

Age-Friendly Communities

Fact Sheet

Age-Friendly Communities

Creating an age-friendly community means making our towns, neighbourhoods, and local services welcoming, accessible, and supportive for people of all ages - especially older adults.

Age-Friendly Communities:

- Help people stay healthy, active, and independent
- Reduce loneliness and increase social connection
- Improve safety, accessibility, and liveability for everyone
- Strengthen community engagement and local leadership
- Prepare communities for an ageing population

Age-friendly communities don't just support older people, they benefit everyone. By creating environments where people can live well at every age and stage of life, we build stronger, more inclusive, and more resilient communities.

World Health Organization Age Friendly Global Framework

The World Health Organization (WHO) developed a global framework with 8 key domains that help communities plan for healthy and active ageing.

The 8 WHO Age-Friendly Domains



City of Ballarat is a member of the World Health Organisation Global Network for Age Friendly Cities and Communities. Therefore, our current and new Ageing Well in Ballarat Strategy and Action Plan will align with this global framework.

Summary of the domains:

Focus Area 1

Outdoor Spaces, Places and Buildings

Goal - Our places, spaces and buildings are safe, inclusive, easy to navigate and encourage regular use by people of all ages and abilities.

Why this is important:

- Age friendly environments support mobility, safety, comfort, and social participation. They include well designed public spaces, safe walking environments, accessible facilities, and features that promote confidence and independence for people of all ages and abilities.

Focus Area 2:

Transport

Goal - Our city has accessible, affordable, inclusive, and relevant transport options that allow people to participate in community life with ease.

Why this is important:

- The ability of people to move around their communities using different modes of transport is fundamental to their quality of life and wellbeing, including accessing services, shopping, connecting with family and friends, and participating in community activities and events.

Focus Area 3:

Housing

Goal - Our city has appropriate, affordable, inclusive, and accessible housing options to meet the needs of residents throughout their lives and enables people to age in place.

Why this is important:

- Access to housing that meets the needs of older people is important. Housing options need to be affordable, safe, and designed to support people as their needs change, enabling older people to remain connected to their communities.



Focus Area 4: Social Participation

Goal - Our city has a range of inclusive opportunities to encourage people to stay socially connected and participate in the community as they age.

Why this is important:

Age friendly communities provide older people with opportunities to participate in social, cultural, educational and recreational activities that are accessible, affordable, inclusive, and varied to reduce isolation and support wellbeing.

Focus Area 5: Respect and Social Inclusion

Goal - Our ageing community feel valued, respected, and included and the community benefits from their contribution.

Why this is important:

An age friendly community actively values, respects, and includes older people. This domain focuses on ensuring that older adults feel recognised, represented, and able to participate fully in community life by promoting attitudes, policies, and community practices that value older people, challenge ageism, and encourage intergenerational connection.

Focus Area 6: Civic Participation and Employment

Goal - Our ageing community are empowered to share their views, are actively engaged in the community through employment, volunteering opportunities, and involvement in community groups and are encouraged to participate in council decision making processes as they choose.

Why this is important:

Age friendly communities ensure that older people can continue to contribute, lead, work, and volunteer in ways that match their interests, abilities, and life circumstances.

Focus Area 7: Communication and Information

Goal - Our ageing community can easily access information and advice they need to age well, stay informed and connect with the community.

Why this is important:

Age friendly communication ensures that older people can easily access, understand, and use information, including digital and nondigital channels. It supports social participation, independence, and access to services.

Focus Area 8: Community Support and Health Services

Goal - Ballarat has appropriate community support and health services to assist residents as they need throughout their lives.

Why this is important:

An age friendly community ensures that older people have reliable access to community support and health services that help them maintain health, independence, and overall wellbeing.

Council's role:

The City of Ballarat is committed to ensuring Ballarat is an age friendly community however this is not something the City of Ballarat can achieve on its own.

Creating age-friendly cities and communities is a shared responsibility. Local governments lead through planning and coordination, state and national governments provide policy and funding, and community organisations, businesses, and service providers help deliver inclusive environments and services. Most importantly, older people themselves play a key role by sharing lived experience and helping co-design places where everyone can age well.