



Ramat-Hasharon Municipality

If you have already developed a strategy or action plan to make your city/community more age-friendly, please upload it.

### **Summary of the road map and Action Plan**

This Action Plan is a series of more than 20 actions that the city is implementing already, underway, upcoming and planned actions all aimed to create active and healthy routines that address the seniors' needs and requests. While mapping and evaluating local services, we assessed each of the programs in the context of the relevant domain, the target age group and functional state of the participants. We categorized the city's elderly population in terms of functional states into four categories:

- 1- Healthy and independent elderly
- 2- Healthy elderly but at risk for deterioration (pre-frail state)
- 3- Healthy elderly dealing with an acute and temporal crisis (such as, widows, patients after a fall or after released from hospitalization)
- 4- Frail and sick elderly (including bedridden patients at home)

Based on these categories, we assessed whether a service is an all-age inclusive (universal and open to all age groups) or is focused on a specific age group and/or functional state. Using this process, we were able to address gaps and develop new collaborative partners for new initiatives. As a result, we prepared a roadmap for upcoming and planned actions to for next steps.

The strategy informed four guiding principles which were identified as opportunities: building collaborations and inter-organizational activities; raising awareness and better communication of information about events and services for seniors; enhancing our seniors' ability to engage and initiate activities and programs and developing the public green spaces.

In the following table we present the Action Plan and roadmap:

<b>Domains</b>	<b>Implemented actions already underway:</b>	<b>Inclusive or specific service</b>	<b>Roadmap: Upcoming and planned actions</b>
<b>Housing</b>	1. The safe house program which provides house maintenance and repairs for seniors by volunteers	1. Universal service	<ul style="list-style-type: none"> <li>- Developing Housing policy to enable new strategies for housing including co-housing and sheltered homes (Partner with other levels of government, non-profit housing providers, and the construction industry, to expand the availability of supportive and affordable housing to meet the diverse needs of the community).</li> </ul>
<b>Transportation</b>	1. Transportation to the daily center	1. Specific service for frail elderly	<ul style="list-style-type: none"> <li>- Review transportation infrastructure in areas where seniors live</li> <li>- Develop programs for <i>walking safety</i> rules and develop good pedestrian <i>safety</i> habits</li> <li>- Identify and prioritize key locations for bus shelters for seniors,</li> </ul>
<b>Outdoor spaces</b>	1. There are three community gardens around the city where community activities are taking place	1. Universal service	<ul style="list-style-type: none"> <li>- Develop more social activities for seniors at the community gardens</li> <li>- Maintain and improve streets and sidewalks to increase accessibility and prevent falls and provide the option to report unsafe sidewalks. The data about these reports will be visualized using GIS maps</li> </ul>

Domains	Implemented actions already underway:	Inclusive or specific service	Roadmap: Upcoming and planned actions
			<ul style="list-style-type: none"> <li>- Give consideration to Age-Friendly facilities in future community planning</li> <li>- Add benches and grab bars in public spaces</li> </ul>
<b>Respect &amp; Social inclusion</b>	<ol style="list-style-type: none"> <li>1. Europe Coffee for Holocaust survivors including social, intergenerational and health activities</li> <li>2. Intergenerational activities for teenagers and elderly to decrease loneliness, including phone calls, Zoom meetings and outdoor activities</li> <li>3. "The Good Neighbor" program to establish social bonds among neighbors</li> </ol>	<ol style="list-style-type: none"> <li>1. Specific service for Holocaust survivors (aged 85 and over)</li> <li>2. Universal service</li> <li>3. Universal service</li> </ol>	<ul style="list-style-type: none"> <li>- Develop initiative for age-friendly business to become more accessible and inclusive places for elderly</li> <li>- Develop workshop for the municipal workers for respectful communication with elderly</li> <li>- Create more opportunities for inter-generational interaction</li> </ul>
<b>Civic participation &amp; Employment</b>	<ol style="list-style-type: none"> <li>1. Four self-support and self-assistance groups for women aged 65 and over</li> <li>2. "Gold resilience" program to empower elderly in coping with life challenges and crises</li> </ol>	<ol style="list-style-type: none"> <li>1. Specific service for healthy women</li> <li>2. Specific service for healthy elderly</li> </ol>	<ul style="list-style-type: none"> <li>- Establish seniors' council and leaders to consult with about future needs and preference to empower the seniors in civil society, self-expression and action.</li> <li>- Develop training and qualified seniors as entrepreneurs to initiate programs</li> </ul>

Domains	Implemented actions already underway:	Inclusive or specific service	Roadmap: Upcoming and planned actions
			<ul style="list-style-type: none"> <li>- Develop workshop for retirees to assist them with re-employment</li> </ul>
<b>Health Services</b>	<ol style="list-style-type: none"> <li>1. Daily center for frail elderly and elderly with dementia including social and health activities</li> <li>2. Cognitive Program for elderly with mild cognitive impairment (MCI) including Tai-Chi exercise, positive thinking and occupational employment</li> <li>3. "Nice to meet on Tuesday" program of open sport exercises twice a week in a park</li> <li>4. Walking groups for elderly</li> </ol>	<ol style="list-style-type: none"> <li>1. Specific service</li> <li>2. Specific service</li> <li>3. Universal service</li> <li>4. Universal service</li> </ol>	<ul style="list-style-type: none"> <li>- Support seniors and their caregivers in coping at times of emergency and crisis</li> <li>- Advocate for the importance of physical and cognitive activities and provide more activities and cognitive programs for seniors at parks and outdoor facilities including nutrition, poly-pharmacy and fall prevention</li> <li>- Educate seniors in diverse physical activities and exercises</li> <li>- Partner with Health Maintenance Organizations to provide knowledge materials and lectures to all seniors regarding health and preventive actions</li> <li>- Develop support groups for caregivers and family members</li> <li>- Enhance screening sets to include screening for fall risk,</li> </ul>

Domains	Implemented actions already underway:	Inclusive or specific service	Roadmap: Upcoming and planned actions
			vision and hearing
<b>Cultural &amp; Education</b>	<ol style="list-style-type: none"> <li>1. Open cultural events and performances during the summer in an open and accessible places</li> <li>2. Digital literacy classes for elderly (how to use smartphones and how to communicate via Zoom)</li> </ol>	<ol style="list-style-type: none"> <li>1.universal service</li> <li>2.universal service</li> </ol>	<ul style="list-style-type: none"> <li>- Develop more education programs at schools and other community centers for lifelong learning</li> </ul>
<b>Community &amp; Social participation</b>	<ol style="list-style-type: none"> <li>1. The city center for volunteers in all ages</li> <li>2. Two supportive community programs which allow elderly to continue living independently in their own homes while addressing their specific needs including social activities, house maintenance and health service</li> <li>3. One Virtual Club using <i>Uniper Care</i> technology for smart TV to connect bedridden elderly with the social club</li> <li>4. Two social clubs and two campus hubs for elderly across four different neighborhoods. Among the services</li> </ol>	<ol style="list-style-type: none"> <li>1. Universal service</li> <li>2. Universal service</li> <li>3. Specific service for frail elderly and Holocaust survivors</li> <li>4. Specific service- for healthy independence elderly</li> </ol>	<ul style="list-style-type: none"> <li>- Increase the numbers of elderly volunteers and create diverse voluntary opportunities that seniors can choose from that best suit their interests and skills with training options</li> <li>- Develop new innovative social clubs in different venues including outdoor spaces and at the homes of seniors</li> <li>- Develop volunteer programs for new elderly residents recently moved to the city and to welcome and introduce them to the city's places and activities</li> </ul>

Domains	Implemented actions already underway:	Inclusive or specific service	Roadmap: Upcoming and planned actions
	are social and sport activities, and subsidized lessons for older adults.		
<b>Communication &amp; Information</b>	<ol style="list-style-type: none"> <li>1. A quarterly Journal called "<i>Dorot</i>" published for seniors containing general information and content</li> <li>2. The municipal website publishing events and programs for seniors</li> </ol>	<ol style="list-style-type: none"> <li>1. Universal service</li> <li>2. Universal service</li> </ol>	<ul style="list-style-type: none"> <li>- Introduce more digital infrastructure for communication because during the COVID-19 pandemic many older adults started to embrace digital communication tools</li> <li>- Developing a website portal for publishing information and mutual communication with seniors</li> <li>- Publish more assistance with information and referral services.</li> </ul>