Ikäystävälliset kaupungin konferenssi Kööpenhaminassa 2.-3.11.2023

Nostoja esityksistä

Vanhusneuvosto 15.11.2023

City of Turku
Two examples as promoters of the health and
well-being of the elderly:
+75 strength and balance training and
the virtual concerts of the city orchestra

Age-friendly cities in the Nordic region, Copenhagen 2023

Anna-Mari Sopenlehto- Jokinen

The Boldest city in Finland

Over 200 000 inhabitants and 40 000 elderly people

We are here!

Finland
Turku

EUROPE

First in Finland

Turku is the oldest city in Finland and one of the oldest in the North.

The first written document where Turku is mentioned is from 1229.

The fortress of Turku Castle has stood at the edge of the River Aura since the 1280's.

Today Turku is the cultural and economic centre of its region.

+75 strength and balance training

- These groups intended for people over 75, physical activity and wellbeing is improved with strength and balance training in the gym.
- As the muscle strength improves, the ability to function improves, making everyday chores and outdoor activities easier.
- During the group, a suitable further training place is searched for each participant, so they can maintain training after the group.
- Groups are free of charge and meet twice a week, for eight weeks. The instructor is a physiotherapist or another professional in the field of physical wellbeing.

Benefits of +75 strength and balance training
SPPB test (short physical performance battery)

- 71% of participants improve their total score on the SPPB test. (N=195)

- In particular, the muscle strength of the lower limbs improves: 96% improve the time getting up standing from sitting down.

- The risk of impaired mobility decreases: the number of those in "highest risk" clearly decreased and the number of those in "no-risk" score range increased. (N= 195)

- 85% feel that their physical condition has improved as a result of the training. (N=161)

- 77% feel that training has had an effect on coping/ ability to function in everyday life. (N=155)

Virtual concerts of the city orchestra

- The jointly experienced events of Turku Philharmonic Orchestra's Virtual Concert Tour project create a sense of community, prevent loneliness and increase everyday functionality among customers.

- The tour visits assisted living units, housing service units and associations' premises.

- The length of the concerts and the program can be easily customized according to the audience.

- The team includes a producer/presenter, a technician and a musician.

- Mittbibliotek – all concerts and lots of more

Thank You!

Contact information
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Nostoja ikäystävällisistä ratkaisuista kaupunkisuunnittelussa ja palveluissa

"as we age, our place in society both materially and metaphorically, changes. The material spaces and places in which we live, work and engage in leisure activities are age-graded and, in turn, age is associated with particular places and spaces" thus *"the urban built environment is simultaneously a cause and an effect of ageist attitudes"* (Geographer Glenda Laws, 1993)

Simultaneous development within the public space itself
arceling of common places in favor of places targeted at certain (age)grou

Places for the elderly / "elderly-friendly"
Stigmatization and forced identification

City of
Gothenburg

Agefriendly Gothenburg

Future Developers
Chatty benches

Sustainable city – open to the world

Sustainable city – open to the world

Gothenburg is Sweden's second largest city with nearly 600,000 inhabitants.

The city has a strategic location between Oslo and Copenhagen and is the heart and growth engine of the Gothenburg region and the entire Västra Götaland region.

The city has a strong business community and Scandinavia's largest port.

City of Gothenburg

A journey that began in 2016 -Chance to build for the future

With an age-friendly perspective in urban planning, more people can live independently longer and be active in society

Goal/aim
"The City of Gothenburg has inclusive and accessible environments that promote health, participation and safety for everyone, with quality of life throughout their lives"

Action Plan 2021-2024, decided by the City Council

Senior citizens participation throughout the process.

The administration för older people, nursing and care facilitate the work, which includes several departments and municipality companies

Sustainable city – open to the world

Future developers co-create with the City of Gothenburg to make the city more age-friendly

Digital inclusion

Är din smarta telefon dum?
Besök våra bibliotek och mötesplatser för seniorer – så hjälper vi dig.

Åldersvänliga Göteborg
Göteborgs Stads kontaktcenter 031-365 00 00
Göteborgs Stad

Vilse i www?
Besök våra bibliotek och mötesplatser för seniorer – så hjälper vi dig.

Åldersvänliga Göteborg
Göteborgs Stads kontaktcenter 031-365 00 00
Göteborgs Stad

Får du panik av teknik?
Besök våra bibliotek och mötesplatser för seniorer – så hjälper vi dig.

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Göteborgs Stads kontaktcenter 031-365 00 00
Göteborgs Stad

Sustainable city – open to the world

Chatty benches for social inclusion

[Åldersvänliga Göteborg - pratbänkar - chat benches - English](#)

Sustainable city – open to the world

"The urban space as a meeting place – be involved in developing Gothenburg's Chatty benches"

Listening bench

Liar's bench
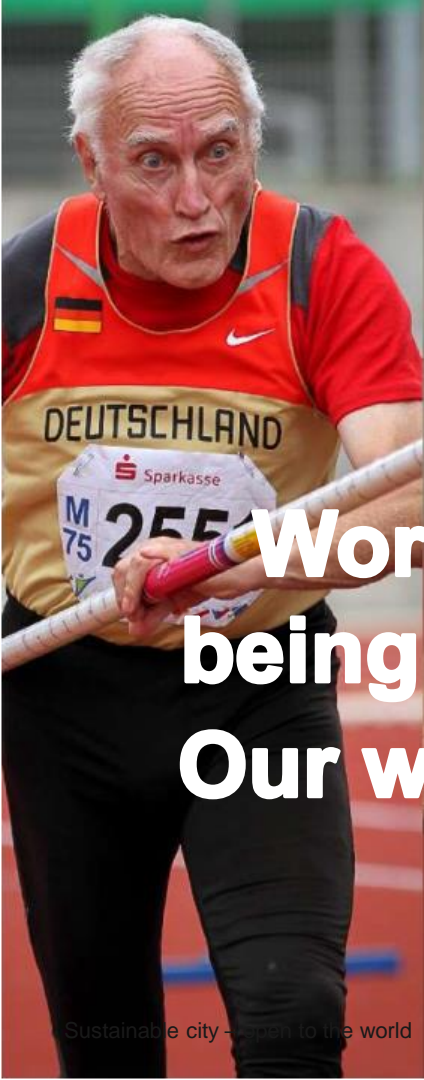Gossip bench
Game bench
Date bench
Coffee Bench
Joker's bench
Göteboss- bench
Substitutes bench
Interrupter bench

Sustainable city – open to the world

World Veteran Championships being held in Gothenburg in 2024 Our warmest Welcome to you all!

Sustainable city - open to the world

Photografer: Alex Rotas

City of
Gothenburg

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Age-friendly Uppsala

Kenny Jansson

The strategic support unit/ Care and welfare department, Uppsala municipality

3 november 2023

Program and action plan for an age-friendly municipality

- Uppsala joined the WHO network in 2016

- Program and action plan structuring the work for a more age-friendly municipality
- Based on the 2016-17 citizen dialogue / baseline assessment

Physical environment

Age integration
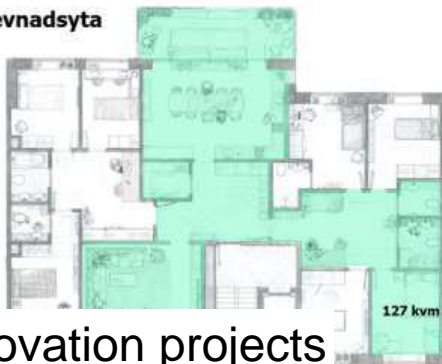
Knowledge generation

Innovation projects
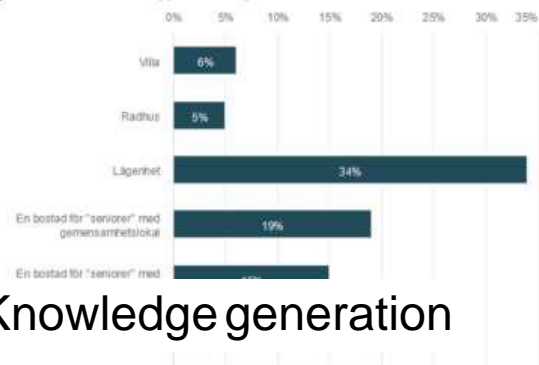
Mobility
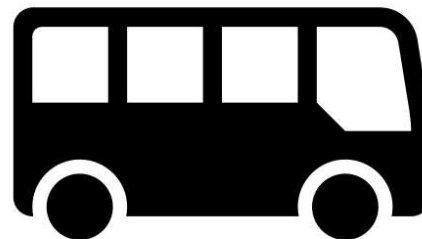
Social environment

Uppsala Summer Zone

Senior lunches in Schools

Cooperation on activities

The walker race

Generation Games Norway

Anne Berit Rafoss

Project manager

Centre for an age-friendly Norway

Generation Games

- Oslo – 2017

- 18 municipalities 2022

- 37 municipalities 2023

- Part of national reform «Community and independence – live safely at home»

Photo: Thomas Andrew Haugen Koonce

Photo: Thomas Andrew Haugen Koonce

Media

Unge og gamle møtes til lek og konkurranse

Kvæfjord kommune og Kvæfjord Frivilligsentral blander unge og eldre til lek, moro og konkurranser torsdag.

De første Generasjonslekene samlet flere hundre i alle aldre: – Dette er skikkelig morsomt

KULTUR

TIPS OSS!
kultur@sb.no | Telefon: 90 10 90 10

Hundrevis gjorde som farmor og Emilia (9)

– Fikk den beste tiden

● Spennende dager:

Noe for både liten og stor

NYHETER

Her er bildene fra de første generasjonslekene

NYTT

Lislefarmen i september blir kraftig utvida med aktivitetar:

Generasjonsleikar i Bygland

NYHETER 57

Samler generasjoner i sentrum

Annonseinnhold

Få Frolendingen for 1 krone

Mye gøy med plass til mer

Arrangerer aktivitetsdag for store og små

– Vi blir mer sammenspleisa

Inviterer til Generasjonslekene - fra rullator-race til pokemon-orientering

Lørdag 2. september arrangeres generasjonslekene - et åpent og gratis arrangement av Sortland kommune, hvor man ønsker å skape aktivitet for store og små.

Generasjonslekene blir en lokal, lavterskel variant av vmestemes medier-hvor det viktigste er å samarbeide og ha det gøy, heter det i en pressemelding fra kommunen.

Lagene skal bestå av 3-5 personer og skal representere minst to generasjoner. Laget blir registrert ved start utenfor Kulturfabrikken, før man kaster seg i gang med aktivitetspostene. Det blir høytidelig premieutdeling med varaordfører, diplom og gratis fiskeburger til deltakerne.