

Integrated Care Matters Webinar Series 6

Creating Wellbeing in Later Life – what works?

27th April 2022



60 registered from 15 countries
around the globe

Panellists:

Dr Anna Dixon, former CEO of the [Centre for Ageing Better](#) and author of the [Age of Ageing Better](#) highlighted that healthy life expectancy or disability free life expectancy have not kept pace with the gains in life expectancy, with over half of >65 years have two or more long term conditions. Earlier onset of limiting conditions in the poorest areas mean people are unable to stay in work, are financially insecure, require care and support and are unable to enjoy life to the full or contributing to their communities. The [UN Decade of Healthy Ageing](#) challenges governments, businesses and community organisations to rise to the challenge of the age shift and to take action so that everyone is able to live healthier and happier longer lives.

Dr Anna Dixon asked what role we will play individually and collectively across communities and organisations to support healthy ageing

Dr Mei Fang, University of Dundee and Simon Fraser University, Canada shared the outputs from an international project on Intergenerational and Inclusive Age-friendly Living Ecosystems to change negative age-related stereotypes and attitudes and avoid age silos. Their global project involves a rights based approach and community-level participation with design that embeds and facilitates service provision and leisure/learning opportunities for individuals of different ages to connect through shared activities/experiences supported by design camps. Addressing needs, interests and relationships involves ecosystem design for senses, emotions, safety, enjoyment, playing, working and learning. Place matters to ecosystems.

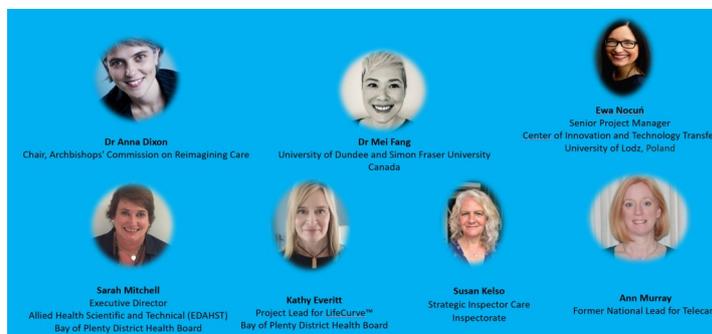




Ewa Nocuń, Center of Innovation and Technology Transfer at the Medical University of Lodz, Poland described Silver Starters – a collaborative project that provides new perspectives and tools to encourage, support and empower European citizens 50+ to start new paths. An eight week blended learning course based on start-up principles uniquely focuses on seniors and is yielding positive results and start-ups. Ewa reminded us of social, culture, economic and environmental dimensions of wellbeing.

Sarah Mitchell and Kathy Everitt, Bay of Plenty District Health Board, New Zealand described the background to Life Curve and adaptation to their local context, including applying in the Māori community. **Susan Kelso, Care Inspectorate** reflected on use of LifeCurve™ App in Scotland to measure how people are ageing based on their ability to do everyday tasks. Older people can position themselves on the LifeCurve™ to see how they are ageing and can access hints and tips on how to age well, keep moving and stay stronger for longer at home. More information on LifeCurve™ is available [here](#).

Ann Murray, Former National Lead for Telecare and Falls noted research during the pandemic found >70% of older respondents were online, supported well by their family and community. However, those who are more isolated were more likely to be digitally excluded, risking further increasing health inequalities. The webinar highlighted societal and environmental issues like health inequalities, spaces and places that enable functional ability and wellbeing in later life. But individuals can take action to manage their own life curve.



Take Home Messages

You will quickly see a difference from resistance training like flamingo swings and squats

The importance of co-creation and co-design shines through

Healthy ageing is everyone's business and it needs to be mainstreamed



⇒ I'm always admiring of Scotland's focus on design and how this is spreading far and wide. Many thanks for this interesting IFIC meeting! Best.

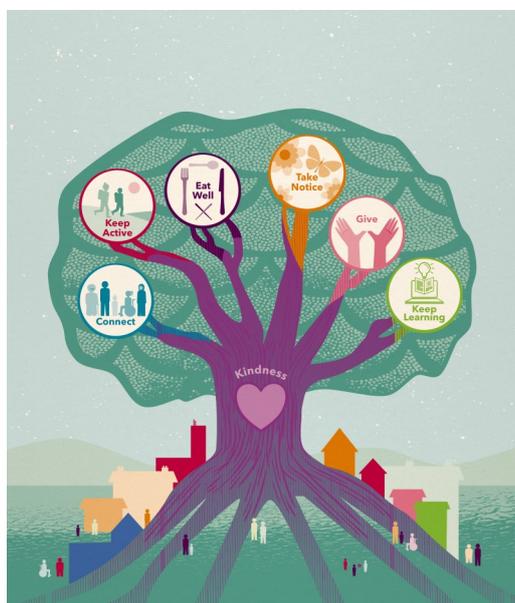
⇒ We want to be silver starters and go to a design camp 🇸🇪

⇒ We need to get positive messages of healthy ageing out across the span of older age - the Life Curve App is good at that

⇒ Healthy ageing begins in the womb (i.e. epigenetic influences, etc), moves to childhood and so on, with the end results being manifested as we age.

⇒ Due to increasing life years, more and more seniors want to be and need to be gainfully engaged

You will find the Wellbeing in Later Life Programme (WeLL) materials [here](#)



[Register](#) for our next webinar: Inclusion Health
Wednesday, 15th June @ 4.00—5.30 pm (BST)



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