

Criteria for Age-Friendliness

Housing

- Accessible
- Affordable
- Access to transportation
- Access to healthcare
- Safety in the neighborhood
- Maintenance
- Community interaction

Outdoor Spaces & Built Environments

- Place to rest
- Age-friendly pavements, safe pedestrian crossings
- Accessible parks, libraries, outdoor performance areas, and stores

Social Environment-

- Age-friendly services
- Intergenerational interactions
- Fosters meaningful connection

Community Support

- Encouraging active engagement
- Volunteering and employment options
- Opportunities for learning and acquiring new skills

Transportation

- A range of options
- Age-friendly vehicles
- Parking

Health & Wellness Services

- Proximity and access to a wide range of health services
- Promoting positive health behaviors, physical activity
- Access to quality foods in the neighborhood

The Issue

Age-friendly communities are those that provide features such as housing, outdoor areas, social opportunities, community support, transportation, and health services to its citizens. The degree of age-friendliness of Columbus, Ohio will be evaluated in this comparative analysis and discussed using the criteria described above.

Housing

Nursing Home: Mcnaughten Pointe

- Single level, entrance ramp
- \$138-\$315 a day
- Nearby bus stop
- Offer a variety of different therapies, rehab, and skilled nursing care, nearby hospital
- Neighborhood is safe during the day

Assisted Living Facility: The Inns at Summit Trail

- Single level, wide hallways to accommodate assistive equipment
- About \$132 a day
- At least one nurse present at all time
- In the same neighborhood as an elementary school
- Kept very clean and tidy

Apartments: Seniors at Hegemon Apartments

- An elevator to the second floor and wheelchair access
- For low-income seniors
- An emergency call service and several 24-hour hospitals nearby
- Public transportation available nearby
- Nearby park and scheduled activities

Outdoor Spaces & Built Environments

- Parks- trails (paved, gravel, and boardwalk), trees for shade, biking, golfing, picnic areas, fitness, and pets are allowed
- Outdoor performance areas- downtown has stage areas for outdoor concerts
- Accessible malls
- Age friendly events

Social Environment

- Champion Intergenerational Center provides activities for children and older adults such as planting a garden, reading, or crafts. The adults can visit a geriatric specialist and the children get instructed by an early childhood education major.

Community Support

- Library with free classes on how to work various computer programs, so older adults can stay up to date in their career or possibly help them to enter a new one.
- OSU's Program 60- classes for adults 60 years or older, with online classes available.
- Opportunities to use their skills. They can help people study for their GED, or help with marketing, help veterans or recently released inmates, or act as nutritionists, grant writers, and other positions.

Transportation

- A city bus system
- Buses have wheelchair ramps and are low to the ground for easy access
- Many taxi services
- Plenty of handicap parking

Health & Wellness Services

- Many urgent care centers and hospitals with specializations in many different areas.
- The Gerlach Center for Senior Health has classes for fitness and community catering to different mobility levels and interests, such as Tai Chi, yoga, and aerobics to help with lung problems.
- Classes on how to take care of the lungs, aging in place, and understanding different diets.
- Many stores and services will deliver groceries
- Food pantries

Conclusion

Columbus, Ohio, with all its opportunities for housing, outdoor areas, social environments, community support, transportation, and health services, is an extremely age-friendly community. However, no community is perfect and there is always room for improvement. This is information that should be provided to the aging population that may be considering remaining in or moving to this city.