



Webinar 6 of 7: Ageing well in our homes

**Yorkshire and Humber Public
Health Network
Homes and Health Webinar
Series 2022**

*Chair: Alison Iliff,
Health & Wellbeing Programme Lead, Office
for Health Improvement and Disparities*



Twitter: #HomesHealth22 @YHADPH



Housekeeping

- Recording throughout to widen access to shared learning
- Please stay on mute and keep cameras off unless asking a question
- Questions into Teams chat, we will pick them up as we go
- Evaluation and link to presentations to follow event



Homes and Health Webinar Series: 6 of 7



1. All our Homes, All our Health
2. Homes, Health and Inequalities
3. Planning Healthy Homes and Communities
4. Healthy Working at Home
5. Health Protection in our Home
- 6. Ageing Well in our Home**
7. Healthy Homes in all our Strategy and Policy

Recordings and eegistration details:

[Homes and Health Webinar Series \(yhphnetwork.co.uk\)](http://yhphnetwork.co.uk)

 [Twitter](#)

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*Join in the
conversation!*



Homes and Health Webinar Series: 6 of 7



10:00 – 10:10	Welcome	Chair
10:10 – 10:40	Good Home Inquiry and issues raised in Homes, Health and Covid-19 Report Q&A	Henry Smith Senior Programme Manager for Homes, Centre for Ageing Better
10:40 – 11:10	Different housing types for older adults Q&A	Jeremy Porteus Chief Executive, Housing LIN
11:10 – 11:20	Stretch Break	
11:20 – 11:50	Adapting homes for healthier ageing Q&A	Sue Adams Chief Executive, Care and Repair England
11:50	Q&A to explore enablers, challenges and facilitators in the system	
12:00	Closing remarks	Chair

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Join in the conversation!



Menti Survey



1. Go to www.menti.com in your search browser or mobile phone
2. Enter the code: 6797 5315
3. Survey will be open throughout the Webinar and beyond + 14 day
4. Answers will be reviewed in the final session for discussion

Questions:

- For a word cloud: In one word, what do you first think of when you think of homes and health?
- What are the key roles or organisations involved in ageing well in our homes?
- What are the main opportunities for improving the health of older adults through the home?
- What are the main barriers to improving the health of older adults through the home?
- What are the key changes needed to improve the health of older adults through the home?
- Any other comments or feedback?

3-minute Seated

IN COLLABORATION WITH
NHS
choices

DAREBEE WORKOUT
© darebee.com
30 seconds each

Yoga



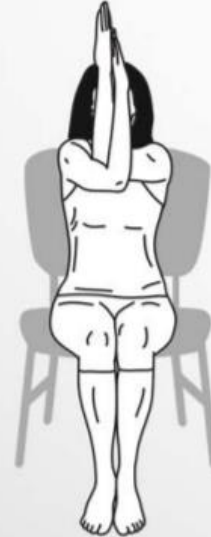
body fold



stretch up



side stretch



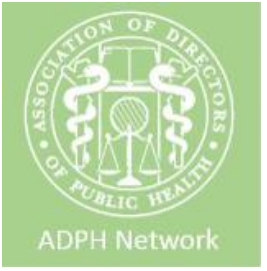
lotus twist



lift & reach



half lotus

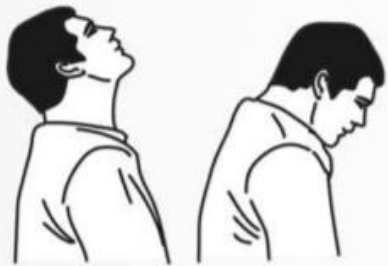


Stretch break

neck mobility

DAREBEE WORKOUT © darebee.com

10 repetitions each exercise.



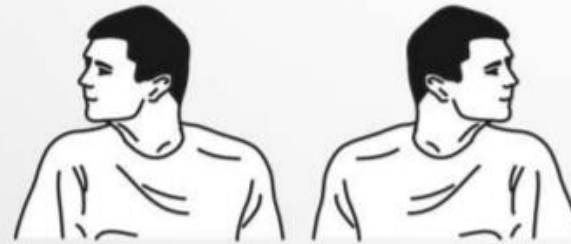
back and forth tilts



side-to-side tilts



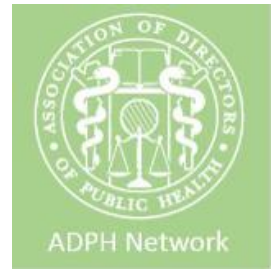
neck rotations



side-to-side head turns



shrugs



Stretch break