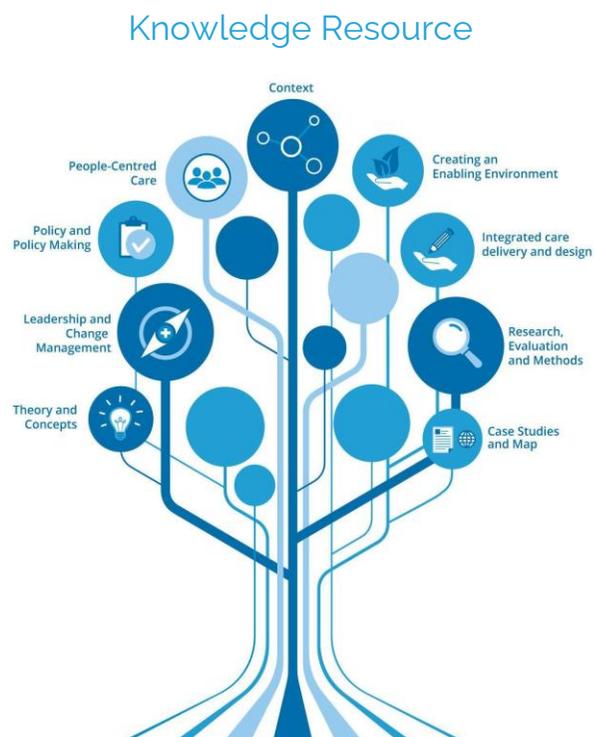


Integrated Care Matters

Creating Wellbeing in Later Life – what works?



About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

If you found this resource useful and would like to use the free [Evidence Search and Summary Service \(ESSS\)](#) to help you find and use evidence please get in touch to discuss your needs: esss@iriss.org.uk

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ADL Smart Care [The Life Curve](#)

The ADL LifeCurve is based on the concept of the Compression of Functional Decline. Research has shown that people lose the ability to complete activities of daily living in a particular order. By using these ADLs, combined with fitness and strength markers, a person can position themselves on the LifeCurve to see how they are ageing. This can be used to map them to activities, services and products that will help them maintain or recover current abilities.

Age UK (2017) [A summary of Age UK's Index of Wellbeing in Later Life](#)

This Index is a way to measure wellbeing in later life, using rich data sources and statistical techniques. It provides a picture of older people's wellbeing across the whole population.

Age UK (2018) [Struggling to cope with later life: qualitative research on growing older in challenging circumstances](#)

Findings of a research project exploring the experiences of older people going through tough times. The research found a cycle of exclusion and self-exclusion from the world around them among the older people who were interviewed. The paper sets out a number of recommendations for practitioners, which include: listen to older people's histories and value their contribution; understand the causes to spot the danger signs; use a person-centred approach that starts where people are; understand the role played by family and friends; find a way to return purpose to life; ensure that emotional support is backed up with practical action; give professionals working in this area the tools they need to help.

Age UK (2019) [Age-friendly communities \(England\)](#)

Policy position paper.

Ambition for Ageing (2020) [Ambition for Ageing: programme evaluation report](#)

Provides an evaluation of the 5 year Ambition for Ageing programme which aimed to create more age-friendly places by connecting communities and people through relationships, developing existing assets, and putting older people at the heart of designing the places they live. Key findings include: flexibility in funding enabled by microfunding models should be further promoted and encouraged to commissioners and in community development circles; correctly value and invest in outreach workers and support staff; co-production involving those impacted by projects from their inception provide interventions which are meaningful and appropriate while utilising the determination present in those involved, their skills and local contextual understanding; recognise the importance of both bonding and bridging capital; intergenerational work within the over 50s age group should be better recognised and addressed, rather than viewing this age grouping as a catch all term and presenting it as homogenous; physical space and accessibility requirements as themes for projects should not be dismissed due to the small size of project investments.

Centre For Ageing Better (2018) [Primary research into community contributions in later life](#)

Ageing Better commissioned participatory research into community contributions in later life to better understand how older people currently contribute to and are supported by their communities.

Centre for Ageing Better (2018) [Transforming later lives](#)

Strategy document which outlines their long-term vision to transform later lives across England by 2040 and their four key priorities for the next ten years. These priorities are based on what people say matters most to the quality of their lives. They are: healthy ageing and enabling people to live healthier, more active lives, fulfilling work, which can boost savings and delay drawing pensions; safe and accessible housing, to help people remain independent and active for longer; and connected communities.

Centre For Ageing Better (2021) [Transforming places for later lives](#)

This paper sets out their 10-year localities strategy and place-based approach to improving later lives. It looks at why they work in localities and how they aim to achieve and measure success.

Centre For Ageing Better (2021) [The State of Ageing in 2020](#)

This report captures a snapshot of how people in the UK are ageing today, while looking at past trends and prospects if action isn't taken.

Davern, M (2020) [How Can the Lived Environment Support Healthy Ageing? A Spatial Indicators Framework for the Assessment of Age-Friendly Communities](#) International journal of environmental research and public health vol. 17,20 7685. 21 Oct. 2020

The Age-Friendly Cities and Communities Guide was released by the World Health Organization over a decade ago with the aim of creating environments that support healthy ageing. The framework includes outdoor spaces and buildings, transportation, housing, social participation, respect and inclusion, civic participation and employment, communication and information, and community and health services. This paper provides a quantifiable spatial indicators framework to assess local lived environments according to each Age-Friendly Cities and Communities domain. The selection of these AFC spatial indicators can be applied within local neighbourhoods, census tracts, suburbs, municipalities, or cities with minimal resource requirements other than applied spatial analysis, which addresses past critiques of the Age-Friendly Community movement.

Fabian Society (2018) [Take good care: improving support and wellbeing in later life](#)

Brings together policy proposals from 11 experts in older people's care to explore what the left's agenda should be for older people's care, support, independence and wellbeing. Contributors consider the offer politicians should make on the services and entitlements older people need to live well; the priorities they should adopt with respect to the development, reform and integration of different forms of support; the potential funding solutions to pay for high-quality support in the context of rising demand.

Fang, ML (2022) [Intergenerational and Agefriendly Living Ecosystems \(AFLE\)](#) University of Dundee.

This project brought together researchers, industry professionals, policymakers, health and housing practitioners, multigenerational members of the community, nongovernment organisations, universities and collaborators from the UK, China, India, Canada, Denmark, Lithuania, Singapore, Australia, and Slovakia. The goal was to generate research ideas, and policy and practice solutions regarding how we can pool our knowledge and resources to make the best use of community and industry spaces to develop a living age-friendly international ecosystem of places that facilitate intergenerational working across communities and sectors.

Fullen, MC (2019) [Defining Wellness in Older Adulthood: Toward a Comprehensive Framework](#) Journal of Counseling & Development, 97: 62-74 (paywall)

Literature review identifying current trends in research on wellness among older adults. The author concludes with an 8-dimensional wellness framework to guide future research.

Glover, L (2020) [Healthy ageing in a deprived northern UK city: A co-creation study](#) Health Soc Care Community. 2020; 28: 2233– 2242

Findings demonstrate that state of mind and of health were key to wellbeing in older age. Feeling safe, comfortable and pain free were important along with being able to adapt to change, have choice and a sense of personal freedom. Social connectedness was seen as the keystone to support healthy behaviours. Rather than developing new interventions, there was a perceived need to connect people with existing resources and provide a human bridge to address barriers to accessing these.

Hendry, A (2017) [Living well in later life in Scotland](#) Working with Older People, Vol. 21 No. 1, pp. 22-30

This paper describes the development, implementation and early impact of a national action plan for active and healthy ageing in Scotland. This case study offers transferable learning for other systems who have an ageing population and ambition to enable them to live well in later life.

Integrated Care Foundation (2021) [Wellbeing in Later Life Programme \(WeLL\) Flash Report October 2021](#)

International Longevity Centre UK (2020) [Inclusive neighbourhoods: promoting social inclusion in housing with care and support for older people](#)

This policy report presents new research evidence on the provision of inclusive housing schemes for older people. Housing with care and support schemes, including extra-care housing, sheltered housing and supported living, are designed to prevent social isolation, promote interaction among residents and help people live independent, healthy lives as they get older. This paper finds that: HCS schemes work well in counteracting social isolation and preventing loneliness among older residents; pockets of isolation still exist among some residents, particularly people from social minorities. The report identifies the interpersonal, organisational, physical and environmental factors that help promote social inclusion in HCS for older people, including supportive neighbour relations; on-site staff presence; inclusion with the local area; listening to the views of residents; inclusive and age-friendly design; adequate digital infrastructure; and a supportive policy environment. It outlines the ways in which national government, local councils, commissioners and designers, and housing providers, scheme management and staff can address discrimination and create more inclusive, age-friendly environments.

Jivraj, S (2014) [Aging and subjective well-being in later life](#) J Gerontol B Psychol Sci Soc Sci. 2014;69(6):930-941

This paper examines age-related changes in subjective wellbeing in later life using multiple measures that cover the 3 dimensions of wellbeing. The findings show that older individuals have a better subjective wellbeing than those that are younger for each wellbeing measure, except at the oldest age for quality of life. Nonetheless, deterioration in wellbeing is greater at older ages, even when adjusting for age-related changes in later life, including widowhood, retirement and declining health. The results suggest that although older people enjoy higher levels of subjective wellbeing than their younger counterparts, they experience sharper declines, especially at the oldest ages.

Keep Able [Why Wellness and Reablement are Important in Aged Care](#)

The report emphasises that healthy ageing is more than the absence of disease. For most older people, the maintenance of functional ability has the highest importance.

Kelso, S (2020) [The Scottish national LifeCurve survey: costs of functional decline, opportunities to achieve early intervention to support well-being in later life, and](#)

meaningfulness of the LifeCurve Public Health Volume 180, March 2020, Pages 129-135

- Functional decline in later life has been found to occur in a hierarchical order and is described in LifeCurve using 15 ADL/IADL.
- Mapping people seeing AHPs against Lifecurve demonstrates they are intervening late with associated higher healthcare costs.
- Prevention/early intervention can prevent high healthcare costs, change ageing trajectories and support healthy ageing.

McCarthy and Stone (2021) Vision for later life in Britain

This report explores Britain's perceptions of ageing as well as the experiences of those living in their later years. The report sets out four key findings: ageism is a big problem in the UK and is having a negative impact on many older people's experience of ageing; perceptions of what ageing and retirement mean are often wrong - young people do not understand what it means to be old, and often fear ageing, yet the reality is later life can be a time of great purpose and achievement; the results of ageism and these misperceptions means the support and policies that older people need are often inadequate, or just not there; COVID-19 has created greater appreciation of older people and the challenges they face, but this focus is in danger of quickly being lost.

Moreno-Agostino, D (2021) Determinants of Subjective Wellbeing Trajectories in Older Adults: A Growth Mixture Modeling Approach J Happiness Stud 22, 709–726

This study aims to analyze whether there are subgroups with different trajectories in the main components of SWB (i.e. positive affect, negative affect, and life satisfaction) within the older population, and identify potential determinants of these heterogeneous trajectories. The results suggest that there is no unitary trajectory of SWB in the older population regarding any of its components. Moreover, they point at the appropriateness of programs aimed at promoting or counteracting the aspects that may respectively prevent or facilitate pertaining to the trajectories with worst long-term outcomes as an effective way of enhancing healthy aging.

Owen, R (2021) Enhancing Older Adults' Well-Being and Quality of Life Through Purposeful Activity: A Systematic Review of Intervention Studies The Gerontologist, 2021;, gnab017

There is preliminary evidence that purposeful activity interventions, particularly those that involve taking on a functional role, can improve well-being and quality-of-life outcomes in older adults aged 80 years and older. These findings have implications for professionals and carers to support older adults to access more purposeful social roles and create opportunities for helping and reciprocation.

Pedell, S (2021) Combining the Digital, Social and Physical Layer to Create Age-Friendly Cities and Communities International journal of environmental research and public health, 2021-01-05, Vol.18 (1), p.325

Results suggest how the convergence of the often siloed age-friendly city components based on older adults' goals and input can lead to better social participation and longer-term health outcomes. The authors propose that the digital, physical and social aspects need to be considered in all domains of age-friendly cities to achieve benefits for older adults.

Research in Practice (2021) [Ageing well: housing options and alternative modes of living for later life: evidence review](#)

This evidence review aims to mobilise people to build an adult social care system that is better equipped to meet the needs of the next generation of older adults. It considers key issues such as the changing definition and meaning of ageing well in today's society, the diversifying needs, strengths and aspirations of the next generation of older adults, as well as how issues of structural inequalities shape people's lives as they grow older and the choices they make. Themes addressed include: future housing options and alternative modes of living for later life; sex, intimacy and relationships in later life; alcohol and other drugs use in later life; business and digital technological innovation for a new generation of older adults.

Robertson, G (2016) [Attitudes towards ageing and their impact on health and wellbeing in later life: an agenda for further analysis](#) Working with Older People, Vol. 20 No. 4, pp. 214-218 (paywall)

The purpose of this paper is to provide a high-level overview of research on the impact that negative attitudes towards ageing have on the health and wellbeing outcomes of people in later life and to highlight the need for a more interdisciplinary approach towards older people's wellbeing.

Szabó, Á (2021) [One slope does not fit all: longitudinal trajectories of quality of life in older adulthood](#) Qual Life Res 30, 2161–2170

This study identified a small group of older adults who arrived at older age in poor QoL, but substantially improved as they became older. This demonstrates that although many older adults experience declining QoL, it does not have to be the norm. By understanding for whom and under what conditions QoL improves in older adulthood, we can design inclusive policies that promote longevity and ensure that quality is added to peoples' lives.

Welsh Government (2021) [Age friendly Wales: our strategy for an ageing society](#)

Whiteley Foundation for Ageing Well (2017) [Ageing well: a collection of innovative thinking](#)

A collection of essays by contributors from across the health and housing sectors, providing insights into the future of elderly living. Topics covered include: ageing well today; how people can make

the very best of their later years; how consumer power can stimulate the development of new forms of co-housing; the potential for companion robots to promote independence and freedom; the science of evaluating health and social care interventions as priorities change in older age; an introduction to Whiteley Village and what makes it so special; new potential for medical technologies to extend healthy years of life; how functional medicine can transform the patient-clinician partnership to prevent and manage long-term conditions; sexuality and for physical intimacy in old age; how society can support people to remain in meaningful employment for longer; and how to live a fulfilling later life.

Wealleans, L (2015) [From positive ageing to positive living; A changing perspective from the Beth Johnson Foundation Working with Older People. 19. 165-169 \(paywall\)](#)

This case study examines the key elements of positive ageing within a life course context and explores the language and culture around ageing. It makes some recommendations, based on practice, that support a change in the dialogue around ageing from positive ageing to positive living.

Winston Churchill Memorial Trust (2018) [Learning from intergenerational housing projects in the USA](#)

Outlines findings from visits to different models of intergenerational housing in the USA and considers whether they could work in a UK context. The report outlines five different models of intergenerational housing: Younger residents living in specialist

accommodation for older people; Older residents living alongside foster or adoptive families; Grandfamily housing, providing supportive housing for grandparents raising children to whom they are related by blood or marriage; Cohousing; Intergenerational housing for veterans and their families. It also considers each model's potential to help with housing and care in the UK. Key themes identified include the importance of schemes having a definite purpose of what they wanted to achieve, having the right residents and staff to make the scheme work; planning and design; and planning for the future. The author found that intergenerational housing works particularly well as a model for supported housing. It also fosters the creation of friendly and supportive communities which enables residents of all ages to interact on a regular basis. This can bring benefits and a range of positive outcomes to individuals, the community and the state.