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.