



PROJECT: TAILORED OFFERS FOR ADULTS – FINGERPRINTS LEARNING
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MODUL 3: SWEDEN

...WHO LIKES DANCING, WHO ARE LAPTOPS FOR...
UPPSALA – AN AGE-FRIENDLY CITY



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About us:

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Contents	page
1. WHO and the age-friendly city approach	3
2. Uppsala – an age-friendly city	5
3. The process in Uppsala	7
4. Summary and conclusions	9
Links	10
Annex 1: WHO information about ageing and health	11

1.WHO and the age-friendly city approach

In 2007, the World Health Organization (WHO) formed an international network of age-friendly cities. Today, the network consists of over 300 cities in 33 countries worldwide. The general purpose of the network is to improve the elderly's ability to live a healthy and independent life with increased participation in social issues and affairs. Among the more than 300 cities in WHO network for age-friendly cities are the following:

- Oslo and Trondheim (Norway)
- Helsinki and Tampere (Finland)
- Göteborg and Uppsala (Sweden)
- Dublin (Ireland)
- Reykjavik (Iceland)
- cities in other countries, for example Spain, Portugal and South Korea.

In June 2016, Uppsala municipality was granted membership in the network for age-friendly cities. Uppsala's membership has two major aims:

- (1) To develop, with the support of the WHO framework, a socially and economically sustainable strategy with respect to the elderly issues and to make these issues a concern for the whole city.
- (2) To get acquainted with international actors' experiences and skills and to share initiatives in which Uppsala has been successful.

This report contains a short presentation of Uppsala's ongoing and planned work with the age-friendly approach in the period 2016-2021.

2. Uppsala – an age-friendly city

Uppsala is the fourth largest municipality in Sweden. The population is 210,000 (2016) of which 22 per cent are more than 60 years old. In 2050, 34 per cent of the population is expected to be more than 60.

Uppsala municipality has for many years supported different initiatives to promote good living conditions for elderly people. For elderly people in need of care, a central aim is to provide high quality home care services and options for sheltered housing. Ambitions also concern *transportation facilities* especially designed to meet the needs of the elderly.

Elderly care in the municipality is provided through close co-operation between municipality-based, private and non-profit actors.

Uppsala offers all elderly people a *voluntary home visit*. The voluntary home visit serves as an opportunity for senior citizens to express opinions and ask questions, and for the local employee to gather important information about the crucial concerns of the seniors. Uppsala has a telephone for senior matters that is open for calls daily, Monday to Friday. Seniors and others can call and ask questions or express opinions about senior matters in the municipality.

Meeting points for seniors are available throughout the municipality. They offer physical and non-physical activities with the aim of prolonging healthy ageing.

Co-operation with the *non-profit sector* is of vital importance. The non-profit sector can offer services not available through the local administration and serve as a complementary actor in the local community.

Uppsala municipality has an *elderly advisory board* in place at city level, aimed specifically at addressing broad societal issues of interest for the elderly in our municipality.¹

The Age-friendly Cities Initiative will serve as a supportive framework for the future work of the advisory board. We believe that the initiative will help us work more coherently and altogether better on the topic of the demographic changes and the ageing population.

Uppsala plans to make the community more age-friendly in several respects. A central aim is to *develop and modify housing* for older people as needed. This includes better possibilities for the elderly to move to senior housing, as well as providing houses with lifts and promoting more age-friendly outdoor spaces.



¹ The elderly advisory board consists of 50 per cent politicians and 50 per cent representatives of elderly organizations.



Sven-Olov Larsson, board member, Uppsala Pensionärföreningars Samrådsorganisation (UPS), Uppsala Consultative Council for Senior Organizations.



Jan Ask, chairman, Uppsala Pensionärföreningars Samrådsorganisation – (UPS), Uppsala Consultative Council for Senior Organizations.

3. The process in Uppsala

Becoming an age-friendly city is a long-term commitment going on for a five-year period. Uppsala is now at the beginning of this process. The first step is to carry out a so-called baseline measurement in close dialogue with the elderly citizens of the municipality. The views of the elderly will form part of a three-year action plan which Uppsala will develop in co-operation with other relevant actors in the local community such as Uppsala university, the police, the health care sector and private companies. The action plan contains measures in eight areas of improvement that follows a guide that the WHO has developed. The improvement areas are the following:

- Social support with good health care services
- Transport and mobility
- Housing
- Social participation
- Outdoor environments, parks and buildings
- Respect and social affiliation
- Citizenship and employment
- Communication and information

In the autumn of 2016, Uppsala municipality conducted a dialogue with seniors on streets and squares and also through telephone interviews. In the spring and summer of 2017, Uppsala municipality invited residents of 60 years and older to participate in 15 dialogue conferences. The conferences took place in Uppsala's various districts, also in the countryside. At each occasion, up to 70 seniors gathered and discussed the municipality's elderly friendliness. In total, the meetings gathered more than 1,000 seniors. According to Erik Pelling at Uppsala municipal council responsible for elderly matters, "Uppsala wants to conduct dialogues with the municipality's elderly inhabitants in order to assess Uppsala elderly's priorities, based on their own perspective."

The conferences are based on the World Health Organization (WHO) research-based criteria (with eight focus areas and 130 detailed aspects) for what characterizes and is important for an elderly city. Participants begin by voting to produce a number of development areas. After the vote, problems in the various areas are discussed. According to Monica Östman, chairman of the elder committee in Uppsala municipality, "the purpose of the civil dialogue is to focus attention to the improvement and development areas. We want to know what problems are."

The outcome of the conferences constitute the basis for a three-year action plan with the necessary measures. The action plan will be developed in co-operation with other authorities and civil society, from non-profit organizations to business.

Table 1. Uppsala municipality's consultations with 2,000 seniors in Uppsala.

Time	Activity	Number of seniors involved
September 2016	Questionnaire for seniors at the streets of Uppsala.	800
Autumn 2016	Telephone interviews with disabled seniors who have taxi service.	200
Winter 2017	Invitation to round-table conferences sent to 2,300 persons by normal mail.	
Spring and summer 2017	15 round-table conferences at 14 places. Eight tables, each with a chairman, at each place. 130 questions.	1,000
Summer 2017	Collection and analysis of answers from questionnaire, telephone interviews and round-table conferences.	
1 October 2017	Report about general outcomes from: questionnaire, telephone interviews and round-table conferences.	
Late autumn 2017.	Presentation of 14 local reports.	
Early 2018	Presentation of local reports for participants of the round-table conferences.	1,000 (estimation)

Table 2. Plan for Uppsala's first five years as a member of the WHO network for age-friendly city.

Time schedule	Activity
Step 1 First half of 2016.	Start-up activities and application.
Step 2 Second half of 2016 and 2017.	Planning. Development of tools and collection of baseline assessment data. Establishment of co-operation partners and consultation forums. Development of action plan.
Step 3 2018-2020	Implementation of the action plan.
Step 4 2021	Evaluation of the action plan and its implementation.
Step 5 2016-2021	Exchange of experiences with other cities.

4. Summary and conclusions

Age friendly city is a global and growing WHO network of more than 300 cities around the world. Age friendly city have identified eight improvement areas for elderly people:

- Social support with good health care services
- Transport and mobility
- Housing
- Social participation
- Outdoor environments, parks and buildings
- Respect and social affiliation
- Citizenship and employment
- Communication and information

Uppsala municipality joined the WHO network in 2016 and developed a plan with five steps to be implemented in the period 2016-2021. Uppsala's project has two major goals:

- (1) To develop socially and economically sustainable strategy with respect to the elderly issues and to make these issues a concern for the whole city.
- (2) To get acquainted with other cities experiences.

In the first part of 2017, 15 round-table conferences, with approximately 1,000 participants, were organized with elderly people in Uppsala municipality. The outcome of the roundtable discussions, together with the other types of consultations with the seniors which were made in Uppsala, constitute a central contribution to an action plan which is to be approved in 2018.

Links

Guide and film - working with older people as co-researchers.

<https://extranet.who.int/agefriendlyworld/researching-age-friendly-cities-new-guide-and-film-to-working-with-older-people-as-co-researchers/>

Seniorval.se

Seniorval.se is a Swedish information service that provides updated information about accommodation, service and care for seniors. By collecting the information in a searchable database, the web service can easily find the right kind of information about municipal and private activities.

www.seniorval.se

Uppsala municipality, Sweden

Homepage of Uppsala municipality.

<https://www.uppsala.se/>

Uppsala – age friendly city

Presentation of Uppsala as an age-friendly city.

<https://extranet.who.int/agefriendlyworld/network/city-of-uppsala/>

World Health Organization (WHO)

Presentation of the project for an age-friendly world.

<http://www.who.int/ageing/age-friendly-world/en/>

World Health Organization (WHO): Global age-friendly cities – a guide

The purpose of this guide is to engage cities to become more age-friendly so as to tap the potential that older people represent for humanity. It describes the converging trends of rapid growth of the population over 60 years of age and of urbanization, outlines the challenge facing cities, and summarizes the research process that led to identifying the core features of an age-friendly city.

http://www.who.int/ageing/publications/age_friendly_cities_guide/en/



Uppsala cathedral and Trefaldighetskyrkan.

Annex 1: WHO information about ageing and health

AGEING and HEALTH

World Health Organization

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.

▶ EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old.

Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL

- Age-related changes
- Genetics
- Behaviours
- Disease

ENVIRONMENT THEY LIVE IN

- Housing
- Assistive technologies
- Transport
- Social facilities

▶ WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care

Healthy Ageing...being able to do the things we value for a long as possible
#yearsahead