



IFIC Scotland Webinar Series 5:

Age Friendly, Healthy, Connected Communities

Background

Prof Anne Hendry, Director IFIC Scotland and Diana Findley, Chairperson, Scottish Older People’s Assembly (SOPA) hosted the webinar on behalf of IFIC’s Ageing and Frailty Special Interest Group.

Prof Judith Sixsmith, University of Dundee, described the features of an ‘Age Friendly Living Ecosystem’; a place that makes it easy for older people to stay connected and to engage with new people, ideas, services, supports and activities in a mutually beneficial way.

Beth Mitchell, Active Ageing Lead, GreaterSport (in partnership with Greater Manchester Moving) inspired us with a global exemplar of Greater Manchester ‘doing ageing differently’.

Dr Natalia Pace, Hospital Italiano, Buenos Aires, Argentina, presented a bottom up ‘Salutogenic Approach to Active Ageing’ identifying and drawing on the assets and resources in local communities.

IFIC Scotland’s Janette Barrie described an amazing range of community led initiatives that are now well embedded in ‘Dementia Friendly Aberfeldy’, a rural town in Scotland.

Claudia Flo, Regional Coordinator, outlined the intersectoral leadership and accreditation that has supported the Age Friendly Hospitals programme to spread across Sao Paulo State.

Anita Wahl, Clinical Nurse Specialist, Fraser Health, B.C. Canada described behavioural support neighbourhoods to improve inclusion and quality of care for people with dementia in care facilities.

A total of 198 registered for the webinar from various sectors covering 32 countries around the globe:



Panelists

Prof. Judith Sixsmith Professor of Health Related Research University of Dundee, Scotland	Beth Mitchell Active Ageing Lead, GreaterSport (in partnership with Greater Manchester Moving)	Janette Barrie Dementia Friendly Aberfeldy IFIC Scotland
Dr Natalia Pace Hospital Italiano, Buenos Aires, Argentina	Claudia Flo Regional Coordinator Health Life Cycle – Older People Sao Paulo State Health Secretary, Brazil	Anita Wahl Fraser Health, British Columbia, Canada

Take Home Messages

Part of the community
no matter what age

Prevent age segregation/
age silos

- ⇒ Places and spaces matters
- ⇒ Creating opportunities for all ages to mix will help change culture and tackle ageism.
- ⇒ Exercise, play, food and creative arts are great ways to wellbeing and strengthen ties across generations
- ⇒ None of us are as smart as all of us together
- ⇒ Age friendly communities needs civil society leadership, political champions and support from academic and technology partners

#ValuableNotVulnerable

Growing, cooking, eating,
learning and playing together!

You will find the webinar recording [here](#) presentation slides and topic resource [here](#).



Our next Webinar

Wed, 10th March, 2021

3.30 pm to 5.00 (GMT)

Integrated, Local and Personal

Sign up [here](#)



IFICScotland@integratedcarefoundation.org



<https://integratedcarefoundation.org/ific-scotland-3>



— @IFICInfo #IFICScotland #ICMatters #BuildBackBetter