



Action Plan for Age-friendly Community in Upplands-Bro

1 July 2024 – 1 July 2027

Approved by the Municipal Council on June 12, 2024

Dnr: KS22/0648–6

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**UPPLANDS-BRO
KOMMUN**

1 Summary

The work to make Upplands-Bro Municipality more Age-friendly is rooted in its membership with the World Health Organization (WHO), where each member is required to develop an action plan. By making the municipality more Age-friendly, not only older individuals but also other residents benefit from the measures taken.

As part of the municipality's overall strategy to improve the quality of life for all residents of Upplands-Bro and contribute to the global sustainability goals outlined in Agenda 2030, the municipality has decided to focus on creating a more age-adapted community.

The municipality applied for membership in the WHO's Network for Age-friendly Cities and Communities, which was approved on July 18, 2023. Researchers from various parts of the world have identified strategies to improve the municipality's adaptation to older citizens. This membership opens up extensive dialogue between the municipality and international researchers, as well as national members, on the subject.

The goal is to develop a plan to make the municipality more Age-friendly in a sustainable way and to promote the creation of an inclusive and safe environment that considers all age groups and functional levels. This includes collaboration with pensioners' associations and other relevant groups to ensure that the plan is well-balanced and takes into account various perspectives and needs.

The action plan includes selected activities for four focus areas: social inclusion, the outdoor and built environment, civic participation and employment, communication, and information. Concrete activities have been developed within each focus area to promote the social inclusion of older adults, improve the physical environment both outdoors and within buildings,

increase civic participation and promote employment, as well as enhance communication and access to information for older residents.

The action plan is set for the period from July 1, 2024, to July 1, 2027, and includes regular reporting and follow-up on the implemented measures. It is the responsibility of the relevant office to report annually during each quarterly report to the project manager using tools for budget and performance monitoring. These reports are then compiled by the project manager to enable further follow-up by the Elderly and Care Committee in Upplands-Bro.

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2 Structure of the Action Plan

Upplands-Bro Municipality has chosen to use the WHO framework and integrate it with Agenda 2030 to create a tailored action plan for the municipality. The municipality aims to more clearly promote the perspective of the elderly and is replacing the previous elderly plan with the current action plan. The focus is on promoting meaningful and quality aging, supported by four sustainability goals: 3 *Good Health and Well-being*, 5 *Gender Equality*, 10 *Reduced Inequality*, and 11 *Sustainable Cities and Communities*¹.

The action plan is divided into two parts. The first part explains the needs in Upplands-Bro for becoming an Age-friendly municipality, while the second part outlines how the municipality will work to achieve this goal.

- 1 The first part provides a comprehensive explanation of the need, purpose, and reasons for becoming an Age-friendly municipality.
- 2 The second part specifies the direction Upplands-Bro Municipality has chosen to take. It presents various measures and their rationale, including explanations of how they will be implemented and how they contribute to making the municipality more Age-friendly. A unified approach is outlined for future work, including clear follow-up routines and evaluation within the project. This is done to ensure that the long-term perspective is maintained and to confirm that Upplands-Bro is working proactively.

¹ FN. Agenda 2030 och de globala målen. FN-info. [31 mars 2023]; tillgänglig från: <https://fn.se/vi-gor/vi-utbildar-och-informerar/fn-info/vad-gor-fn/fns-arbete-for-utveckling-och-fattigdomsbekampning/agenda2030-och-de-globala-malen/1>

3 Introduction

In 2007, the World Health Organization published a global initiative called "Age-friendly Cities and Communities," which became a comprehensive handbook for developing Age-friendly communities around the world. This handbook consists of eight guidelines. Upplands-Bro Municipality has made an active decision to engage in becoming an Age-friendly municipality and is purposefully striving towards this goal. Becoming an Age-friendly municipality is a process that requires continuous work overtime. It involves gradually implementing measures and changes to improve conditions for older residents and, indirectly, all generations.²

Many countries with rising living standards are expected to see an increasing proportion of older people, partly due to the more common occurrence of improved living conditions. Therefore, it is crucial for countries and cities to take actions that reflect demographic developments and meet the needs of the aging population.³

According to WHO, demographic changes worldwide involve an increase in the older population relative to the younger population. These changes present challenges globally and require each municipality and nation to act strategically to address them in a beneficial and sustainable way.⁴ There are numerous examples of cities and communities around the world that are proactively working to create more Age-friendly municipalities; this is done to

² World Health Organization. Global strategy and action plan on ageing and health. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

³ World Health Organization. Combatting ageism. [31 mars 2023]; tillgänglig från: <https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combating-ageism>

⁴ WHO. (1 oktober 2022). "Ageing and Health". Hämtad från: <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

strategically meet the current and future needs of older residents. WHO established the global network to promote cities' efforts toward age-friendliness due to global aging, which affects the development of all countries.

Implementation

This action plan is based on a thorough baseline assessment that was conducted to accurately identify the existing strengths within Upplands-Bro, the specific needs that must be addressed, and the areas that require development and improvement to make Upplands-Bro an even more Age-friendly place.

In all parts of the baseline assessment, older residents were actively involved. A total of 136 older individuals contributed by sharing their needs and providing feedback in various ways.

Legend:	
KF= Municipal Council	KS= Municipal Executive Committee
KLK= Municipal Administration Office	SBK= Community Development Office
UK= Education Office	KFN= Culture and Leisure Committee
SN= Social Welfare Committee	ÄON= Elderly and Care Committee
UBH=Upplands-Brohus	

3.1 Purpose of the Plan

The purpose of the action plan is to gather, clarify, and promote the elderly perspective across all operational areas within the municipality's various

departments and activities. By concretizing measures and setting clear timelines, the action plan also aims to improve the living environment for older residents.

3.2 Goal of the Plan

The goal is to develop a plan to make the municipality more Age-friendly in a sustainable way and to promote the creation of an inclusive and safe environment that considers all age groups and functional levels.

3.3 Project Description

The action plan is rooted in the municipality's membership with WHO, where each member is required to develop an action plan. The municipal council decided on June 9, 2021, that Upplands-Bro should become an Age-friendly municipality. This decision tasked the Social Office with submitting an application to WHO for the Age-friendly Cities and Communities initiative. This mission was based on the results of the baseline assessment conducted on November 10, 2022. The municipal executive board decided that the plan should be developed according to WHO's concept for Age-friendly cities and communities and in collaboration with municipal departments and companies.

3.4 Validity Period of the Action Plan

The action plan applies to the period from July 1, 2024, to July 1, 2027.

4 Target Group

The primary target group consists of the offices and companies within Upplands-Bro Municipality that directly or indirectly influence the lives of the municipality's older residents. The secondary target group is the older residents of Upplands-Bro, who will directly benefit from the measures implemented by

the municipality according to the action plan. While many of these measures are primarily designed to benefit older residents, they also contribute to improving the community for everyone.

5 Background

The municipal council decided at its meeting on June 9, 2021, that Upplands-Bro Municipality should apply for membership in WHO's Global Network for Age-friendly Cities and Communities (AFCC). The issue was raised a year earlier by the Alliance through a council member initiative. The Social Office was tasked with hiring a project manager who has overseen the application process and the development of the municipality-wide action plan with associated activities. The project manager collaborated with the municipality's elderly residents to conduct the baseline assessment, which began on October 5, 2022, and concluded on November 30, 2022.

After the baseline assessment was compiled, the membership application was submitted to WHO on March 13, 2023. After review, the membership was approved on July 26, 2023. The work on the action plan began with all departments in Upplands-Bro on September 4, 2023, and was handed over to the Elderly and Care Committee on March 28, 2024, upon completion.

All members of WHO's network are committed to following a specific approach, clearly outlined in WHO's document titled "Creating Age-friendly Environments in Europe: A Tool for Local Policy-Makers and Planners." The process used to promote age-friendliness can be divided into four distinct phases.

1

Engagement and Understanding: The process to promote age-friendliness within the municipality begins by engaging older residents and gaining a deeper understanding of their needs, experiences, and perspectives. This is achieved through a comprehensive baseline assessment.

2

Development of the Action Plan: Based on the information gathered during the baseline assessment, a close collaboration across different sectors with broad representation leads to the development of an action plan. This plan includes concrete measures aimed at improving age-friendliness within the municipality.

3

Implementation: The action plan moves from planning to action, with the measures being implemented to create real change and improvements in the municipality's Age-friendly environment.

4

Follow-up and Evaluation: After two years, the progress of the action plan is reviewed, and a comprehensive evaluation is conducted to assess its effectiveness. This evaluation also identifies any adjustments or additional measures needed to continuously improve the municipality's age-friendliness.

6 WHO's Eight Guidelines for an Age-friendly Community

The eight guidelines identified and established by WHO in 2010 are as follows:

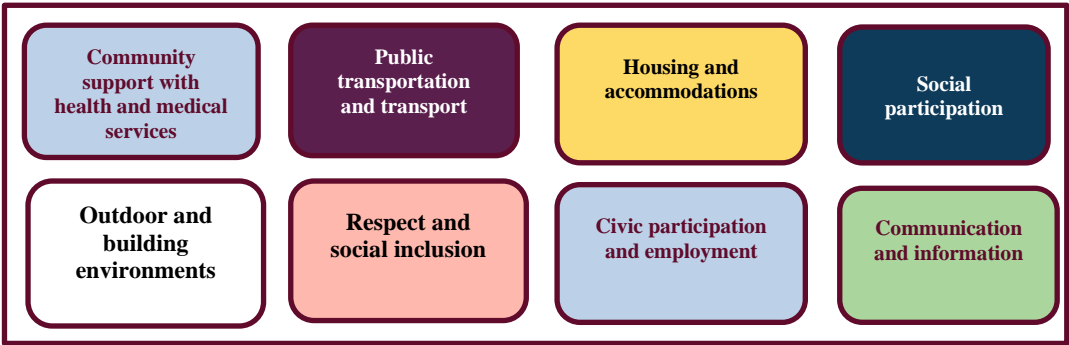


Figure 1: WHO's Eight Guidelines for an Age-friendly Municipality

Upplands-Bro Municipality has decided to establish a focus area that includes the following four sub-areas:



Figure 2: The Municipality's Focus Areas for Developing an Age-friendly Community

At the same time, the remaining Age-friendly Cities and Communities (AFCC) areas—Community Support and Health Services, Public Transportation and Mobility, and Housing—will not be excluded. These areas are still considered

important for promoting a healthy and active aging process in the municipality. However, the primary responsibility for these areas generally falls outside the municipality's jurisdiction and mandate. The area of Respect and Social Inclusion will not be excluded either; instead, it will be integrated into the focus area of Social Participation.

By including all boards and companies within Upplands-Bro Municipality in the action plan, a unified and coordinated direction is created for the municipality's development during the period from July 1, 2024, to July 1, 2027.

7 Agenda 2030

Agenda 2030 is an action plan with 17 Sustainable Development Goals (SDGs) aimed at transitioning to a sustainable society for people, the planet, and prosperity. What makes Agenda 2030 unique is its universal nature, meaning that all countries and cities share a common responsibility for its implementation.⁵

By making the municipality Age-friendly and implementing the measures in the action plan, Upplands-Bro will contribute to achieving several key global goals, including Goal 3 (Good Health and Well-being) and Goal 5 (Gender Equality). By creating accessible and safe public spaces and facilities for older residents, such as parks and walking paths, the municipality promotes an active lifestyle for older citizens, which can improve their overall health and well-being, aligning with Goal 3.⁶ Additionally, by ensuring that both older women and men have equal access to these public resources and are included in matters related to urban planning and community development, the

⁵ Globala målen. Om de globala målen. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/>

⁶ Globala målen. Mål 3: Hälsa och välbefinnande. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/mal-3-halsa-och-valbefinnande/>

municipality supports the principles of equality, thereby reducing inequalities as per Goals 5 and 10. Indirectly, this also promotes sustainable urban planning for all residents, in line with Goal 11.

7.1 Good Health and Well-being



Good Health and Well-being is one of the goals that Upplands-Bro Municipality will address to improve the quality of life for its older residents and enable active aging. To reduce health risks and diseases among the elderly, Agenda 2030 aims to promote preventive measures, helping older people remain active, independent, and contributing members of society. Older residents have rights that need to be respected and protected, as Agenda 2030 emphasizes. This also means promoting and encouraging social integration to combat ageism. By fostering social integration and showing respect, Upplands-Bro Municipality contributes to an improved quality of life and a more active old age, leading to increased inclusion of older people in society.⁷

7.2 Gender Equality



Agenda 2030 also aims to promote gender equality and inclusion for women, which directly relates to older women who have historically faced inequality and discrimination throughout their lives. Agenda 2030 seeks to ensure equal access to employment, education, health, and

⁷ Globala målen. Mål 3: Hälsa och välbefinnande. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/mal-3-halsa-och-valbefinnande/>

political participation for women of all ages, including older women and their rights.⁸

7.3 Reduced Inequality



Older residents can be particularly vulnerable to economic and social inequality. Those living on low incomes or without access to social safety nets may be especially affected. Agenda 2030 aims to promote social safety nets and accessible healthcare for older residents, which in turn can help reduce inequalities. By creating a community in Upplands-Bro where older

residents have opportunities to participate actively and where their rights are respected and protected, the municipality can combat social inequality.⁹

7.4 Sustainable Cities and Communities



By promoting sustainable urban development and communities, Agenda 2030 aims to facilitate access to green spaces, improve public transportation, and reduce environmental degradation that leads to global climate change. For older residents in Upplands-Bro, this means access to accessible and sustainable transportation systems, such as public transport

and walking and cycling paths. Green spaces can also have positive effects on health and well-being, benefiting older individuals. It is also about adapting

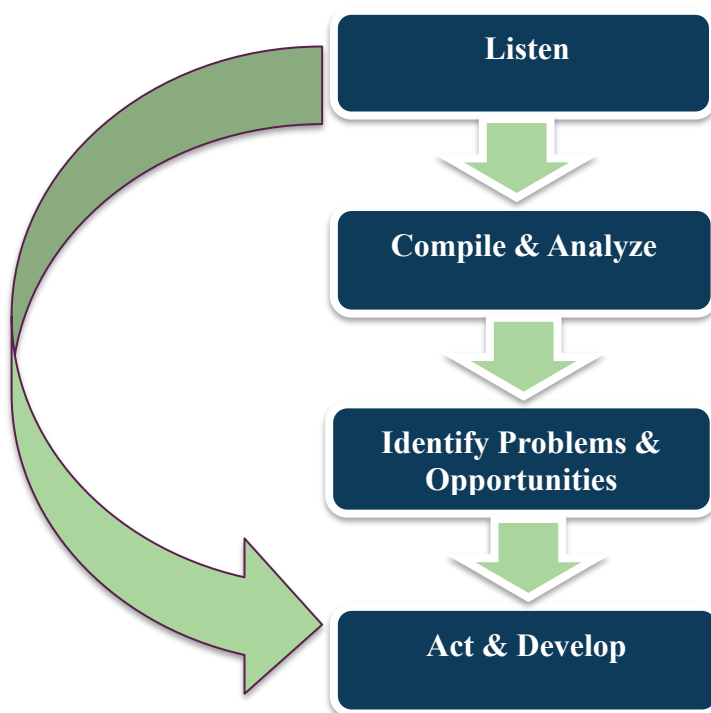
⁸ Globala målen. Mål 5: Jämställdhet. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/mal-5-jamstalldhet/>

⁹ Globala målen. Mål 10: Minskad ojämlikhet. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/mal-10-minskad-ojamlikhet/>

buildings and public spaces to better meet the needs of older and disabled persons to create more accessible places.¹⁰

8 Method

Upplands-Bro follows four guiding principles to become a more Age-friendly municipality and acts upon them to meet the community's needs. After compiling and analyzing insights from older residents, the municipality identifies both challenges and opportunities to develop measures that make Upplands-Bro a better place to age.



¹⁰ Globala målen. Mål 11: Hållbara städer och samhällen. [31 mars 2023]; tillgänglig från: <https://www.globalamalen.se/om-globala-malen/mal-11-hallbara-stader-och-samhallen/>

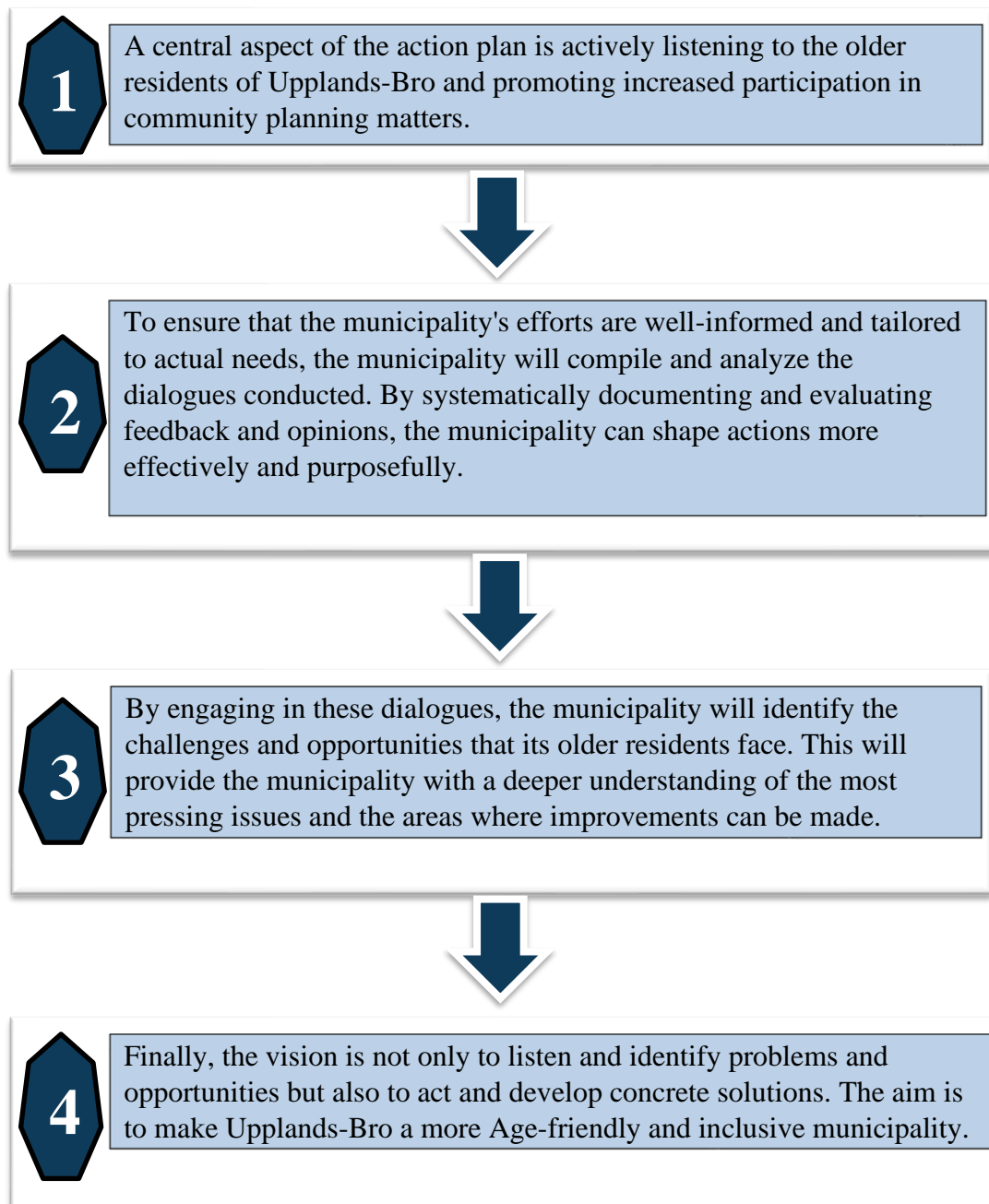


Figure 3: Illustration of How Upplands-Bro Works to Meet the Needs of Becoming an Age-friendly Municipality

9 Measures and Activities for the Four Focus Areas

The actions in the action plan are formulated in a comprehensive manner to clarify the municipality's goals while allowing flexibility and innovation in implementation.

9.1 Social participation

Social participation in an Age-friendly municipality, according to Upplands-Bro's definition, means that older citizens are given the opportunity to be actively engaged in society and to participate in various social, cultural, and community activities. It is about creating an environment where older people feel included, respected, and involved in community life.

Social Participation Initiatives for an Age-friendly Upplands-Bro Municipality

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.1	Annual "Bro och Kungsdagen" Event	KFN	ÄON, KLK, SN, KFN	2024–2027

Why:

The "Bro och Kungsdagen" event is held outdoors in the central districts of the municipality to foster social integration among residents. Involving older citizens in planning and evaluating this event is crucial to enhance their well-being, include their perspectives, and create a more Age-friendly community.

How:

The municipality will involve older residents early in the planning process, allowing them to share their views, which are valuable for shaping their participation in the event. Post-event evaluations with older residents will assess the event's success and identify areas for improvement.

Age-friendly:

These events promote an Age-friendly municipality by encouraging social integration between younger and older generations. By including older residents in the planning and evaluation, the municipality meets the needs identified during the baseline survey.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.2	Participation in the SAMSAS Project to Reach Out to Socially Isolated Elderly	ÄON	ÄON (preventive unit)	2023–2025

Why

Many older people experiencing involuntary loneliness feel isolated and forgotten. Through the SAMSAS project, the municipality can create opportunities for these individuals to regain a sense of belonging and community. Promoting interaction among older residents benefits their mental and emotional well-being and increases their engagement in society.

How:

The municipality will identify the needs of isolated elderly residents, collaborate with senior associations, offer tailored activities and resources, communicate effectively, recruit and train volunteers, continuously evaluate and adapt the project, secure necessary resources, and document and report results.

Age-friendly:

This project contributes to an Age-friendly municipality by increasing social connections, promoting health and activity among older people, and preserving and transmitting knowledge.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.3	"Vinterrummet" Project: A Winter-Adapted Gathering Place	KLK	KLK, SBK, (Omdaning-Bro)	2023–2024

Why The "Vinterrummet" initiative is important as it creates a shared space for residents, especially older ones, to meet and interact. It fosters social cohesion and improves the quality of life for older residents through various activities and events. The initiative also facilitates intergenerational exchange and strengthens the community's identity.

How To make a winter gathering place accessible for older residents, the municipality must ensure that the roads are free from snow and ice, provide good lighting and accessibility, plan winter-adapted activities and events, and communicate clearly about the opportunities available to older residents.

Age-friendly: A winter-adapted gathering place supports an Age-friendly community by promoting social interaction and participation among both older and younger residents. By effectively communicating available activities and opportunities, the gathering place helps keep older residents informed and engaged in local community life.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.4	Cultural Activities	KFN	ÄON, KFN, KLK	2023–2027

Why: Culture plays a vital role in society, contributing to a meaningful existence and well-being for older citizens. It involves providing cultural and artistic opportunities tailored to the interests and needs of older individuals, such as concerts, theater performances, art exhibitions, music activities, book clubs, and dance. These cultural events and programs foster social interaction, creativity, and a sense of community, making them an essential part of creating an inclusive and enriching environment for older residents.

How: Upplands-Bro will collaborate with local artists and organizations to create cultural activities for older residents. They will organize concerts, art exhibitions, and other events that interest older people, ensuring accessible venues and informing the elderly about available opportunities.

Age-friendly: Cultural activities enhance the quality of life for older residents, promote social cohesion, encourage creativity, preserve cultural heritage, improve health, and create an inclusive environment where people of all ages can participate in the community. This is a key component of making the municipality more Age-friendly.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.5	Alzheimer's Awareness Day	ÄON	KFN, KLK, ÄON (preventive unit)	2024–2027

Why: Alzheimer's Awareness Day is important for raising awareness about dementia and its impact on society. It helps spread knowledge about dementia symptoms, care options, and how to support individuals affected by dementia. Such efforts can reduce stigma and make the community more inclusive and supportive for people with dementia and their families.

How: By planning events and collaborating with local organizations, Upplands-Bro will increase awareness and reduce stigma related to dementia.

Age-friendly: Raising awareness about dementia and providing support resources create a more inclusive and supportive environment for older people with dementia and their caregivers. It also fosters

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.6	International Day of Older Persons	ÄON	KFN, ÄON (preventive unit)	2023–2027

Why:

The International Day of Older Persons is important as it raises awareness about the rights of older adults, promotes their welfare and health, fosters understanding between generations, and highlights the contributions of the elderly to society. The day serves as a reminder of the importance of treating older people with dignity and respect, while also addressing ageism, which is one of the biggest challenges recognized by the WHO.

How:

The International Day of Older Persons is celebrated on October 1st through public events, education and awareness campaigns, ceremonies honoring older adults, volunteer work, media coverage, and social media.

Age-friendly:

The celebration of the International Day of Older Persons contributes to an Age-friendly community by raising awareness of the rights and needs of older adults, promoting civic engagement among the elderly, fostering respect and inclusion, supporting the well-being of older people, and building bridges between generations. It creates an environment where people of all ages can thrive and feel included.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.7	Meeting Place Activities	ÄON	KLK, ÄON (preventive unit)	2024–2027

Why: Meeting place activities for older adults are essential for promoting their well-being through social interaction and activities that support physical and cognitive health. These gatherings help combat loneliness and depression while serving as a resource for support and information.

How: In Upplands-Bro, there are existing meeting place activities that are developed in consultation with the municipality's older residents.

Age-friendly: A meeting place for older adults contributes to an age-friendly community by fostering social connections and reducing the risk of isolation. By offering tailored physical and intellectual activities, both physical and mental health are supported. The meeting place also serves as an information source and support center for the elderly, creating a safer and more informed older population within the community.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.8	Dementia Friends and Mini Dementia Friends	ÄON	ÄON (preventive unit) and UK (preschool)	2024–2027

Why: Dementia Friends and Mini Dementia Friends play a crucial role in offering social support and reducing the stigma surrounding dementia. These initiatives improve the quality of life for people with dementia by promoting interaction and community involvement. They also provide support to relatives and raise awareness about the challenges faced by people with dementia and their families in society.

How: By offering 90-minute training sessions, the municipality aims to increase awareness about dementia among both older and younger generations, including residents, officials, and potentially local politicians.

Age-friendly: Demensvänner och minidemensvänner bidrar till en äldrevänlig kommun genom att öka förståelsen för demenssjukdomar och minska isolering. Genom socialt stöd och utbildning skapar de en inkluderande och empatisk samhällsmiljö för äldre invånare.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.9	“Star-Rated” Elderly Care	ÄON	KLK, ÄON (preventive unit)	2023–2024

Why: “Star-Rated” is an important training model for promoting person centered care in elderly care. It provides staff with the necessary tools and knowledge to tailor care according to the individual's needs and preferences.

How: When at least 80% of the staff have completed the four training steps, and the workplace actively applies the model's principles, it is awarded the “Star-Rated” designation. The star rating is reviewed annually to ensure continued compliance with the model's standards and principles.

Age-friendly: By implementing the “Star-Rated” training model in elderly care, an Age-friendly community is promoted through person-centered care and high-quality services. It raises awareness about issues related to the elderly and fosters a culture that values the well-being and dignity of older adults.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.10	Senior Housing	UBH	KLK, ÄON, UBH	2024–2027

Why: Many older individuals require accessible housing and/or increased opportunities for social interaction to thrive and lead an independent and active life. This is especially important for those who may no longer be able to live at home due to various circumstances, such as health problems or social isolation.

How: To meet this need, it is important to create more spaces in senior housing where older people can live in a safe and secure environment while having access to social activities. This could involve expanding existing facilities and improving current housing to enhance accessibility and capacity.

Age-friendly: By creating more spaces in senior housing that offer proximity to services and opportunities for social interaction, the municipality can foster a more Age-friendly environment. These homes should be designed with the needs of older adults in mind, such as accessibility for individuals with limited mobility and opportunities for communal activities and socializing. This contributes to improving the quality of life and well-being of older residents.

9.2 The Outdoor Environment and Buildings

One of the focus areas in the action plan is the outdoor and building environment. According to Upplands-Bro's definition, this involves creating a physical and architectural environment that is Age-friendly. This means ensuring accessibility, safety, and well-being for older citizens, both outdoors and indoors. It includes adapting sidewalks, buildings, and public spaces to meet the specific needs of the elderly, such as wheelchair access, accessibility adaptations, and proper lighting. An Age-friendly environment is fundamental to promoting the well-being and independence of older people in society.

Upplands-Bro municipality will include the following measures and initiatives in the outdoor and building environment for older residents:

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.1	The Elderly Perspective Will Be More Prominently Incorporated in the Redevelopment of Bro.	SBK	ÄON, SBK (street and park), KLK (Omdaning-Bro)	2024–2027

Why:

To reduce crime and create a safer neighborhood, a redevelopment of Bro Center will be undertaken. This redevelopment aims to improve both the physical and social aspects of the area, including infrastructure, lighting, green spaces, and community engagement. This project is part of an overall strategy to promote healthy and safe urban development, with a focus on the well-being and security of the residents.

How:

Through broad and active collaboration with both internal and external stakeholders in the municipality, and continuous dialogue with the residents, including the elderly, Bro Center will be transformed.

Age-friendly:

Through broad collaboration with internal and external stakeholders in the municipality and dialogue with residents, including the elderly, the redevelopment of Bro Center contributes to an Age-friendly community. It promotes the participation of older adults, increases accessibility, safety, inclusion, and improves quality of life.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.2	The Municipality Will Plan for More Seating in the Form of Benches and Maintain the Existing Ones in Consultation with the Elderly.	SBK	SBK, ÄON, KLK	2024–2027

Why: More seating is beneficial for all residents, especially the elderly. It provides a place to rest, promotes social interaction, increases accessibility, and enables outdoor activities, while allowing people to enjoy their surroundings.

How: By first consulting with older residents to understand their needs and preferences regarding the placement and design of benches, it's important to consider accessibility and place the benches in locations that are easy for older people to reach. Safety is a priority, so the benches should be stable and ergonomically designed to minimize any risks for elderly individuals who may have difficulty sitting or standing (e.g., with backrests). To enable the use of benches even during evenings or nights, it is important to ensure adequate lighting at the site. Additionally, the placement of benches can promote social interaction by being situated in areas where people naturally gather.

Age-friendly: More benches, in consultation with the elderly, contribute an Age-friendly community by ensuring the participation, accessibility, and safety of older adults. The placement of benches at natural gathering spots promotes social interaction and creates an inclusive environment. This results in a better quality of life for the elderly and a more pleasant community for everyone.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.3	During the Summer, the Municipality Will Take Care of Flowers and Plantings in Roundabouts, Walkways, and the Center.	SBK	SBK (Street and park), KLK (Omdaning-Bro)	2024–2027

Why: Maintaining flowers and plantings during the summer enhances the visual environment, promotes social interaction, provides sensory enjoyment, and reduces stress. This is important for the elderly and all residents as it creates a pleasant and healthy outdoor environment that improves the quality of life.

How: By mapping areas where residents most often gather, such as the center, and reviewing roundabouts that need extra attention, the municipality can create a safe and well-maintained atmosphere.

Age-friendly: By identifying places where residents, including the elderly, gather and creating a safe and well-maintained environment in these areas, it contributes to an Age-friendly community by creating spaces that are inviting and accessible. Older people can feel safe and welcomed to participate in community life and socialize with others. It also promotes their physical and mental well-being through a pleasant environment and social interaction. Overall, this creates a better quality of life for the elderly and a more inclusive society for all residents.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.4	During the Winter, Larger Parts of the Municipality That Residents Use Will Be Sanded, Primarily the Center. Similar Measures Will Also Be Taken During the Fall When Leaves Fall and Increase the Risk of Slipping.	SBK	SBK (Street and park), ÄON, KLK	2024–2027

Why:

It is important to sand the center and the entire municipality during the winter, as well as manage the autumn leaves to prevent slipping and minimize the risks it may entail. This measure prioritizes the safety and security of all residents, including older individuals who may be more vulnerable to falls and injuries due to slippery conditions.

How:

To maintain safety and reduce the risk of slipping in the center and other parts of the municipality that residents use, regular sanding and snow removal will be carried out during the winter. In the fall, leaves will also be removed to reduce the risk of slipping. The municipality will ensure that these measures are implemented effectively and communicate with residents about current conditions, creating a safe and Age-friendly environment. A systematic approach will be planned for how prioritization should be made.

Age-friendly:

By managing slippery conditions and ensuring accessibility in the municipality, a safer environment is created for older adults. It allows for their mobility, increases their independence, and promotes a better quality of life through reduced slip risks and increased social interaction. This contributes to an Age-friendly and inclusive community.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.5	There Is Ongoing Planning and Implementation of Park Development Projects for Both Existing and New Parks Within Bro. The Elderly Perspective Will Be Considered in the Ongoing Project.	SBK	SBK (Street and park) och KLK (Omdaning-Bro)	2024–2027

Why: A common gathering place is important for both older and younger generations. It promotes community cohesion and enables the sharing of knowledge and social interaction. For the elderly, it also reduces the risk of loneliness, and for the younger, it offers learning and enrichment as well as fun experiences, which together improve the quality of life for both groups.

How: To create a common gathering place for older and younger generations, their needs and interests should first be identified. The place should be designed with accessibility and safety in mind, and it is important to offer a variety of activities and programs that interest both groups. Clear communication about the available opportunities is crucial, and collaboration with local organizations can strengthen the offerings.

Age-friendly: A common gathering place that promotes interaction between older and younger generations creates an Age-friendly community by reducing loneliness, offering a safe and accessible environment for older residents.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.6	Expansion of Parks Across the Municipality Will Be Evaluated.	SBK	SBK (Street and park), KLK, ÄON	2024–2027

Why: To increase access to green spaces and promote health and well-being in the municipality, it is important to evaluate the possibilities for expanding parks.

How: An evaluation of the parks will be conducted by analyzing existing green spaces, residents' needs, and potential locations for developing new parks. Plans and measures can then be developed to realize the expansion of parks throughout the municipality.

Age-friendly: By expanding park spaces, the municipality creates opportunities for older residents to enjoy outdoor activities, walks, and social meetings in a pleasant and safe environment. This promotes a healthy and active lifestyle for all age groups, including older citizens.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.7	Curbs Damaged During Snow Removal Will Be Repaired.	SBK	SBK (Street and park)	2024–2027

Why:

The elderly residents in the municipality have expressed concern that curbs damaged during snow removal are often not repaired.

How:

To address the problem, the municipality will repair damaged curbs after snow removal. Residents' feedback will be taken into account as much as possible. By acting quickly, the municipality creates a more Age-friendly environment.

Age-friendly:

By repairing curbs after snow removal, the municipality creates a safer and more accessible environment for older residents. It promotes their mobility and reduces the risk of accidents, increasing their quality of life and sense of security in the community.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.8	The Municipality Will Increase the Number of Trash Cans.	SBK	SBK (Street and park), ÄON, KLK	2024–2027

Why: Increased accessibility to trash cans promotes a cleaner environment, reduces the risks of littering and pollution, and increases safety.

How: To increase the accessibility of trash cans, the municipality will place them in strategic locations and involve residents in the placements as much as possible.

Age-friendly: For older residents, increased accessibility to trash cans contributes to an Age-friendly community by reducing littering and promoting a cleaner and safer environment. Additionally, a cleaner environment creates a pleasant place for older people to be, encourages social interaction, and increases their well-being and quality of life.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.9	There Are Already Some Crosswalks with Flashing Lights, and the Possibility of Expanding These Will Be Reviewed.	SBK	SBK (Street and park), KKK	2024–2027

Why:

Expanding crosswalks with flashing lights is important to enhance traffic safety by improving visibility for pedestrians and drivers, promoting traffic regulations, and creating smoother traffic flow. Additionally, it increases safety for pedestrians, especially under poor lighting conditions, and improves accessibility for all road users.

How:

The municipality can take several steps to expand crosswalks with flashing lights. First, the municipality will evaluate existing locations to identify priority areas as much as possible. Then, the installation will be planned and budgeted. After installation, it is important to inform the public about the new crosswalks to increase their use and improve traffic safety.

Age-friendly:

Expanding crosswalks with flashing lights is important for Age-friendly community because it improves traffic safety for older citizens. It increases visibility and safety when they cross the road, which is particularly significant for those with reduced mobility or vision.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.10	To Facilitate Use by Elderly People with Walkers or Wheelchairs, Several Intersections in the Municipality Will Be Made More Accessible.	SBK	SBK (Street and park), KLK	2024–2027

Why: This enhances safety, promotes independence, and complies with legal requirements for an inclusive society.

How: To make intersections accessible for older people with walkers or wheelchairs, several measures can be taken. These include the installation of ramps for easier movement, ensuring a smooth and non-slip surface, using tactile markings for the visually impaired, installing traffic lights with audio signals, and providing clear signage.

Age-friendly: Accessibility adaptations at intersections for older adults with walkers or wheelchairs create an Age-friendly community by increasing accessibility and safety. By installing ramps, traffic lights with audio signals, and tactile markings, the mobility of the elderly and their ability to cross the road are facilitated. It promotes independence and a healthy lifestyle by creating a safer environment for walking. Moreover, it contributes to social inclusion and compliance with legal requirements.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.11	Accessibility in and Around the Home	UBH	ÄON, UBH, SBK	2024–2027

Why:

Most elderly residents live in regular apartments and not in special accommodations within Upplands-Brohus's rental properties. Therefore, it is important to make existing apartments more accessible for the elderly so that they can stay in their homes for as long as possible.

How:

To achieve this, existing apartments need to be adapted to become more accessible for older residents. This may include the installation of accessible bathrooms, ramps, and wider doorways to facilitate movement.

Age-friendly:

By making both the apartments and their surroundings more accessible, the municipality can enable older residents to remain in their homes. This is important because many elderly people wish to continue living in their homes for as long as possible, which promotes their well-being and independence.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.12	Meeting Places in the Local Environment	UBH	ÄON, UBH, SBK, KLK	2024–2027

Why: Elderly individuals may experience involuntary loneliness, which can negatively affect their well-being. Therefore, it is important to create opportunities for older people to leave their homes and meet others to combat social isolation.

How: To facilitate this, it is necessary to create pleasant and shaded areas in residential neighborhoods where the elderly can meet for recreation and social interaction.

Age-friendly: By creating meeting places in the local environment, the municipality gives older residents the opportunity to participate in social activities and build meaningful relationships with others. This can help reduce feelings of involuntary loneliness and promote a more active and healthy aging process.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.13	Safety in the Residential Area	UBH	ÄON, UBH, KKK	2024–2027

Why: Elderly people may feel unsafe when they go out, especially after dark. To increase the safety and security of older people, it is important to identify and address deficiencies in the residential area.

How: To achieve this, safety walks will be conducted where unsafe spots in the residential area are identified. Measures will then be taken to address the identified deficiencies and increase safety for older residents, such as improved lighting, increased visibility, and enhanced presence of initiatives like neighborhood watch programs.

Age-friendly: By improving safety in the residential area, the municipality creates a more Age-friendly environment where older residents feel safe and secure when they are outdoors, even after dark. This can help increase their independence and ability to participate in society without feeling fear.

9.3 Citizen Participation and Employment

One of the focus areas of the action plan is citizen participation and employment. According to Upplands-Bro's definition, this means creating opportunities for older citizens to actively participate in society through various occupations and engagements. This involves offering opportunities for older individuals to take part in community projects and promoting their involvement in the workforce and volunteer work. By creating an Age-friendly environment for citizen participation and employment, the municipality encourages the involvement and contributions of older people to society.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.1	Seniors have access to reports and will continue to have the opportunity to participate in the municipal senior council.	KF	KLK	2024–2027

Why:

It is important that older citizens have access to reports and can participate in the municipal senior council because it promotes their involvement in society and fosters transparency and inclusion in community processes.

How: Seniors can access reports and participate in the municipal senior council by ensuring that information is accessible and that opportunities for engagement are clear and available to them. This can be achieved by providing reports in accessible formats and organizing meetings and events that are tailored to the needs and preferences of older people. Seniors want to have consultations during these meetings and not just receive information, so this will be reviewed to create those opportunities. In this way, older citizens can actively participate in and be a part of community development.

Age-friendly: Allowing seniors to participate in the municipal senior council and have access to reports is important for creating an Age-friendly municipality. It increases their participation and helps them feel involved in community development.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.2	The possibility of annual meetings between local politicians and residents will be reviewed for all committees.	KF	ÄON, KFN, SBK, UK, SN	2024–2027

Why: Through these meetings, democracy and citizen participation are promoted. Moreover, such meetings facilitate problem-solving by providing politicians with insights into the challenges and needs of residents. They can also benefit from the ideas of residents for community development, while trust and stronger relationships are built between politicians and citizens. This is an essential part of local democracy.

How: To hold annual meetings between local politicians and residents, the municipality can arrange open meetings, dialogue forums, resident surveys, neighborhood meetings, thematic workshops, and use digital platforms. Clear communication about time and place is crucial to encourage participation. The main stage in the Culture House should be prioritized, making it easier to communicate and inform residents in person.

Age-friendly: Annual meetings between local politicians and residents can make the municipality Age-friendly in several ways. Through dialogue and transparency, older citizens can express their needs and priorities.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.3	Opportunities for Volunteer Work for Seniors.	ÄON	ÄON (preventive unit)	2024–2027

Why: Volunteer work for seniors in an Age-friendly municipality promotes social integration, active aging, reduces dependency on care for those receiving visits, and provides the community with valuable skills and experience.

How: To create volunteer opportunities in the municipality, the municipality starts by identifying needs and possibilities. It defines clear goals and roles for volunteers, recruits them through advertising and communication of the project's purpose, and ensures they receive necessary training and support. The municipality should also establish routines for reporting and evaluating the volunteer project to ensure its effectiveness.

Age-friendly:

Through volunteer work in an Age-friendly municipality, social inclusion among older residents is promoted, while encouraging active aging. It fosters a sense of community and participation, counteracts social isolation, and encourages older people to remain active and engaged in society.

9.4 Communication and Information

One of the focus areas of the action plan is communication and information. According to Upplands-Bro's definition, this means creating opportunities for older citizens to actively participate in society by increasing access to information and communication channels. It involves offering older residents better access to community information and projects and promoting their opportunities to communicate and participate in information exchange. By creating an Age-friendly environment for communication and information, the municipality encourages the involvement and contributions of older people to society.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.1	The municipality will collaborate with pensioner associations to create a joint brochure aimed at reaching residents who are involuntarily lonely.	ÄON	ÄON och KLK	2024–2025

How:

This initiative is important because it aims to improve the quality of life for older people and reduce the risk of loneliness. By providing contact details for both the municipality and pensioner associations, Upplands-Bro makes it easier for them to find support and community, while also promoting a more cohesive and inclusive society.

Why:

To implement this measure, the municipality collaborates with pensioner associations to gather contact details. The municipality creates a clear brochure that includes information from both the municipality and the associations. This brochure is distributed to the elderly, either by mail, through nursing homes, or eldercare services. Through collaboration and effective communication, the municipality can better reach older people and improve their quality of life.

Age-friendly:

This initiative contributes to an Age-friendly municipality by providing easier access to support and community. By offering a clear brochure with contact details for both the municipality and senior associations, older people can more easily find the services they need and participate in social activities. It promotes communication and

participation, which in turn creates a more supportive and inclusive environment for older residents.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.2	The municipality will, in consultation with older residents, improve the website to make it more user-friendly.	ÄÖN	KLK (Communications unit) , ÄÖN	2024–2025

How:

It is important to collaborate with older residents to improve the website because it ensures that it is tailored to their needs, making it easier for them to access important information and services. It also promotes digital inclusion and participation among older people in the community.

Why:

To make this collaboration successful, the municipality will engage older residents by holding meetings where they can share their views and needs. These insights will then be used to adapt the website by improving navigation, user-friendliness, and content.

Age-friendly:

By collaborating with older residents to improve the website, it becomes easier for them to access important information and services online. It increases their participation and reduces the digital divide, which together creates an Age-friendly municipality with a more accessible and inclusive digital environment for older residents.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.3	The municipality will evaluate the possibilities of offering training for older citizens on how to navigate the municipal website.	ÄON	KLK (Communications unit), ÄON	2024–2027

Why: This is important because it helps older citizens become more independent when using the municipal website. It also reduces the digital divide and ensures they can access important information and services online.

How: The municipality plans to offer training sessions for older citizens on how to navigate the municipal website. These sessions will be tailored to teach basic web navigation skills and how to use the municipal website.

Age-friendly: By offering training on web navigation for older residents, the municipality increases their digital competence, which promotes independence and reduces the digital divide. This leads to an Age-friendly municipality with increased participation in society and use of the municipality's digital resources.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.4	The municipality will explore the possibility of sending out information to older residents on topics relevant to them when they turn 70.	ÄON	KLK (Communications unit), ÄON	2024–2027

Why: This is important because it ensures that older residents have access to relevant information that affects their lives, health, and well-being.

How: To achieve this, the municipality will establish an information distribution system that includes email, postal mail, and digital platforms. The information will be designed to be clear and easily understandable for the municipality's older residents. By collaborating with pensioner associations and home care providers, the municipality will identify current topics and ensure that the information reaches older residents in a way that is accessible and relevant to them.

Age-friendly: By distributing information to older residents, the municipality increases awareness of relevant topics, enabling better decision-making, promoting participation, and reducing uncertainty. This creates an Age-friendly municipality that promotes well-being and security among older citizens.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.5	To maintain a long-term perspective on being a municipality that promotes the well-being of the elderly, a special category has been created in the municipality's budget and operational monitoring tool, called "Age-friendly Municipality." This is done to facilitate quarterly follow-ups.	ÄON	ÄON, KLK, SBK, KFN, UBH, UK	2024–2027

Why: By using this category, the activities that are ongoing for older people in the municipality become visible and provide an overview of the status of the work.

How: A new measure has been implemented through the introduction of a specific tag named "Age-friendly Municipality." Managers from various departments and units now have the opportunity to use this tag when carrying out activities according to the action plan or other initiatives aimed at promoting an Age-friendly municipality.

Age-friendly: By introducing the "Age-friendly Municipality" tag and involving managers from various departments, a more coordinated and transparent approach to Age-friendly measures is enabled.

No.	Action	Main Responsible	Other Involved Committees and Companies	Year
1.6	The senior perspective will be clarified and highlighted for all committees and units within the municipality.	KS + ÄON	KLK, SBK, KFN	2024–2027

Why: The senior perspective is clarified for all committees and units in the municipality to ensure fair decisions, tailored services, and improved quality of life for older residents. This also entails long-term planning for demographic changes and efficient use of resources.

How: By having the project manager visit all committees and explain what the senior perspective means and how the municipality can work together to satisfy the needs of its residents.

Age-friendly: This contributes to an Age-friendly municipality because knowledge and involvement of the committees and units become broader and clearer.

9.5 Planning and monitoring for an Age-friendly municipality

The Elderly and Care Committee is responsible for implementing the action plan for an Age-friendly municipality and thus holds the responsibility for following up and evaluating the action plan according to the process established by the Municipal Executive Committee. The action plan translates identified focus areas into concrete measures, including the responsibilities of each committee and office. It is expected that all offices will report quarterly on the results of their efforts to meet the established goals to the project manager, who will then compile these for the Municipal Executive Committee. The planned actions, initiated by each office, are expected to be carried out within their allocated budget frameworks and should be detailed in the budget submissions for each office.

As part of this process, the units are expected to follow up with a brief report describing the action taken and providing relevant information about it. The reports submitted during quarterly reviews and operational reports will be summarized and forwarded to the Elderly and Care Committee (ÄON). An annual summary of the actions taken for an Age-friendly Municipality will be presented in conjunction with the operational reports to the Municipal Executive Committee (KS).

The Elderly and Care Committee and the Municipal Executive Committee conduct an annual regular review of the action plan. If necessary, the action plan is revised, and a physical follow-up with residents over 65 years old is conducted two years after the plan has been adopted by the committee, in accordance with WHO requirements.

9.6 Vision 2040

The vision for an Age-friendly Municipality in Upplands-Bro by 2040 is to create a lively and active atmosphere where people of all ages can thrive and lead meaningful, active lives.

By working on the action plan to become a more Age-friendly municipality, the goal is to create an environment where both older and younger generations can feel safe, valued, and involved.

Through the expansion of parks, improving safety, implementing accessibility adaptations, and promoting social inclusion, the municipality aims to create a community where people can enjoy outdoor activities, social connections, and togetherness. By offering shared brochures and other resources to combat involuntary loneliness, the municipality strives to build a community culture where no one feels involuntarily isolated. This vision for 2040 seeks to establish a sustainable and inclusive environment where all residents, regardless of age, are given the opportunity to live well and contribute to the community's shared future.




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