![Heart Foundation | SPORTAUS]

Healthy Active Ageing Checklist

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What is this checklist for?

Using an ageing lens in planning and involving multiple sectors responsible for transport, urban planning, housing, information, health and social welfare can create age-friendly communities, not just for the elderly but for the all. This approach can help people to remain active and mobile across their life course and into old age.

This checklist offers practical advice for those who influence, or are concerned with, how our built environments are designed or changed to accommodate the needs of older people. By addressing the considerations in the checklist, we can create more walkable environments, which help older people to be more active. It is intended to help users observe and explore features of the built environment.

How to use this checklist?

Users are asked a range of questions. If the answer is "No", this highlights opportunities for improving the public realm. Cross sector collaboration and engagement are intended to determine the answer to some questions.

It is envisaged that the identification of these improvement areas will inform the inclusion of healthy active ageing strategies and their promotion in future policy, advocacy and action plans.

At the end of each section there are policy considerations that can be brainstormed and discussed.

How can this checklist help?

Using this checklist can help with:

- Informing development decisions relating to Healthy Active Ageing, inclusive of all stages in the planning framework:
    - strategic planning;
    - development controls;
    - development assessment;
    - authority design standards; and
    - the day-to-day operations of the authority.

- Designing new or adapting existing neighbourhoods, park systems, street networks, centres and places.

- Promoting community awareness as to the benefits of Healthy Active Ageing.

- Assisting community-based organisations to advocate for and establish Healthy Active Ageing environments.

- Guiding health professionals and service organisations that work alongside and service older Australians.

- Considering governance arrangements for the built environment and public spaces to enhance Healthy Active Ageing outcomes.

- Supporting elected officials to guide strategic planning and review development proposals.

- Providing evidence for sport and recreation officers to support strategic decisions regarding infrastructure development.

Who is this checklist for?

This checklist is aimed at practitioners and policy makers. This checklist can support the work of built environment, community and health professionals, as well as those who advocate for advancements to healthy active ageing and decision-makers. It is relevant to both strategic and operational levels, providing guidance across a range of domains relevant to the design of built environments to help identify opportunities to advance Healthy Active Ageing.A list of intended users and when they might apply Healthy Active Ageing is outlined in the following table:

Intended users of the Healthy Active Ageing checklist

Intended users	How to use
Planners/urban designers/transport engineers	• Informs design choices when creating and preparing design and development proposals. • Assists in assessing or evaluating applications and development proposals. • Provides a screening tool to evaluate proposals and inform town planning schemes and supporting policy. Guides strategic decisions and policy and assists in consultation and collaborative partnerships with stakeholders.
Health professionals and service organisations that service or work alongside older Australians	• Identifies benefits of a Healthy Active Ageing built environment. • Highlights design features of an age-friendly built environment. • Showcases how social interactions can enhance active health outcomes.
Community advocacy groups	• Assists in understanding the international age-friendly policy framework and identifies ways it could be refined to be locally relevant. • Facilitates consultation at public meetings or other community forums where Healthy Active Ageing outcomes can be advocated. • Informs organisations on how best to engage with their community as it relates to the needs of older people.
Developers	• Provides a list of questions developers and proponents can ask themselves across the development process, from concept to delivery. • Identifies considerations with regards to healthy community design and provides a screening tool to help assess the impact of the proposal on health and wellbeing. • Promotes the benefits of Healthy Active by Design with best practice case studies.

Intended users of the Healthy Active Ageing Checklist (cont.)

Intended **users**	How to use
Elected officials	• A list of questions to be considered when assessing and making determinations on development and policy proposals. • Offers guidance in assessing the impact of a proposal on health and wellbeing of the community and funding priorities. • Provides a screening tool to evaluate proposals and inform town planning schemes and decisions.
Health professionals and advocates	• Guides strategic decisions and policy including public health planning and assists in consultation with stakeholders. • Identifies considerations with regards to healthy community design and sets out a summary of evidence and related current research, both nationally and overseas.
Community development officers	• Provides a screening tool to evaluate proposals and assists in the preparation and review of strategic community/corporate business plans. • Provides guidance that can assist in evaluating the impact of projects and policy initiatives on health and physical activity for older people.
Sport and recreation officers	• Provides guidance on strategic decisions regarding infrastructure development and funding priorities and assists in consultation with stakeholders.
Community members	• Informs discussion around community development and policy proposals out for public comment. • Informs the consultation process at public meetings or other community forums where proposals are under consideration for community infrastructure, land use planning and development. • Informs the public on the opportunities to be healthy and active in their community with best practice case studies.

Transport

Transport

Highly walkable communities support a Healthy Active Ageing population. Safe, accessible movement networks are essential to an age-friendly community. Universally accessible paths that support pedestrian, scooter, mobility device and bicycle movements allow the older population to remain engaged with their community. These measures also support an enhanced level of autonomy and independence. Public transport options should be convenient, affordable and safe and integrated into a universally accessible network of paths.

A Transport approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Movement Network feature.

Paths: universally accessible, well-connected paths provide an environment that enhances walking and healthy active aging. Optimal outcomes come from segregating pedestrian and cycle networks to enhance a sense of safety for older people.	Yes	No	N/A
Has the built environment been designed to provide well maintained, universally accessible paths on both sides of the street?	☐	☐	☐
Have paths been designed to facilitate direct movement between destinations, following desire lines?	☐	☐	☐
Are the paths safe, including lighting, contrasting colour, unobstructed sightlines and integrated CPTED design considerations?	☐	☐	☐
Are paths sufficiently wide enough to enable two people walking arm in arm to pass those with scooters, a child's bicycle, wheelchairs, mobility devices, wheeled devices and protection from motor vehicles?	☐	☐	☐
Streetscapes: The quality of the streetscape influences levels of walking in older people.	Yes	No	N/A
Are streets lined with shady, mature trees to provide weather protection to pedestrians?	☐	☐	☐
Are streetscapes well maintained, attractive, clean, well-lit and safe?	☐	☐	☐
Are there frequent, sheltered, safe, universally accessible and well-maintained resting points? These might include seating, drinking fountains, public toilets, etc.			
Is there sufficient signage along movement routes to support wayfinding?	☐	☐	☐
Are movement networks universally accessible and sufficiently linked to public transport stops?			
Are paths lined with attractions or destinations that encourage further movement?	☐	☐	☐
Are streets separated with dedicated bicycle lanes (also be made available to electric scooters and electric skateboards)?			
Do streetscapes have sufficient signage to support wayfinding between destinations and public transport, including healthcare centres, hospitals, community and recreational centres, shops, public offices, and other places that may be of interest to older people?			
Do pedestrian crossings co-located with destinations such as the above have lengthened timings for older people to cross safely?			
Do vehicles and bikes on neighborhood streets support pedestrian activity, or is there opportunity for speeds to be reduced?			
Are crossings designed to be free of obstructions, such as curbs, vegetation and parked cars to ensure there are sufficient sightlines between an access point and destination?	☐	☐	☐

Streetscapes (Continued)	Yes	No	N/A
Do streetscapes have sufficient signage to support wayfinding between destinations and public transport, including healthcare centres, community and recreational centres, shops, hospitals, public offices, etc. and places that are of interest to older people?	☐	☐	☐
Are pedestrian crossings with lengthened timing co-located with destinations such as health care services, schools, parks and other destinations?	☐	☐	☐
Are crossings designed to be free of obstructions, such as curbs, vegetation and parked cars, to ensure there are sufficient sightlines between an access point and destination?	☐	☐	☐
Street network: Providing a network of interconnected streets with paths that enables older people to walk to desired destinations.	Yes	No	N/A
Does the design of the built environment provide a network of paths that ensures convenient access to destinations, including health care services and general practitioners, shops and public transport and on-demand hubs?	☐	☐	☐
Are buses accessible for older people?	☐	☐	☐
Activity centres: Convenient public and on-demand transport options and universally accessible paths are required to connect to and through activity centres and destinations of interest for older people.	Yes	No	N/A
Within activity centres, or at destinations, are traffic calming measures integrated into the streetscape to slow traffic and support the safe crossing of the street?	☐	☐	☐
The average walking speed of an adult is some 4.8km/h. For people aged 65+ this average speed drops to 3.0km/h. For people aged 80+ it falls further to 2.0km/h: Has the design of movement networks and more walkable suburbs and town centres taken into consideration the slower walking speeds of older people?	☐	☐	☐
Open spaces: Public open spaces such as plazas and parks should be inviting, safe and accessible for older people to support walking and social activities.	Yes	No	N/A
Shared paths for walking and cycling may be problematic due to older/slower pedestrians and cyclists; have transport facilities been designed with all users in mind, while prioritising the needs of older pedestrians as much as possible by providing, lower speeds, lower curbs, safe places to cross, longer crossing lights, etc.?	☐	☐	☐
Does the built environment support transport on demand, specifically for people wanting to access their local GP, fresh and healthy food options and other health services?	☐	☐	☐
Are routes to parks and open spaces safe, well lit, overlooked, welcoming, well-maintained, durable and clearly signposted?	☐	☐	☐
Public Transport System: Older people rely on a safe, respectful, convenient, and accessible public transport system to stay active and independent i.e. access to community gardens GP, basic food needs, places of work/volunteering are critical.	Yes	No	N/A
Are clear, real-time-information systems and audio assistance provided on public transport modes and pick up points?	☐	☐	☐
Does the public transport system provide access to priority seating for older people?	☐	☐	☐
Has smart crossing technology for people with disabilities and older people been included in streetscape upgrades?			
Does public transport provide universal access to low floor buses, raised platforms for stops across all public transport modes?	☐	☐	☐
Does the street design support a public transport network that provides a highly accessible and frequent service in areas with high numbers of individuals aged 65 years and over?			
Does the public transport system provide sufficient stops and stations to allow older people to access to essential services and places/people they want to visit?	☐	☐	☐
Are crossings automated, to eliminate the need to touch the `push buttons´?	☐	☐	☐

Policy Considerations – Transport

- How can the streetscape be managed to reduce the number of obstacles on paths, such as waste bins or trees?

- Has the local government considered how to develop walking tracks and trails to encourage locals and tourists to walk and get in touch with nature?

- Do public spaces specifically address ways to reduce the barriers to older adults walking by ameliorating the impacts of peak hour traffic, congested school drop-off and pick-up zones, main roads and busy intersections that are barriers that limit and deter people from walking?

- How has the public transport system been adapted and designed to respond to older people's needs; is their safety prioritised during on-boarding and disembarking to minimise falls?

- Does the public transport system provide a favourable fare structure, (or free subscription) coverage and distribution, frequency and operating hours to encourage the use of public transport by those in the community over 65 years of age?

- Is there a transport on demand subsidy at a governmental level to ensure that services remain affordable for financially disadvantaged seniors? Does this subsidy expand access to essential GP services, which can help reduce pipeline healthcare costs through early intervention?

Outdoor Spaces & Buildings

Outdoor Spaces & Buildings

Well-designed open spaces and buildings increase the mobility, independence and quality of life for older people; these create an age-friendly, pleasant, clean, secure and accessible built environment to support walkability and physical activity.

An Outdoor Spaces and Buildings approach that supports Healthy Active Ageing should be read in conjunction with Healthy Active by Design Public Open Space feature.

An Outdoor Spaces and Buildings approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Buildings feature.

Parks: Green, welcoming and accessible open spaces are key destinations to support older people to stay active, walk and be engaged in their community.	Yes	No	N/A
Has the park been designed to create universally accessible, attractive and functional spaces for older people that are connected to accessible movement networks?	☐	☐	☐
Are there specifically targeted recreation provisions, such as exercise equipment designed for older people to support substantially improved muscle strength, balance, and physical function? **These are all risk factors for falls.**	☐	☐	☐
Is the senior's exercise equipment co-located with children's playgrounds and seating, drink fountains, toilets and shade?	☐	☐	☐
Does the open space provide facilities, areas and opportunities for slower-paced activities? **Activities may include walking, lawn bowls, walking football or aqua activities, or being able to observe the activities of others from a distance, which can encourage older people to be active.**	☐	☐	☐
Is there the co-location of senior's sports facilities alongside everyday destinations, such as health services to help raise awareness of opportunities for sport and physical activity and increase convenient access?	☐	☐	☐
Have parks been designed around mobility needs of people with disability, or different abilities, to support access to off-road public open space, like beaches, coastal lookouts and nature parks?	☐	☐	☐
Have parks been co-located with activity centres that include destinations for older people?	☐	☐	☐
Does the park provide space for locally grown food that supports the physical activity of managing an allotment and social benefits from the provision of community facilities that draw people together to meet and socialise?	☐	☐	☐
Does the park include sufficient and frequent shaded benches, universally accessible toilets and water fountains to extend the physical activity of older people?	☐	☐	☐
Precincts: A diverse range of destinations within a highly accessible and connected precinct supports independence and higher rates of walking in older people	Yes	No	N/A
Do precincts provide for appropriately designed signage to improve wayfinding for older people, those that are differently abled and those living with dementia?	☐	☐	☐
Are buildings, public plazas and surrounding landscapes designed to meet universal design guideline principles?	☐	☐	☐
Does the built environment support areas for slower-paced activities, such as walking or low impact exercise, across the day, and night?	☐	☐	☐
Does the precinct support a high diversity and mix of land uses, including aged care, medical centres, community centres, childcare centres, access to affordable, fresh healthy food, dementia friendly cafes, banks and other retail amenities?	☐	☐	☐

Buildings Well-designed buildings can support older people to be more active, enhance their sense of security and provide opportunities to socialise.	Yes	No	N/A
Do public buildings, internally and externally, provide for appropriately designed signage to improve wayfinding for older people, those that are differently abled and those living with dementia?	☐	☐	☐
Do public areas internally and externally provide sufficient resting places and toilets that are accessible and regularly spaced throughout the precinct?	☐	☐	☐
Has the entrance to community buildings been designed to be visible, inviting, at a human scale and connected to universally accessible paths?	☐	☐	☐
Does the design of buildings and public plazas provide bicycle stands, storage and end of trip facilities at the entrances to destinations to support the growth in e-bikes that are opening up cycling to older people?	☐	☐	☐
Community facilities and civic buildings Enabling older people to share spaces with others is critical to social inclusion	Yes	No	N/A
Does the design of the building take into account the needs of older people regarding access, lighting, safety and services, lifts, seats and toilets, by integrating a universal design approach?	☐	☐	☐
Shopping centres Shopping centres are popular destinations as they are generally climate controlled, universally accessible and have convenient access to amenities	Yes	No	N/A
Does the shopping centre support walking programs and dementia friendly cafés?	☐	☐	☐
Does the design of the shopping centre provide for shaded walkways and breezeways connecting destinations to encourage greater levels of walking?	☐	☐	☐

Policy Considerations – outdoor spaces and buildings

- Do these places adopt universal design guidelines, integrate dementia enabling guidelines and support the needs of older people, those living with dementia and those with reduced mobility?

- Is wayfinding and other signage inclusive; for example, is signage translated in multiple languages, braille, or have larger font sizes been considered?

- Are community facilities and civic buildings designed and programmed in a way to support a hub for physical and social engagement for older people to address the risk of social isolation and enhance intergenerational connections?

Housing

Housing

A range of affordable, flexible, well-designed and safe housing options with good connectivity to social services and the broader community supports increased levels of independence, enhanced walkability and healthy active ageing.

An inclusive Housing approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Housing Diversity feature.

Housing	Yes	No	N/A
Are community housing, retirement living, residential aged care and community care services options co-located with other health and integrated facilities in one location?	☐	☐	☐
Has technology been used to support ageing in place? Does this include telecare and assistive devices to provide rapid reporting and increase response rates from health care providers?	☐	☐	☐
Does the design of the dwelling ensure that online food delivery, mobile greengrocers and other on-demand services can readily deliver food and products to older people with mobility challenges?	☐	☐	☐
Is intergenerational living and affordable shared housing provided to reduce the social isolation and support age-friendly community outcomes?	☐	☐	☐
Does planning policy support a higher proportion of homes meeting Livable Housing Design Guidelines standards and universal design approach and encourage construction methods which allow dwellings to be easily and affordably adapted?	☐	☐	☐
Does the proposal integrate Crime Prevention Through Environmental Design (CPTED) principles to provide for safe and secure housing options for older people?	☐	☐	☐
Has the built environment been designed to provide liveable housing design near public transport nodes, services and amenities?	☐	☐	☐

Policy Considerations – Housing

- How can precinct planning support older people from all socioeconomic groups to access a diverse range of housing options? The housing may include market-driven housing, social housing, assisted-living facilities, continuing-care communities (independent living, assisted living or care homes), shared living arrangements (including hostels and care homes), dual key and ancillary dwellings.

- How can planning processes support a 'bottom-up' participatory consultation that can inform planning to deliver improved outcomes for older adults living in the community?

- How can landlords be encouraged to understand the benefits of constructing accessible design and home modifications to support ageing in place?

- Does policy and practice support the opportunity for older renters to access longer-term leases for housing stability?

- Does the dwelling design make tasks easier for older people, reduce fall risks, provide better security, support the maintenance of independence over time and have a positive impact on social relationships and networks, resulting in continued engagement with society?

- Is the proposed housing (including aged care) culturally appropriate for Aboriginal and Torres Strait Islander peoples and other cultures? Is there sufficient housing to meet the demand of a culturally diverse community?

Social
Participation

Social Participation

Provision of engaging, accessible and affordable events allow for older people to participate in leisure, social, cultural, community and spiritual activities. In turn, this helps them to stay engaged, informed and active. The result is enhanced walkability and healthy, active ageing.

A Social Participation approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Destinations feature.

A Social Participation approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Community Facilities feature.

Social Participation	Yes	No	N/A
Are community events and groups specifically created for older people to promote physical activity and raise awareness?	☐	☐	☐
Have initiatives such as seating been included in public spaces to encourage socialising?	☐	☐	☐
Are public open spaces designed to enable several different activities, such as dog off-leash areas, access nature, allotments and community gardens, exercise areas, playgrounds and access to toilets?			
Do health and other essential services work across sectors to facilitate support in ageing in place, particularly in rural areas?			
Does infrastructure provide connectivity to information technology (NBN, fixed wireless or satelite) to support ageing in place, particularly in rural areas?			
Do opportunities exist for interaction and engagement across generations?			

Policy Considerations – Social Participation

- Are the members of the community provided access to community-based or in-house programs, specifically designed to support walkability in older people?

Respect &
Social Inclusion

Respect and Social Inclusion

An inclusive society that encourages older people to participate in more of their city's social, civic and economic life is supportive of a healthy active ageing community.

A Respectful and Social Inclusive approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Destinations feature.

A Social Participation approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Community Facilities feature.

Respect and Social Inclusion	Yes	No	N/A
Does the built environment provide spaces to support appropriate social activities that are universally accessible, convenient and safe for older people?	☐	☐	☐
Are public spaces and landscapes designed to develop connections to Aboriginal communities and to respect all cultures and traditions represented within communities?	☐	☐	☐
Do programs support the development of gardens, allotments and verge gardens within the built environment? Do open spaces provide access to fresh, healthy food and a channel for older people to pass down their knowledge?			
Does the design of aged care facilities include the ability for residents to grow healthy fresh food?			
When establishing programs for older people, have cultural brokers and 'champions' in culturally diverse communities been utilised to enhance connections?	☐	☐	☐
Do programs support the development of gardens, allotments and verge gardens within the built environment? Do open spaces provide access to fresh, healthy food and a channel for older people to pass down their knowledge?			
Does the built environment provide spaces to support appropriate social activities that are universally accessible, convenient and safe for older people?			

Policy Considerations – Respect and Social Inclusion

- Are there programs, events and activities that are designed for older people to have face-to-face meetings and social support for those that are ageing in our community, with a particular focus on creating intergenerational connections?

- Do older people have access to organised social events? Do they offer a wide range of age-appropriate activities, including walking, scrapbooking, jewellery making, transport, outings, cultural excursions, story writing, workshops, and health forums to promote the participation of older people?

- When designing events for older people, has engagement been through existing local networks?

Civic Participation & Employment

Civic Participation & Employment

An age-friendly city and community provides opportunities for older people to do voluntary or paid employment. Work keeps older people engaged in the political process, encourages civic participation and the continuation of training/entrepreneurial opportunities.

A Respectful and Social Inclusive approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Destinations feature.

A Social Participation approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Community Facilities feature.

A Social Participation approach that supports Healthy Active Ageing should be read in conjunction with the Healthy Active by Design Healthy Food feature.

Civic Participation and Employment	Yes	No	N/A
Are public buildings designed to meet universal design guidelines and remove physical barriers to older people engaging in civic activities and employment?			

Policy Considerations – Civic Participation and Employment

- Does the government provide incentives for older people to undertake voluntary or paid employment work, to remain engaged in the political process, to engage in civic participation and to continue training and/ or entrepreneurial opportunities?
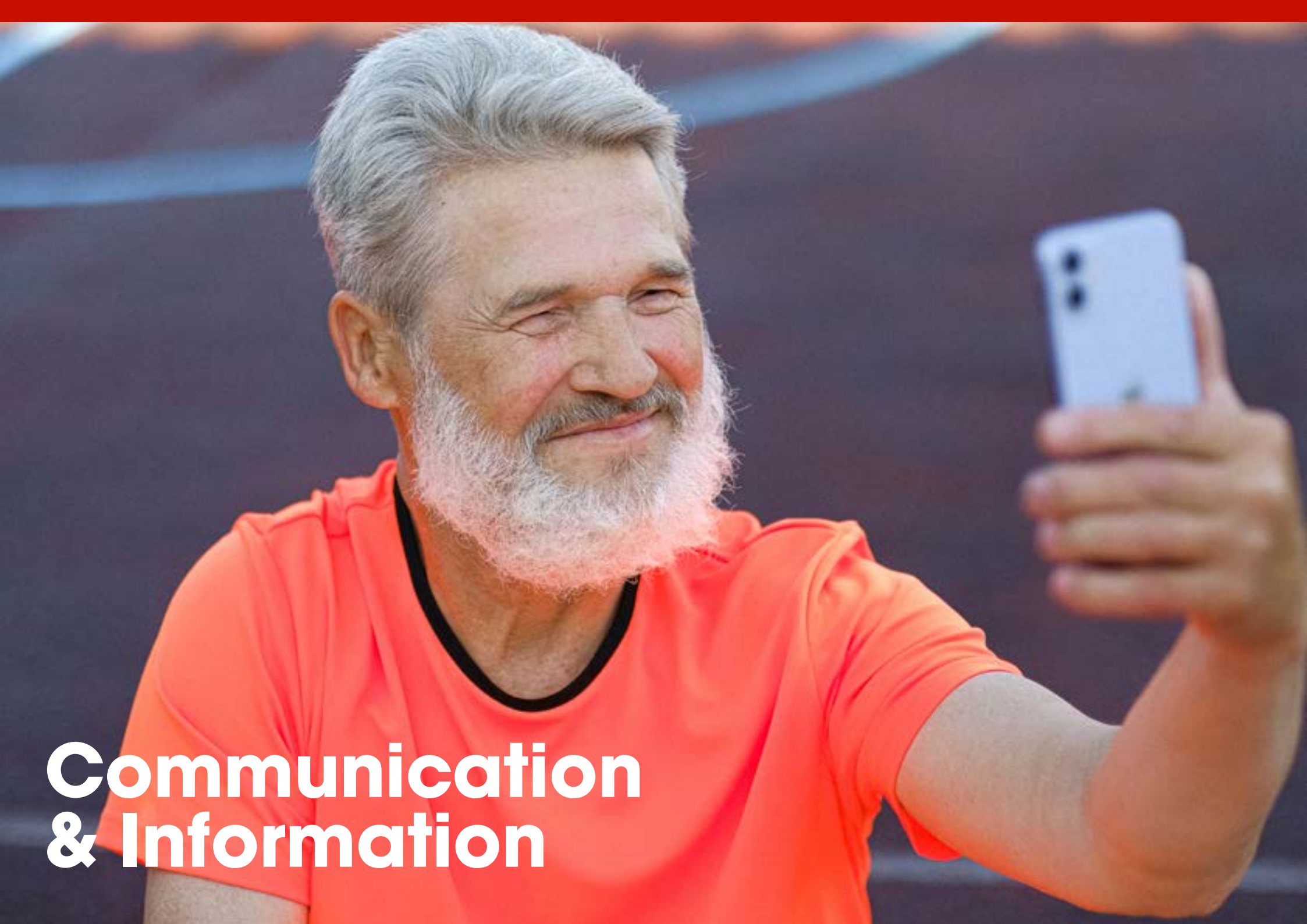
Communication
& Information

Communication & Information

An inclusive society allows older people to stay connected with events, news and activities, with timely and accessible information that enables the community to be both technologically and socially included. A Healthy Active Ageing approach to the design of the built environment can support an inclusive society.

Communication and Information	Yes	No	N/A
Are programs and initiatives targeted and promoted to older people?			
Have the needs of older people been considered in the design of walking programs that use information and gaming technology prizes and incentive schemes to motivate an increase in walking and socialising?			
Does technology support the use of digital wayfinding in public spaces?			
Has engagement with older people been tailored to local conditions and based on bottom-up participatory community consultation that supports ageing in place?			
Does the built environment provide access to telecommunications and communication technologies which enhances the capacity to participate in social groups and activities?			
Is information up to date, trustworthy and from a reliable source?			
Is technology used to advance public safety i.e. CCTV and safety cameras?			
Does the Local Council have a Community Safety Scheme?			

Policy Considerations – communication and information

- Ensure suitable active ageing data is accurately collected, stored in an accessible manner and mapped to inform decisions about the modification or redevelopment of the built environment. For example where are the footpaths, are they universally accessible?

- Are programs in place to educate older people how to use modern day technologies?

Community Support & Health Services

Community Support & Health Services

To keep older people healthy, independent and active there is a need to ensure accessible and affordable community health measures are provided to support an age-friendly community.

Community Support and Health Services	Yes	No	N/A
Have fall prevention programs been utilised to identify hazards in the home environment?			
Are there exercise and walking programs specially designed for older people?			
Are health care services provided at home, to support ageing in place?			
Are there transnational support networks to help address the challenges of ageing in place of older migrants?			
Are there awareness programs to support dementia-friendly environments?			
Have older people been included in the designing of health services via consultation and community participation, particularly of marginal communities? Has this consultation work been undertaken with older people, and not on their behalf?			
Does the built environment provide access to new technologies that support ageing in place, particularly in regional areas?			

Policy Considerations – Community Support and Health Services

- Are Commonwealth and State Government Programs promoted to older people? Older Australians can apply for a government-subsidised package of care and services designed to help age-in-place and live independently in their home, including funding for
  - Nutrition, hydration, meal preparation and diet
  - Mobility and dexterity
  - Transport and personal assistance
  - Nursing, allied health and other clinical services for those with higher care needs
- Is access provided to practical government programs that subsidise home modifications? Building modifications include:
  - Installation of ramps and rails
  - Widening doorways
  - Altering bathrooms and kitchens (e.g. lowering bench heights)
  - Relocating light switches and power points
  - Installing emergency alarms, monitoring systems and smart technology
- Are there services to highlight the many programs and initiatives available to older people to support a healthy active life, including increased walkability?

How this checklist was developed:

This Healthy Active Ageing Checklist has been developed from the World Health Organisation's (WHO) Age-friendly Communities framework. This framework includes eight age-friendly domains (blue headings) that can be advanced to better meet the needs of communities as we age. The Checklist also incorporates HAbD design features (other coloured icons) to connect likenesses in methodology.

The eight age-friendly domains include the following social and built environment principles:

- Transport - Provide universally accessible, well maintained footpaths that segregate pedestrians and cyclists and ensure slow movement networks within centres and surrounding the approach to destinations.
- Outdoor spaces and buildings - Ensure universally accessible toilets, frequent park benches and shade within public open spaces. Universally accessible public buildings to be connected by accessible paths and public transport.
- Housing - Deliver affordable, diverse, intergenerational and accessible housing typologies, within a mixed-use precinct.
- Social participation - Design initiatives with, rather than for, older people. Combine physical activity and social engagement for best possible outcomes.
- Respect and social inclusion - Actively include older people in engagement and acknowledge the diverse social and cultural needs of different members of the community.
- Civic participation and employment - Enhance civic participation through active engagement with older people and provide purpose via employment/volunteer opportunities.
- Communication and information - Ensure initiatives are appropriately communicated to meet the needs of older people.
- Community support and health services - Provide mixed-use precincts that include health services and community programs and ensure services and facilities are specifically designed for older people

These eight domains, along with the HAbD design features are reinforced by evidence and literature as supporting walkable, age-friendly environments.

A rapid evidence review in the space of Healthy Active Ageing and a number of engagement activities were conducted with the target audience (older Australians), along with built environment and health professionals. Findings and feedback generated from the engagement consultations was considered when developing this checklist. You can access a copy of the engagement summary report from the resources tab within the Healthy Active Ageing module on the Healthy Active by Design website https://healthyactivebydesign.com.au

Acknowledgement of funding support:

Special thanks to:

For heart health information and support, call our Helpline on 13 11 12 or visit heartfoundation.org.au