

A photograph of a diverse group of people, including an elderly man in the foreground, looking towards the left. The man has white hair and is wearing a dark jacket over a blue and white checkered shirt. The background is blurred, showing other people of various ages and ethnicities.

# Nordic Day

## Co-creation of social services with older people with a migrant background in age-friendly cities

*"What all members of the Network have in common is the desire and **commitment to create physical and social environments that promote healthy and active ageing and a good quality of life for their older residents.**"*

WHO, Age-friendly World

WHO Global Network for Age-Friendly Cities and Communities (establ.2010): >1500 cities and communities in more than 50 countries.



# Nordic network for age-friendly cities

- Coordinated by the Nordic Welfare Centre since 2017
- 20 cities across Sweden, Norway, Denmark, Finland and Iceland as well as Centre for anaAge-friendly Norway and the region of Jönköping, Sweden.



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# Age-friendly principles

- An endeavour across sectors, civic society and businesses
- **Not just for but together with**
  - systematically!
- Listening to diverse voices
- But! Still not all groups are equally included.



# Listen to and create with

- Gothenborg, Sweden:
  - Initial baseline measurement
  - Variation in methods
  - Future Developers
- 
- Older people's councils in the Nordics



Aldersvänliga Göteborg  
Senior Göteborg

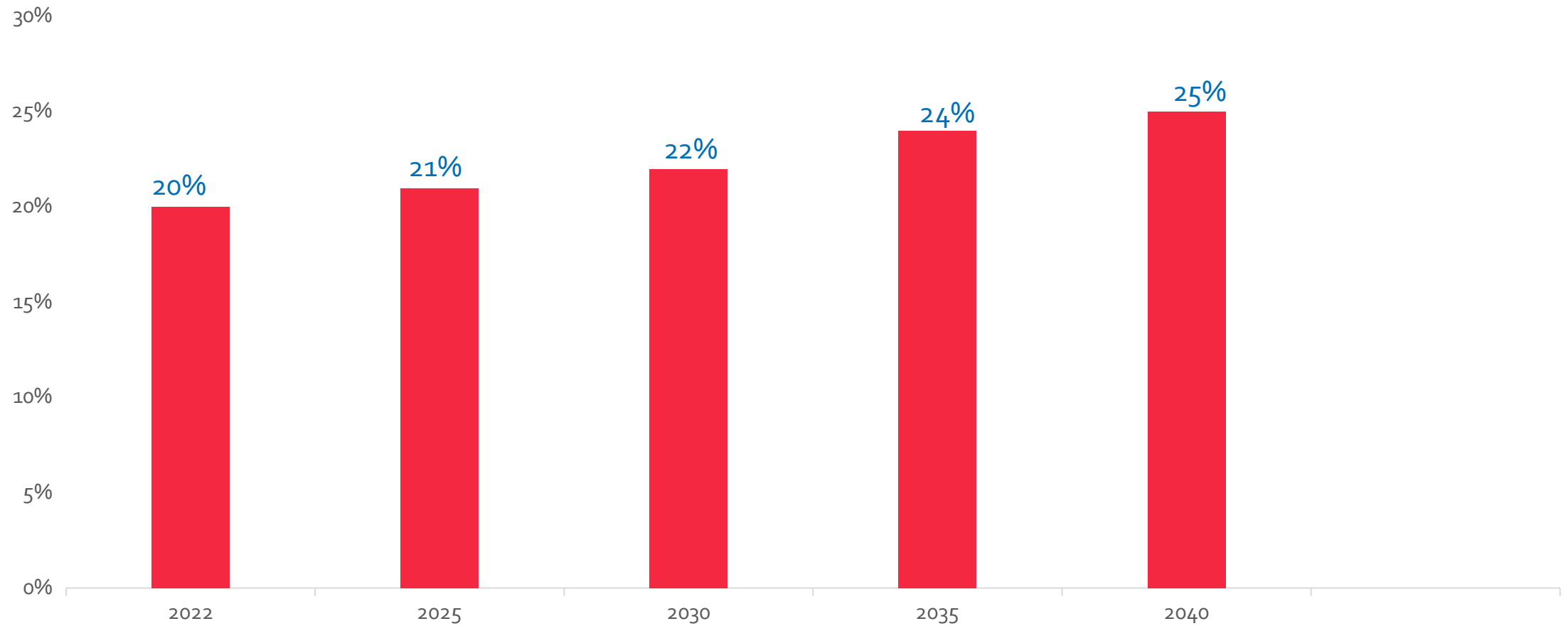


## Basutvärdering

Nulägesbeskrivning av seniorers behov, erfarenheter och synpunkter om åldersvänligheten i Göteborg



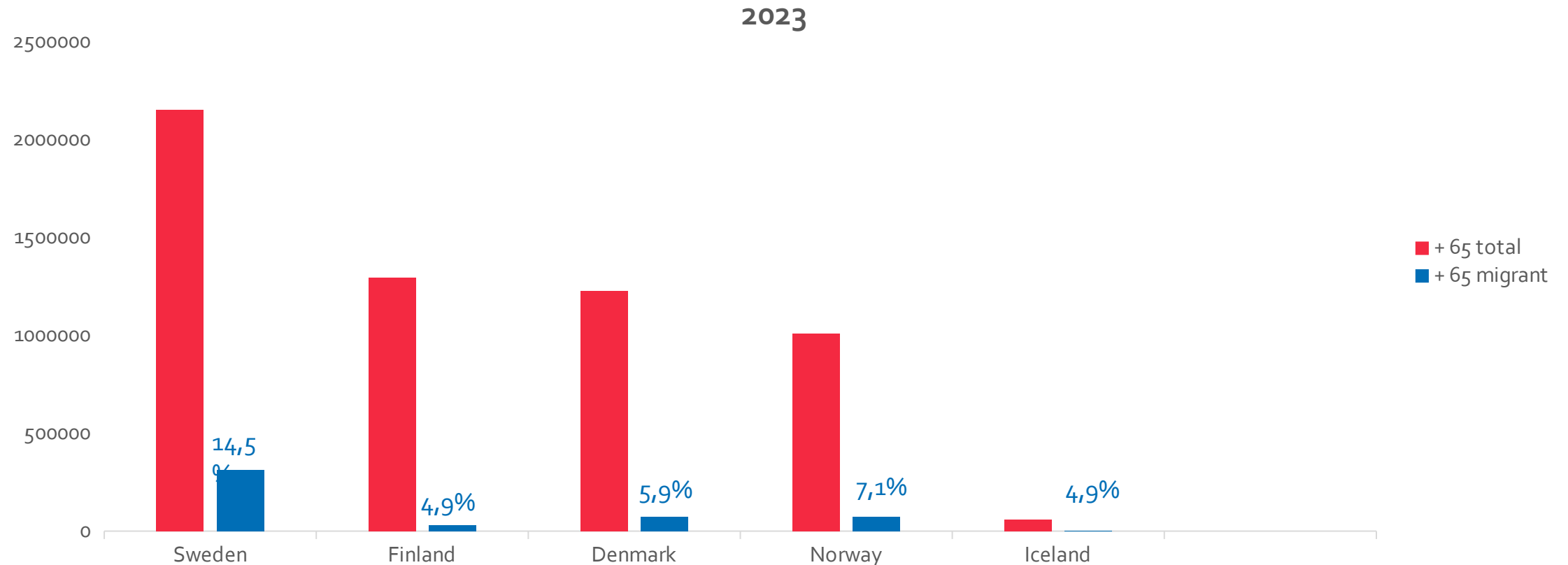
# Population forecast 65+ Nordic countries



Finland by 2060: 29%



# 65+ and 65+ with a migrant background

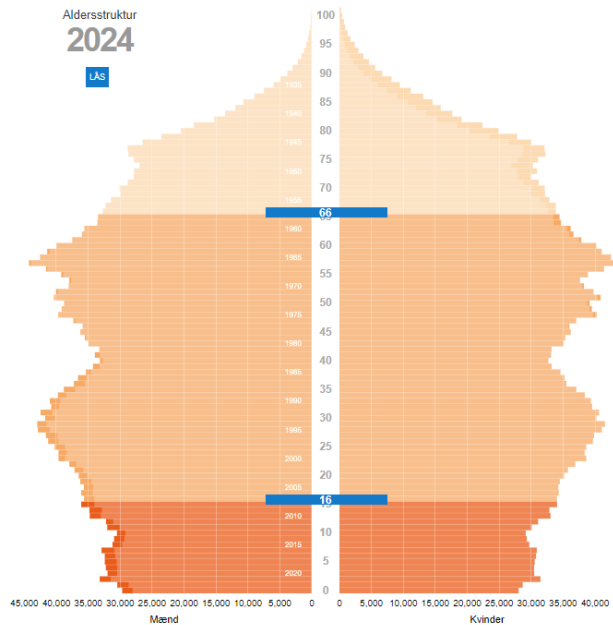


Migrant background 65+ out of 65+ total: Sweden: 14,5% - Finland: 4,9% - Denmark: 5,9% - Norway: 7,1% - Iceland 4,9%



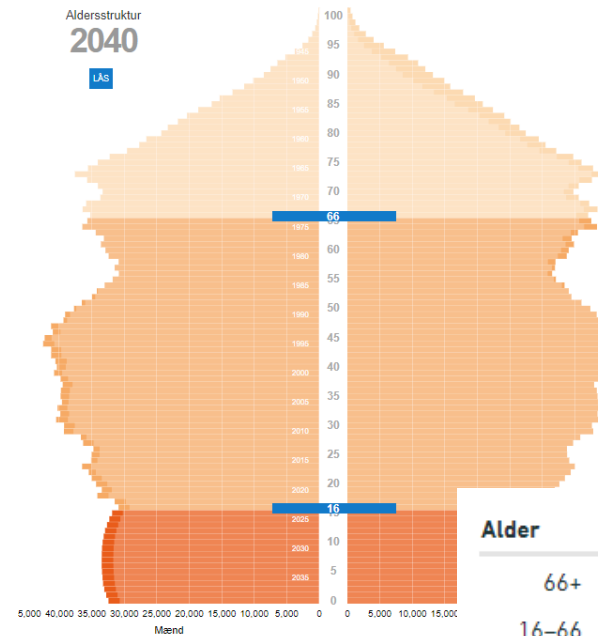
# A growing population within a growing population

FOLKETAL 1. JANUAR



Alder	Tusinder	Pct.
66+	1163,5	20%
16-66	3789,3	64%
<16	1008,4	17%
I alt	5961,2	100%

BEFOLKNINGSFREMSKRIVNING



Alder	Tusinder	Pct.
66+	1462,0	24%
16-66	3638,0	59%
<16	1028,8	17%
I alt	6128,7	100%

Denmark: Total 66+  
2024: 20% -> 2030: 24%



<https://extranet.dst.dk/pyramide/pyramide.htm#ly=2015&v=2&g&c=4>

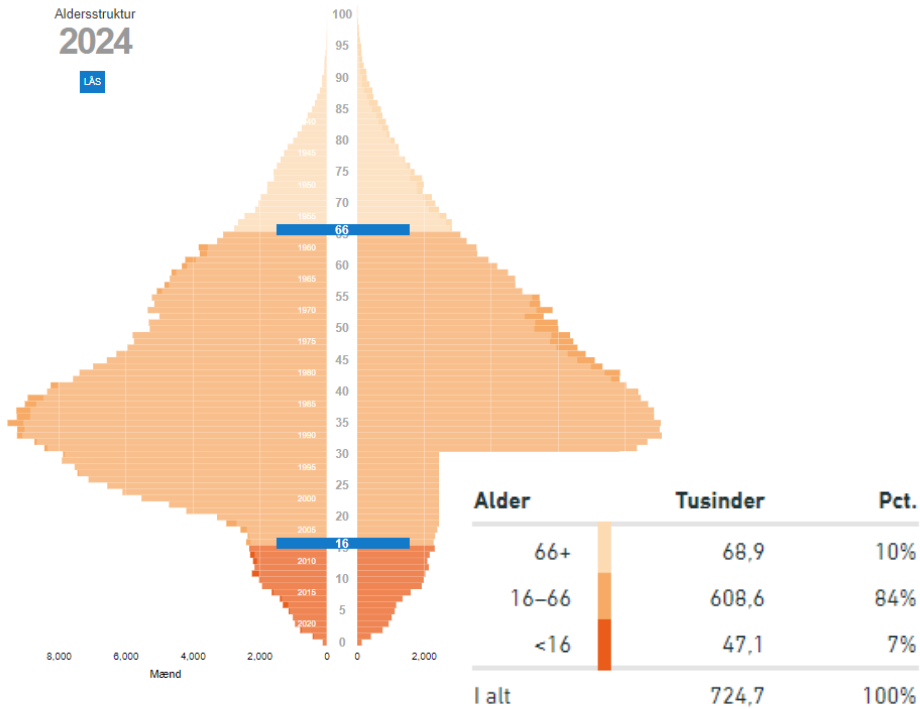


# A growing population within a growing population

FOLKETAL 1. JANUAR

Aldersstruktur  
2024

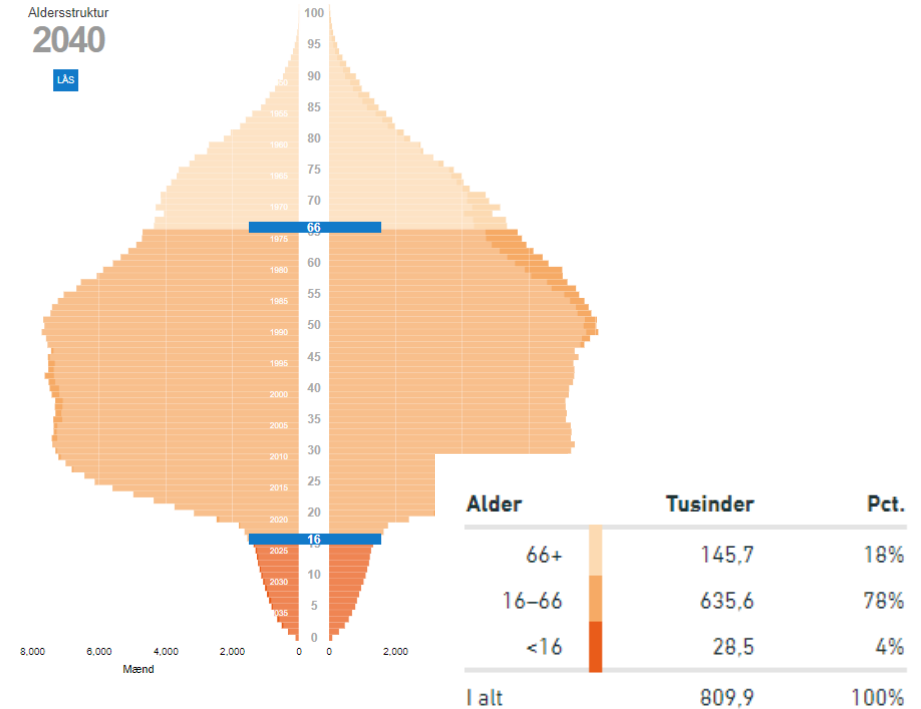
LAs



BEFOLKNINGSFREMSKRIVNING

Aldersstruktur  
2040

LAs



Denmark: Migrant background 66+ out of total with migrant background:

2024: 10% -> 2040: 18% -> 2060: 29%



# Health, wellbeing and economy

- Work migrant from 1970's, refugees
- Migration at older age
- Family high priority
- Non-western immigrants: More health issues, higher risk of loneliness and poverty than peers with a non-migrant background, also when factoring in short education.
- Circular migration; a sense of not belonging anywhere.
- Hard to reach, easy to avoid...



# Presenters Nordic Day

- **Thiago Hérick de Sa**, Technical Officer, Age-friendly Environments, WHO:  
*The WHO Global Network for Age-friendly Cities and Communities, virtual presentation*
- **Anne Berit Rafoss**, Project manager, Centre for an age-friendly Norway, Norwegian Directorate of Health, *online interview*
- **Unni Hembre**, Ass. Director General, Department of Health in the City of Oslo, Norway: *The communication compass, presented by Louise Scheel Thomasen*



# Presenters Nordic Day

- **Kenny Jansson**, Coordinator of 'Age-friendly Uppsala', Sweden:  
*Bridging gaps in Age-friendly Uppsala*
- **Asim Umer Latif**, Social Innovation Specialist & member of the Nordic Migrant Expert Forum, Denmark:  
*Co-creating with ethnic minorities - addressing elder issues*



# Program 14-17 o'clock

- Welcome, Eva Franzén, Director, Nordic Welfare Centre
- Introduction to Nordic Day, Louise Scheel Thomasen, Senior Adviser, Nordic Welfare Centre
- **The WHO Global Network for Age-friendly Cities and Communities**, virtual presentation by Thiago Hérick de Sa, Technical Officer, Age-friendly Environments, World Health Organization
- **The communication compass**. A guide to facilitate communication between the City of Oslo and elderly minorities, Louise Scheel Thomasen for Unni Hembre
- **Interview with Anne Berit Rafoss**, Centre for an age-friendly Norway
- **Bridging gaps in age-friendly Uppsala**, Kenny Jansson
- **Break**
- **Co-creating with ethnic minorities** - addressing elder issues, Asim Umer Latif
- **Discussion** with the presenters
- **Concluding remarks**
- **Coffee and mingle**



- [Nordicwelfare.org](http://Nordicwelfare.org)
- Facebook: Nordens välfärdscenter
- Twitter: @Nordicwelfare1
- LinkedIn: Nordic Welfare Centre



← Scan to read more



# Ageing in the Nordic region

— Publication mapping active and healthy ageing strategies and initiatives in the Nordic countries



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## Att åldras i Norden

En kartläggning av strategier och initiativ för aktivt och hälsosamt åldrande i de nordiska länderna



# Working towards age-friendly cities

— Publication to inspire municipalities' work to become a better environment to age in.



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 Nordic Welfare  
Centre

## A BETTER ENVIRONMENT TO AGE IN

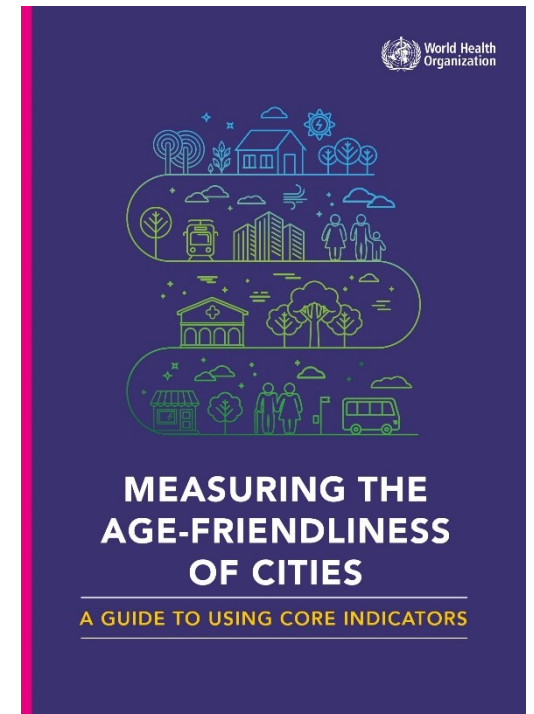
- Working towards age-friendly cities in the Nordic region





# Some more resources

- Norske arkitekters landsforbund (2022): Håndbok aldersvennlig stedsutvikling
- WHO (2015): Measuring the age-friendliness of cities



# November 2-3 2023: Konference i samarbejde med WHO i København

- Kommuner, forskere og eksperter fra Norden og de Baltiske lande.
- Fokus på at dele 'best practice', tips og inspiration om at arbejde med et aldersvenligt samfund.
- Gode eksempler på, at man har rykket sig fra at *skabe til* mod at *skabe med* ældre voksne.
- Næste skridt: Öge samarbejdet ml. sektorer og sigte efter at udvikle nationale, aldersvenlige politikker.



Läs mere: [Nordic cities strengthen their work for age-friendly cities](#) og [Age-friendly communities help us stay healthy and active](#)

# Indicators for Active and Healthy Ageing

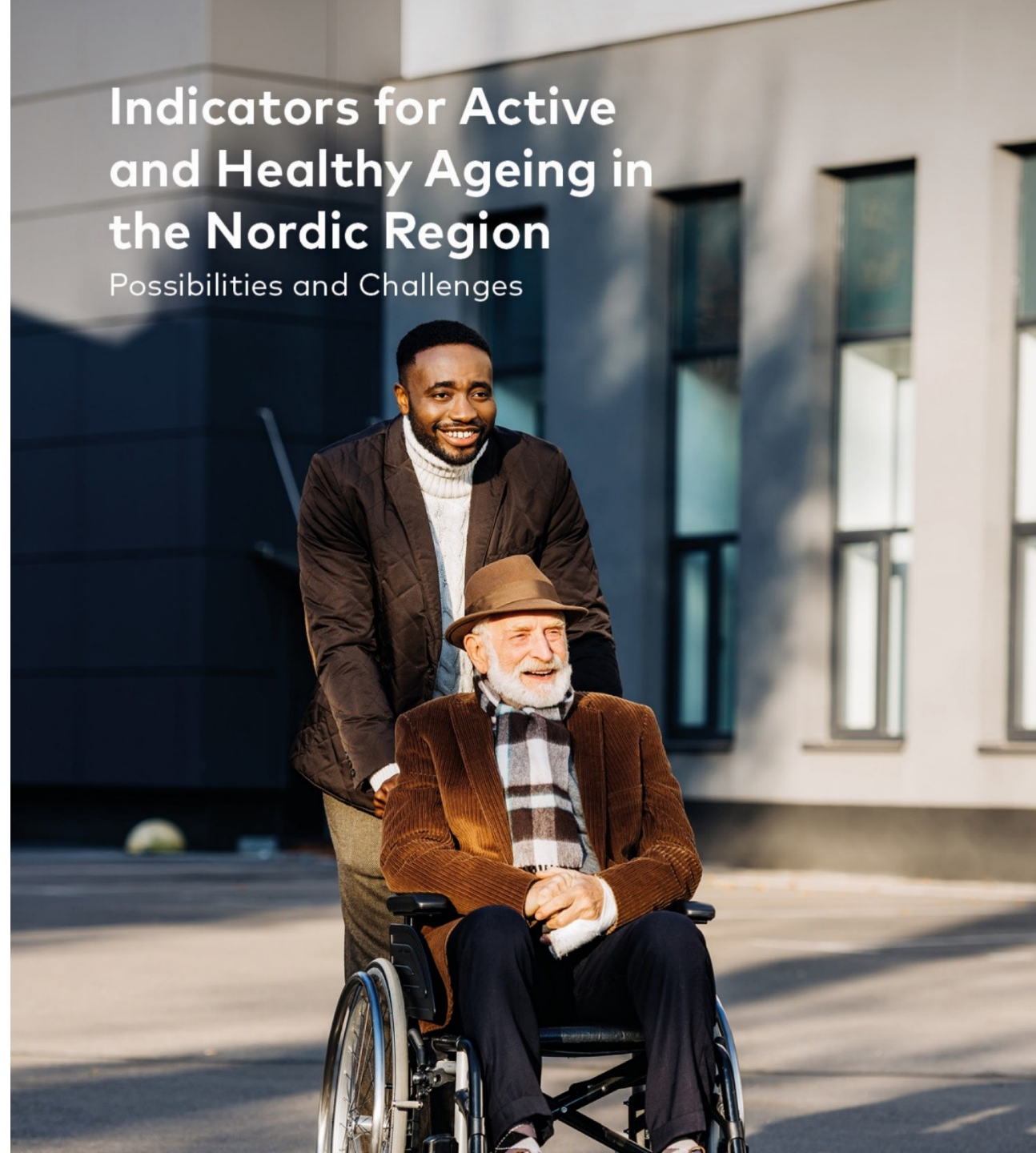
— This publication studies relevant indicators for both active and healthy ageing and welfare technology for older adults in the Nordic region



 Scan to read more

## Indicators for Active and Healthy Ageing in the Nordic Region

Possibilities and Challenges



# Social isolation and loneliness

- Which groups have been affected by loneliness during the pandemic?
- How to prevent social isolation and loneliness?



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