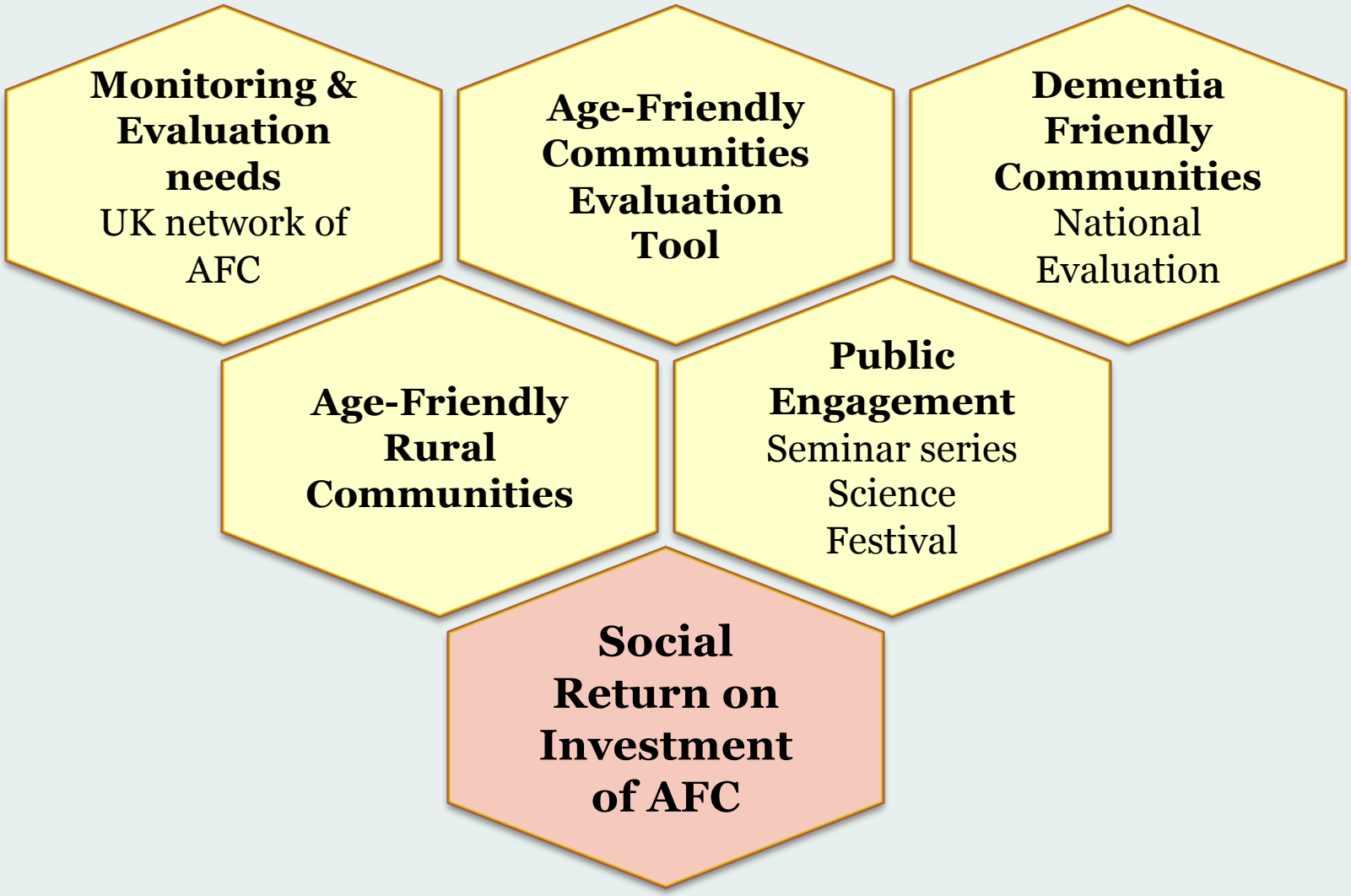


Identifies areas we need to examine if we want to understand how/how well a DFC is working

Shows what outcomes a DFC can achieve at different stages of its development

Lists questions we can ask to assess what a DFC has achieved and guide its further development

Age-Friendly City/Community

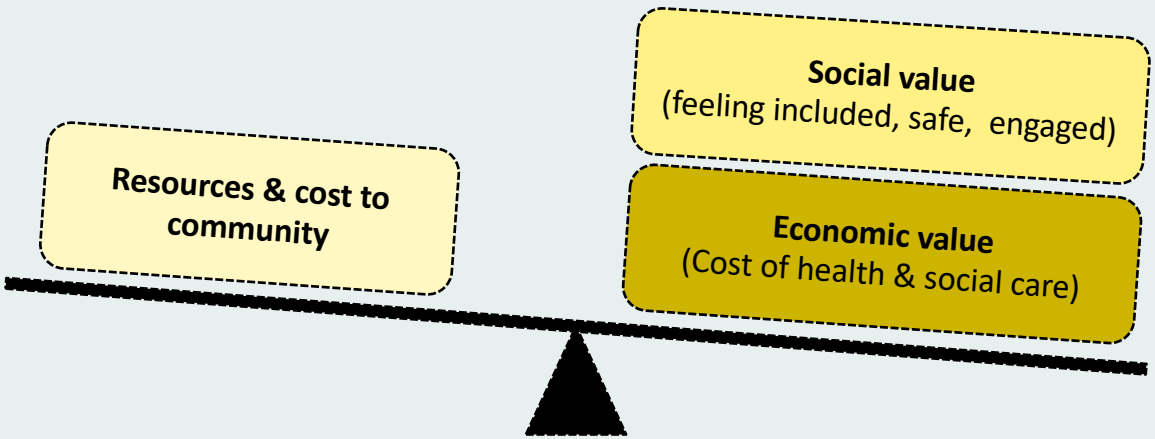


Towards a value proposition

Healthy & Engaged Ageing Societies

- Efforts to assess impact to date of Age-Friendly initiatives
  - Largely focused on the process /individual components
  - Little is known about **short and long-term benefits & resources**

Social Return on Investment?



- Age-Friendly Communities
- Dementia Friendly Communities
- **Technology enabled society**

Technology enabled ageing society

- Patient experience with technology-enabled care
  - Practicality & functionality of the device or solution
    - acceptability/availability/affordability? Loenardsen, 2020 DOI: 10.1186/s12913-020-05633-4
  - How they impact on everyday life, such as independence, empowerment, autonomy, security…
    - Focus has been on specific diseases (e.g. cancer, pulmonary diseases, etc.)
    - Individual preferences and effects are largely unknown
    - Community level impact is unclear (i.e. who benefits?)
    - Social value is unknown
    - **YET** we see huge investments from private & public sectors …

Japan & UK Collaborations

- What generalizable lessons can be drawn about the resources needed to sustain Age-Friendly Communities and how such communities improve healthy and engaged life expectancy ?

- What is the social return on investment of “technologies of ageing” and how can they be embedded in practice for the benefit of whole communities?
  - ✓ **Context specific**
  - ✓ **Engaged communities**
  - ✓ **Data driven**
  - ✓ **Applied**