

# Cabinet



Date of meeting:	12 June 2023
Title of Report:	<b>Ageing Well</b>
Lead Member:	Councillor Mrs Mary Aspinall (Cabinet Member Health and Adult Social Care)
Lead Strategic Director:	Ruth Harrell (Director of Public Health)
Author:	Ruth Harrell
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Your Reference:	
Key Decision:	No
Confidentiality:	Part I - Official

## Purpose of Report

People in later life often bring many assets to society; for example, through caring for their loved ones, volunteering in communities, and bringing their skills and knowledge to many organisations. With a growing number of older people, it is essential that they are empowered, skilled, healthy and able to contribute fully to society.

This report sets out the commitment of Plymouth City Council to develop Plymouth as a city where people age well; where people feel supported and able to participate in society, in order to enhance their quality of life as people age.

## Recommendations and Reasons

That Cabinet -

1. Commits to the development and implementation of the Ageing Well programme (and through this, apply to become a member of the UK Network of Age-friendly Communities)
2. Delegates to Councillor Mary Aspinall, Cabinet Member for Health and Adult Social Care, to approve the Terms of Reference of, and to Chair, a city wide steering group to oversee the work from a stakeholder and older persons' perspective. This will be supported by appropriate Council Officers, and Task and Finish groups.
3. Through this Steering Group, to develop and/or implement;
  - a. a baseline assessment
  - b. a strategy to set the vision
  - c. an action plan
  - d. an evaluation framework
4. Receives an update report to Cabinet in six months detailing progress

## Alternative options considered and rejected

Without planning for an ageing population, and the conscious reduction in barriers to support people to age well, then the ageing population does lead to risks; with relatively more older people, there are



**Background papers:**

\*Add rows as required to box below

Please list all unpublished, background papers relevant to the decision in the table below. Background papers are unpublished works, relied on to a material extent in preparing the report, which disclose facts or matters on which the report or an important part of the work is based.

Title of any background paper(s)	Exemption Paragraph Number (if applicable)						
	If some/all of the information is confidential, you must indicate why it is not for publication by virtue of Part 1 of Schedule 12A of the Local Government Act 1972 by ticking the relevant box.						
	1	2	3	4	5	6	7

**Sign off:**

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Originating Senior Leadership Team member: Ruth Harrell (Director for Public Health)											
Please confirm the Strategic Director(s) has agreed the report? Yes											
Date agreed: 31/05/2023											
Cabinet Member approval: Cllr Mary Aspinall, verbally											
Date approved: 02/06/2023											

## EXECUTIVE SUMMARY

People in later life often bring many assets to society; for example, through caring for their loved ones, volunteering in communities, and bringing their skills and knowledge to many organisations. With a growing number of older people, it is essential that they are empowered, skilled, healthy and able to contribute fully to society, in line with their wishes and aspirations.

The [Centre for Ageing Better](#) have developed a framework to consider the different domains that impact on the quality of life of older people and it is proposed that Plymouth's Ageing Well programme will follow this framework. There are eight domains covering the areas of the built and social environment which, when acted upon, can help to address barriers to ageing well. Age-friendly Communities will use this framework as a lens to view their place. They include;

1. Outdoor spaces and buildings
2. Transport
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

By following this programme, Plymouth will be able to identify the benefits of the many programmes that have been put in place over the years to support people as they age and to develop communities that support ageing well. However, we will also identify areas where there are gaps, and where we, as a city, could do better. The programme will enable us to work together as a city to improve and to ensure that Plymouth is a place where people are supported to be empowered, skilled, healthy and able to contribute fully to society.

## INTRODUCTION

People in later life bring many assets to society; for example, through caring for their loved ones, volunteering in communities, and bringing their skills and knowledge to many organisations. With a growing number of older people, it is essential that they are empowered, skilled, healthy and able to contribute fully to society.

To do that, we must consider the ways in which our needs change as we grow older. Age-friendly Communities ensure that the local environment, services and social networks enable people to age well and support intergenerational relations.

This is more important than ever. The population as a whole is ageing; in England, the number of people aged 85 years and over was estimated to be 1.7 million in 2020 (2.5% of the UK population) and this is projected to almost double to 3.1 million by 2045 (4.3% of the UK population)<sup>1</sup>.

Plymouth has a proud history of working together around many challenges, and it is time that we take a preventative approach now to make the most of the opportunities, and combat the challenges, that ageing brings to us all.

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<sup>1</sup> [National population projections - Office for National Statistics](#), Jan 2022

## **The domains of Plymouth's Ageing Well Programme**

It is proposed that Plymouth's programme follows the eight domains from the Age-friendly Communities Framework, which is [an evidence-based](#), globally- recognised approach for creating communities that are better places to age.

At the heart of this is the meaningful engagement and involvement of older people, to ensure that older people can shape their local community and place, so that services and spaces work for people as they age. This engagement will shape the programme and it may mean that the domains are altered or added to. As a starting point they include;

### **1. Outdoor spaces and buildings**

The outside environment and public buildings have a major impact on our mobility, independence and quality of life as we age. Outdoor spaces and buildings should be safe, accessible and comfortable for people of all ages.

### **2. Transport**

Affordable, reliable and convenient transport options enable older people to get out and about and continue to do things that matter to them. Whether it's going shopping, meeting friends or attending an appointment, good transport is essential to everyone.

### **3. Housing**

The right housing and support can allow people to age comfortably and safely, in their community.

Poor housing can have a huge impact on physical and emotional health, but when housing is considered as part of the ageing well approach, it can help to maintain or improve physical and mental wellbeing, as well as social connections.

### **4. Social participation**

Participating in leisure, cultural and spiritual activities in the community is important for health and wellbeing, a sense of belonging and good relationships. Without social participation, people can experience loneliness and isolation. Ageing Well will work to make sure activities available in their place are as financially, culturally and physically accessible as possible, as well as visible to those who want to access them.

### **5. Respect and social inclusion**

People of all backgrounds should be enabled to actively participate, and to be treated with respect, regardless of age. Despite "age" being a protected characteristic, ageism is still prevalent nationally, and we will seek to challenge this.

### **6. Civic participation and employment**

There should be good-quality options for people in later life to continue to contribute to their communities. Those options can include paid employment or voluntary work as well as being engaged in democracy. Good-quality volunteering has a measurable positive impact on mental health. And paid work can benefit wellbeing as well as finances. Yet often, the opportunities for these diminish with age.

### **7. Communication and information**

Staying connected with events and people, and getting timely, practical information is important for all of us, especially as we get older. Therefore this must be accessible for those with varying resources and abilities – for example people who don't have English as a first language, are digitally excluded or have a sensory impairment.

## **8. Community support and health services**

As the older population grows, the need for community support and health services grows too. Alongside accessible and affordable health care services, community support and physical activity opportunities are strongly connected to good health and wellbeing throughout life. Financial inclusion can be a part of this work, acknowledging the huge impact that financial instability has on quality of life and health. There are clear links to our network of Wellbeing Hubs.

### **PROCESS FOR PROGRAMME**

The Ageing Well in Plymouth Programme will be developed under the oversight of Councillor Mary Aspinall who will Chair a city wide steering group to oversee the work from a stakeholder and older persons' perspective. This will be supported by appropriate Council Officers, with Task and Finish groups set up as required.

The programme will follow four phases;

- Engage and Understand
- Plan strategically
- Act and Implement
- Evaluate and monitor progress

Initial steps will be to conduct a baseline assessment to understand the current work that supports this agenda. It is recognised that a number of programmes across the city support the aims of this programme, though may not have the development of age-friendly communities as a focus currently.

A key piece of work will be to engage with stakeholders and most importantly, to ask and to listen to older people across the city. From this we will develop a strategy and the action plan to support it.

An evaluation framework will be developed, working with the National Institute of Health Research Plymouth Health Determinant Research Collaboration to ensure that the learning from this programme is captured and used to inform future developments.

It is clear that this Programme is likely to be a long term programme; through the development of the action plan, early opportunities will be sought to start to make a difference for the people of Plymouth as soon as possible.