

# **AGE FRIENDLY CITIES and COMMUNITIES**

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



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# INTRODUCTION



Our 47<sup>th</sup>  
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.**

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**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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### **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 too many)**

1. All meat products
2. Refined 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

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**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**