



Age-Friendly: Go Local

Building Neighborhoods Where People of All Ages Can Thrive

The Health Foundation for Western & Central New York invites proposals from grassroots and community organizations who are working to build livable, age-friendly neighborhoods.

Age-Friendly: Go Local will support initiatives that are built on the key principles of age-friendliness, livability, and equity to improve the lives and health of residents in their communities.

**Deadline for Submission:
Friday, January 19, 2024**

**All application materials should be
submitted to
GOLOCAL@NYAM.ORG**

Building Neighborhoods Where People of All Ages Can Thrive

The Health Foundation for Western & Central New York invites proposals from grassroots and community-based organizations who are working to build age-friendly neighborhoods that promote health equity.

Age-friendly is a framework that promotes the health and well-being of residents throughout their life course, with particular attention to enhancing the inclusion, participation, and well-being of older adults. Age-friendly environments are accessible, equitable, inclusive, safe, secure, and supportive. They promote health and prevent or delay the onset of disease and functional decline. The [Eight Domains of Livability](#) describe community features that can be addressed to promote age-friendliness.

Who should apply?

We are seeking to partner with grassroots and community-based organizations. Applicants must:

- Operate within one or more of the [16 counties](#) the Health Foundation serves.
- Be a nonprofit organization with 501(c)3 status or affiliated with one who can receive and manage grant funds on their behalf. If you need help connecting with a 501(c)3, we may be able to assist you.
- Have an organizational focus on serving older adults, people of color, other under-resourced groups, and/or those living in rural communities.

What types of projects or programs will Age-Friendly: Go Local fund?

We are interested in funding projects built on the key principles of age-friendliness, livability, and equity to improve the health and well-being of communities. We are especially interested in projects that serve populations with inequitable access to health-promoting resources and services, including: those in poverty, those in rural communities, LGBTQ+ groups, indigenous communities, racial and ethnic minoritized groups, immigrants, refugees and other groups.

The intent of this grant is to fund new and innovative projects. The grant will not fund existing programs as they are currently delivered. However, we are open to supporting the expansion of existing programs into older adult populations that were not previously served, and/or projects that will result in significantly improved programs for older adults. Projects should meaningfully include older adults in planning for program expansion and identify new ways of program delivery. The grant may not be used to support mergers and acquisitions, building or capital projects, drug development, or direct grants to individuals.

Funding Levels

Grants up to \$25,000 will be awarded for projects that are ready to launch in a community. Grants up to \$10,000 will be awarded for planning, exploratory, or very early stage projects.

[Previously Funded Age-Friendly: Go Local Projects](#)

What to expect as an Age-Friendly: Go Local grantee

Recipients of the Age-Friendly: Go Local grant will be a part of a learning collaborative made up of other grassroots and community organizations. The goal of this learning collaborative is to share best practices and lessons learned about implementing and sustaining age-friendly initiatives in communities. As part of the learning collaborative, grantees are expected to participate in three in-person meetings and three webinars during the grant term. During meetings and webinars, grantees will have the opportunity to connect with organizations and government agencies that are working to advance age-friendly programs and policies across the state.

Grantees will also receive training and resources to be champions for age-friendly programs and policies in their community. The goal is for grantees to be able to effectively communicate that what is good for older adults is good for everyone!

The grant term is one year, June 2024 to May 2025. We intend for project activities to be completed during this time frame.

[Read the FAQs here.](#)

Timeline

November 8, 2023	Request for Proposals (RFP) released
November 15, 2023 – January 12, 2024	If you have questions, please submit them to GoLocal@nyam.org
December 1, 2023	HFWCNY and NYAM will host a webinar to share information and answer questions about the grant opportunity
January 19, 2024	Proposals are due
February – April 2024	HFWCNY and NYAM will schedule calls or site visits with applicants
End of June 2024	Applicants will be notified of the status of their submission
July 25, 2024 (tentative)	Kick-off event for accepted applicants

Background

About the Health Foundation for Western & Central New York

The Health Foundation for Western & Central New York was founded in 2002. Our mission is to improve the health and health care of the people and communities of western and central New York.

The Health Foundation is based in Buffalo, NY, with a second office in Syracuse, NY, and serves the following 16 counties:

Western New York: Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, Wyoming

Central New York: Cayuga, Cortland, Herkimer, Madison, Oneida, Onondaga, Oswego, Tompkins

The Health Foundation's vision is a healthy central and western New York where racial and socioeconomic equity are prioritized so all people can reach their full potential and achieve equitable health outcomes. To achieve outcomes that last, we work together with community partners to develop, implement, and evaluate sustainable programs that make a positive difference in the communities we serve, with a focus on young children and older adults.

About the New York Academy of Medicine

Established in 1847, the New York Academy of Medicine (NYAM) tackles the barriers that prevent every individual from living a healthy life. Our mission is to drive progress towards improved health through attaining health equity. NYAM's Center for Healthy Aging works to improve the health and well-being of current and future aging populations. NYAM will provide capacity-building support to grantees throughout the grant period. Visit www.nyam.org to learn more about our work.

What Does Age-Friendly Mean?



The World Health Organization (WHO) describes age-friendly communities as places in which older people, communities, policies, services, settings, and structures work together to support and enable us all to age well.

Age-friendly environments foster health and well-being and the participation of people as they age. They are accessible, equitable, inclusive, safe, secure, and supportive, and promote health and prevent or delay the onset of disease and functional decline.

Age-friendly, livable communities have walkable streets, housing and transportation options, access to key services and opportunities for residents at all life stages to participate in community activities. They embrace respect and social inclusion, foster social participation, and enable civic participation and employment.

The [Eight Domains of Livability](#) guide the work that the Health Foundation does to support age-friendly communities. To date, our work to advance an age-friendly ecosystem has focused on improving hospital-based care through Age-Friendly Health Systems and on creating age-friendly planning and policy responses by state, county, and local governments through support for Health and Aging Across All Policies.

Why we support Age-Friendly: Go Local

Even if the phrase “age-friendly” is new to you, it is likely that there are efforts to make neighborhoods more livable happening in your community. For example, initiatives to support healthy aging by increasing greenspace, improving access to fresh food through community gardens, and neighbors-helping-neighbors programs are all examples of age-friendly efforts.

Age-Friendly: Go Local provides funding for groups that are leading efforts like these, to help them have an even greater impact in improving neighborhoods and quality of life. The grant also helps bring together organizations with statewide, national, and global age-friendly and livability efforts.

Age-Friendly: Go Local is intended to serve populations that may not be defined by a common geography but face inequitable access to health-promoting resources and services, including: those in poverty, those in rural communities, LGBTQ+ groups, indigenous communities, racial and ethnic minoritized groups, immigrants, refugees and other groups.

Examples of Age-Friendly Projects

There are many ways that people, communities, and neighborhood organizations work together to improve the ability of people to age well in their communities. We encourage applicants to explore some of the videos below to see what others are doing.

This list includes some ideas of age-friendly projects, but is not comprehensive. New ideas are encouraged. These examples address a wide array of the domains of age-friendly work around the globe.

[Seniors Helping Other Seniors & Lifelong Homes Coalition](#)

These programs consist of volunteers that build and install adaptive devices to help older adults stay safe and age-in-place in their homes. These include ramps, handrails, improved lighting, bathroom grab-bars, swapping doorknobs for door handles, and more.

["Walk in our Shoes, Act on our Issues"](#)

This intergenerational program based in Scotland helps communities to identify barriers to older people's inclusion in the community and gain support from local decision makers by experiencing the neighborhood from the perspective of an older adult.

["SilverSpokes" Age-friendly Cycling Program](#)

Cleveland's SilverSpokes program provides appropriate and age-friendly cycling experiences to older residents. Participants are provided modern adaptive bikes (recumbent, tricycle, etc.), safety equipment, and training on rules of the road.

["Institute for Empowered Aging" in NYC](#)

This program boasts a number of innovative intergenerational projects including urban farms, culinary workforce development programs, after school dance exchanges, technology skills development, and more.

["The Crossing" | Age-friendly Pittsburgh](#)

This project seeks to raise awareness about street safety and mobility for all ages and abilities. Through street theater performance and community engagement, "The Crossing" illustrated both the hazards of street crossing at dangerous intersections and the transformative power of creative community engagement.

How to Apply

You can download an editable version of [this application form here](#).

Please respond to the following questions. Proposals should be approximately 3-6 pages in length. If you anticipate difficulty completing a written proposal, please contact us to discuss accessibility options at GoLocal@nyam.org.

YOUR PROJECT/PROGRAM

1. What is the health or livability issue impacting older adults that your project seeks to address?
2. Which of the Eight Domains of Livability does your project address?
3. Please provide a brief summary of your project.
4. How will your project improve the lives of older adults?
5. Tell us about who will benefit from this project. Please include the demographic characteristics of the people your project intends to serve. This includes characteristics such as socio-economic status; race/ethnicity; immigrant status; language; sexual/gender identity; and/or rural vs. urban status.
6. What are the goals of your project?
7. Please provide a timeline of the key activities associated with this program or project.
8. How will you involve older adults and other community members in the planning and implementation of this work?

ORGANIZATION

9. What organization will be leading this work? Please provide a brief description of the organization including mission, staff size, volunteer size and a general description of services or programs offered and population(s) served.
10. If you will be partnering with other organizations on this project, please list them.
11. Is the lead organization a registered 501(c)3 nonprofit organization? If not, what organization will serve as the fiscal agent for this project? Please indicate if you would like us to connect you with a 501(c)3 nonprofit organization.

BUDGET

12. What is the amount of funding you are requesting?
13. Please complete the attached budget explanation to describe how requested funds will be used.

Budget Form

You can download an editable version of [this form here](#).

Organization name:

County or counties served in this project:

	Budgeted Amount	Budget Explanation	Comments
PERSONNEL			
Example	\$XXX.XXX	Please use this space to describe how the personnel will contribute to the project.	If you would like to provide some additional information, please use this space.
Total Personnel			
NON-PERSONNEL			
Example	\$XXX	Please use this space to describe how the cost item will contribute to the project.	If you would like to provide some additional information, please use this space.
Office Supplies			
Miscellaneous			
Total Non-Personnel			
INDIRECT COST (maximum 10% of budget)			
TOTAL REQUESTED BUDGET			