

## **City of Mendoza- Age-friendly Assessment**

On July 2016, the municipality of the city of Mendoza alongside the National Institute of Social Services for Retirees and Pensioners –INSSJP-PAMI – of Argentina launched the Program “For friendly cities and communities with older adults”. Since August 2016, the city of Mendoza has been working on the development of this program. We have been also receiving technical support as well as guidance and trainings which have been dictated by the specialists from the INSSJP- PAMI in order to acquire the required skills and knowledge needed so that the city of Mendoza can develop and implement an action plan oriented to the development of age-friendly cities.

Moreover, on August 2016, the municipality of the city of Mendoza presented the Program for Older Adults, dependent from the Secretary of Habitat, Inclusion and Human Development. The mission of this program is to improve the quality of life of the older adults of our city, based on the respect and defense of the human rights for older persons.

Furthermore, the city of Mendoza has been carrying out a series of actions that intend to promote a dignified and healthy aging, reducing the risks of loneliness and depression. In order to achieve this, the city of Mendoza has created day centers, which are an option for older adults to develop activities that will enable them to encourage and amplify intellectual and motor abilities as well as to live in a pleasant environment with other older adults. These centers are free of charge for all older adults of the city of Mendoza.

In the city of Mendoza there are ten day centers in each of the neighborhoods of the west side (La Favorita, Bº San Martin, Olivares, Flores Oeste and Barrio Flores Sur) as well as in the Fourth, Fifth and Sixth sections. The authorities are considering the possibility of further expanding the offer to other areas of the city of Mendoza. Currently 350 older adults are attending the day centers and we are looking forward to improve this number and reach out to a greater number of older adults in the near future.

The activities that the centers offer are those oriented in encouraging the encounter with others as well as improve motor and physical skills through gym classes and dance classes for the older adults that attend. Moreover, the stimulation of verbal, mental and affective expressions is done through theater workshops. There are also workshops that teach different activities such as recycling, painting, computer skills or wicke rwork. Specifically what refers to computer skills, the access to technology provides stimulation in terms of mental health since new knowledge is being incorporated.

Finally, older adults that participate and attend the day centers also enjoy outings that can take place outside the city of Mendoza or the province of Mendoza. Through this type of activity, older adults have the opportunity to discover other places of our country.