

Our plans to help people grow old well

An Easy Read version of the Active
Ageing Strategy 2016-2022.



easy
read

Contents



3 Introduction



6 How things have improved since 2016



8 What we want from this plan



10 Living independently and safely



12 Being involved in family and the local community



13 Older people are healthier for longer



16 Staying in a job, if you want



17 Learning new things and staying active



19 Getting your rights and being treated with respect



20 For more information

Introduction



The Department for Communities has updated plans to help people grow old well.

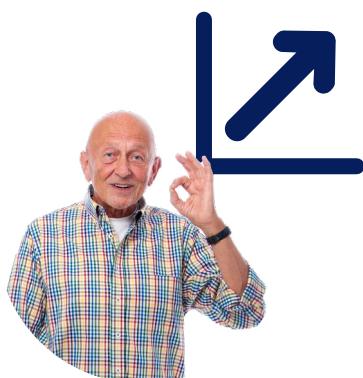


The original plans were made in 2016. The updated plans are for work up to 2022.



These plans aim to:

- change people's attitudes about older people



- improve services for older people.



We want to:

- understand the issues that older people have



- help people understand:
 - older people's rights



- how much older people contribute to things in our community.

We have involved a lot of different **Executive departments** in writing these plans.



Executive departments are each responsible for a different part of the work of the Government.



The departments told us about:

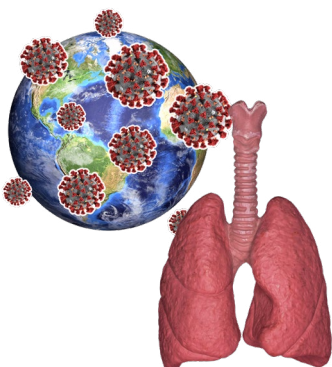
- the work they have done to make things better for older people



- what plans they had to make things better for older people



- what they are doing to help older people while we are affected by **Covid-19**



Covid-19 is also called Coronavirus. It is a new illness that is spreading around the world. It can affect your lungs and breathing.

How things have improved since 2016



Things have improved for older people since 2016.



For example:

- Older people are feeling more confident.



- District Council areas are becoming age friendly.



- Hundreds of older people's homes have been made warmer because of a Government scheme.



- We have fitted thousands of security devices into people's homes.



- More older people are using the internet.



- Services are getting better for people with **dementia** and their carers. **Dementia** is a disease in the brain that affects peoples' memory and behaviour.



- A change in the law about older people's rights to make their own decisions.

What we want from this plan



With this plan we want older people to:

- live independently and safely for as long as they can



- be involved in their family and local community



- be healthier for as long as possible



- stay in a job for as long as they want



- learn new things and stay active



- get their rights and be treated with respect.

Living independently and safely



We want to help older people to live independently and safely by:

- thinking about the needs of older people when we plan new housing



- providing better accessible buses and trains which are cheap or free for older people



- helping older people to get all the **benefits** that they are due. **Benefits** is money you get from the Government to support you to live



- having a list of accessible housing that is suitable for older people who need support to be independent



- giving money to schemes that help and support older people to live independently



- supporting district councils to become age friendly



- helping older people to be safe and not be afraid of crime



- helping to make older peoples' homes warmer



During Covid-19, we are helping older people who live alone by:

- keeping in touch by phone up to 3 times a day
- delivering shopping
- meeting up with people by video online.

Being involved in family and the local community



We want to help older people to be more involved in their family and local community by:

- helping older people to have their say about this strategy



- teaching older people how to use computers and the internet better



- helping older people to volunteer in their community.

Older people are healthier for longer



We want to help older people to be healthier.



We plan to improve services for people with dementia by:

- helping people to manage their own health care records



- having better information to share with other health professionals



- helping different services to work together better



- creating a dementia **app** to help people manage their illness better. An **app** is a computer programme that you have on your phone or computer to help you do something



- looking for better ways to organise services for people with dementia.



We have been working on making care homes safer during the Covid-19 outbreak.



We also want to:

- improve the care that people get in care homes



- give carers more choice and control over short breaks



- look for ways to make communities better for older people. For example by making better use of green spaces



- help people who have had a **stroke** to get better treatment quickly. A **stroke** is where the blood supply to part of your brain is blocked and your face can drop to one side



- ask more older people how we can improve services



- make our prisons safer against Covid-19 for older people.

Staying in a job, if you want



Work helps people to stay active and involved. It can be good for your health and wellbeing.



We have encouraged older workers to do **apprenticeships**.

An **apprenticeship** is when a person learns the skills of a job whilst working. They are usually paid less because they are still learning.



We have been helping people who have a health condition or disability, including older people, to think of work that they can do.



These programmes have been very successful and thousands of older people have been helped to get a job.

Learning new things and staying active



We plan to carry on running courses that help people to learn new skills.



We have set up sport and physical activity programmes.



We are making our country parks and nature reserves more accessible for older people.



A lot of older people enjoy fishing. We are making places where you can go fishing more accessible.



We are planning new facilities in our forests to make them more accessible to people.



Our prisons have activities to help older prisoners learn new skills and stay active.

Getting your rights and being treated with respect



The Executive is planning new laws that make sure people are not treated differently because they are older:



- when they buy things
- when they use public places
- when they use services.



There are new laws to protect people, including older people, who are not able to make decisions for themselves.

For more information



If you need more information please contact us:



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