



## VICENTE LOPEZ

### GLOBAL AGE-FRIENDLY CITIES- 2018

The world population is aging at an accelerated pace. Between the years 2000 and 2050, the percentage of individuals over 60 years old will double, increasing from 11% to 22% of global population.

This increase in aging population can also be observed in the Vicente López Municipality, in the Buenos Aires province, in Argentina.

Due to these facts, the World Health Organization understands the need to develop the proper policies for senior citizens and supports the communities engaged with these changes, developing programs available to them.

This Plan's conceptual framework is based on the Active Aging Paradigm, "process in which the health, participation and security opportunities are optimized with the objective of improving People's quality of life as they age".

Vicente López comprises a 33 sq. km surface, in a strategic location within the first metropolitan corridor, with a population of approximately 270,000 people, 23% of which are over 60 years old (60,000).

In 2016, the municipality joined the Global Network of Age-Friendly Cities. What all of these cities have in common is the desire and commitment to create physical and social urban environments that support a healthy and active life style for its senior citizens.

With the objective of incorporating our senior citizens to this project, we founded the *Multi Sectors Table*, composed by all the actors involved.

The *Multi Sectors Table* is composed of representatives from the Health and Human Development Secretary, Human Development Sub-Secretary, the Municipal Senior Living and the Active Seniors Recreation Center. There are also representatives from the City Council's Health Commission.

Additionally, we invited several non-governmental organizations, formed by senior citizens or that work in related fields. Representatives from eighteen retired citizens' centers, from all of the nine Vicente López neighborhoods, participated, as well as the "Damas Rosadas" from the Houssay Hospital (senior citizens volunteers organization), the Elderly Parliament, Rotary Club and Lions Club.

The Vicente López Office of the Ombudsman (Senior citizens sector) participated in all the meetings.

The *Multi Sectors Table* meetings are being held since March 2016. The first objective was to evaluate the adaptability of the city to the needs of senior citizens.

We prepared a questionnaire about the city essential matters, through which we evaluated the eight areas designated by the World Health Organization for influencing the health and life quality of senior citizens:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Respect and social inclusion
5. Social participation
6. Communication and information
7. Civic participation and employment
8. Community support and health services

We worked, based on these areas, to analyze and provide the right tools to plan and implement improvements in the municipality. The polls' findings and the matters identified during these meetings and interviews with community leaders and government officials established the baseline and oriented the design of the Improvements Plan Project.

## **Improvements Plan Project**

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### 1) DOMAIN: Respect and social inclusion

OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Promote respect towards senior citizens focusing on respecting their rights	Activities to raise awareness about the importance of respecting our senior citizens and of treating them fairly, understanding their reality and diversity, by focusing on personnel that works on the care of senior citizens	Number of awareness activities performed  Number of participants in these activities	Directorship for the Senior Citizens Policies
		Developed a guide to	

		raise awareness about respect towards senior citizens	
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OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Promote social ties and inter-generational relationships, stimulate the emotional-cognitive sphere, by creating spaces for interaction in traditional bars	Creation of spaces in traditional bars	Number of spaces created	Directorship for the Senior Citizens Policies

2) DOMAIN: Outdoor spaces and buildings

OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Optimize and promote the use enjoyment of outdoor public spaces incorporating elements to ease the daily life	Install seats in public spaces that are suitable for senior citizens use	Number of public seats installed	Secretary of Health and Human Development / Secretary of Planning, Public Works and Services / Secretary of Treasury and Finance
Promote the access to outdoor spaces and buildings to practice sports, physical and social activities	Install a new bus stop next to the Active Senior Citizens Recreation Center	Complete all works on the "Bus stop" project	Secretary of Health and Human Development / Secretary of Planning, Public Works and Services / Secretary of Treasury and Finance
Facilitate senior citizens mobility by easing the city's traffic	Facilitate senior citizens mobility and the quality of life of the population as a whole by improving	Number of modified traffic lights	Secretary of Transit, Public Transportation and Roads Security

	the traffic lights synchronization in Maipu Avenue from the 700s to the 2700s addresses		
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3) DOMAIN: Community support and health services

OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Improve and complete the public health establishments network which focuses on senior citizens	Reform and improve the public establishments specific to the senior citizens, by building a Daytime center inside the Municipal Senior Living Center	Finalize construction of the new Municipal Senior Living Center	Secretary of Health and Human Development / Secretary of Planning, Public Works and Services / Secretary of Treasury and Finance

OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Organize activities that promote healthy habits specific for senior citizens	Promote the Sanitary Council for Physical Activity of Health Professionals in coordination with municipal sport centers by performing physical exercise and theoretical education sessions	Number of meetings held	Secretary of Health and Human Development
	Communicate the Active Aging activities by producing brochures promoting these programs	Number of brochures produced	Secretary of Health and Human Development
Decrease the number of accidents (falls) suffered by	Organize workshops to prevent senior citizens accidents	Number of Workshops held	Directorship of Senior Citizens Policies / Secretary of

senior citizens	(falls) taught by a multidiscipline team (including Tai Chi instructors) .Itinerant (held in different towns of the municipality)		Culture and Tourism
	Produce preventive graphics slides to be distributed in the workshops previously mentioned	Number of graphic slides distributed	

OBJETIVE	ACTION	MEASUREMENT	RESPONSIBLE PARTY
Promote prevention on security hazard situations at home	Organize meetings to talk about security in the daily life of the community senior citizens,directed by personnel from the Secretary of Security	Number of meetings organized	Secretary of Security / Directorship of Senior Citizens Policies
	Produce brochures about prevention of home accidents to be available in the health establishments	Number of brochures produced	