

Bridging gaps in Age-friendly Uppsala, Sweden

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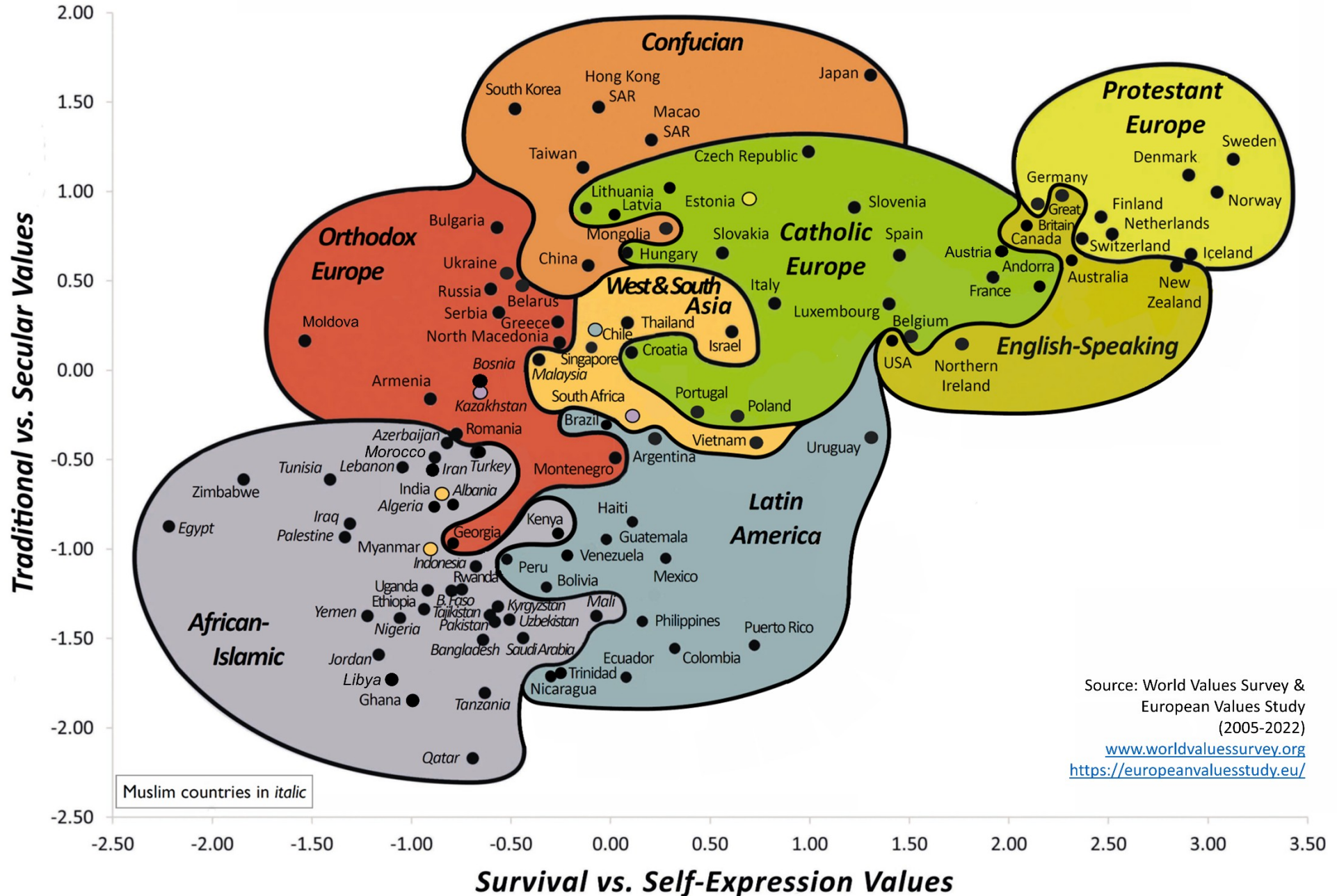


Uppsala

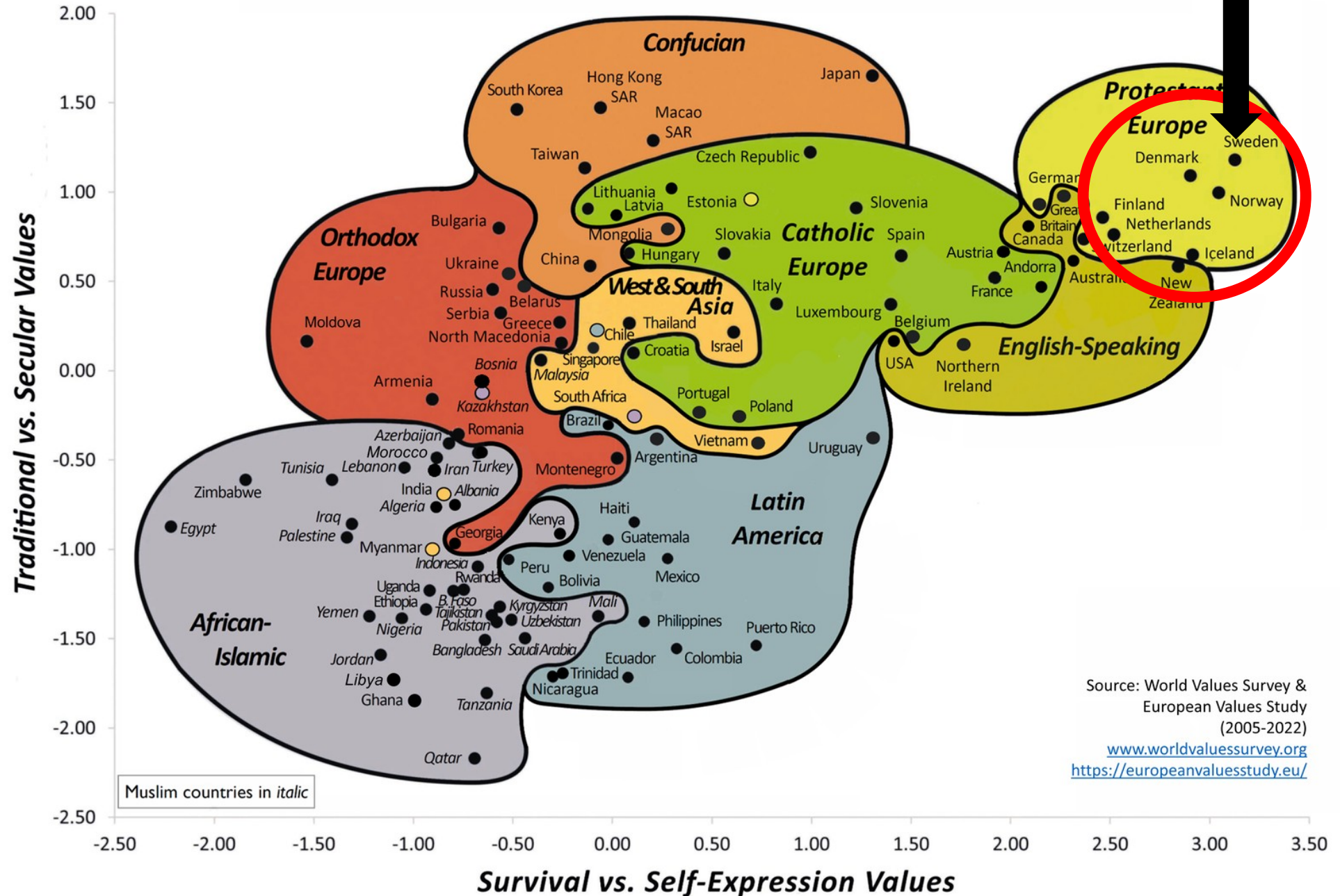
- Sweden's fourth largest municipality in terms of population and Sweden's fourth largest city
- Largest rural municipality in Sweden
- 240.000 residents on an area of 2 182 sq km
- 2014-2023 growth by 18% to 38.000 pers
- 29% have a foreign background



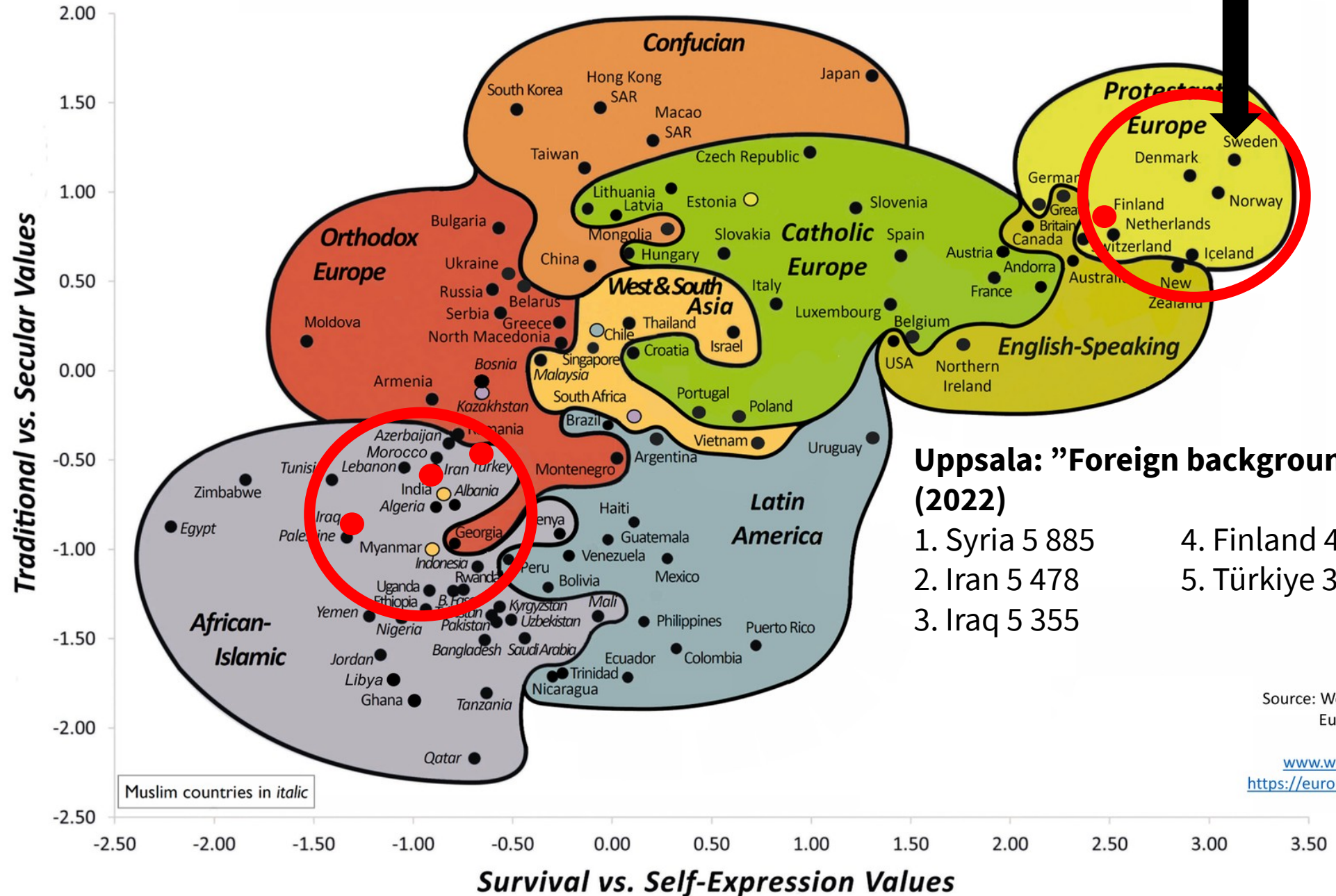
The Inglehart-Welzel World Cultural Map 2023



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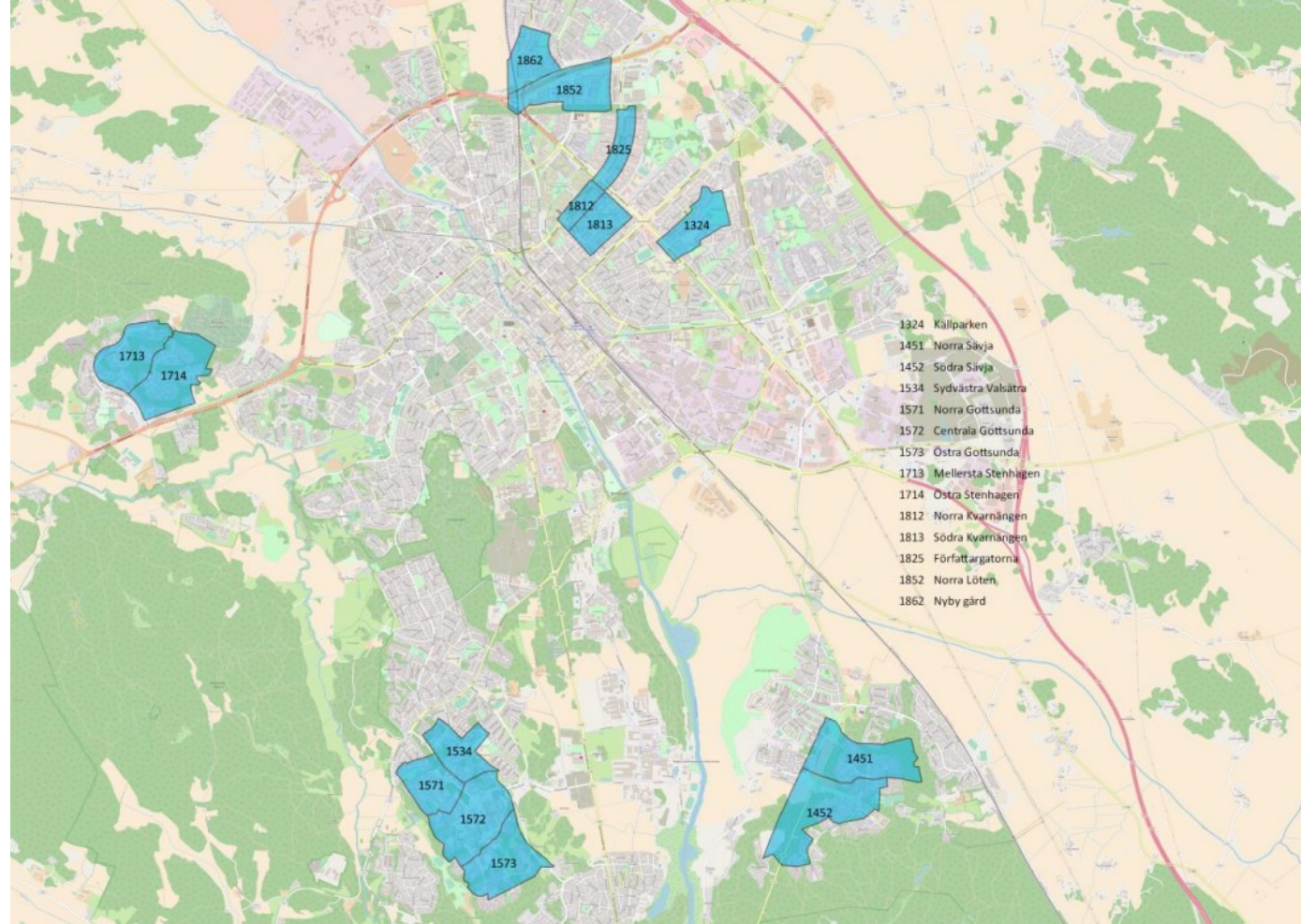


The Inglehart-Welzel World Cultural Map 2023



Migrants in Uppsala

- Light-blue category:
 - high rates of ill health
 - high unemployment
 - high degree of financial assistance
 - many people born in a country outside the EU/EFTA





1. Facing a pandemic

- Volunteers at the Cooperative Organization for Immigrant Associations in Uppsala (SIU) taking initiative
- Collaboration with actors in the public sector: Uppsala Region, Uppsala Municipality, and the County Board of Uppsala
- Result: Uppsala the best region in Sweden at vaccinating those born abroad

Uppsala bäst på att vaccinera utländska



“Uppsala is best at vaccinating those born abroad”

2. Making a survey

- Housing survey for the elderly
- Lower response rate for older people born abroad
- Agile adjustments step by step to optimize
- Result: Interesting difference in preferences between older people born in and outside the Nordic countries



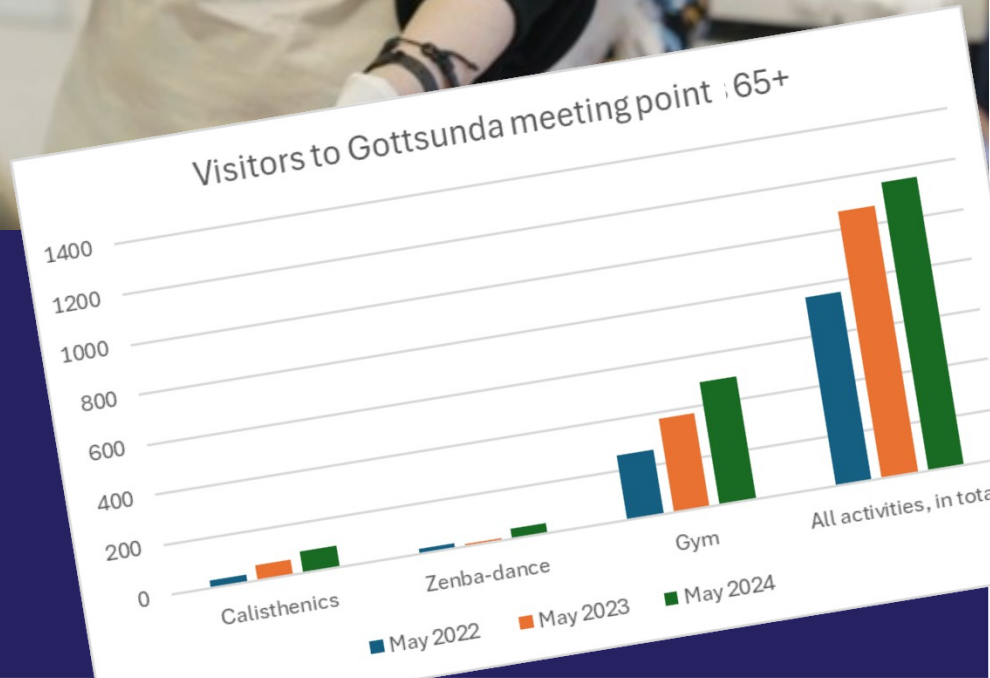
Table 3. Country of birth/region of birth

Fördelning utifrån land/region	Antal svarande	Procent svarande	Procent i urvalet
Sverige	1451	89,1 %	82,7 %
Norden (men inte Sverige)	58	3,6 %	3,3 %
Europa (men inte Norden)	42	2,6 %	4,5 %
Utanför Europa	74	4,5 %	9,5 %
Vill inte svara	4	0,2 %	-

3. Meeting points outreach

- Different sorts of meeting places for the elderly
 - Meeting points 65+
 - Community schools
 - Senior-lunches at schools
- Interpersonal trust and information is key
- Result: More people with a migrant background at meeting places

Gränby community school



Closing reflections

Older person as:

Patient

Customer

Citizen

A Design for Life

/// Urban practices for an
age-friendly city



/// The patient, the customer and the citizen

In order to engage creatively in a new, fuller concept of life in the production of the urban environment, we must recognise the different ways that older people are viewed. For various professions, this usually falls into one of three categories; the patient, the customer and the citizen¹⁴.

The patient

The patient model defines older people only by their deficits; where success often comes from stopping things from getting worse, rather than improving those that see their role as identifying and solving problems, this is the default position that is taken. This is not to be dismissive of the medical needs that some older people have, and we cannot be ignorant about the prevalence of certain medical conditions among older people. One-quarter of people aged 85+ are living with 'frailty', one in five of people aged 75+ experience some form of frailty, and statistics show that the prevalence of frailty increases with age. The statistics show that the prevalence of frailty increases with age. The statistics show that the prevalence of frailty increases with age.

The Patient

- Tax-payer
- Public-sector
- Cared for by authorities



/// The patient, the customer and the citizen

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The Customer

- Customer
- Market
- Caring for yourself



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The Citizen

- Citizen
- Society
- Cared for by others while caring for others



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Anne Berit Rafoss, the Centre for an age-friendly Norway:

“We need to learn how to be a
society again!”





Uppsala
kommun