



Age-Friendly Albuquerque invites Albuquerque families and households to create their very own Age-Friendly Family Action Plan. These family action plans are a great way for parents, guardians, young children and teenagers to get involved in *Age-Friendly Albuquerque*.

What is Age-Friendly Albuquerque?

Age-Friendly Albuquerque is a local initiative to get Albuquerque designated 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 these livability standards.

Eight 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 & Information

- Community information available in print, digital media, TV, radio, the Internet and word of mouth

Community and Health Services

- Accessible health and wellness resources that come from the community

What is the Age-Friendly Family Action Plan?

The Age-Friendly Family Action Plan lists simple practices or actions you can take as a family to make your home, neighborhood and/or community a better place for people of all ages using the 8 **Age-Friendly Livability Domains**. Examples of age-friendly actions are:

- Helping an older neighbor with yardwork
- Inviting a new kid in the neighborhood to play
- Keeping your sidewalks clean and clear

How do we create an Age-Friendly Action Plan for our family and household?

Parents and guardians are invited to fill out the attached Family Action Plan worksheet with their children. Be sure to share your action plan with *Age-Friendly Albuquerque* so it can be included in the application to the WHO and AARP. You can email your plan to agefriendlyabq@cabq.gov or mail it 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 Family Action Plan

Age-friendly communities are places where people of all ages can grow and thrive.

We, _____
(Family and household name)

are committed to helping build an Age-Friendly Albuquerque. We believe an Age-Friendly Albuquerque is:

(In this box, write down what you think an Age-Friendly Albuquerque looks like.)

We will adopt actions in our home, neighborhood and/or community that allow people of all ages to grow and thrive. These actions are:

Action 1

(In this box, write down one action you can do that you think is age-friendly.)

Action 2

(In this box, write down one action you can do that you think is age-friendly.)

Signatures:

Date:

(Write or type your names in this box)

Share your plan with *Age-Friendly Albuquerque* in the following ways:

- email to agefriendlyabq@cabq.gov
- mail to **Age-Friendly ABQ** c/o Dept. of Senior Affairs, 714 7th St NW, ABQ, NM, 87102