



Ageing Well

The view of older people in York

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Working together, to improve and make a difference

Background

- 2008 survey of older people in York
- 2016 request to the Health and Wellbeing Board for a repeat survey
- York's Future Focus work



Methodology

- Steering group to oversee the project
- Led by older people and the organisations that represent older people
- Survey co-produced
- Paper copies and survey monkey

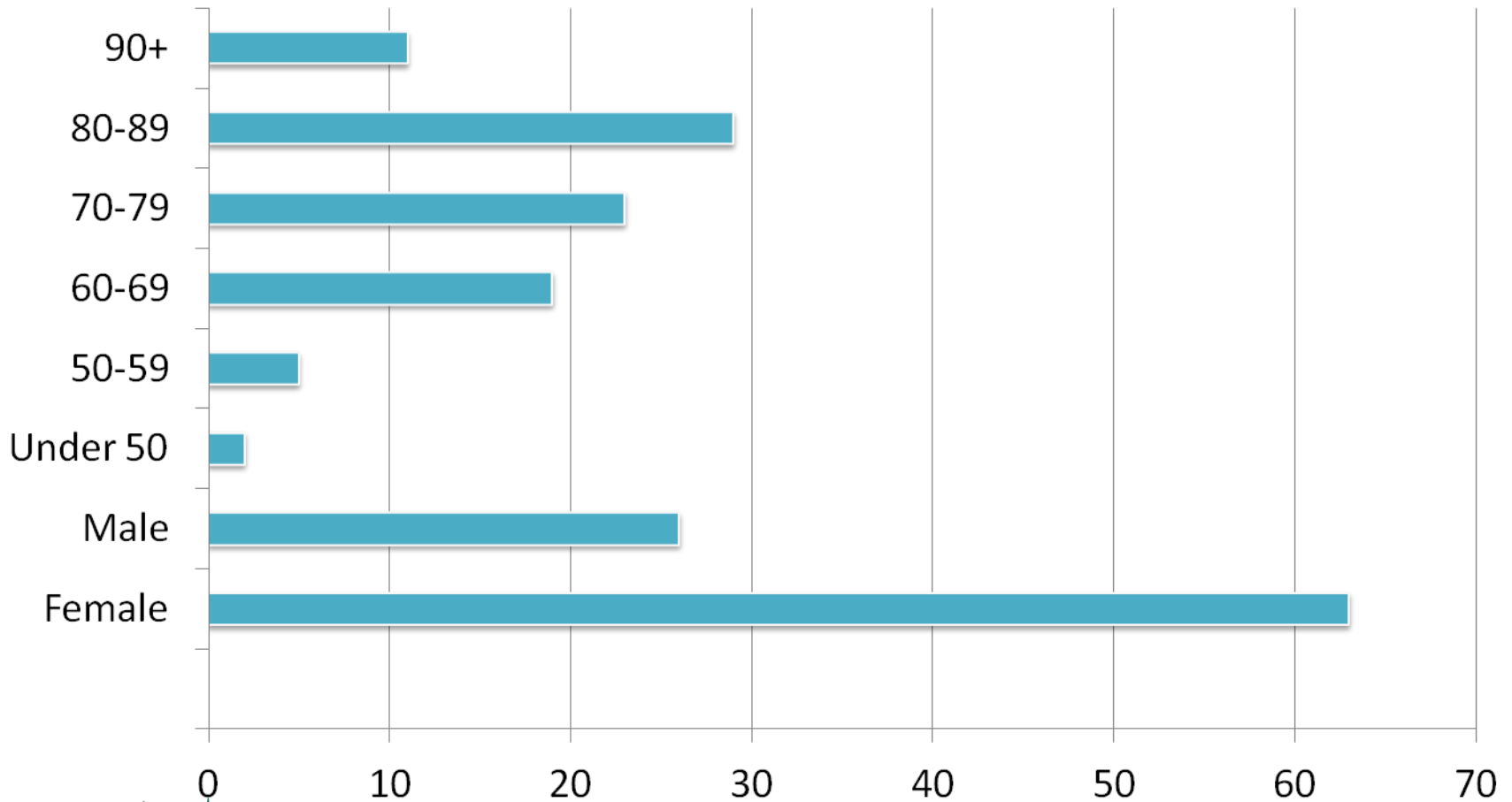


Aim and scope of survey

- What helps to keep older people well and independent?
- What impacts on your ability to be well and independent in York?
- Focus on:
 - Getting information and advice
 - Social life
 - Planning for the future
 - Independence
 - Demographics
 - Transport
 - Finances
 - Health
 - Local community

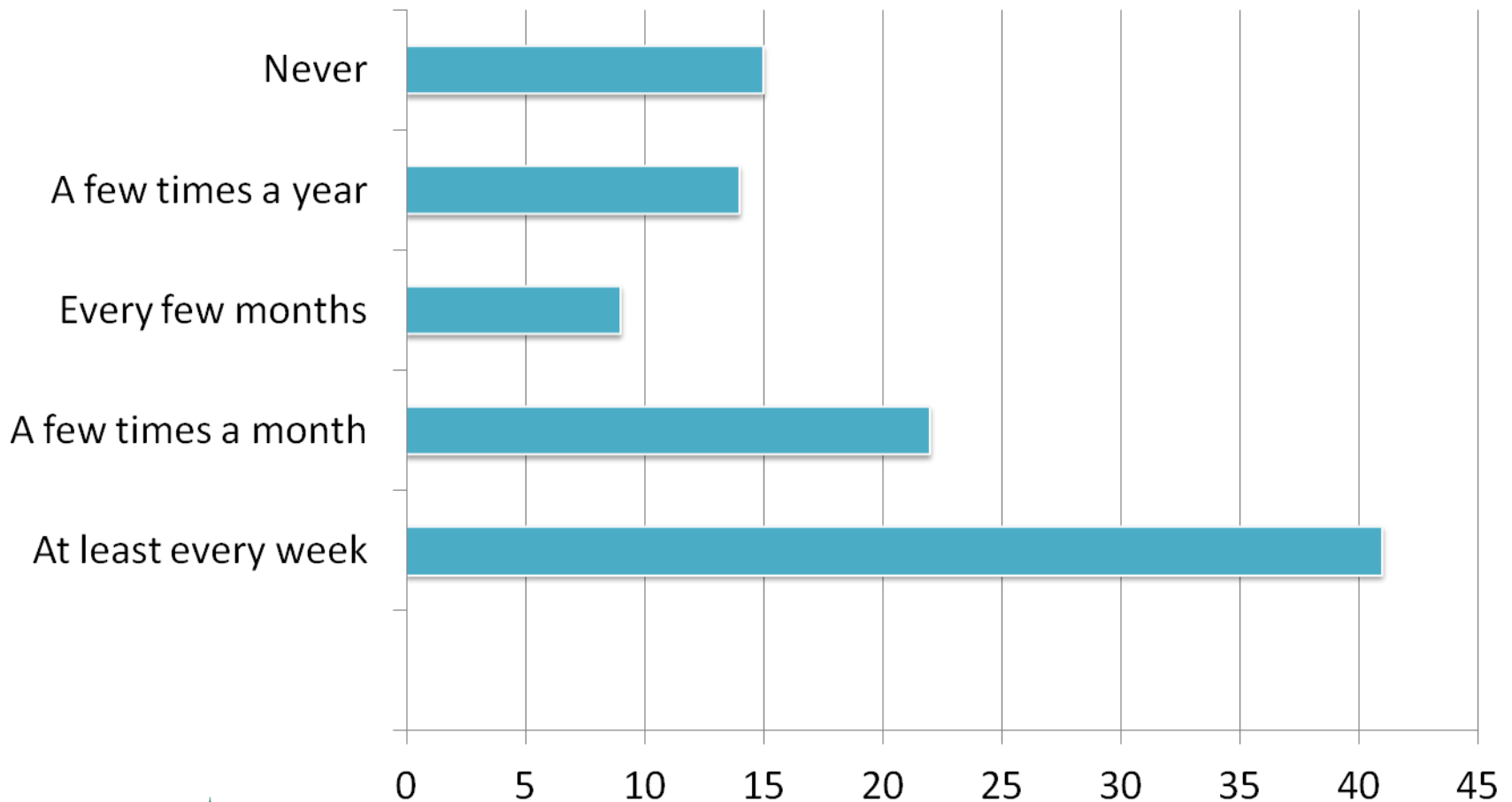


Results



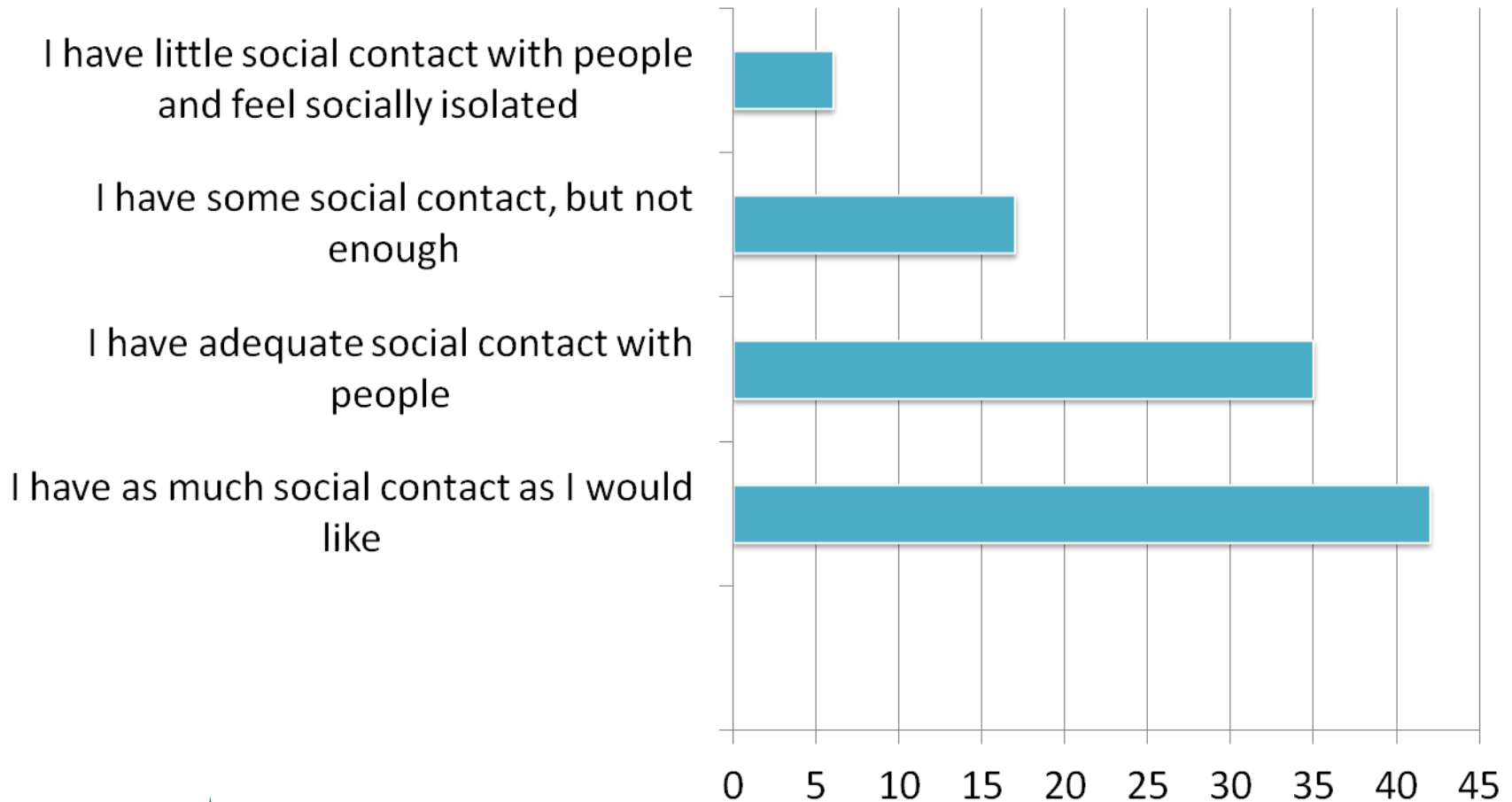
Social life

How often do you go out socially?

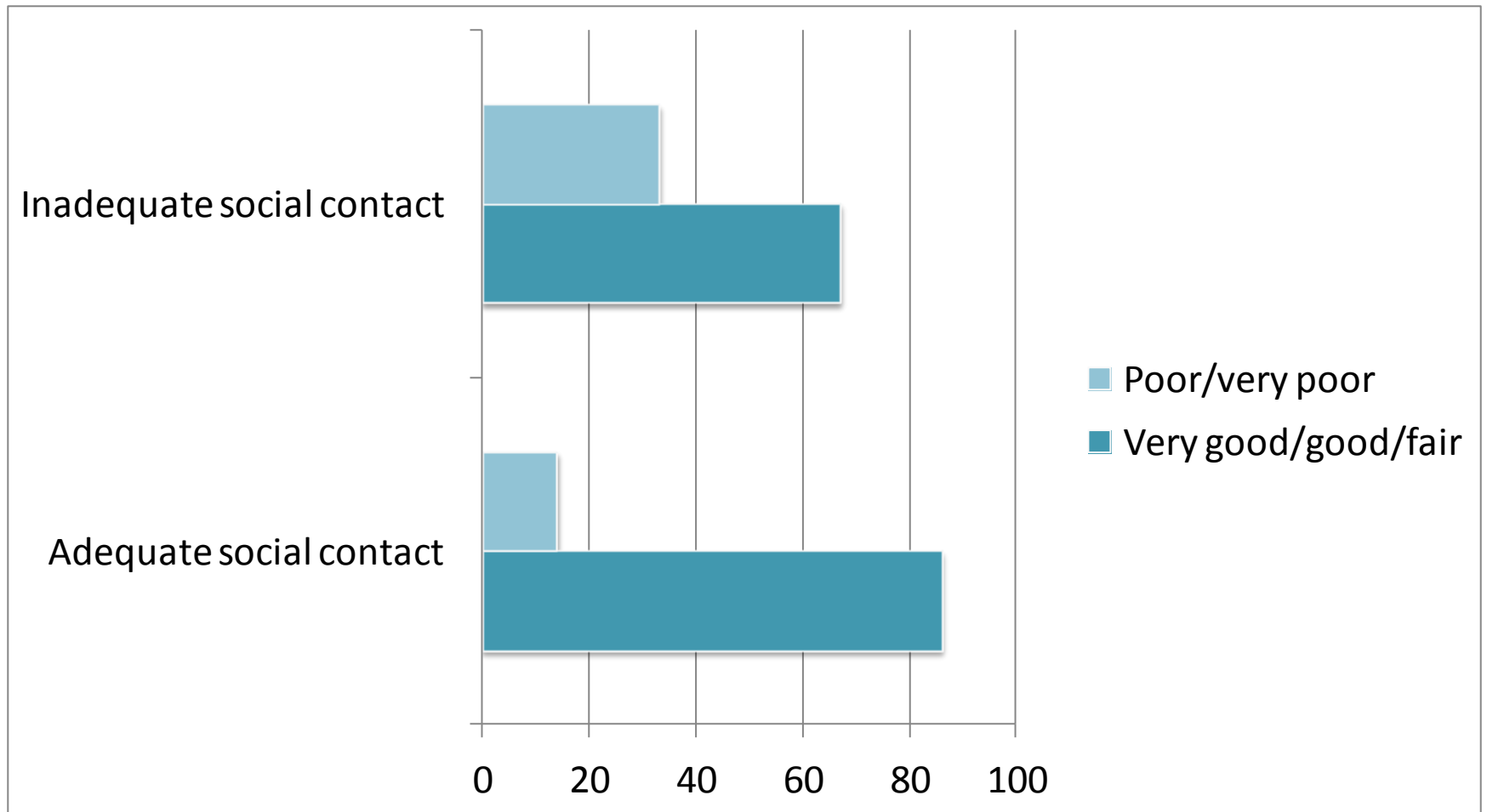


Social life

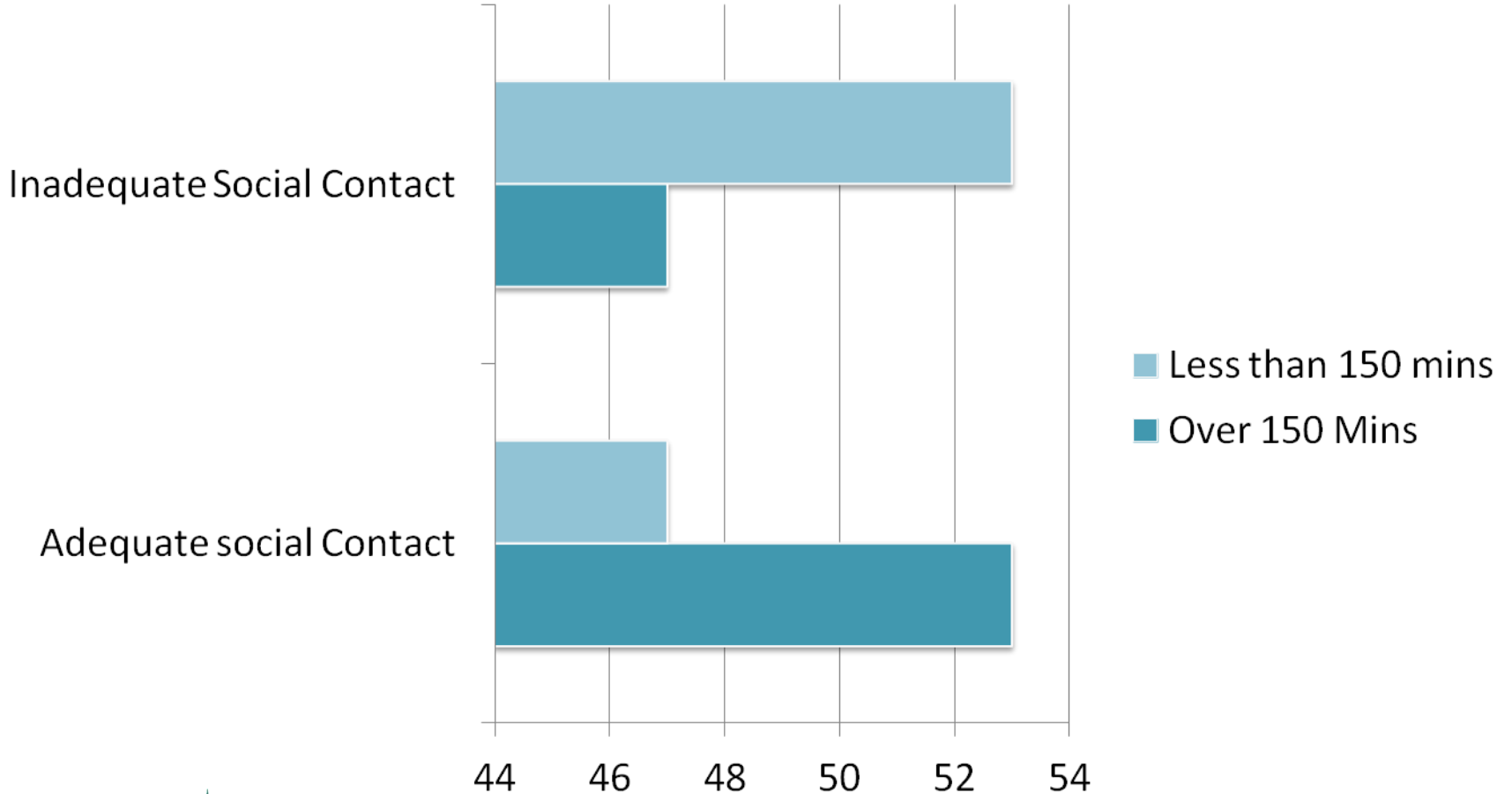
Describe your social life



Social life/health



Physical activity



What is important to increase independence?

	2008 Survey	2017 Survey
Help with having home adapted	73%	56%
Help with practicalities of running a home	70%	50%
Help with personal care	70%	45%
Support for people to take care of a relative/friend	60%	52%
More contact with friends/family	43%	62%
More social activities in the community	40%	52%
Moving to a new home with care/support	34%	30%
Access to information on support/services	Not asked	58%

Three positive things about where you live



Recommendations

- Information and advice
 - Better access to information so people can help themselves
 - Don't assume digital
- Social interaction
 - Transport
 - City centre infrastructure
 - What is the cultural offer for older people?



Recommendations

- Health
 - Need to promote pharmacies as a first point of contact
 - Promote self monitoring
- Independence
 - Importance of maintaining services like the toe nail cutting service and handyman service
 - Falls are a big concern, prevention programmes are essential
 - Use of technology to maintain people in their own home