

# Carlisle – An Age Friendly Community







## The eight age-friendly domains



1. Outdoor spaces and buildings



2. Transportation



3. Housing



4. Social participation



5. Respect and social inclusion



6. Civic participation & employment



7. Communication and information



8. Community support & health services

### UK Network of Age-friendly Communities

The UK Network of Age-friendly Communities is made up of over 50 cities, towns, boroughs, districts, counties and city regions working together to share learning and promote age-friendly practices.



We are working to connect places that share our ambition of more people enjoying a good later life.

# We Commit to:

- Putting prevention first and ensuring timely access to services and support when needed.
- Removing barriers and creating more opportunities for older adults to contribute to society.
- Ensuring good homes and communities
- Narrowing inequalities
- Challenging ageist and negative language, culture and practices





### Healthy Ageing in Carlisle

An overview – March 2022



Office for Health  
Improvement  
& Disparities

## State of Healthy Ageing in the North West 2022

A resource to support local Health  
Needs Assessments

March 2022



## Early responses from older adults on low income in Carlisle

