

# **The Age of No Retirement**

**A world where products,  
services and places  
to work and live, work for  
us throughout our whole  
life course.**



**Human connections  
help us live longer  
and better. But how  
do we do it?**





# Roseto's lesson



A black and white photograph showing an elderly woman with short, light-colored hair sitting in a wheelchair. She is wearing a light-colored, patterned button-down shirt. A younger woman with dark hair and bangs, wearing a dark tank top, is leaning over the wheelchair, holding the elderly woman's hand. The background is a blurred indoor setting, likely a community center or a classroom, with other people and tables visible. The text "Blue Zone Inspiration" is overlaid in the center in a large, white, sans-serif font.

# Blue Zone Inspiration





People want to  
be part of a real  
community





**83% want to mix  
with people of different  
age groups and  
generations**



**And community is  
good for our health  
+ wellbeing.**






**Older + younger =  
benefits to all ages**

**The Intergenerational Foundation.**





**Our overall ‘survival  
rate’ increases by 50%  
if we have strong social  
relationships.**

**The Blue Zones**



A black and white photograph of a person running on a snowy mountain peak. The person is wearing a white winter hat, a dark jacket, and patterned pants. They have their arms raised in a celebratory gesture and are smiling. The background shows a vast, snowy landscape under a cloudy sky.

**Being more involved  
in our community  
helps us live longer  
and happier.**

Harvard





**Learning with  
younger people helps  
us as we age.**

**Psychology and Ageing, 2018.**





Friends reduce our  
likelihood of dying early  
by 22%.

BMI





**The more connected  
we are, the more we  
are protected from  
dementia.**

**Indian Journal of Psychiatry, 2009**





**Social connections are  
good for our hormones  
and keeps us younger.**

**University of Hong Kong, 2011**





**The more connected we  
are the less likely we are  
to enter a care home.**

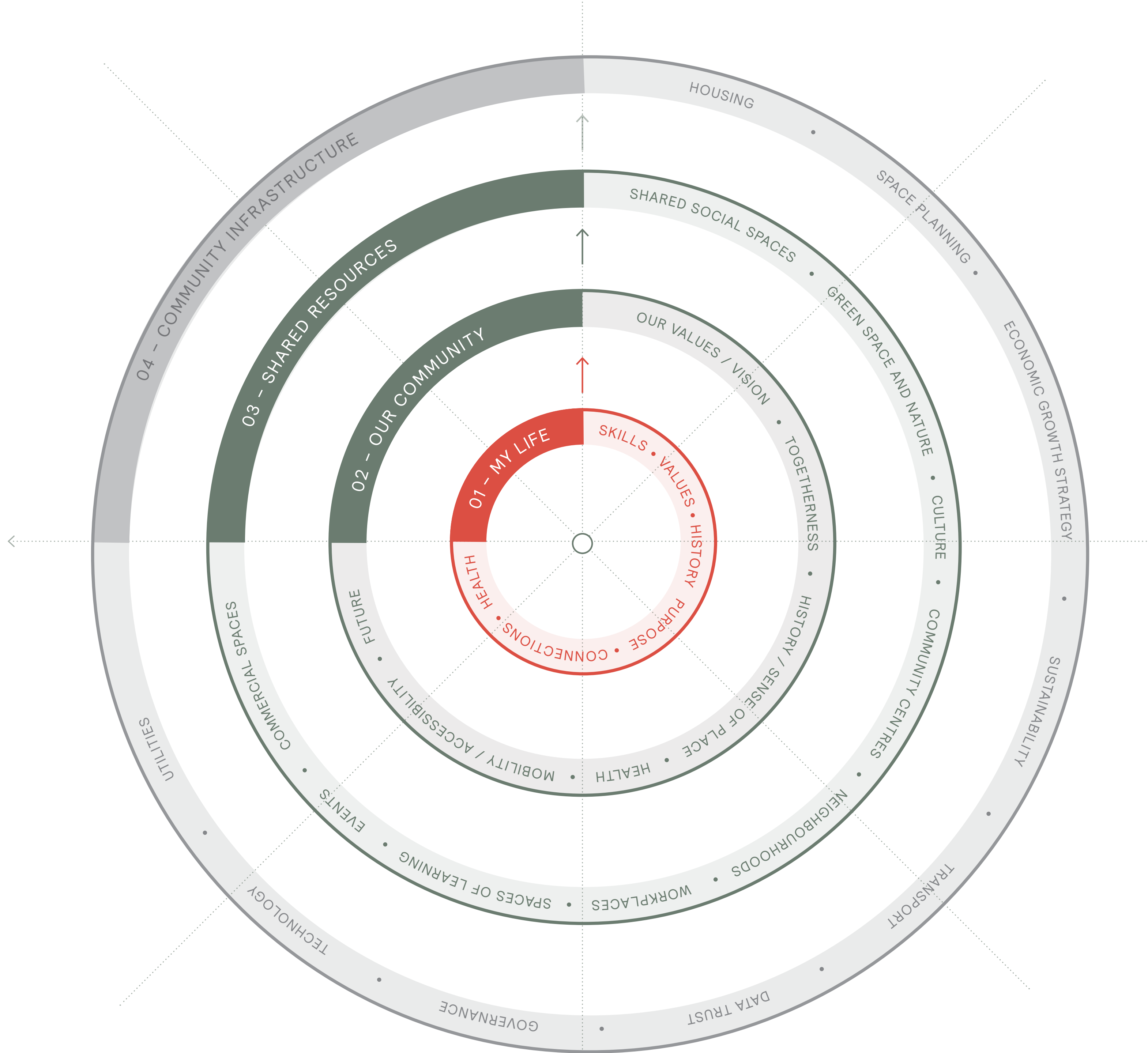
**Age, Ageing. 2018**





# The Health + Longevity Community Model™














01	<b>COMMUNITY 68%</b>
02	<b>HAPPY 62%</b>
03	<b>FRIENDS 58%</b>
= 04	<b>NEIGHBOUR 55%</b>
= 04	<b>FAMILY 55%</b>
05	<b>HEALTHY 54%</b>
06	<b>SOCIAL 52%</b>
07	<b>BELONGING 46%</b>
08	<b>OPTIMISTIC 43%</b>
= 09	<b>FOOD 40%</b>
= 09	<b>GREEN 40%</b>
= 09	<b>ACTIVE 40%</b>
= 10	<b>CONNECTED 35%</b>
= 10	<b>WALKING 35%</b>







# OUR EBBSFLEET EMERGING VALUES FROM THE COMMUNITY

## LAYER 02 VALUES AND ACTIONS

Through identifying the needs of the existing and new communities in and around the Ebbsfleet area, we have started to identify a set of emerging values which could be used to underpin every decision made moving forward. These values are:

### 01 BELONGING

Belonging and connectedness, alongside independence and diversity

### 02 HAPPY & HEALTHY

Wellbeing, happiness and supported healthy-living at heart

### 03 CONNECTED HISTORY

Creating a sense of place by connecting the past and making history visible

### 04 INTEGRATED NATURE

Building in and connecting to nature throughout the community

### 05 FOOD & TOGETHERNESS

Building on the areas food connections and create points of encounter

### 06 RELEVANT PHYSICALITY

Create spaces for a diversity of physical activity, relevant to individuals

### 07 COMMUNITY FORUM

A rich programme of events, forums at the heart of the community

### 08 NEIGHBOURLINESS

Instil neighbourliness in the language and design of the community

### 09 NAVIGABLE ROUTES

Create clear, accessible, multi-dimensional routes in, out & through all areas of Ebbsfleet







**“IN THE COMMUNITY THERE ARE SO MANY ASSETS, THEY ARE JUST NOT NECESSARILY CONNECTED. THERE IS SO MUCH GOING ON THAT PEOPLE DON’T KNOW ABOUT. THE NUMBER OF LONELY PEOPLE I MEET IN MY SURGERY? THERE IS SO MUCH GOING ON BUT THEY ARE NOT CONNECTED.”**

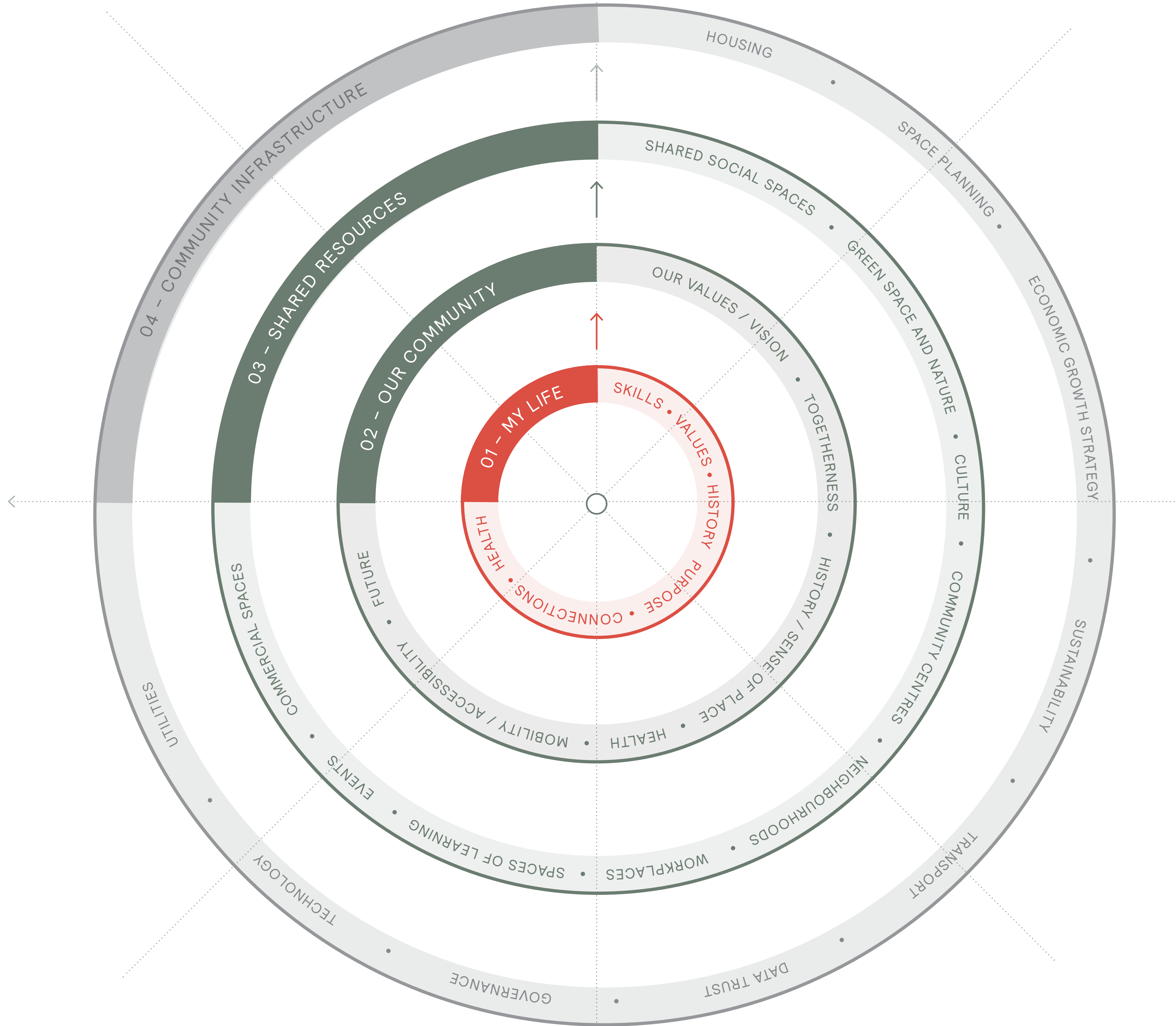





**Having a purpose  
keeps us alive longer.**

Dan Butler, 2010







A black and white photograph of a woman with tattoos and piercings holding a small dog. The woman has a shaved head, multiple piercings (nose, lip, ear), and large hoop earrings. She has extensive tattoos on her arms and chest. She is holding a small, light-colored dog. The background is a dark, textured wall.

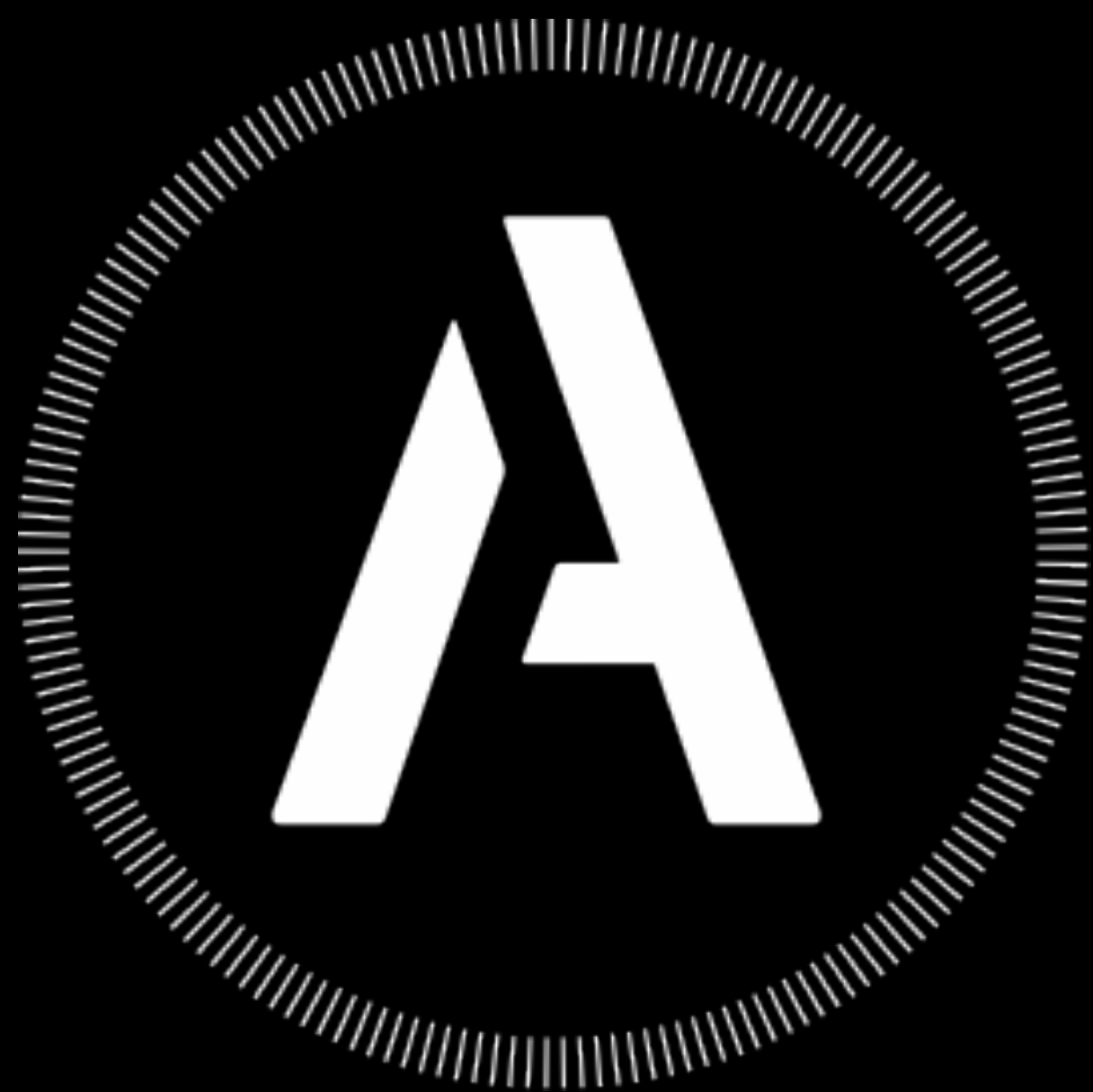
**A US city-wide commitment to  
healthy living reduced health  
care claims by 49% & increased  
life expectancy by 3 years.**

**Blue Zones**



**We must build strong  
locally rooted places based  
on shared value systems,  
purpose & connection  
across all ages.**





[www.ageofnoretirement.org](http://www.ageofnoretirement.org)

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