



# Healthy Ageing in a Changing Climate

## Towards Climate Resilient Age-Friendly Cities and Communities (AFCCs)



# Climate Change and Ageing Populations

- Climate change bringing about significant challenges and opportunities.
- Extreme weather disproportionately impacts older people.
- Reactive approach to ageing and climate change – e.g. emergency response.
- Existing frameworks for delivering age-friendly interventions – clearer operationalisation in the context of climate change.
- Positioning of older people in climate change narratives.
- Ageing-in-place/ageing-in-the **right** place.

A group of people, including several older women, are holding a large, light blue banner that reads "CLIMATE JUSTICE" in bold, black, sans-serif capital letters. They are standing in front of a modern building with a curved facade and large glass windows. The building has a distinctive red structural element. The scene is outdoors, and the lighting suggests it might be late afternoon or early morning. The banner is held taut across the middle of the frame, and the people are looking towards it with some excitement or focus.

**CLIMATE  
JUSTICE**

# Age-Friendly Cities and Communities (AFCCs)



An age-friendly city and community is one in which policies, services, and structures related to the physical and social environment are designed to support and enable older people to “age actively” – that is, to live in security, enjoy good health, and continue to participate fully in society (World Health Organization 2007).

## Aims and objectives


- To explore how Age-Friendly Cities and Communities can build **climate resilient supports** that **enable healthy ageing in place** for older people
- To identify the **barriers and opportunities** to inclusive climate resilient Age-Friendly Cities and Communities through a **community-based participatory approach**
- To **co-design recommendations** for how we can support healthy ageing for older people in response to the climate crisis.


# Healthy Ageing in a Changing Climate

JANUARY 2023

## Climate Resilient Age-Friendly Cities And Communities

Event Brief

Healthy Ageing Challenge 



**HEALTHY AGEING AND CLIMATE CHANGE**

### BACKGROUND

In December 2022, 45 policymakers and practitioners came together to discuss the policy challenges of climate change and its impact on healthy ageing and age-friendly cities and communities. Participants represented a range of public, voluntary and community sector organisations covering ageing, health and social care, housing, transport, climate change, and resilience from across the UK.

The aim of the workshop was to identify the priorities and challenges for delivering climate resilient Age-Friendly Cities and Communities (AFCCs). This brief summarises the discussion and key issues raised. The event was part of a UKRI funded project, *Healthy Ageing in Place: Co-Designing Inclusive Climate Resilient Age-Friendly Cities and Communities*, being led by The Urban Institute, Heriot-Watt University and the Stockholm Environment Institute, University of York.




Climate change, together with an ageing population, has implications for cities and communities throughout the UK.

The Met Office confirmed that 2022 was the warmest year on record, with the UK experiencing storms, heatwaves, drought, flooding, and wildfires.

The frequency and intensity of these climate-related extreme weather events is expected to continue and will require interventions to support the health and wellbeing of older people.

This event brief provides a summary of the main priorities that need to be addressed to achieve climate resilient Age-Friendly Cities and Communities in the UK. Workshop participants identified seven key priority areas covering:

- Housing and home
- Social infrastructure
- Health and social care
- Mobility and outdoor spaces
- Civic participation and volunteering
- Intergenerational communities
- Communication and information

- **Stage 1:** Policy and Practice Mapping Event.
- **Stage 2:** Community Dialogue Events and Online Campaign
- **Stage 3:** Codesign Workshops Climate Resilient AFCCs.
- **Stage 4:** Dissemination and Knowledge Exchange Event



# AGEING & CLIMATE CHANGE WORKSHOP

CARDIFF MAY '23

## Q1. WHAT DOES CLIMATE CHANGE MEAN TO YOU?

**INSULATION** - HOUSING & RENTALS - BADLY INSULATED, NO HELP

**LEADERSHIP IS REQUIRED BY GOVERNMENT**

**COMPETING FOR WATER**

**FLOODS** - I'M CONCERNED ABOUT THE UNPREDICTABLE WEATHER!!

**EXTREME WEATHER**

**"WE NEED TO PLAN AHEAD"**

**HEAT CAUSING STROKES** - 20 MPH

**IS 20 MPH HELPING OR HINDERING?**

- MORE ELECTRIC CARS & POINTS REQUIRED
- HYBRIDS TO EASE STRESS

**THINK OF THE BIG PICTURE**

**AMERICA IS A MESS, THEY'VE NOT HELPED**

**OPERATE ON CORRECT INFORMED INFO**

## Q2. IMPACT OF EXTREME EVENTS

**HEAT and HEALTH** - MORE ILLNESS - SAFETY

**WIND IS STRONGER PEOPLE FALLING MORE**

**STORMS SO BAD, PEOPLE DON'T WANT TO GO OUT**

**STOP BUILDING ON FLOOD PLAINS**

**CHANGE IN LANDSCAPES**

**PREVENTION**

**PEOPLE DON'T WANT TO SEE CHANGE BUT IT'S NEEDED**

**PARKS FLOOD TO SAVE HOMES - DON'T CHANGE THEM**

**WE NEED LAND TO PLANT MORE TREES**

**DRAINS ARE BLOCKED NEAR CROSSINGS**

**HEAT EXPENSE TO RUN ELECTRIC FANS**

**INVESTMENT NEEDED FOR RENEWABLES**

**PUT SOLAR PANELS ON MORE HOMES**

## Q3. WHAT IS NEEDED TO RESPOND TO EXTREME EVENTS?

**COMMUNITY TRANSPORT SUSTAINABLE TRAVEL** - CONGESTION CHARGES (ARE THEY WORKING?)

**AGENDAS CHANGE DUE TO WEATHER**

**ALTERNATIVES for** - WATERING GARDENS

**EXTRA TREE PLANTING IN CARDIFF REQUIRED (& HEDGEROWS)**

**USE SPARE WOOD FOR SOMETHING USEFUL**

**MESSAGING & MARKETING** - KEEP PEOPLE INFORMED ON WHAT TO DO?

**COOL SPACES FOR SUMMER**

**NEW PANELS IN NEW BUILDS & WATER BUTTS**

**Visual by Eleanor Beer**

**WELCOME** - How do we BUILD Fun PILES? - Don't do anything WITHOUT Community INPUT

**ICE BREAKER** - RAPID morning Exercise... - THE TABLE DEMOCRACY - BEAUTIFUL PERFORMANCE

**WHAT DOES CLIMATE CHANGE MEAN TO YOU?**

**HOPE** - IS THERE ANY NARRATIVE?

**EVIDENCE** - VISIBLE CHANGE ALREADY... - CARBON FOOTPRINT IS A BURNING THEORY BY OIL COMPANIES

**AGEING AND CLIMATE** - 2015: ELDERLY PEOPLE WILL BE MOST affected... - Mental SAFARI

**FREEFIGHTERS** - COMMUNITY RESOURCES REQUIRED

**WARNING** - WE DON'T KNOW WHAT THE FUTURE HOLDS

**DEEP MASSIVE OPTIMISM** - JOURNEY BEYOND

**ENOUGH BUILDINGS** - CONCRETE IS THE MOST MATERIAL THAT POLLUTES THE EARTH... - I'VE MADE CHANGES TO MY FOOD CHOICES

**HERIOT WATT UNIVERSITY** - RESEARCH BY UK Research and Innovation

**THE STRAND COMMUNITY HUB** - ROCHDALE 25th MAY 2023

**ONE BIG ISSUE - ROCKDALE IS IN A VALLEY**

**COMMUNITY RESPONDERS...**

**YOU CAN'T WATER** - PAVING SPACES... - WHAT CURRENTLY EXISTS (IS THERE ANYTHING THE COMMUNITY CAN DO TO IMPROVE IT?)

**WE ARE OFTEN AFFECTED BY EXTREME WEATHER CONDITIONS...**

**THE LOCAL ROOFERS** - ARE BUSY FOR SURE!! - SOCIAL ISOLATION

**DELIVERY** - CHANGING HABITS

**SAVE THE TREES**

**IT PUT EXTRA PRESSURE ON THE COUNCIL** - WHO? - BROWN TAP WATER - WHO? - BECAUSE IT MAKES SENSE

**EVACUATIONS**

**THE BIGGEST CHALLENGE** - GETTING INSURANCE AGAIN AFTER FLOODS - AND ALSO VERY EXPENSIVE... - MY NEIGHBOUR BUILT HER OWN HOUSE BUT HAD TO HAVE A WATER TANK UNDER THE house... - NEW BUILDING REGULATIONS...

**ROCHDALE - THE BIRTHPLACE OF THE COOPERATIVE MOVEMENT** - WE'VE GOT TO TAKE THE BEST FROM THESE PIONEERS... - EMBRACE THAT SPIRIT...

**TRAFFIC PLANNING** - INTEGRATED TRANSPORT NEEDS

**ONLINE IS USEFUL** - BUT CAN EXCLUDE SOME MEMBERS OF THE COMMUNITY

**SAVE PLANET** - THE IMPORTANCE OF LOOKING OUT FOR EACH OTHER...

**SOCIAL CONNECTIVITY**

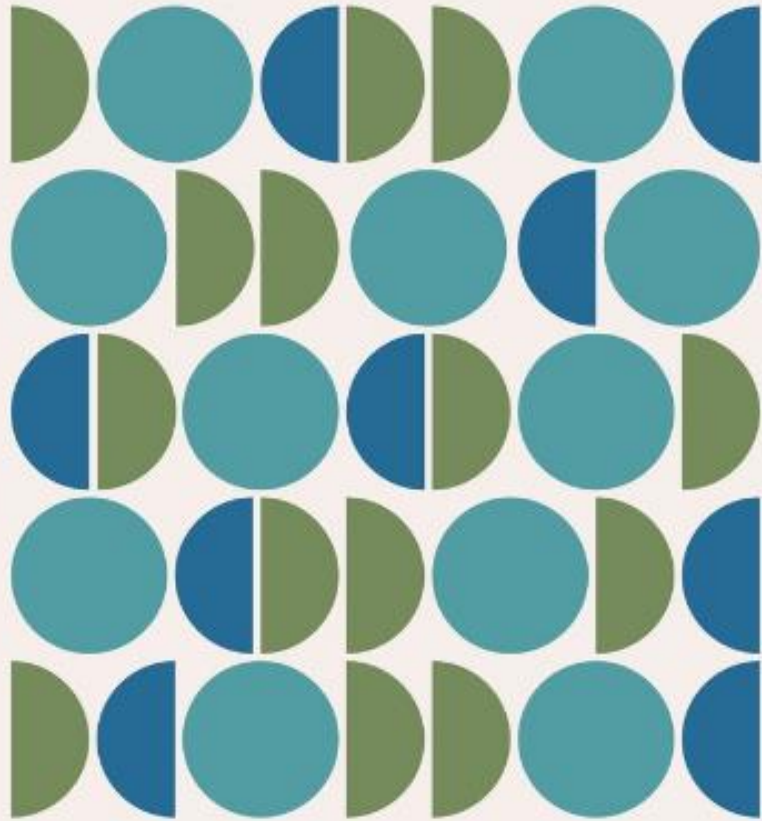
**WHAT ARE YOU CURRENTLY DOING?** - WHAT CAN YOU CHANGE?

**SPIN THE WHEEL!**

**Visual by Eleanor Beer**

**HERIOT WATT UNIVERSITY** - RESEARCH BY UK Research and Innovation

**THE STRAND COMMUNITY HUB** - ROCHDALE 25th MAY 2023



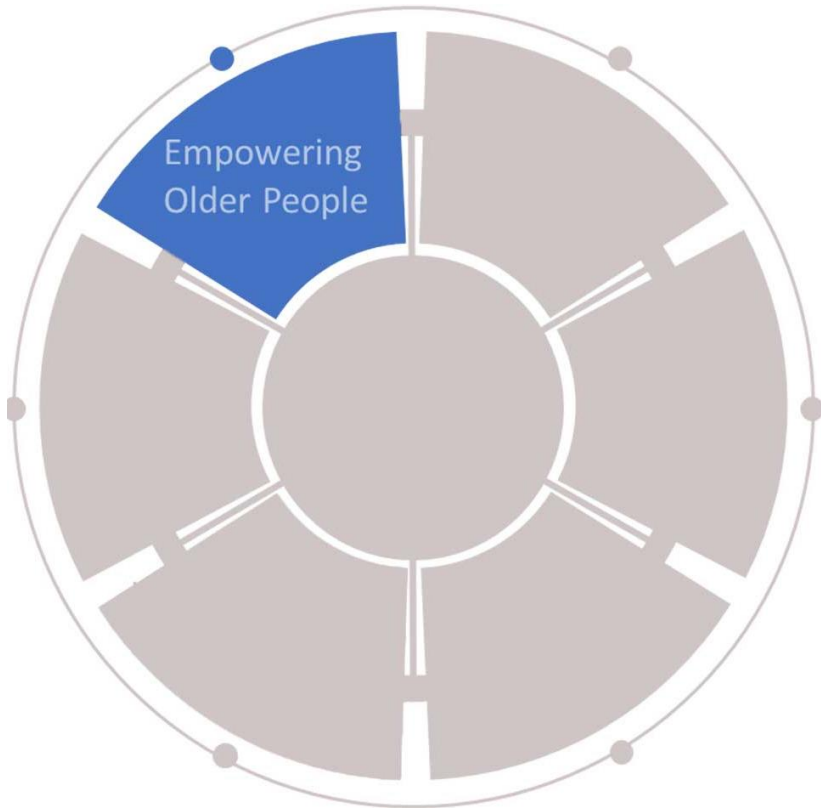
**Healthy Ageing**  
*in a Changing Climate*

Creating Inclusive, Age-Friendly, and  
Climate Resilient Cities and Communities in the UK





# Theme 1: Empowering older people towards climate action



## Recommendations

- Shift the narrative
- Community empowerment
- Co-designing climate interventions
- Climate change ambassadors
- All agency communication
- Reaching into communities

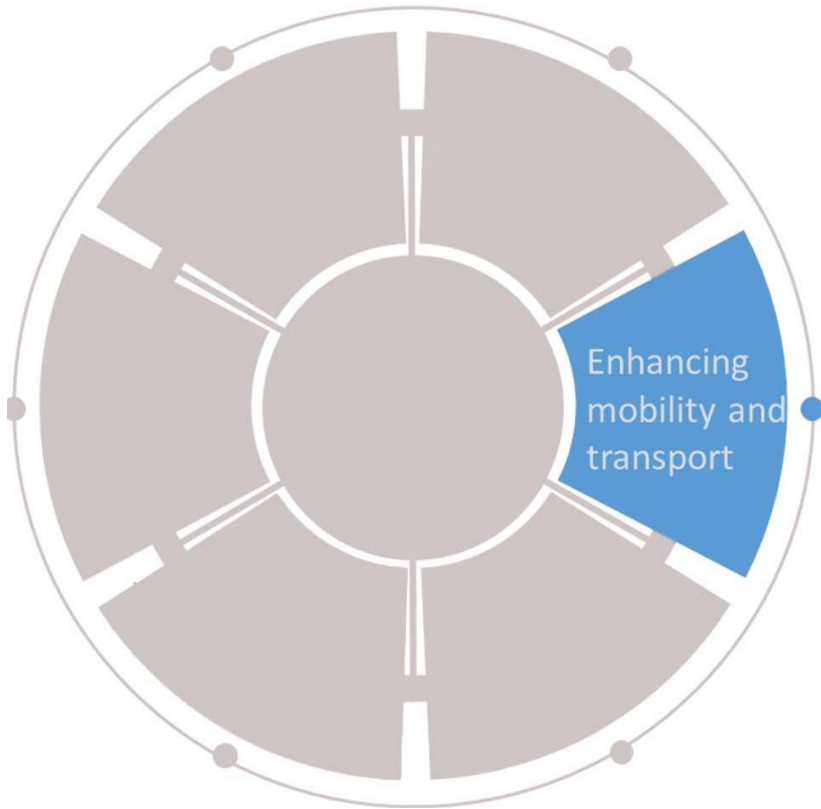
## Theme 2: Mobilising community and social infrastructure



### Recommendations

- Promote age-friendly community hubs
- Foster inclusive and safe spaces
- Build on existing community assets and resources
- Digital skills for resilience
- Comprehensive resilience planning

## Theme 3: Enhancing mobility and transport for healthy ageing



### Recommendations

- Climate resilient transportation services
- Wayfinding and navigating outdoors
- Climate resilient outdoor spaces
- Ageing and active travel
- Local initiatives to support older people

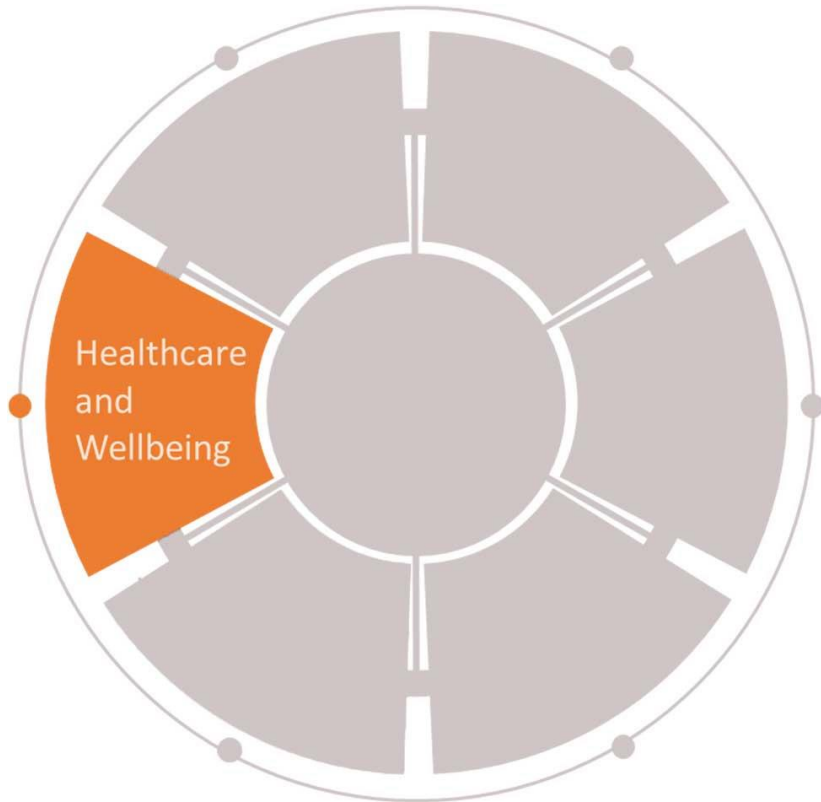
## Theme 4: Climate resilient housing for ageing in place



### Recommendations

- Climate resilient housing strategy
- Future proof lifetime homes
- Informed housing options
- Practical guidance
- Housing transitions

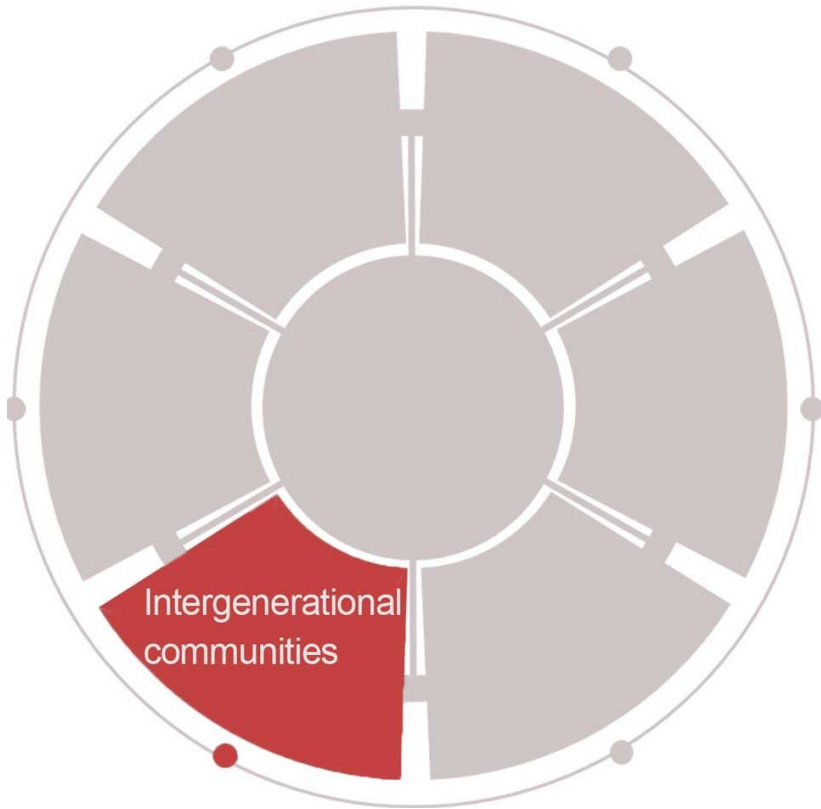
## Theme 5: Healthcare and wellbeing for older adults in extreme weather



### Recommendations

- Climate change as a public health priority
- Community integrated health services
- Climate health and climate change champions
- Cross sectoral interventions
- Practical resources and health toolkits

## Theme 6: Intergenerational communities and climate resilience



### Recommendations

- Foster intergenerational collaboration
- Promote knowledge exchange
- Embrace ‘people helping people’ concept
- Inclusive decision making
- Share intergenerational stories

## Conclusion

- Build on the good work going in communities – asset-based approach.
- Strengthen the evidence base – mapping those most impacted by climate change.
- Engagement with seldom heard groups in climate change discussions.
- Involving older people more in shaping climate change policy and practice.
- Recognising the role older people can and do play in their local communities.
- Situating rights and social justice as central to climate change discussions.

## Thank you to...

- Our Project Advisory Group
- Age-Friendly Teams – Belfast, Cardiff, Greater Manchester
- Working Groups e.g. Greener Later Life, Greater Manchester
- Community Groups – the Citadel, HMR Circle
- City Councils
- All those who gave their time to participate in the research