

# Active Ageing and Ageing Strategies

## What is Active Ageing?

Active Ageing is about individuals and communities enhancing quality of life as we age by creating opportunities to:

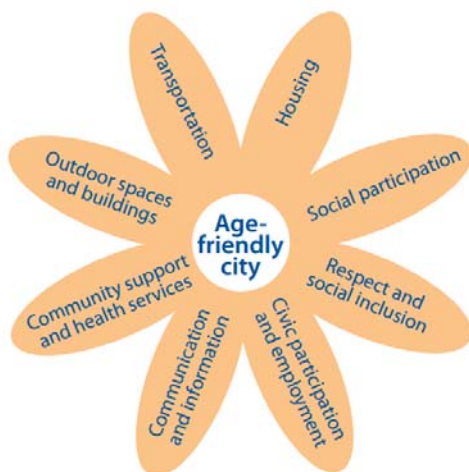
- be involved in cultural, social, economic, spiritual and recreational activities
- build healthy lives and have supportive relationships
- be and feel safe and secure

## What is an Ageing Strategy?

An Action Plan to create communities and environments that support active ageing.

## Creating Active Ageing Cities and Communities

Communities and Local Governments can create environments that support active ageing. The World Health Organization has identified the following as supporting active ageing:



### *Ageing Friendly Cities have Ageing Friendly:*

- Outdoor spaces and buildings
- Housing
- Transport
- Social participation
- Respect and inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

## The Secret to a Happy Older Age

We are all future older people. The choices we make will affect the kind of older person we are later in life. Research tells us the following are important for us all, not just to think about, but to DO!

- Practice five principles of health:
  - healthy eating
  - moderation in all things (although avoiding toxic things like smoking!)
  - physical activity (exercise regularly)
  - positive thinking
  - relaxation or meditation
- Maintain friendships and/or social networks
- Have hobbies or interests in life
- Do things that lift your spirit (nature, religion, spirituality)

***What will you do today?***

