THE IMPORTANCE OF THE PUBLIC REALM IN DEVELOPING THE AGE-FRIENDLY COMMUNITY

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“HEALTH AND DISABILITY REFER TO THE BALANCE BETWEEN PERSONAL CAPABILITY AND ENVIRONMENTAL DEMAND.”

Verbrugge & Jette, 1993
Aging is not about time and the body, but about relationships... and the meaning of place.
WHAT MAKES A GREAT PLACE?

SOCIABILITY

USES & ACTIVITIES

PLACE

ACCESS & LINKAGES

COMFORT & IMAGE

KEY ATTRIBUTES

INTANGIBLES

MEASUREMENTS

PROJECT FOR PUBLIC SPACES
SOCIABLE
POPULATED
SEATING
MEMORY
AGE COMPOSITION
RISK
SYNESTHETIC
CHALLENGE
CHALLENGE

KAMIKATSU-CHO
Before

After

Beauty
Dan Buettner

BLUE ZONES
LONGEVITY HOTSPOTS

BLUE ZONE LIFE LESSONS
MOVE NATURALLY
RIGHT TRIBE
RIGHT OUTLOOK
EAT WISELY
"To be healthy is literally to be whole... Our sense of wholeness is not just the completeness in ourselves but also is the sense of belonging to others and to our place... I believe that the community, in the fullest sense: a place and all its creatures... is the smallest unit of health and that to speak of the health of an isolated individual is a contradiction in terms."

Wendell Berry and Friend, Health is Membership. Photo courtesy JRBenjamin.com
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