

Staffordshire Health and Wellbeing Board – 08 June 2023

Healthy Ageing Workshops: Feedback and Next Steps

Recommendations

The Board is asked to:

- a. Note the outputs from the Healthy Ageing workshop and the process and timescales to develop a draft Staffordshire Healthy Ageing action plan.

Background

1. Healthy Ageing is a priority for the Staffordshire Health & Well-being Board (HWB) and the Staffordshire and Stoke-on-Trent Integrated Care System (ICS), and they have agreed to develop a joint Healthy Ageing Plan for Staffordshire. Two workshop events were held to co-produce this Plan with the voluntary sector and advocacy groups.
2. The Integrated Care Board's Deputy Chief Medical Officer co-chaired the two workshops. Each workshop featured a presentation from internationally renowned expert on ageing, Sir Muir Gray, who articulated the importance of leading physically, mentally, and emotionally active lives, in order to age well. Key data and insights on ageing in Staffordshire were shared alongside a perspective from the community and voluntary sector.
3. Over 160 people in total attended the workshops and participated in a variety of discussions covering: living independently, feeling connected, healthy living, strengths-based practice and planning for later life. Participants were tasked with identifying "how can we work together in partnership to create environments for healthy ageing?"
4. Feedback from the events highlighted that there is a great deal of positive work already happening, which we need to continue to celebrate and share. However, there is more that we can do together to create an environment for healthy ageing. Specific feedback to inform the plan included:
 - a. To promote physical, cognitive and emotional activity to reduce and delay the negative effects of ageing including dementia, frailty and falls;
 - b. To use strength-based language to encourage positive attitudes to ageing;
 - c. To grow community and volunteer opportunities;

- d. To promote social connections and intergenerational activity;
 - e. To take advantage of the opportunities afforded by assistive technology;
 - f. To ensure that local infrastructure is accessible to all.
5. This feedback will be used to inform the Healthy Ageing Plan, along with the latest data including recent research from Staffordshire University, link to existing programmes for example Better Health Staffordshire, Supportive Communities, social prescribing, large-scale digital mild frailty project, digital making every contact count project moderate frailty and falls prevention programmes.

Contact Details

Board Sponsor: Richard Harling, Director for Health and Care

Report Author: Tilly Flanagan, Lead Commissioner

Telephone No: 07970772070

Email Address: tilly.flanagan@staffordshire.gov.uk