Strategy for Older People in Wales (2013-2023): Living Longer, Ageing Well

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Introduction

• Background to the strategy

• Principles of phase 3

• Evidence
How we developed this phase of the Strategy

• From the outset, older people have been involved in the development of this phase of the Strategy for Older People in Wales.

• The views of over 2,000 older people, gathered in questionnaires and at focus groups, informed the development of the consultation document published in October 2012.

• Over 100 individuals and organisations submitted detailed responses to the consultation.
What older people told us can be encapsulated into these three statements:

- I have a sense of purpose and good relationships.
- I live in a community that is sensitive to my needs.
- I can afford a good quality of life.
The Vision ...

- That people in Wales feel valued and supported, whatever their age.

- That all older people in Wales have the social, environmental and financial resources they need to deal with the opportunities and challenges they face.

- That Well-being is a broad concept. It includes factors such as how satisfied people are with their lives as a whole, autonomy (having a sense of control over your life), and purpose (having a sense of purpose in life).

- Building well-being and resilience is good for individuals and society, reducing dependence and improving overall health.
The Welsh Government’s challenge for the next ten years is:

- To create a Wales where full participation is within the reach of all older people and their contribution is recognised and valued;

- To develop communities that are age-friendly while ensuring older people have the resources they need to live;

- To ensure that future generations of older people are well equipped for later life by encouraging recognition of the changes and demands that may be faced and taking action early in preparation.
The key elements for building a good quality of life

Social
- I have a sense of purpose and good relationships
- Diversity, access to information, social support

Financial
- I can afford a good quality of life
- Pensions, energy, financial inclusion, employment

Environmental
- I live in a community that is sensitive to my needs
- Shared space, living in the community, transport, housing

Well-being
Social Resources
Environmental Resources
Financial Resources
What outcomes do we want to achieve by 2023?

- **Social participation** – Older people enjoy a better quality of life, have active social lives (if desired), and loneliness and unwanted social isolation is minimised. Older people are not subjected to abuse.

- **Diversity** – older people are not discriminated against because of their age, and do not experience multiple discrimination on account of gender, ethnicity, disability, religion and belief, or sexual orientation, in addition to their age.
Access to information – older people have access to information and advice about services and opportunities, and are not disadvantaged when accessing them.

Learning and activities – older people have opportunities to be engaged in lifelong learning and other appropriate social activities.

Healthy Ageing – Older people enjoy good physical, mental and emotional health and well-being with the aim of being able to live independently for longer, with a better quality of life and continue to work and participate in their communities.
• **Shared spaces** – older people find public places welcoming, safe and accessible.

• **Living in the community** – older people are able to participate and contribute in their communities and access services and amenities.

• **Transport** – Older people can access affordable and appropriate transport which assists them to play a full part in family, social and community life.

• **Housing** – Older people have access to housing and services that supports their needs and promote independence.
• **Pensions and other income** – older people have an adequate standard of income and are receiving all the financial benefits to which they are entitled.

• **Energy** – older people live in energy efficient homes and can afford to heat their homes to the temperature required to protect health.

• **Financial inclusion** – older people can access appropriate financial advice and services, and are not over-indebted.

• **Employment** – older people who want to work are able to do so and can access help with re-skilling and retraining.
How this Strategy will be implemented

- The delivery plans will be a timetable of specific actions to be taken by the Welsh Government and our partners in order to bring about a measurable improvement in the well-being of older people in Wales.

- They will include specific measures and indicators.

- Older people will be engaged with throughout
Thank you for listening.

Questions?
References