

How age friendly is my community?



The things that make somewhere a good place to live and work can change as we get older.

Many of us remain active into older age, while some of us experience isolation, loneliness, money worries or poor health. Poor neighbourhood design and / or a lack of services can lead to older people being cut off within communities.

It is vital that the needs of older people are considered to ensure we all have the opportunity to achieve the best health, wellbeing and quality of life that we are able.



- **Tell us how age friendly you think your community is.**
- **Score each element out of ten. The higher the score the closer your community is to being suitable for all ages. The lower, the more work needed to make it age friendly.**
- **Define community in terms of what it means to you – your village, suburb, town or city.**

Once you have completed our Community Calculator, please send it to:

Age Cymru
Ground Floor, Mariners House, Trident Court
East Moors Road, Cardiff CF24 5TD

Or for electronic versions please email:
enquiries@agecymru.org.uk

Name
Address
Telephone
Email

We'd like to keep you informed about our vital work. Please tick or circle the areas you're interested in:

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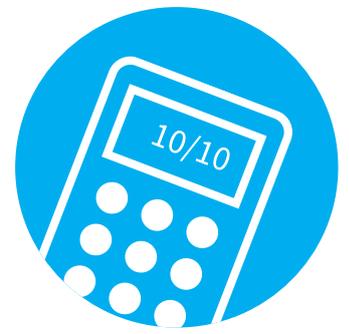
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Your details will be kept on a secure database and we will not share your details with any organisations unless required by law.

The Community Calculator



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Give your community a rating out of ten for each factor listed below. One being the worst possible score and ten being the best.

1. Local services

How easy is it to access local amenities or services e.g. shops, post office, banks and libraries within a reasonable distance of your home?

/ 10

2. Public Transport

How good is public transport, including community transport in your area?

/ 10

3. Public seating and places to rest

How good is the availability and quality of public seating in your community, especially the main centre, bus stops and parks?

/ 10

4. Public toilets

How good is the access to public toilets in your local area?

/ 10

5. Pavements

How well kept are the pavements in your community? Are they free from potholes and barriers? Do they enable wheelchairs and mobility scooters to move freely?

/ 10

6. Neighbourhood safety

How safe are the streets within your community (police presence, the lighting and level of traffic)?

/ 10

7. Places to meet

How good are the places to meet, spend time, exercise and learn, such as a park, leisure centre, community centre or village hall?

/ 10

8. Information and advice

How easy is it to access information and advice in your community, for example from the council, library or voluntary organisation?

/ 10

9. Health and social services

How good are the health and social services in your area?

/ 10

10. Your voice

How well do you think your opinion is taken on board in community decisions and plans?

/ 10

Do you have any further comments you'd like to make?