

Elder Friendly Community Matrix

Item	Definition	Metric
Housing	<p>“The right to live somewhere in security, peace and dignity. It should be ensured to all persons irrespective of income or access to economic resources.”</p> <ul style="list-style-type: none"> • Legal security of tenure • Availability of services, materials, facilities and infrastructure • Affordability • Habitability • Accessibility • Location • Cultural adequacy <p>Adapted from United Nations Office of the High Commissioner Committee on Economic, Social, and Cultural Rights http://hrlibrary.umn.edu/edumat/IHRIP/circle/modules/module13.htm</p>	<p>Sufficient supply across all levels of need (e.g., independent, assisted, supported, and skilled, memory care)</p> <p>Laws in place to protect renters and owners; access to systems of arbitration</p> <p>Financial resources available to assist in purchase, rent, life-care</p> <p>Qualified workers for maintenance and upkeep</p>
Health Care	<p>In the US, health care is usually divided into seven areas: preventative, primary, secondary, tertiary, respite, restorative, and continuing. This reflects a ‘delivery of care model’, as opposed to a ‘need for treatment/intervention’ model.</p> <p>Access to family care, specialists, palliative care and geriatricians, as well as psychologists and social workers. Adjunctive care includes physical therapy, occupational therapy, chiropractic, massage, and complementary specialties including neuropathic and functional medicine, as well as hospice/end-of-life care. Facilities may include hospitals, emergency response, clinics, in-home treatment, and hospice</p>	<p>Ease of obtaining appointment with care provider, regardless of specialty</p> <p>Quality of hospital care (AHQR/JACHO)</p> <p>Geriatricians</p> <p>Palliative care</p> <p>Hospice</p>

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Nutrition	Dietary guidelines include recommendations for foods from the following areas to insure adequate calories and nutrition: fruits, vegetables, grains, protein, dairy, oils, and water. Recommendations to limit amounts of sugar and alcoholic beverages are typically made. Caloric intake has been one way to address need, but this does not take into account lower metabolism in typically aging adults and should not be utilized as a sole metric.	Access to fresh produce, meals prepared in healthy ways and meeting the needs of the individual (e.g., culturally-sensitive, visually appealing, and able to be consumed)
Transportation	Public transportation includes bus, rail, ferry. Emergency transportation includes medically-appropriate vehicles and drivers. Private transport includes taxi, for-hire, auto, ship, and air. All transportation must be handicap accessible. Transportation must be available both scheduled and as needed.	Frequency (e.g., number of runs per day, week, month) Distance to scheduled locations (stops) Cost Scheduling (24-hour)
Employment	Opportunities to continue to earn a living either through full-time and/or part-time work. Opportunities to continue to contribute to the economy and development of the workforce through mentoring, supervising, and/or entrepreneurship.	Percentage of part-time workers who are 65 and older Percentage of full-time workers who are 65 and older Cost of living Total number of jobs available
Recreation	Access to a variety of activities and locations that provide relaxation, enjoyment, and physical engagement. Handicap accessible. Predominantly no-fee. Locations in nature (e.g., parks, beaches, forests) and facilities (e.g., gyms, pools, wellness centers)	Total number of parks; accessibility for those needing wheelchairs or sight-hearing assistance; adequate parking, signage, toilet facilities; ADA compliant
Spiritual Needs	Communities, programs, and information on end-of life concerns, purpose and meaning in life, and religious/spiritual activities, spiritual guidance and counseling provided by trained members of clergy or lay members	Total number of places of worship in community Percentage of members who are 65+ Availability of spiritual guidance and counseling in-home, hospice, and continuing care (including hospitals)

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Creative Expression	Music (instrumental and vocal), dance, drama, folk art, creative writing, architecture and allied fields, painting, sculpture, photography, graphic and craft arts, industrial design, costume and fashion design, motion pictures, television, radio, film, video, tape and sound recording, the arts related to the presentation, performance, execution, and exhibition of such major art forms, all those traditional arts practiced by the diverse peoples	Access to participation in and/or attendance at performance, production, and enjoyment of all forms of creative expression
Life-long Learning	Learning arising from a desire to develop personal skills, talents, and desires, as well as discovery, incubation, and harnessing of creative potential of all individuals across the lifespan	Opportunities to share knowledge either through peer-to-peer platforms or in group Access to a variety of knowledge-based delivery systems (e.g., in-person, web-based, audio or written) Opportunities to cultivate wisdom (archiving, curating, preserving)
Inter-generational	Community reflects representation and integration of all age-levels (childhood, early adulthood, adulthood, young old, old-old, and older-old)	Opportunities for cross-generational activities Opportunities for shared care (e.g., young adults providing services to elders; elders providing day-care to children) Ageism intentionally addressed through education and opportunities for inter-generational teaching