

# **4 SIMPLE STEPS TO BECOMING**



**AN**

**AGE  
-FRIENDLY  
NEIGHBOURHOOD**

# Starting your age-friendly journey

If you want to be part of the changes we're making to create a city that's a brilliant place to grow old, there is lots that can be achieved through volunteering in your local area. To get you started, we're asking people or groups to complete four simple steps to start identifying what changes you'd like to make.

## STEP 01

### Join the network

Complete the form at [agefriendlybristol.org.uk/registration](http://agefriendlybristol.org.uk/registration) in order to register as a member of the Age-Friendly Neighbourhoods Network. You can also contact us by phone or email for a paper version,



### Survey your neighbourhood

Whether you want to make your street or your entire postcode age-friendly, it's important that you get out in the area you've chosen and take a look at what features make it a good neighbourhood to 'age in place', and the challenges people may face as they grow older. Get a group of friends and neighbours together and complete the checklist on pages 4-8.

## STEP 02



### Write an action plan

Following the results of your findings, fill in the action plan template on page 11 with a few long- and short-term goals that you can start to work towards as a group. Age-Friendly Bristol can offer support with achieving these actions once we have received your completed pack.

## STEP 03

### Submit your completed membership pack

Once you have completed all three steps, please send your completed pack to Bristol Ageing Better, c/o Age UK Bristol, Canningford House, Bristol BS1 6BY or [agefriendly@ageukbristol.org.uk](mailto:agefriendly@ageukbristol.org.uk)

## STEP 04





## What happens next?

Once we've received this completed pack and your membership application, we will be in touch within 2 weeks with the following:

1

A certificate to recognise your neighbourhood's commitment to age-friendliness



2

A copy of our Age-Friendly Toolkit, which explains what an age-friendly neighbourhood is and some tips and advice for making change in your community



3

An offer of an in-person or phone chat (whichever you would prefer) with Age-Friendly Bristol's Project Officer, to discuss your plans for community action, gain advice on funding opportunities, and help you find the right contacts for changes you can't make on your own.





# About You

Please enter your contact details below. If you do not have an email address, please ensure you enter a phone number. If you have already joined the Neighbourhoods Network, please ensure the name you have given to your neighbourhood matches on both forms.

Name	
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Email address	
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Phone number	
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How would you prefer to be contacted?	email	phone
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Name of your neighbourhood	
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Are you already a member of the Age-Friendly Bristol Neighbourhoods Network?	
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# Age-friendly checklist

If you're not sure where to start with improving the age-friendliness of your neighbourhood or community, it can be useful to take a look around and use this checklist to identify where key areas for improvement might be. You could also complete it with others as a starting point for an age-friendly neighbourhood committee or neighbourhood watch scheme.

## TRANSPORT

Criteria	yes	no	n/a
Are all houses within easy walking distance of a bus stop or inter-city train station?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are buses (and trains, if applicable) regular and reliable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are buses (and trains, if applicable) well-maintained, accessible and not overcrowded?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are bus stops (and train stations, if applicable) well-maintained, with adequate seating and real time information displays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are bus drivers understanding of older people's needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a well-publicised and affordable community transport scheme, suitable for taking people to appointments and events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there plenty of pedestrian crossings, which allow adequate time for people to cross?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are road markings and signs clear for drivers, pedestrians and cyclists?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are speed limits appropriate for the area, and are they obeyed by all vehicles?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there suitable provision for cyclists, including designated lanes and ample cycle racks near amenities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## OUTDOOR SPACES & BUILDINGS

Criteria	yes	no	n/a
Are pavements suitably walkable, with plenty of dropped kerbs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are pavements free of obstructions, such as bins, parked cars, or low-hanging branches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are streets clean and tidy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are local parks and green spaces free of litter and vandalism?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are public toilets convenient and accessible?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do local businesses provide toilets and rest areas for customers and non-customers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are local businesses accessible for people with impairments or reduced mobility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there plenty of benches on streets and in green spaces?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are front gardens tidy, with external 'beautification' such as brightly-coloured doors, trees and flowers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is street lighting adequate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are road names and maps (where applicable) easy to read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are noise and pollution from traffic at acceptable levels?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Criteria	yes	no	n/a
Do amenities including GP surgeries, convenience stores, pharmacies and libraries have full disabled access?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a local Neighbourhood Watch, or other community safety scheme?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a Police Community Support Officer active in the area, who regularly speaks to residents about their concerns?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HOUSING

Criteria	yes	no	n/a
Is there a range of affordable housing options, in both the for-sale and rental markets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are all houses within easy walking distance of a convenience store, post office and pharmacy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the majority of housing fully accessible, enabling older people to 'age in place'?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there are any new housing developments, have they been designed in line with the principles of universal design?*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there extra care housing, such as sheltered housing, retirement villages, and assisted living facilities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are extra care housing sites integrated in the community, rather than being at a distance from local amenities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of issues with overcrowding in any rented or social housing accomodations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*see <http://universaldesign.ie/What-is-Universal-Design/The-7-Principles/>

## COMMUNITY SUPPORT & HEALTH SERVICES

Criteria	yes	no	n/a
Are GP surgeries conveniently located?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is waiting time for an appointment at surgeries fair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of surgeries offering social prescribing services, or links to organisations such as RSVP?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are care homes or nursing homes located close to residential areas, so that residents are integrated with the rest of the community?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there affordable meal options for people with reduced ability to prepare their food, such as meals on wheels or casserole clubs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there leisure facilities such as affordable gyms and swimming pools, or exercise classes, that are frequented by people of all ages?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## RESPECT & SOCIAL INCLUSION

Criteria	yes	no	n/a
Is there a culture of neighbourliness, where people regularly help each other out, outside of formal volunteering schemes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do older residents feel respected, and not ill-treated through inconsiderate or rude behaviour from others due to their age?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have local festivals and events been designed with older people in mind, with older people represented on the organising committee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there activities such as computer cafés, allotment-sharing schemes, or partnerships between schools and care homes, that enable intergenerational sharing of skills and experience?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## CIVIC PARTICIPATION & EMPLOYMENT

Criteria	yes	no	n/a
Are there opportunities for adult learning, such as U3A groups and courses suitable for older adults at further education institutions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there opportunities for older people to utilize specialist skills, such as repair cafés or men's sheds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do neighbours share skills such as gardening or DIY?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Among formal voluntary groups, such as those maintaining parks and green spaces or volunteer networks, are many of the organisers aged over 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do local businesses employ many older people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## COMMUNICATION & INFORMATION

Criteria	yes	no	n/a
Are there community noticeboards both indoors and outdoors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a local listings guide, that is delivered to all homes free of charge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there opportunities for people to learn IT skills and/or get online, such as tech cafés, or internet courses at libraries or community centres?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there free internet access at cafés, libraries and community centres?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are signs and printed materials from local businesses clear and easy to read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are signs and printed materials from local businesses clear and easy to read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SOCIAL PARTICIPATION

Criteria	yes	no	n/a
Is there a wide variety of affordable social activities available to older people, appealing to different interests?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are activities at convenient locations and times of day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are activities welcoming to friends and carers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there plenty of community 'gathering places', such as community centres, cafés, and areas with outdoor seating where people socialise ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do churches and other faith spaces offer activities for people who are not members of the congregation or religious community?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there friendship groups, such as those organised through social media, which regularly meet at cafés or green spaces, and are they welcoming to new members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Action Plan

The process of completing the checklist will hopefully have helped you to identify the key areas for improvement in your neighbourhood. Now it's time to have a think about what actions you or your group can start to work towards achieving. Try to come up with a few small things you can achieve in the near future, and a few more ambitious goals that will need more time. Once you have sent your pack to us, the Project Officer can help you to refine these goals and connect you with groups or organisations that may be able to support your long-term goals.

## Action 1

category (please circle)

transport	housing	respect & social inclusion	communication & information
outdoor spaces & buildings	community support & health services	civic participation & employment	social participation

description of action

long- or short- term

who is responsible?

people to contact

## Action 2

category (please circle)

transport	housing	respect & social inclusion	communication & information
outdoor spaces & buildings	community support & health services	civic participation & employment	social participation

description of action

long- or short- term

who is responsible?

people to contact

**Action 3**

category (please circle)				
transport	housing	respect & social inclusion	civic participation & employment	communication & information
outdoor spaces & buildings	community support & health services			social participation

description of action

long- or short- term	who is responsible?	people to contact

Once you have completed the checklist and at least three actions, post this pack to Bristol Ageing Better. You can also scan and email it to us if you prefer, or download a spreadsheet from our website to input your responses and email them to us. We will be in touch with you within 14 days with your certificate and toolkit, and to arrange a meeting or phone call with the Age-Friendly Project Officer if wished.

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