



AGE-FRIENDLY CITIES AND COMMUNITIES. A GLOBAL VIEW OF THE SPANISH NETWORK

Spotlight structure

- Spain, main demographic data
- Imsero, Spanish Affiliate of the Global Network of Age-Friendly Cities and Communities (GNAFCC)
- Evolution of the GNAFCC in Spain
- **Qualitative research on diagnoses and plans of age-friendly cities and communities. a global view of the Spanish network:**
 - Why this study?
 - Main objectives
 - Methodology
 - Main results: 8 age-friendly domains – 3 emerging area



Spain, main demographic data

- **Current population:** 47,480,000
- **Older persons (65 years and older): 20%** (9,480,000) keep increasing
- **People over 80 years of age:** 6%, also increasing
- **By 2040**, there could be more than 14.2 million older people, 27.4% of the total population of about 52 million inhabitants.
- **More older women than men**, 30.5% more, and the feminization of old age is accentuated with age.
- **Rural areas** have a larger aging population than urban areas (**30%**)



Spain, territorial organization

- **Regions:** 17 Autonomous Communities
- **Provinces:** 50
- **Municipalities:** 8,132 municipalities,
 - 28% cities (2,266 urban municipalities)
 - 72% rural areas (5,866 rural municipalities)



Imsero, Affiliate of the GNAFCC in Spain

Ministry of Social Rights, Consumer Affairs and 2030 Agenda

- State Secretary for Social Rights
 - **Institute for the Older Persons and Social Services (Imsero)**
 - Coordination of the Network of Age-friendly Cities and Communities in Spain

The **Imsero** aims its activity to two groups:

- ✓ Older persons
- ✓ People in a situation of dependency



Imsero, Affiliate of the GNAFCC in Spain

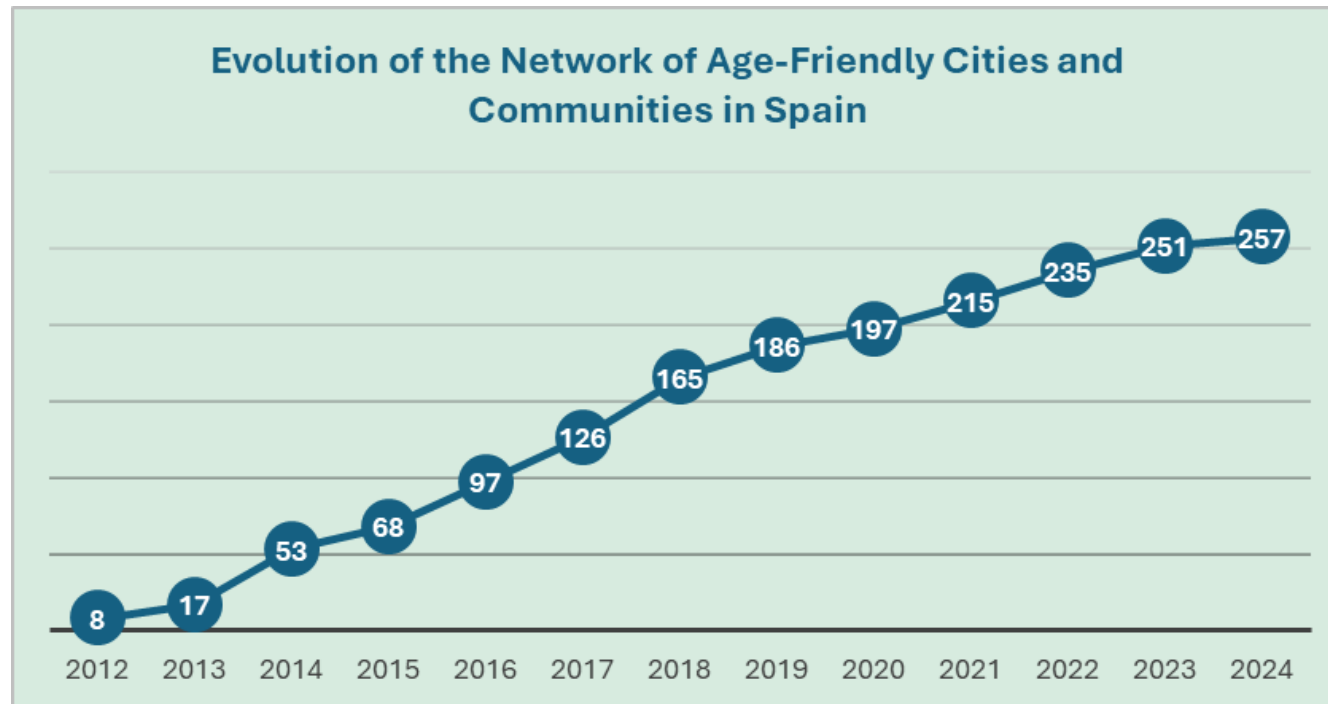
Collaboration agreement with WHO:

- **2011**: first collaboration agreement.
- Renewed in **2017** and the last renewal in **2022** with the will to continue working, at least until 2030, within the framework of the Decade of Healthy Aging 2021-2030.
- Imsero's commitment has been increasing, from 2022, Imsero's objectives explicitly include *"To enhance the growth, activity and impact of the Network of Age-Friendly Cities and Communities in Spain within the framework of the Decade of Healthy Aging"*.



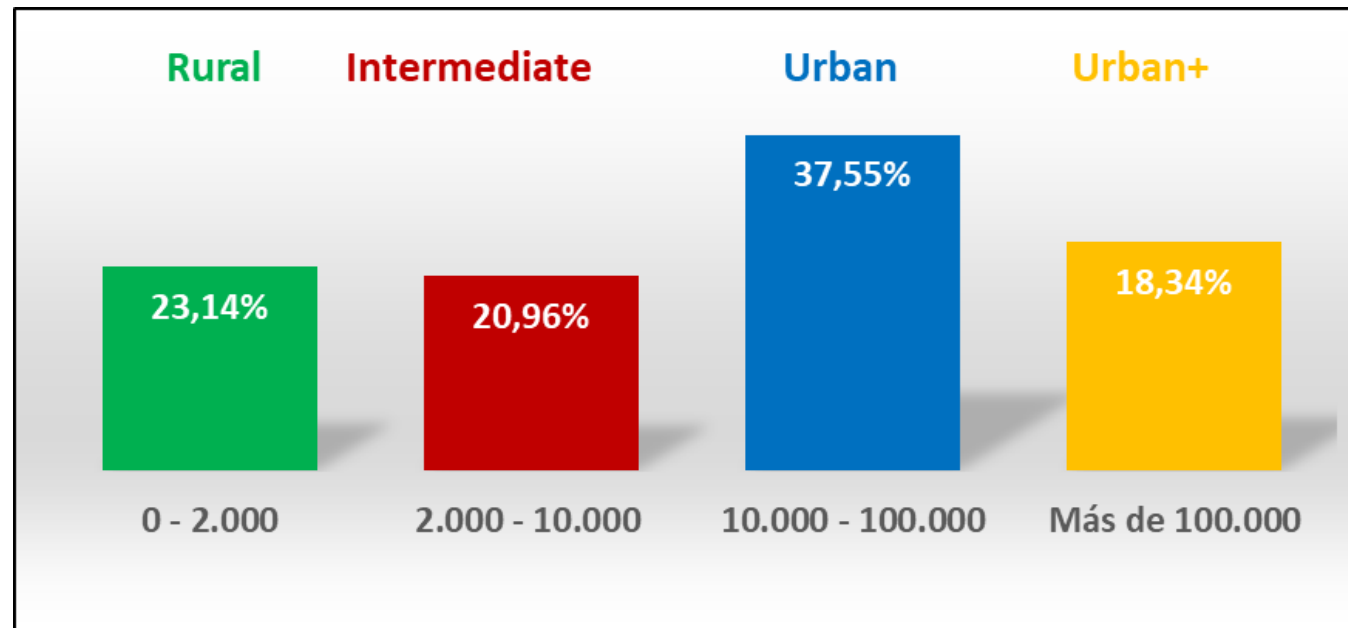
Evolution of the GNAFCC in Spain

The Network has had a **sustained growth** in Spain since 2012, currently **257** Spanish municipalities are members:



Evolution of the GNAFCC in Spain

Urban and rural areas: At the beginning, very few municipalities in rural areas with less than 10,000 inhabitants had joined. In 2017, we set the goal of increasing the number of rural municipalities in the Spanish Network.



Qualitative research on diagnoses and plans of age-friendly cities and communities



- **Why:** Importance of bottom-up knowledge provided by local governments - local source of information for the **design of public policies** appropriate to the reality.
- **Objective:** to find out the most frequent needs and demands of the older population and draw conclusions at the local level to improve physical and social environments to move forward in quality of life of the older persons and promote healthy aging.

Qualitative research on diagnoses and plans of age-friendly cities and communities



- **Who:** The research was designed by Imsero and carried out by the Research Group on Aging (GIE-CSIC) of the Spanish National Research Council (CSIC).
- **Source:** 186 documents (diagnosis, plan and evaluation) from 109 Spanish municipalities.
- **Methodology:** Analytical procedure, qualitative approach through content analysis using **Atlas.ti**.

Results of qualitative research

Age-friendly domains

- Outdoor spaces and buildings
- Housing
- Transport
- Social participation
- Respect and social inclusion
- Civic participation and empowerment
- Communication and information
- Community support and health services

Emerging areas

- Ageism
- Gender
- Unwanted loneliness

Results of qualitative research

Outdoor spaces and buildings

- Accessibility and design: barriers, inclusive design, diversity of spaces
- Promoting green and safe spaces: connectivity, outdoor activities, maintenance and safety.

Housing Barriers

- Lack of physical accessibility
- Limited affordability
- Mismatch between needs and adaptations
- Complex administrative processes.

Housing Facilitators

- Home support services.
- Housing with universal design
- Supportive Communities



Results of qualitative research

Transport

- Transport networks: Public transport, Combination of means of transport, Affordability.
- Infraestructure and services: Accesibilite, safety in public transport, Road maintenance and parking strategies.

Social participation

- Diversity of activities: cultural, sports, associative
- Key strategies: increase places, Accessible information, Adaptation of spaces, Affordability

Respect and social inclusion

- Intergeneratioanal activities: Strengthening bonds, Preventing isolation, Promoting respect:
- Comprehensive care services: Promoting autonomy, Staff training, Personalized care, Inter-institutional coordination.



Results of qualitative research

Civic participation and empowerment

- Strengthening volunteering
- Empowerment and public presence

Communication and information

- Communication strategies: Oral information channels, Written and printed information, Electronic media
- Personalized attention services: Adaptation to diversity, Attention services for support and advice needed, Empowerment and autonomy

Community support and health services

- Prevention and early diagnosis - **Personal environment**
- Home support - **Socio-community environment**
- Socio-health resources and services – **Institutional environment**



Emerging cross-sectorial areas

Ageism

- Promoting intergenerational contact
- Adapting communication and spaces
- Improve training and awareness
- Promote a positive image of old age

Gender

- Economic empowerment
- Social participation
- Comprehensive care and well-being

Unwanted loneliness

- Intergenerational coexistence
- Accessibility and technology
- Community support networks



To finish....

- We could group the eight areas of improvement for the creation of age-friendly cities and communities into:
 - ✓ “Tangible” improvements - **physical environments**
 - ✓ “Intangible” improvements - **social environments**
- It is necessary to **work in parallel** on both the physical and social environments if we want to get age-friendly cities and communities.
- We also see that these eight domains do not have perfect dividing lines and that there are **connections and coincidences** in the initiatives proposed in each of them.



To finish....

- The publication of this study in May 2024 had a wide impact in the Spanish media, both in the field of older people and in general media.
- The report is available on the Imsero website:
<https://ciudadesamigables.imsero.es/>
- Three versions: full report in Spanish, executive report in Spanish and executive report in English available [in this link](#)





**Thank you very much
for you attention**



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