

Towards age-friendly sustainable cities and communities

Example of Kraków Poland

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Plenipotentiary of the Mayor of Kraków for Ageing Policy



My City Kraków

- Kraków is the second largest and one of the oldest cities in Poland
- European Capital of Culture
- UNESCO's City of Literature
- **Twenty-four** institutions of higher education offer courses in the city, with more than 200,000 students

Demographic situation

- Kraków has a population of more than 800,000 citizens
- **About 25% of citizens of the city are aged 65+**

Challenges

- **Citizens of the city aged 65+ have to be seen as a source of wisdom, experience, having emotional suport, and time which could be offered to others**
- *Which ones and how to create such spaces for using this potential?*
- *How to contribute to well-being of older citizens?*



- Create positive image of older persons (no excuse for ageism)
- Fostering regular collaboration between generations
- Supporting further development of older persons in various dimensions
- Taking care of dependent persons





Activation, Integration and Participation – city's Program called **PASIOS**



 **Kraków**



Ways to be active.....

- **54** Centers of Older Persons' Activity are located in Krakow, **3** in each district of the City
- They are financed from the city's budget, and the NGOs manage them
- They are coordinated by city's officials, Kraków Older Persons City Council and the Plenipotentiary

City's network of Centers of Older Persons' Activity and other relevant institutions

 **Kraków**



Participation of Older Persons in the city's policy making

- Since 2015, the City's Council of Older Persons consists of **25** democratically elected citizens aged above **60**
- It is engaged in advising and consulting projects submitted by the City Mayor as well suggesting their own.



**Kraków's
Council of Older
Persons**

There are a lot of various solutions which aim to make Kraków an age-friendly sustainable city....



Kraków

Meleks

dla seniorów
80+ oraz 65+
dla osób z niepełnosprawnością

An illustration of a small, light-colored truck with a ramp extended, with several people, including an elderly person, using it to move items. The scene is set outdoors with some greenery.

Kraków

Pielęgnacja i profilaktyka stóp dla seniorów

PODOLOG

85+

A stylized illustration of a foot with a yellow sole and blue outlines, set against a background of light blue hexagons.

Kraków

ZŁOTA RĄCZKA

pomoc w naprawach dla osób w wieku 60+

TEL. 12 616 78 14

An illustration of a yellow-gloved hand holding a silver adjustable wrench.

Kraków

Miejskie Centrum Informacji dla Seniorów

tel. 12-445-96-67

An illustration of an elderly woman with short grey hair, wearing a light blue shirt, smiling and holding a black smartphone.

KARTA INFORMACYJNA

The Kraków logo, featuring a stylized white square icon with a grid pattern next to the word "Kraków" in white text on a blue background.A circular logo with a blue cross in the center, surrounded by the text "EMERGENCY MEDICAL INFO" and "KOPERTA ŻYCIA" in red.

Wzór prawidłowo wypełnionej karty znajdziesz na kopertazycia.pl lub zadzwonił 531 112 112 i wysłuchaj instrukcji.

KOPERTA ŻYCIA

112
NUMER ALARMOWY

Kraków

ASYSTENT

dla seniorów 85+
i osób z niepełnosprawnościami 70+

An illustration of four people sitting on a wooden bench in a park-like setting. There are green trees and a path in the background.

BUT.... still it is not enough. In the domain of housing we need a lot of changes.....

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BUT.... still it is not enough. In the domain of housing we need a lot of changes.....

 **Kraków**



Thank you for your attention!

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