

Active Ageing across Derry City & Strabane District

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Derry City & Strabane District Council
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Background to Age Friendly Cities & Communities

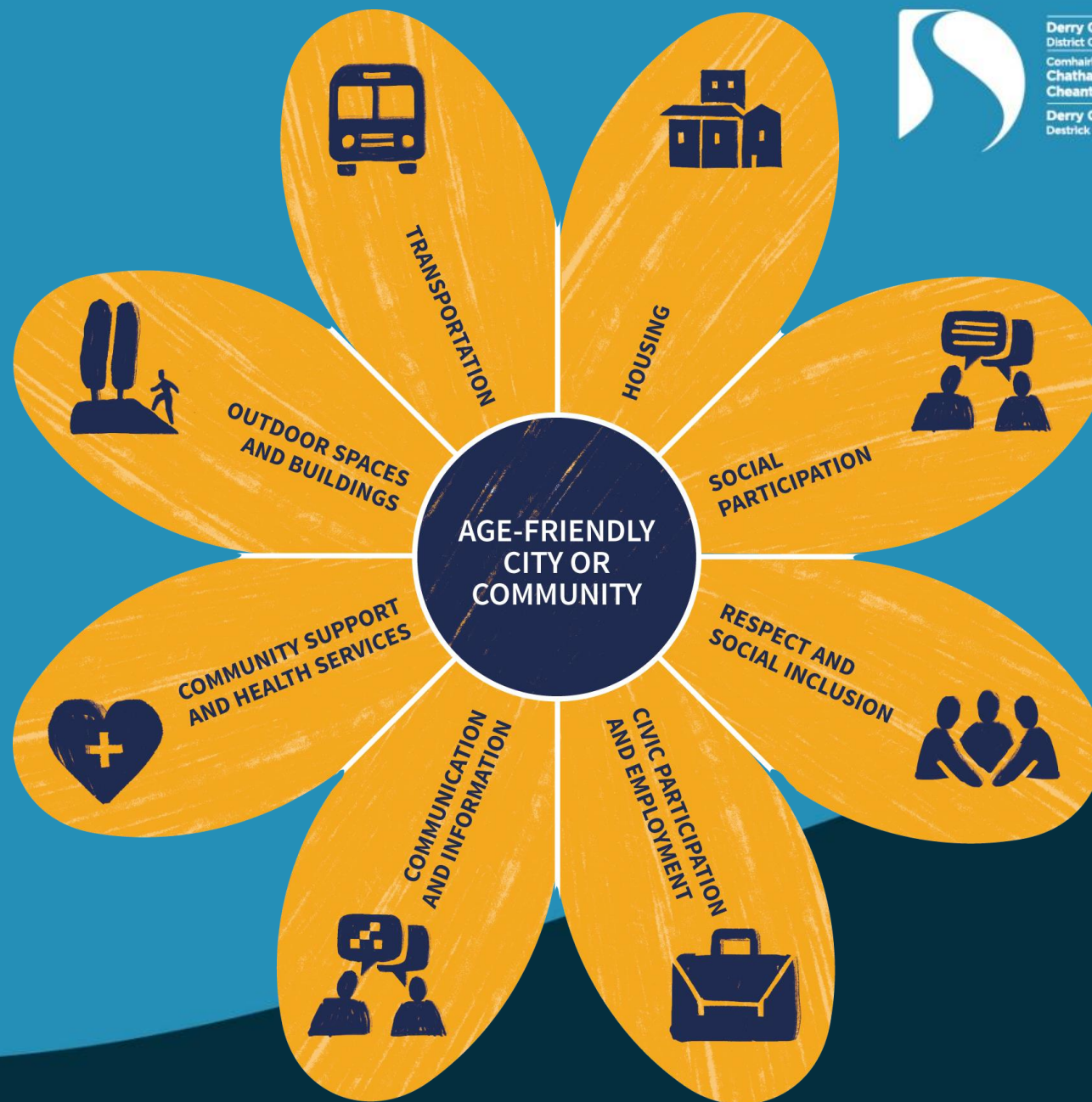
Concept developed by World Health Organisation (WHO):
'An "age-friendly city/community" is an inclusive and accessible community environment that optimises opportunities for health, participation and security for all people, in order that quality of life and dignity are ensured as people age".'

WHO (2015) *Measuring the Age-Friendliness of Cities*



Developing age-friendly cities and communities is a proven way to create age-friendly environments.

Age-friendly cities and communities improve access to key services and enable people to be and do what they value through action across **eight domains**:

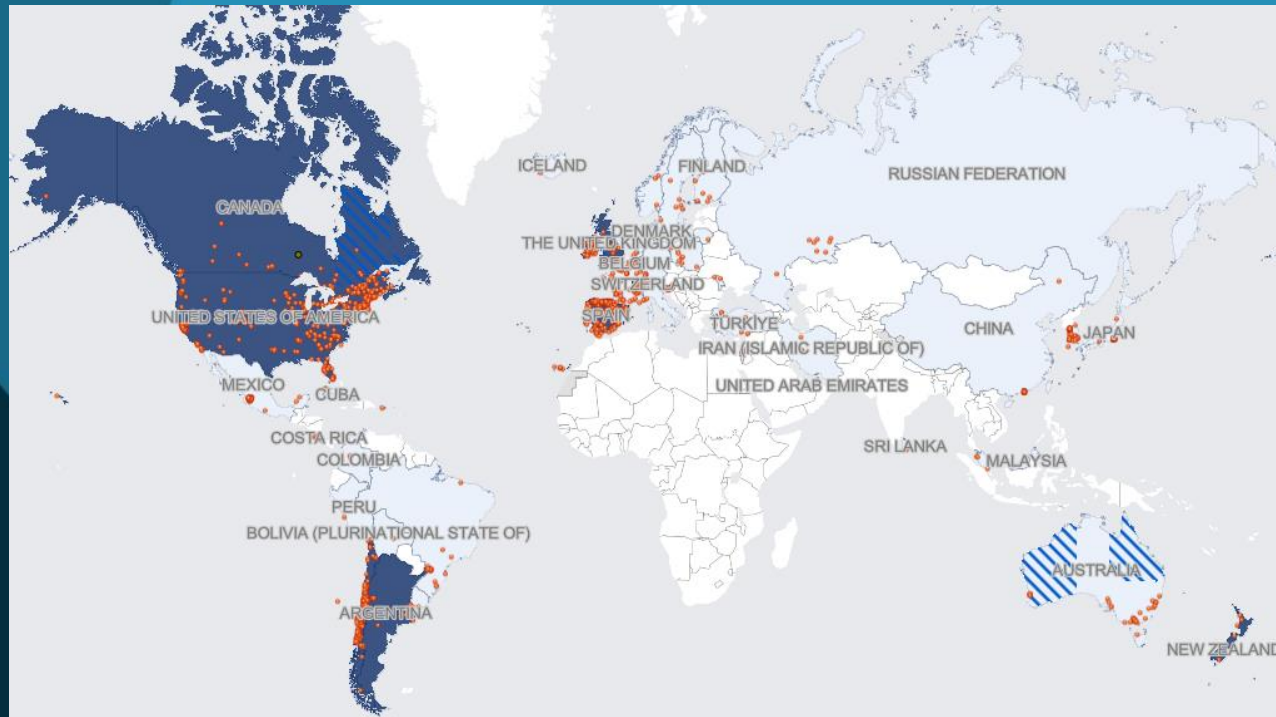


Age Friendly Places are communities where age is not a barrier to living well and ageing better and where the environment, activities and services, support and enable older people.

Age Friendly places focus on action at the local level that fosters the full participation of older people in community life and promotes positive, healthy and active ageing

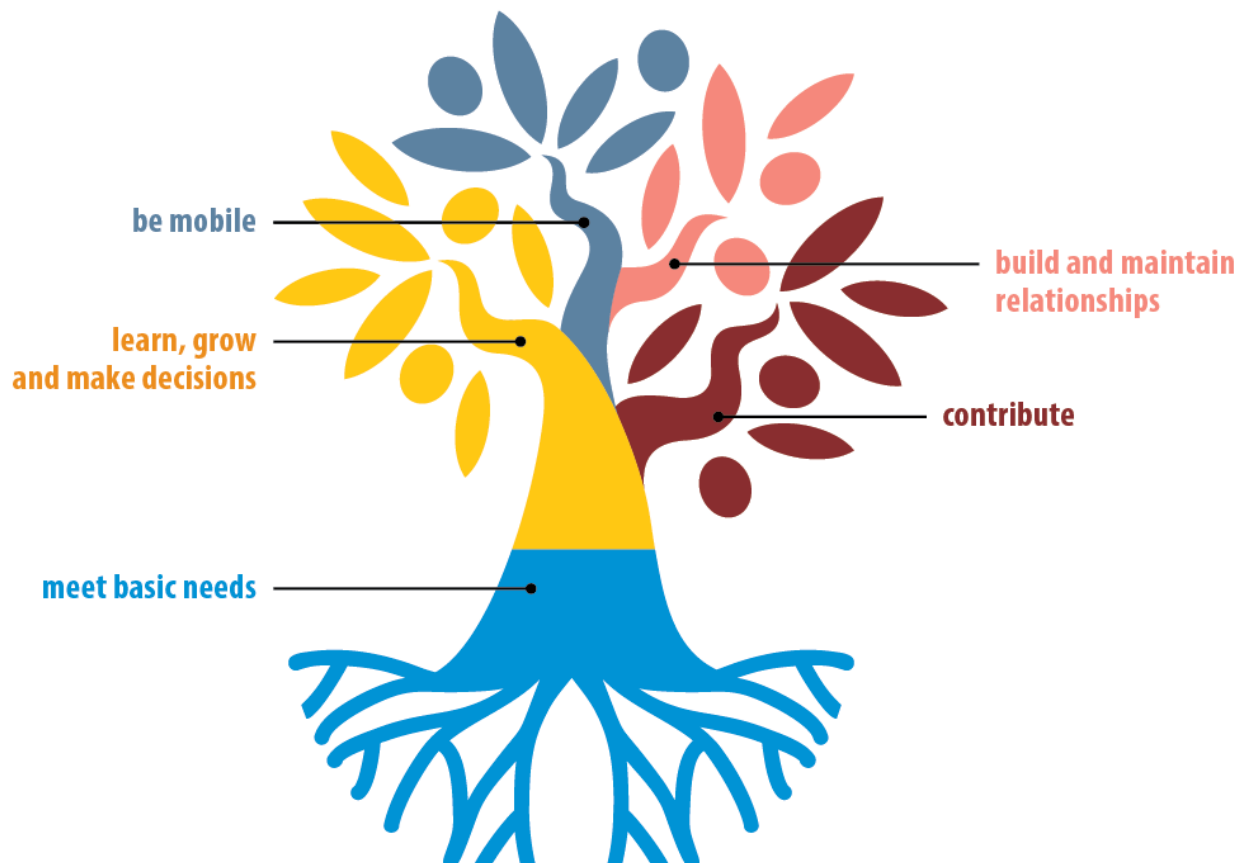


The benefits are demonstrated daily by the WHO Global Network for Age-friendly Cities and Communities, featuring over 1400 members across 51 countries all committed to becoming more age-friendly.



Learn more about the
Global Network here:





Age-friendly environments enable all people to:

- ✓ age well in a place that is right for them
- ✓ continue to develop personally
- ✓ be included
- ✓ contribute to their communities
- ✓ enjoy independence and good health

World Health Organisation's Healthy Cities Network (Phase 7)



- DCSDC has committed to Phase 7 of the WHO Healthy Cities Network.
- First joined this global network of cities in 2009.
- The district is one of only a handful of areas in Ireland and the UK to be leading the way through participation in this global initiative to tackle inequality and put health and wellbeing at the heart of government strategy in the district.
- In January 2019, Derry and Strabane District Council voted in favour of submitting an Expression of Interest in becoming a member of the WHO European Network of Healthy Cities in Phase VII (2019-2024).
- In 2023 the Age Friendly Co-Ordinator joined the WHO Healthy Ageing Task Force



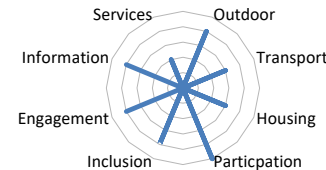
Insights from Healthy Ageing Profile

- Derry City & Strabane District Council (DCSDC) data
- Population 150,756 in 60,935 households, with 1 in every 3 residents are aged 50+years
 - 25% of all households have no access to car or van
 - 12% of persons aged 65+years provide unpaid care
 - 46% of persons aged 65+years rate their health as good or very good (2021/2022)
 - Almost 40% of households have one person with a health problem or disability which limits their daily activities, with 12.6% having 2 persons
 - 37% of persons aged 75+years report very high levels of life satisfaction (2021/2022)
 - 6% of households are single persons of pension age

Your age-friendly journey

- DCSDC became a member of the WHO Network of Age Friendly Cities & Communities in 2017, with the Age Friendly Alliance established in 2021
- DCSDC completed a review of the area's Inclusive Strategic Growth Plan 2017-2032 in April 2022, resulting in the new inclusion of an older people's outcome, "We have a caring society that supports people throughout their lives", further outlining the commitment and endorsement of meeting the needs of older citizens in our community.
- The Age Friendly Strategy and Action Plan is implemented through 4 outcomes, with 4 cross cutting themes and 18 actions

Influence over the age-friendly domains



In DCSDC there are 8 Local Growth Partnership's, each with an Action Plan delivering on needs of the area, including Age Friendly to support older people. Resources to meet priority needs are allocated using a consensual decision-making model.

Actions and interventions for Age-friendly Environments

Stepping on Programme

A 9 week falls prevention programme is delivered across the DCSDC in community settings to help reduce the risk of falls amongst over 65's in the community.

Age Friendly News Bulletin

A weekly newsletter is issued across DCSDC to reach and promote communication and information on Age Friendly.

Over 50's Reference Panel

Is the local consultative and participatory body for issues concerning older people, especially those related to well-being and quality of life.

Easilink and Bridge Transport

offer transport solutions (rural areas /disabled citizens). "Chat Tea Trains" offer trips for older people using public transport and their passes.

The ACORN Farm

Supports citizens to grow their own. Offers skilled resources from horticultural experts to help create a more sustainable food system. Links to Parks and social supermarkets initiatives.

The GABLE Project

Supports Older and Disabled persons to meet their housing needs and support residents to live longer in their homes and communities.

DEEDS Project

(Dementia engaged and empowered in Derry & Strabane) offers support to those living with and experiencing dementia through social activities, carers support and training.

Positive Ageing Month is a campaign of events, services and programmes delivered each October. Small grants, funded by the Public Health Agency support the third sector to deliver engagement activities.



Evaluation and Monitoring

The Age Friendly Strategy and Action Plan is monitored and evaluated by the Age Friendly Alliance. Qualitative and quantitative data and Outcomes Based Accountability methods are used to evaluate and monitor delivery. The Age Friendly Alliance is the Outcomes Delivery Partnership for the Strategic Growth Plan and the Older Persons outcome and involves representatives of key stakeholders from the Strategic Growth Partnership delivering on the Strategic Growth Plan.

Health Emergency Preparedness

A new Framework for Civil Contingencies Northern Ireland, "Building Resilience Together" document was produced by The Executive Office (TEO). This document is the first product within a wider strategic programme of work setting the direction for civil contingencies strategic planning regionally involving a multiagency approach.

Community Resilience Groups have been piloted within DCSDC to develop resilience in communities to ensure they are more prepared to respond to community needs in the event of a crisis or health emergency.

DCSDC launched a Climate Change Adaptation Plan, have established an All-Party Working Group with political leaders and developed a Climate Change Pledge committing to climate action.



Contact Age Friendly Co-Ordinator by email agefriendly@derrystrabane.com or visit www.derrystrabane.com/agefriendly

Why is being Age Friendly Important?

- Ageing is Changing – Growth in numbers
- Promotes preventative approaches
- Impact of Pandemic and emerging issues e.g. Cost of Living crisis
- Encourages action on all aspects of the local system
- Joins up different dimensions within a place
- Age Friendly communities contribute to health and well being by:
 - ✓ Enabling people to stay active and enhanced social connections
 - ✓ Reducing barriers to continued participation and contribution (employment, caring, volunteering) when abilities decline
 - ✓ Improved physical and mental health
 - ✓ Reduced isolation and loneliness



Environments are key to Closing the Gaps

Environments comprise all the factors in the outside world that form the context of an individual's life.

These include home, communities, and the broader society. Within these environments are a range of factors, including the built environment, people and their relationships, attitudes and values, health and social policies, the systems that support them, and the services that they implement.



Housing



**Assistive
technologies**



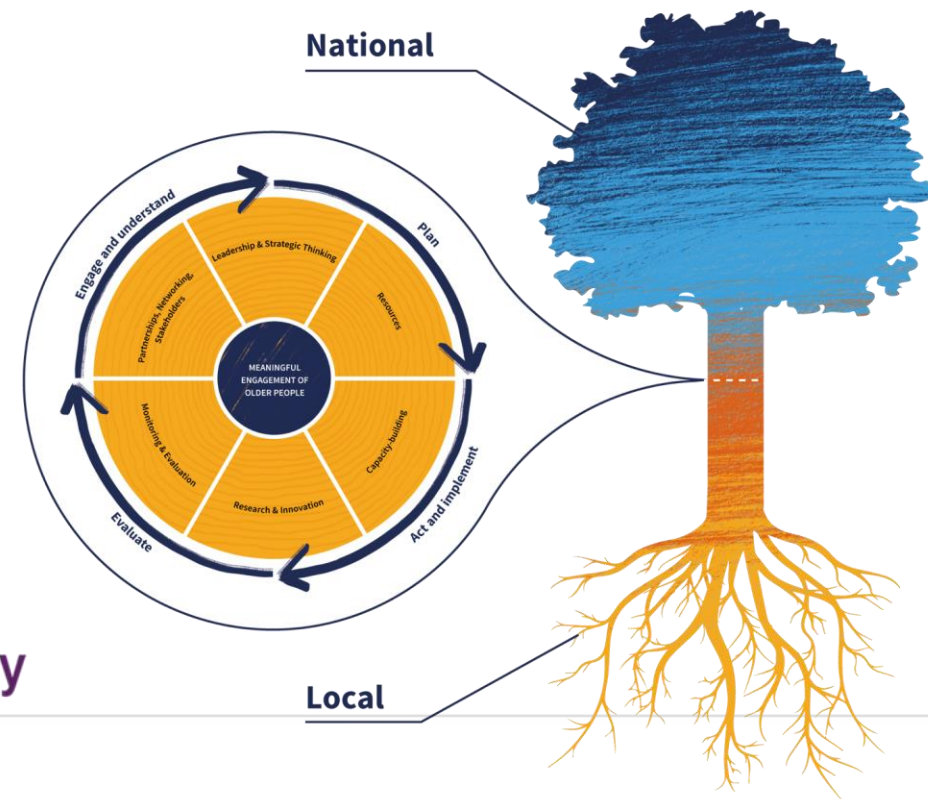
Transport



**Social
facilities**

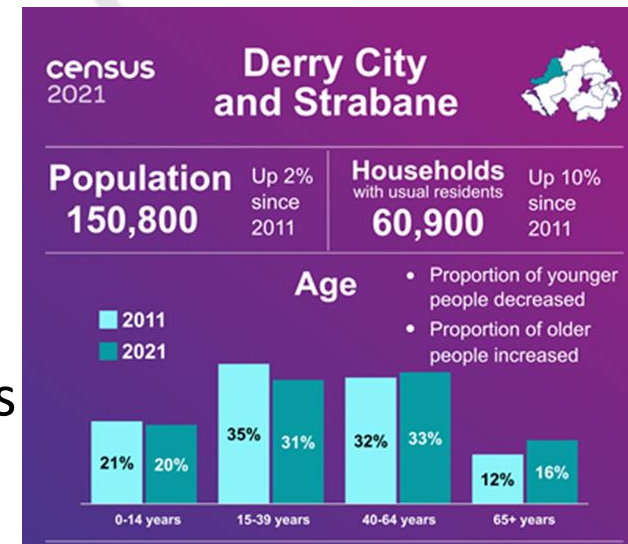
National programmes are one way for regions to accelerate the development of age-friendly cities and communities. They:

- Enable countries and regions to deliver on global commitments, such as the UN Decade of Healthy Ageing
- Inspire and support local action in both rural and urban areas
- Ensure more people can age with health and well-being
- Centre for Ageing Better
- Age Friendly Network NI

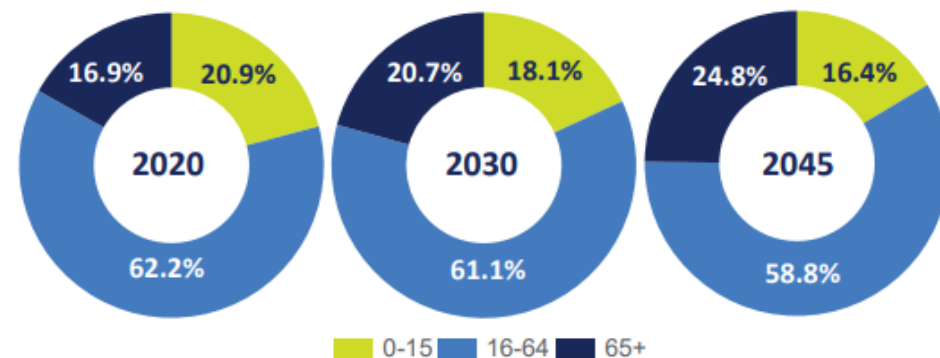


Overview of the Ageing Population in our Community

- 1 in every 3 residents are aged 50+ years
- 6% of households are single persons of pension age
- Almost 40% of households have one person with a health problem or disability which limits their daily activities, with 12.6% having 2 persons
- 12% of persons aged 65+ years provide unpaid care
- 25% of all households have no access to car or van
- Majority of people wish to remain living in their homes
- 46% of persons aged 65+ years rate their health as good or very good (2021/2022)
- 37% of persons aged 75+ years report very high levels of life satisfaction (2021/2022)
- a significantly higher proportion of respondents reported feeling lonely “at least some of the time” (19.8% in 20/21 compared with 17.4% in 19/20)



The proportion of older people (aged 65+) will increase to 24.8% by mid-2045, overtaking that of children (aged 0-15) by mid-2027



Strategic Context



DCSDC Inclusive Strategic Growth Plan 2017-2032

Department for Communities (DFC) Active Ageing Strategy

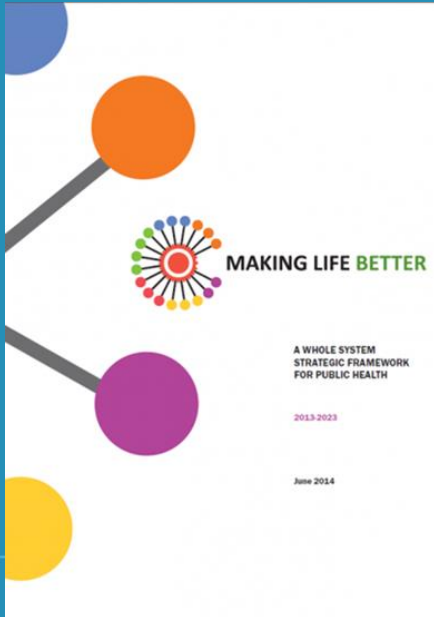
Making Life Better, A Whole System Strategic Framework for Public Health

Age Friendly Strategy and Action Plan 2023-2025

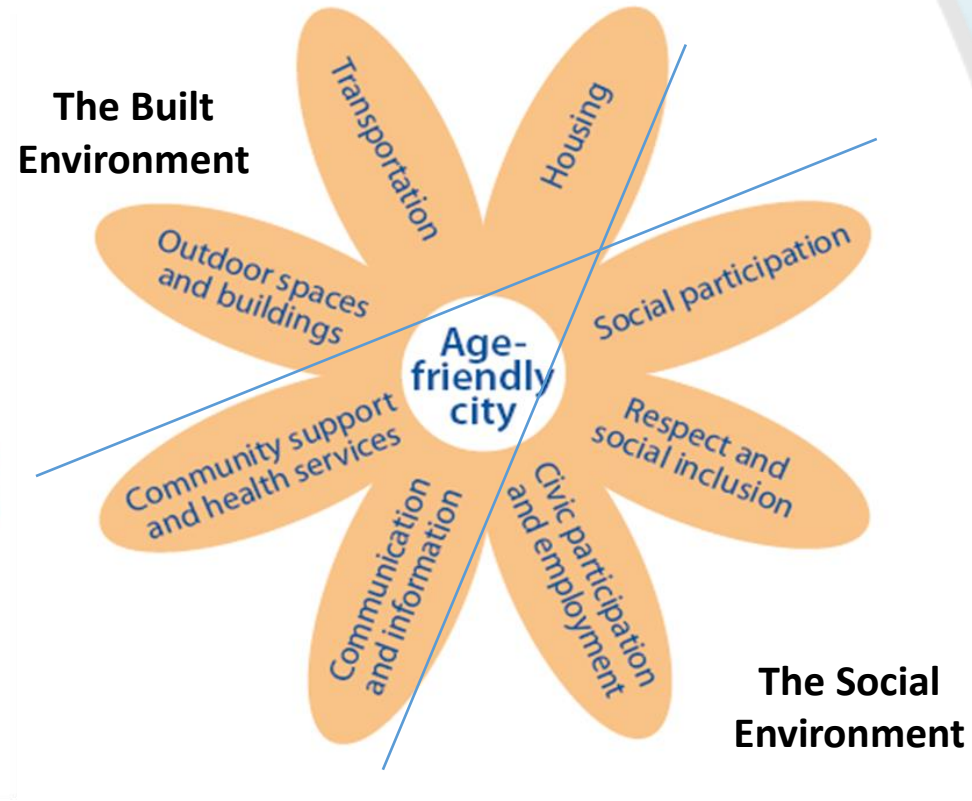
Local Development Plans – reviewed to include Age Friendly

Vision Statement

We are supported throughout life's journey, so we continue to be respected, involved, independent, fulfilled and treasured in later life.



Strategic Context



DCSDC Inclusive Strategic Growth Plan 2017-2032

WHO Age Friendly Framework



Reconnecting Campaign

- Response to easing of Covid -19 restrictions
- Encourage people to Reconnect Again
- Recognised different people were at different stages
- Key messages were delivered usingIt's just about...
 - Catching Up / Getting Outdoors /
 - Trying Something New / Sharing a Meal
 - Having a Chat / Getting Involved / Sharing Memories
- Media campaign, posters, 48 sheet poster advertising
- Toolkit developed



www.derrystrabane.com/community/age-friendly/reconnecting-again



Positive Ageing Month

- Positive Ageing Month Planning Group
- Mark International Day of Older People
- Support WHSCT, PHA & Bogside & Brandywell Health Forum with Small Grants Programme (£500)
- In partnership deliver a month-long campaign
- Involvement and participation
- Celebrate Ageing in our community
- Over 180 events and activities delivered during October
- Evaluation to monitor and review



Your Happy Place Competition & Age Friendly Calendar

- Promotes and shares Your Happy Place message
- Annual Your Happy Place Calendar Competition
- Links to Positive Ageing Month
- Co-design panel of judges in decision making process
- Festive Mayors Reception recognising finalists and launch of Calendar



Warm Spaces & Hubs

- Warm hubs are warm, safe community spaces where residents can expect a friendly and inclusive welcome.
- They are open to all but are particularly beneficial if you live in a hard to heat home, if you are isolated or if you are worried about your energy bills.
- Cost of living crisis
- Council community centres and other community voluntary sector owned centres.
- Keep Warm Packs (Supported by PHA)



Promoting Physical Activity

- **Over 65's free access to swimming pool, health suite (sauna and steam)**
- **Physical Activity Referral Programme (PARP)** 12-week scheme targeting people with certain health conditions who have been referred by GP, nurse or other health professionals.
- **Macmillan Move More** - Partnership with physical activity providers, local councils and health and social care trusts to provide the support that people living with cancer need to improve their fitness.
- **Age Friendly Couch 2 3 & 5K's** - Delivered across the Council area as part of the Age Friendly Programme.
- **Boccia Initiative to WHSCT Day Centres** - Mayor gifted Boccia kits to each District Electoral Area to allow encourage physical activity and participation among Day Centre service users.
- **Workouts at Home** - Videos on a range of exercise forms available to support people to be physically active at home



Healthy Towns Programme



The Healthy Towns programme is funded by the Public Health Agency to support sports clubs and community organisations to deliver physical activity and healthy living programmes across the Derry City and Strabane District Council area.

Provide support in 3 main categories up to a maximum value of £500.

- Coaching
- Facility Hire
- Equipment

Priority given to early and later years projects. Programmes must last a minimum of 8 weeks with the Sports Development Team offering advice on planning and delivering activities.



Arts & Culture Audience Development

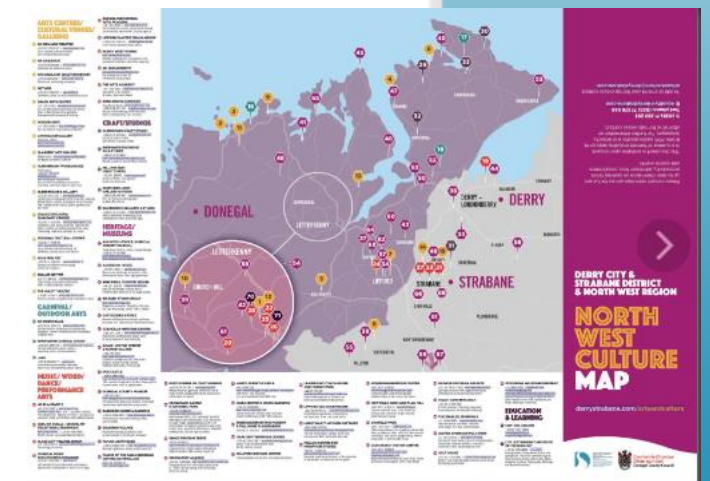
- Older people identified as key target group for audience development across the North West
- Access audits in arts and culture organisations/venues
- Cross Border partnership with Donegal County Council
- Age Friendly Panel with lived experience
- Engagement with Care Homes & Day Centres
- Delivering arts-based programmes in care homes e.g. Get Crafty in Culmore, Singing & Song etc
- Completion of the North West Culture Map
- Social participation

thrive
making culture count

Collaborative Audience Development
Plan for the North West

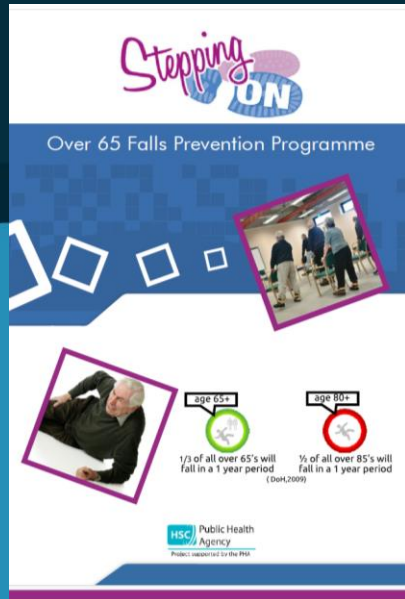
Commissioned by Derry City and Strabane District Council and Donegal County Council

December 2020



Accident Prevention & Falls Prevention

- Western Falls Prevention Steering Group
- Falls Health Events
- Home Accident Prevention Service over 65's or Vulnerable Person's. Visit includes Falls Prevention, Fire Safety, Carbon Monoxide, Blind Cord Safety, Poisoning, Burns and Scalds and Choking.
- Stepping On Programme – 9-week programme, delivered in a range of settings



You are invited to a Falls Health Event where you can access a range of services and supports to reduce your risk of falls. Drop in on the day.

Scan the QR code below, click on the link or copy the web address to access an online falls survey which can be used to support self-management.



Click here to go to the Falls survey.



<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=8DtzqS5ESUS3R6dl6jWf-KNAIq2Sc5Ii4aPluPW82FUNUc5UudSSDdSMFYNIzPSUVBQ0dMTUdJVS4u>

This event has been facilitated by your local General Practice Social Work Service funded in partnership by the Derry GP Federation and Western Health and Social Care Trust.

FALLS Health Event

Melvin Sports Complex
18th September 2023
10am-1pm



#MDT | #FallsPrevention | #DeliveringTogether

Compassionate City Charter & Compassionate Communities

- Compassionate Communities is a public health approach that enables us all to 'live well until the end of life'.
- Compassionate City Charter represents a commitment by Council to embrace a view of health and wellbeing that embraces community empathy, directly supporting its inhabitants.
- DCSDC is fully dedicated to Compassionate Communities. This is highlighted within Council's Strategic Growth Plan and is a clear commitment to making it happen.
- Compassionate Communities are committed to changing attitude and behaviour towards life, age, death and loss through raising awareness and education in partnership with individuals, communities and organisations.
- Advanced Care Planning and Active Decision Making
www.compassionate-communitiesuk.co.uk/the-compassionate-city-charter



Active Communities & Helping Address Isolation and Loneliness

- Delivered an Age Friendly Funding Pilot Programme across 8 LCGP areas in 2022-2023
 - Local needs
- Consensual Grants Programme - £120k per year, £15K per 8 LCGP areas
- Acorn Farm - grow food at home, learning from horticultural experts to begin the creation of a more sustainable food system throughout the city.
- Council allotments
- Pilot of the Community Resilience Group
- Chat Tea Train Event
- Weekly Age Friendly Newsletter issued
- Active individuals and communities



Age Friendly Places & Spaces

- Promoting the importance of Age Friendly
- Embedding this in partnership
- Active participation from Over 50's Reference Panel
- Delivered Age Friendly Training to Council employees
- Established an internal Age Friendly Cross Departmental Working Group
- Created Warm Spaces & Hubs in Community Centres
- Access, Inclusion and Age Friendly Walkability Audit of City of Derry Airport
- Involvement with key partnerships to deliver key events e.g. Advanced Care Planning Week, World Alzheimer's Day, Falls Prevention Events, Virtual Dementia Bus visit



Over 50's Reference Group

- Co-Design Group with lived experience
- Reference Group members have identified their interests
- Representative from across the Council area
- Meets bi-monthly
- Rotate meetings across area
- Influence and shape the Age Friendly Journey



Join our over 50's Reference Group

We want you in our group if you

- are 50 years and over
- live in the Derry and Strabane District Council area
- would like to have your say on local issues
- bring your lived experience to create better age friendly communities

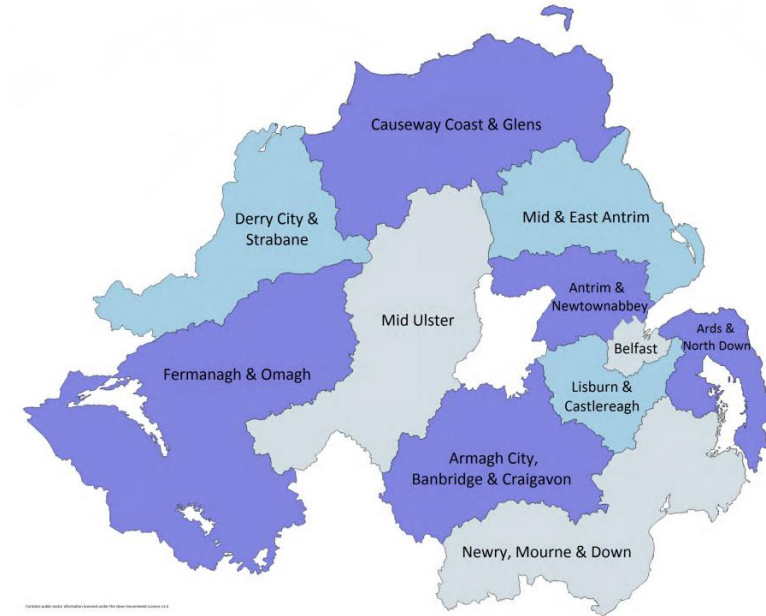
To express an interest in joining the Over 50's Reference Group please contact:

Clara Burke, Age Friendly Co-ordinator
Tel: 028 7125 3253
Email: agefriendly@derrystrabane.com
Web: www.derrystrabane.com/agefriendly



Next Steps

- Champion for embedding Age Friendly and voice of lived experience
- National Action Day against Ageism – 20th March 2024
- AFNNI Priority Themes
 - Resourcing of the Age Sector Networks
 - Transport
 - Communication & Information
 - Age Friendly Design Principles
- Region exploring Affiliate Status with the WHO



AGE-FRIENDLY STRATEGY AND ACTION PLAN 2022–2025

contributes to 14 out of the 17 goals



AGE-FRIENDLY STRATEGY AND ACTION PLAN 2022–2025

An SDG assessment



SUSTAINABLE DEVELOPMENT GOALS



Project supported by the PHA



Derry City & Strabane
District Council
Comhairle
Chathair Dhoire &
Cheantar an tSratha Báin
Derry Cittie & Strábane
Destrick Council



Age Friendly

Derry City & Strabane District Council



HSC Public Health Agency

Invest Northern Ireland

Ulster University

north west regional college
Derry • Londonderry • Linnahady • Strabane



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www.librariesni.org.uk

Sport
Northern Ireland

HSC Western Health and Social Care Trust

LONDONDERRY CHAMBER
CONNECTING BUSINESS TO NORTHWEST

HSC Health and Social Care

Housing Executive

Derry & Strabane
Rural Partnership

City Centre Initiative
Derry-Londonderry



Developing Healthy Communities

Department for Communities
www.communities-ni.gov.uk

Department for Infrastructure
www.infrastructure-ni.gov.uk

Department of Agriculture, Environment and Rural Affairs
www.dera-ni.gov.uk

Department for the Economy

Department of Education

Thank You & Opportunities for Questions

