

AGE FRIENDLY CITIES and COMMUNITIES

**“The role of Older Person
Association in Building up,
Age Friendly Community”**

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INTRODUCTION



Our 47th
wedding
Anniversary

21 Des . 1962
Yes, I do



21 Des . 2009
Ya, ok

The Big Family

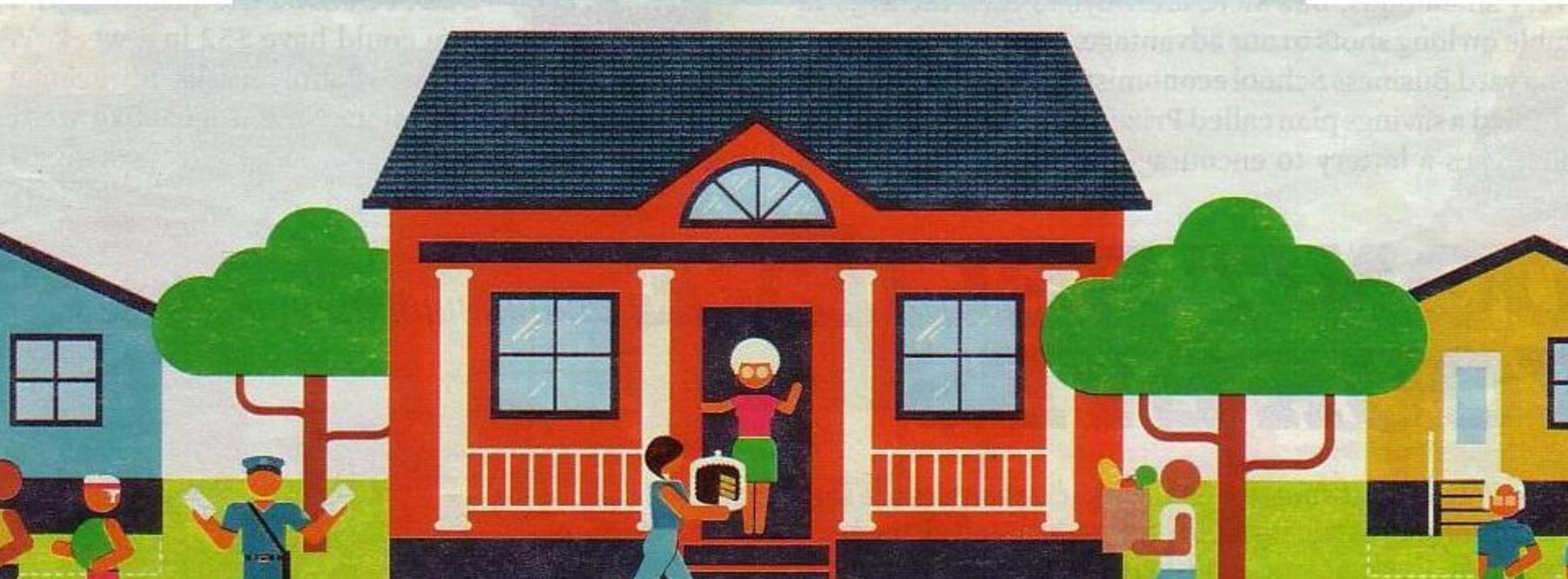


Whenever we are still as a couple, we will be more than happy to stay in the existing house.

This easily change, when our love one, checking out first. Every things start deteriorated, getting worst.

And a new thinking come up, to move to an Age friendly Community. Re-inventing home, to be happy together.

HOME SWEET HOME



Indonesian Women and New Concept of Living

The Roles of Older Persons Association:

- 1. Introducing the new concept of Senior Living, among new friends and if possible old friend. A Wellness living.**
- 2. When and how to sell the existing house and how to manage the fund, for long lasting period. Financial consultants in required. A descent house in a good residential area, can get more than a million USD.**

3. Introducing concept of SELF HEALING to be healthy (Physical, mental and social)



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a. Healthy foods (foods to avoid and food to recommended)

THE PATTERN OF HEALTHY LIFE STYLE

**HEALTHY EATING
PATTERN: fresh and
natural, meatless**



BETTER TO BE AVOIDED or TO BE LESS CONSUMED

(do not quite often, not to many)

1. All meat products
2. Refine Sugar
3. Salt
4. Cooking oil
5. White Rice and bread
6. Smoking
7. Alcohol
8. Hormone



b. Regular exercise and sun shine





Swimming



c. Sufficient rest (Sleep 7 – 8 hrs)



d. How to manage psychological matters, how to manage stress



e. Acupuncture

f. Meditation

g. Fulfill intellectual need

**h. Introducing concept of
Independent life, full with
dignities and beneficial for
other peoples.**

i. Advocating.

The Option of Age Friendly Communities are un-limited:

- 1. Senior living complex, for ages 50+, still active, healthy, very independent. The complex consist of individual houses, approx 100 units, with facilities of a golf course, swimming pool, club house. (eg: Delwebb Sun City in the USA)
Boomers are redefining how to live in retirement. They are shaping the future of housing.**

- 2. Senior living complex, as town house.
20 – 50 units of houses in a complex
with or without facilities, as club
house, swimming pools, etc.
“One gate policy” for security sake.
All range has their own market share**
- 3. For peoples start to be dependent then they
will need the next steps of senior living, they
need a room, not anymore a house. Later
they will need a high care with nurses to take
care (one nurse for 5 – 7 rooms)**

**4. For independent older persons
whether couples or singles, there
is also other choices of living :
Cruise ship to be enjoyed**

So, there are many choices for older peoples, there fore we must, carefully manage our health, time and money.

A descent live is waiting



**Happy
Together**



THANK YOU