

Checklist for Age-Friendly Environments

Introduction

Environments can act as enablers or barriers to older Australians' engagement in physical activity and social connections. As a result, environments can influence older Australians' health and wellbeing.

The World Health Organisation considers age-friendly communities and environments to be a key aspect of healthy ageing. An age-friendly environment considers the needs of older people across various action areas including: *Outdoor spaces and buildings, Transport, Social participation, Respect and social inclusion, Civic participation and employment, Communication and information, and Community support and health services.*



These action areas can be addressed by Surf Life Saving Clubs as part of the Silver Salties program and other activities targeting older Australians. The following Progress Checklist allows Surf Life Saving Clubs to assess how well they currently provide an age-friendly environment and plan for any changes or improvements required.

Age-Friendly Environment Progress Checklist

Progress Key

A. Achieved & embedded	B. Partially achieved	C. Just starting	D. Yet to occur
Actions implemented, evidenced and ongoing discussion and monitoring.	Discussions and planning occurring, and some actions being implemented.	Initial discussions and planning occurring but little to no action.	Planning and discussions yet to occur.

Action Areas	Definition	SLSC Opportunity - Silver Salties Example	Progress			
			A	B	C	D
Outdoor spaces and buildings	Older Australians live in an environment that includes open spaces, buildings, shaded areas and walkways that are safe and easy to navigate.	The Surf Life Saving Club environment e.g. park, beach, clubhouse, pool is made as safe as possible for older Australians through risk assessment processes. Beach matting is used where relevant.				
Transport	Older Australians can get out and about using a range of affordable, user-friendly transport and associated services.	The Surf Life Saving Club makes connections with local community travel services to provide an affordable, user-friendly transport				

		option for Silver Salties participants to get to the Surf Life Saving Club.				
Social participation	Older Australians are supported to be active in their community doing the things they enjoy.	Silver Salties participants are supported to be physically and socially active through the 20+ programs on offer including volunteering opportunities and other activities they enjoy.				
Respect and social inclusion	Older Australians from all backgrounds are valued and appreciated and no one is excluded based on race, geography, culture, language, gender, sexuality, ability or socioeconomic status.	Silver Salties participants from all backgrounds are valued and appreciated and no one is excluded based on race, geography, culture, language, gender, sexuality, ability or socioeconomic status. Cultural and diversity training opportunities are explored.				
Civic participation and employment	Older Australians participate in employment, training, lifelong learning and volunteering opportunities and inform government policies.	Silver Salties participants enjoy lifelong learning as part of the Wisdom & Wellbeing Club or any activity where they are learning something new, as well as volunteering opportunities through the Surf Life Saving Club.				
Communication and information	Older Australians access information they need in a variety of formats to stay informed and connected with their communities, families and friends.	Silver Salties access information about the Silver Salties program and the local Surf Life Saving Club through a variety of formats including mail, email, social media and presentations so they can stay connected with others.				
Community support and health services	Older Australians are helped to stay healthy, active and independent through community support and health services, including services responding to elder abuse, fraud or exploitation.	Silver Salties participants are supported to stay healthy, active and independent through the local Surf Life Saving Club and the promotion of health services as part of the overall Silver Salties program and specifically as part of the Wisdom & Wellbeing Club.				

Source: This Progress Checklist is based on content from [World Health Organisation' Healthy Ageing Policy including Age-Friendly Environments](#) and [Queensland Government Department of Communities, Disability Services and Older Australians, Queensland: an age-friendly community](#)