

Age-Friendly Albuquerque Coloring Sheet

Age-Friendly Albuquerque invites parents, guardians and children to share their age-friendly ideas.

Age-Friendly Albuquerque

Age-Friendly Albuquerque is a local program to get Albuquerque recognized as an age-friendly city by AARP and The World Health Organization (WHO). Age-friendly cities are livable and thriving communities that improve the lives of all. The WHO and AARP created the **Age-Friendly Livability Domains**, standards to help communities grow in age-friendly practices. The City of Albuquerque is committed to grow in the following age-friendly livability domains:

Outdoor Spaces and Buildings

- Safe and accessible parks and buildings that allow for engaged and active living

Transportation

- Reliable and affordable transit options that connect people to their community

Housing

- Sufficient, affordable and safe housing near community spaces and resources

Social Participation

- Community and social events that engage all ages

Respect and Social Inclusion

- People of all ages are made to feel welcome and important

Civic Participation and Employment

- Employment, entrepreneurship and volunteer options for all ages

Communication and Information

- Regular and accessible information spread through print, TV, radio and the Internet

Community and Health Services

- Accessible health and wellness resources that come from the community

Age-Friendly ABQ coloring sheet

The Age-Friendly ABQ coloring sheet is a great activity parents and guardians can do with young children to teach them about age-friendly communities. Also, these coloring sheets are a fun and creative way the youngest residents of our City can share their ideas with the *Age-Friendly Albuquerque* initiative.

The attached sheet asks young children talk to parents and/or guardians about age-friendly and to draw a picture of what they think an age-friendly community looks like.

There are many ways you can help children understand what age-friendly means. For example, here are some descriptions of the Livability domains that may be appropriate for small children:

Transportation- Safe ways to walk, ride and get around our neighborhoods and city

Respect and Belonging- People of all ages are treated nicely

Parents and guardians are invited to have their children color the attached sheet. Be sure to share the coloring page with *Age-Friendly Albuquerque* if you want it to be included in the application to the WHO and AARP. You can email a picture of the sheet to agefriendlyabq@cabq.gov or mail the sheet to Age-Friendly ABQ c/o Dept. of Senior Affairs, 714 7th St SW, Albuquerque, NM, 87102.

Thank you for being a part of this exciting initiative!



Age-Friendly Albuquerque Coloring Sheet

1. Talk to your parents or guardians about what age-friendly means.
2. Use your imagination and draw a picture of what you think an age-friendly community looks like.

A large, empty rounded rectangular box with a purple border, intended for the user to draw their own picture of an age-friendly community.