

Ageing Successfully

This is a summary of *Ageing Successfully*, which describes ways in which organisations, communities and individuals will improve the experience of getting older in Oxfordshire. There is a longer paper which gives more detail of the ideas and plans; this is a short version to inform people about the general approach.

What is Ageing Successfully

Ageing Successfully is a framework for planning what services and opportunities there are in Oxfordshire as we get older. We don't think of ourselves as older or ageing when we are in our forties and fifties, but how we live and plan for the future throughout our lives makes a big difference to the experience of getting older.

Ageing Successfully brings together strategies and plans for changing:

- the way we think about ageing;
- how we can all contribute to living healthier and more fulfilling lives as we get older;
- how we can keep our independence for as long as possible and live our lives in the ways we wish.

Over the coming decades, each year there will be more older people as a proportion of the whole population. There is less money to spend on health and social care and potentially more people who will need it.

We all need to change how we work and how we approach ageing. This will mean developing services and opportunities which support people to live healthier more independent lives, and reducing the use of the most intensive and expensive health and social care services such as residential care and hospitals.

Within the *Ageing Successfully* framework there are a great many different pieces of work which are either happening already or will happen in the near future. These include work in several areas such as housing, employment, transport, communities, bin collection, doctors and home support services.

Who will do it?

To make the changes for all this to happen, several organisations need to be involved, and the participation of today's and tomorrow's older people is essential if the changes are to work. Planning for a better older age is everyone's business.

Some organisations, such as the county council and the NHS are responsible for spending public money in ways which affect what it's like to get older in Oxfordshire. They will plan what they do and what they buy as part of the vision of *Ageing Successfully*. In the future more decisions about how the money is spent will be made by people themselves and fewer decisions by the organisations.

Who will it affect?

Everyone in Oxfordshire will be affected by the changes outlined in *Ageing Successfully*. The ways we expect to live our lives and get support when needed will be fundamentally different. Some of the changes will mean no longer having some services provided, but they should also mean we have much more choice.

It is important that everyone has the same chance to benefit from the changes, whether they live in the countryside or town, are part of a Black and Minority Ethnic Community, or anything else which can make getting the right services more difficult.

Involvement of older people

Over the past few years there have been several consultations with older people and with families and friends who care for people. What people said has played a part in putting together the framework for Oxfordshire.

The ways in which the changes happen, which services and projects are supported, which services are reduced, and how the plans for change are made can all benefit from older people being a part of the work. Overseeing the whole process should include older people.

We can all make a difference to the experience of getting older in Oxfordshire. As well as being affected by the changes, we can all affect how well they work and get involved in how they happen.

'We celebrate the fact of our ageing population. We want all people as they age to lead lives that are healthy and personally and socially fulfilling. Our mission will be to achieve significant and measured improvement in how we plan and deliver services so that our community will be supported to age successfully.'

**Oxfordshire Health and Well Being Partnership Board
March 2009**

'What we want is to be as independent as possible and to be a part of our community. We want to do what everyone else does as we get older, but with a little bit of help. As I am blind it could be walking with me to the shops, it could be someone reading the newspaper to me or taking me to my sewing class. Or I could help other people, I could visit them and talk, and we could share experiences of what we do to keep well and active.'

**Margaret Higginson
June 2010**

For the full Ageing Successfully document contact:

To find out how to get involved contact: Val Wilson, Taking Part Team