

THE GREAT ESCAPE



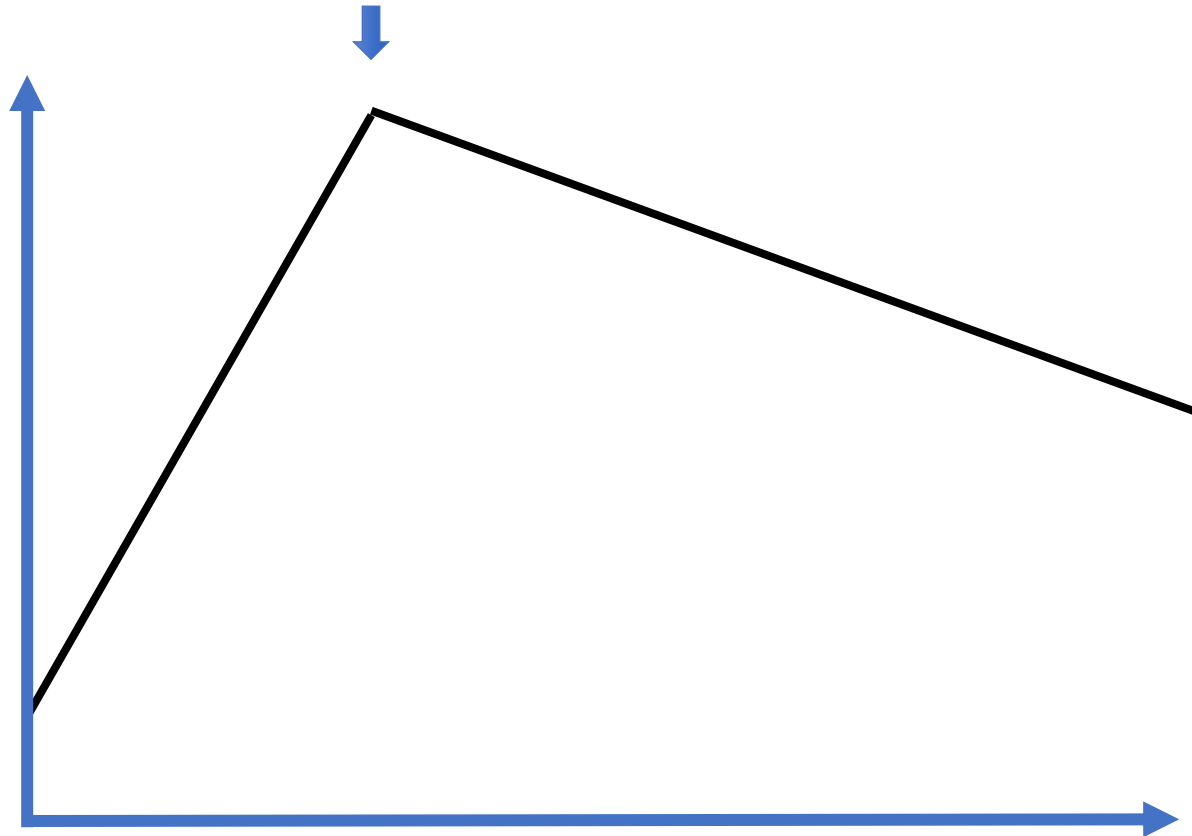
788 x 1080

Live Longer Better

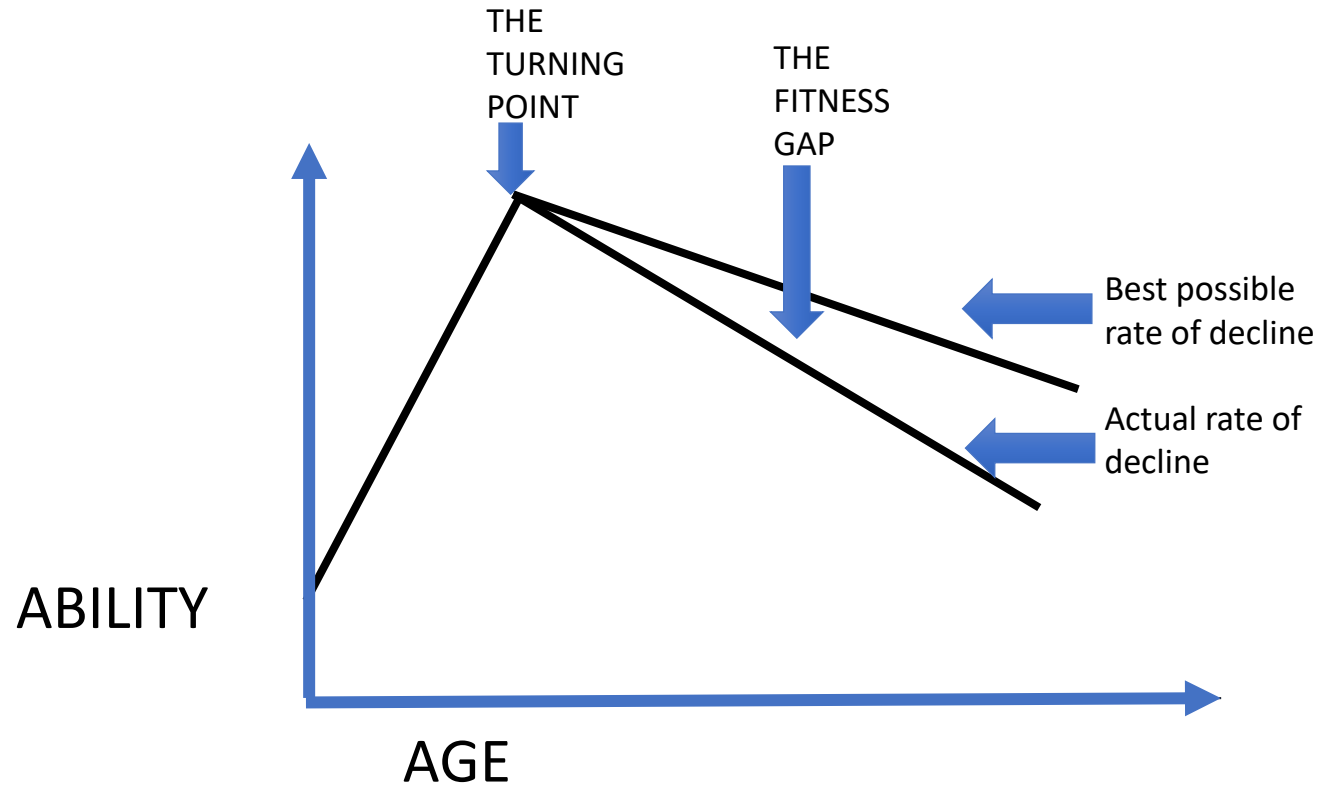
THE
TURNING
POINT

ABILITY

AGE

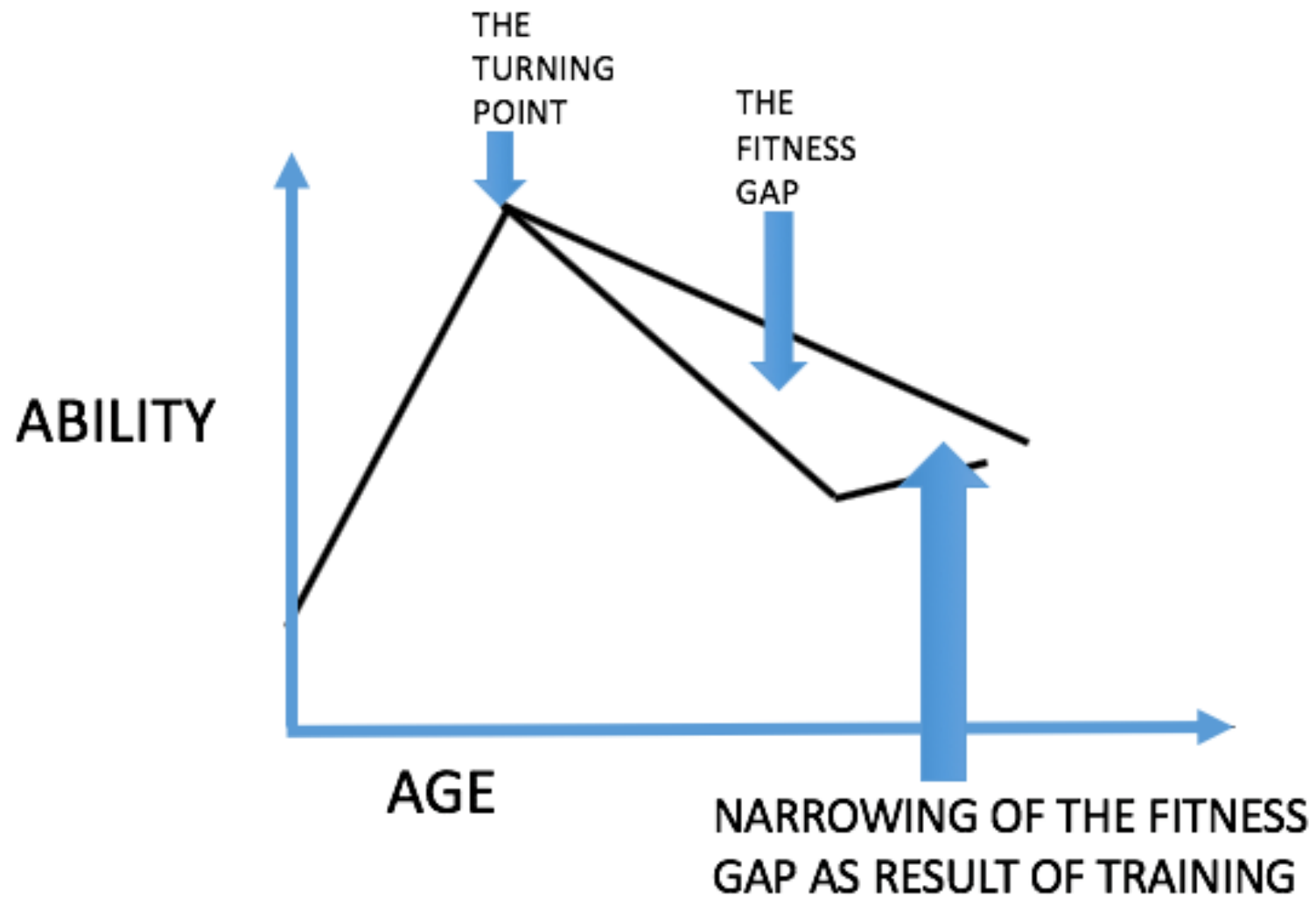


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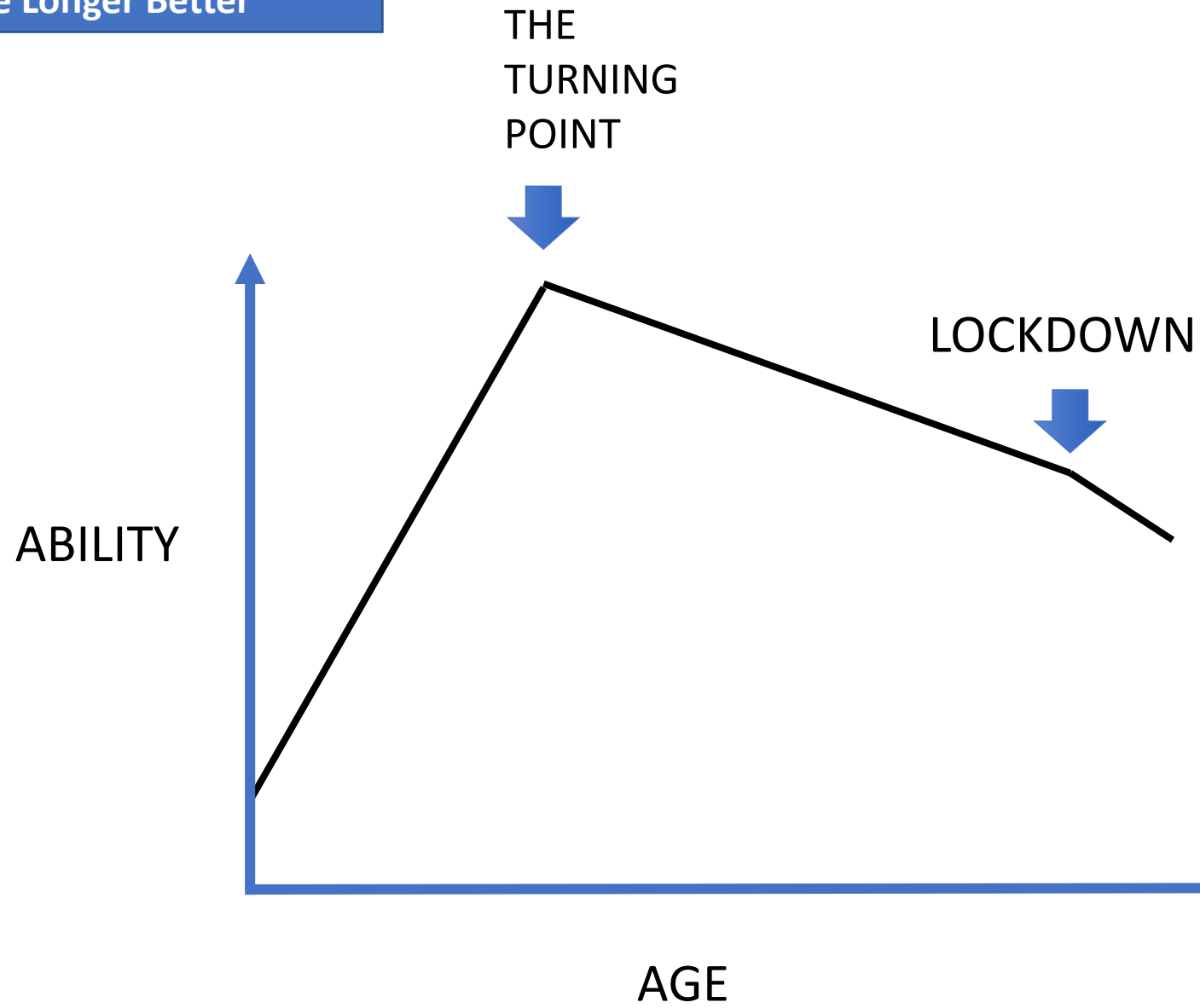


There are three other processes, the first of which is loss of fitness

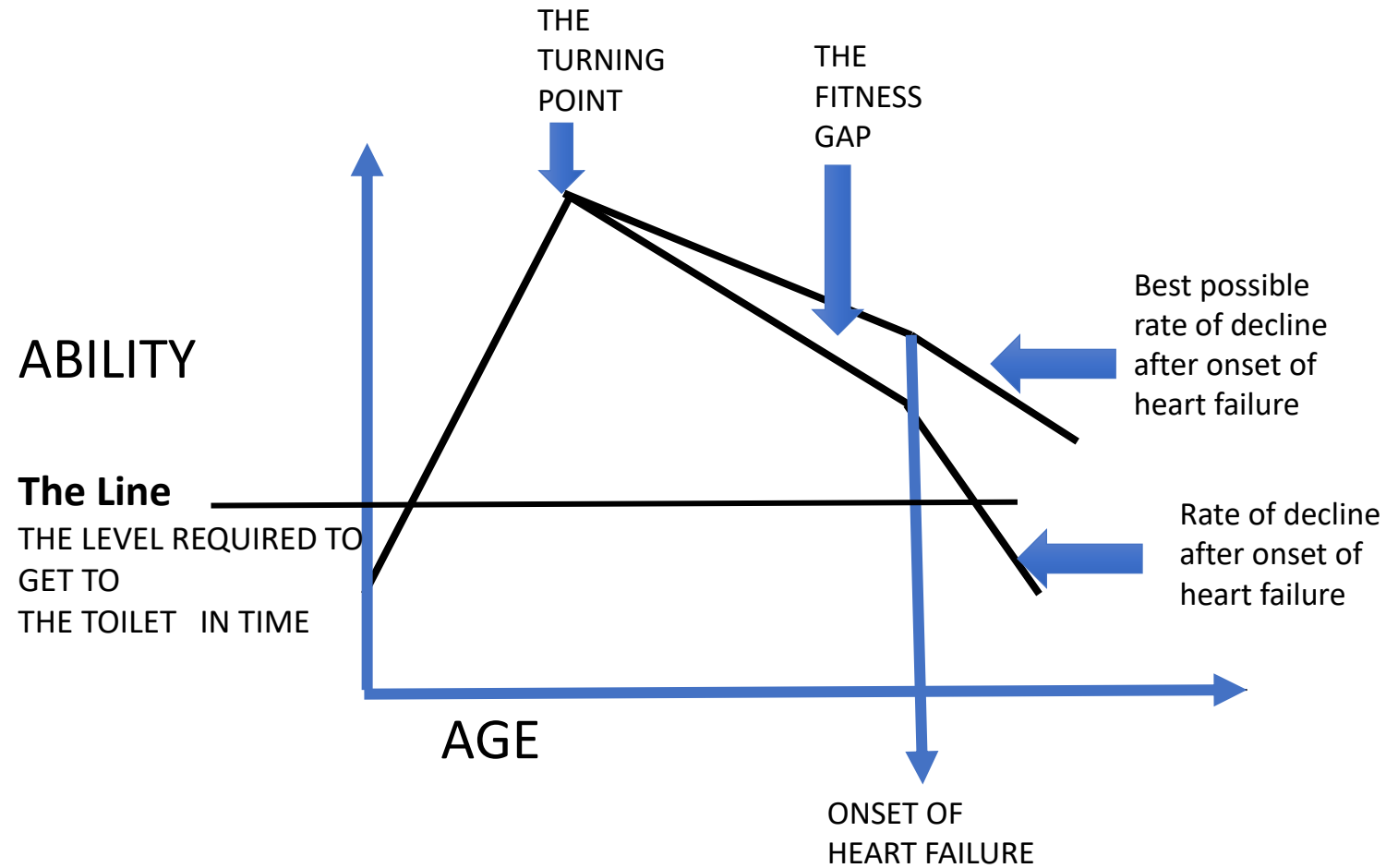
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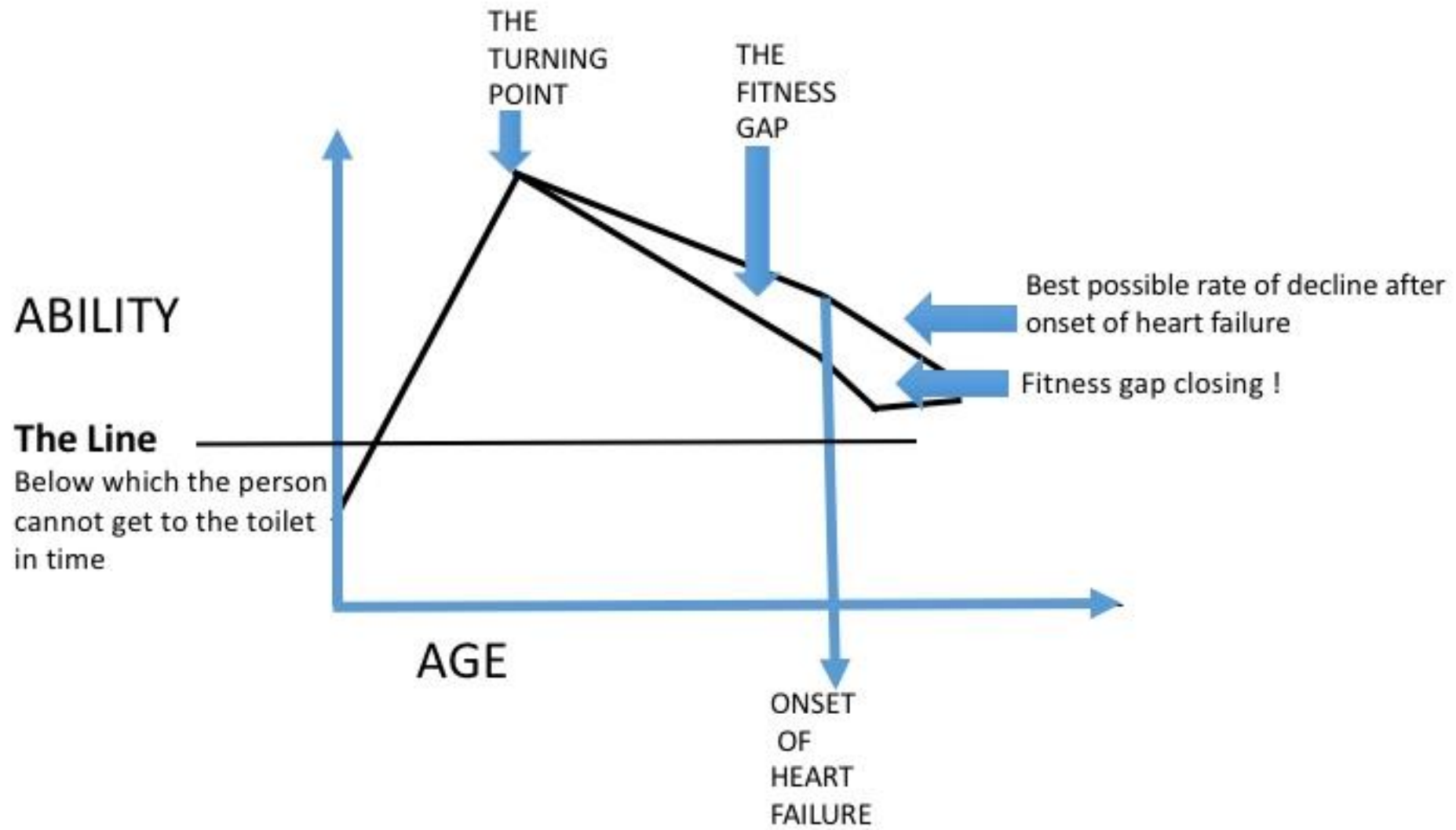
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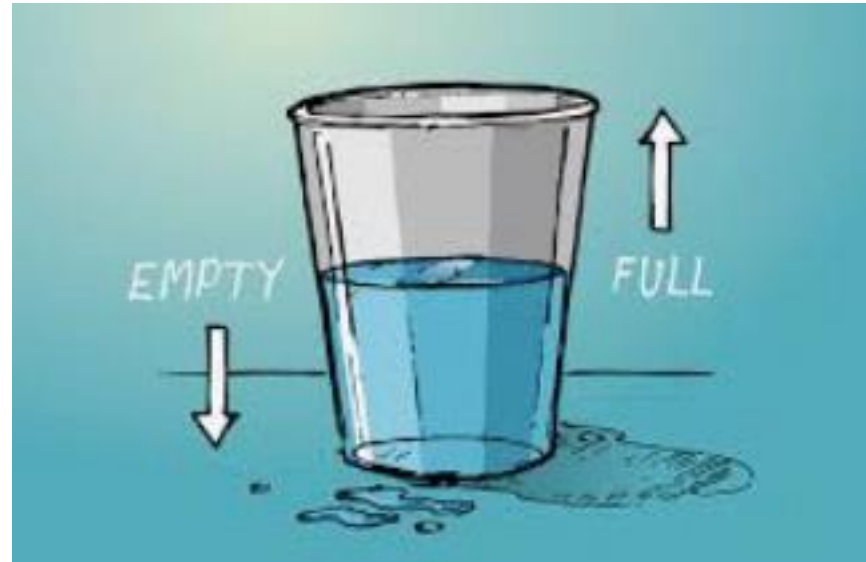
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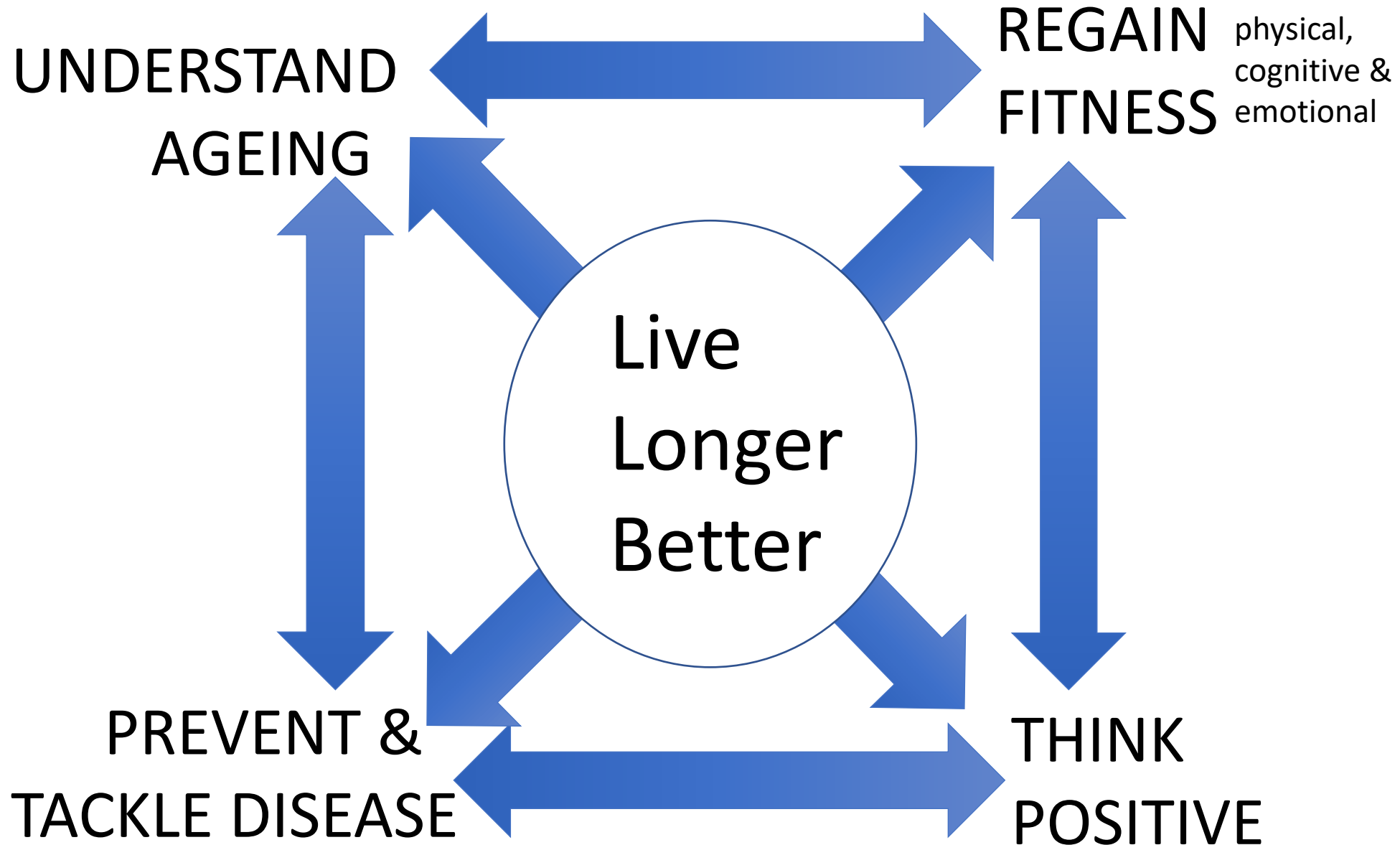
The second process is disease



The third process is negative thinking

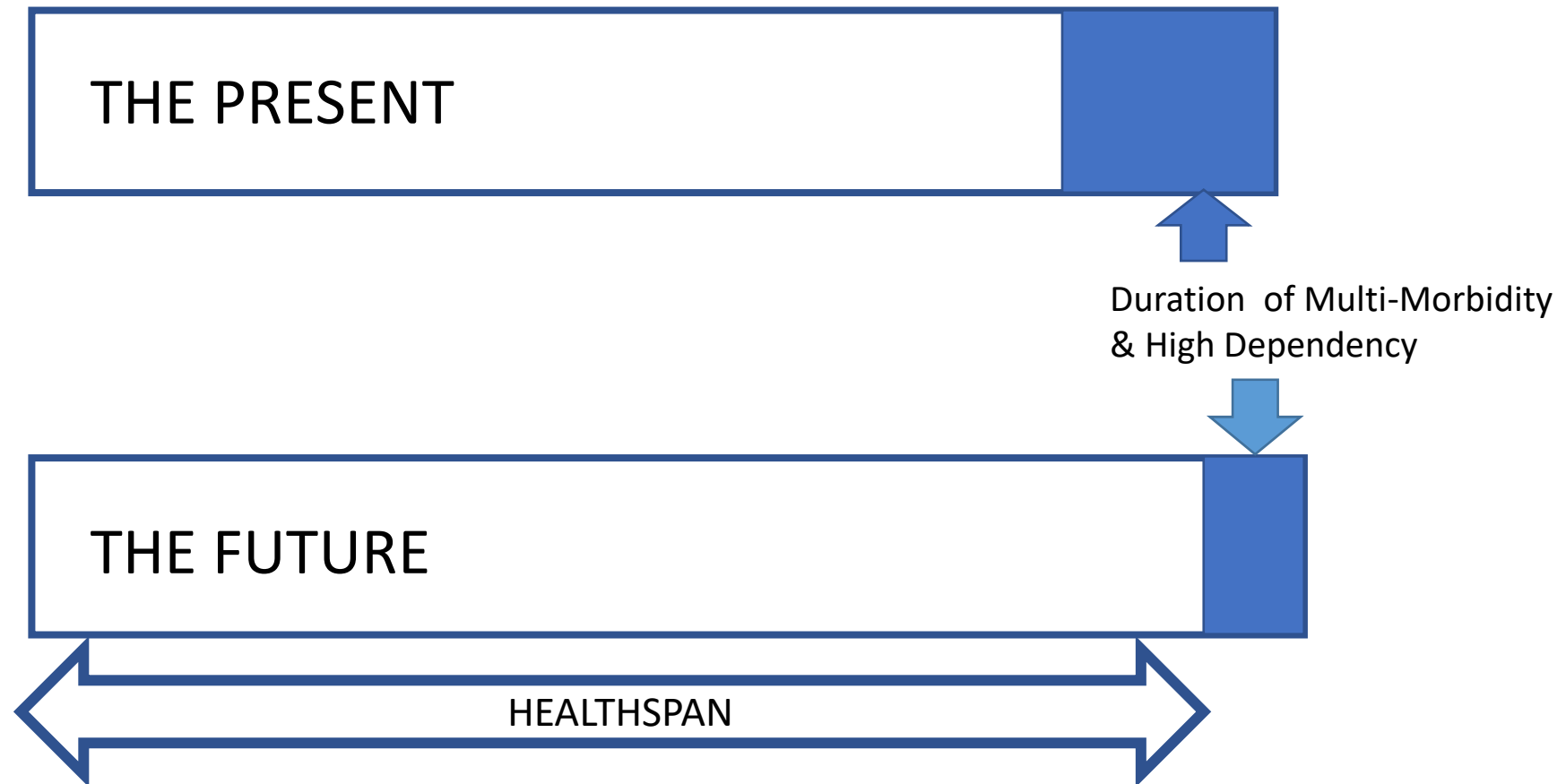


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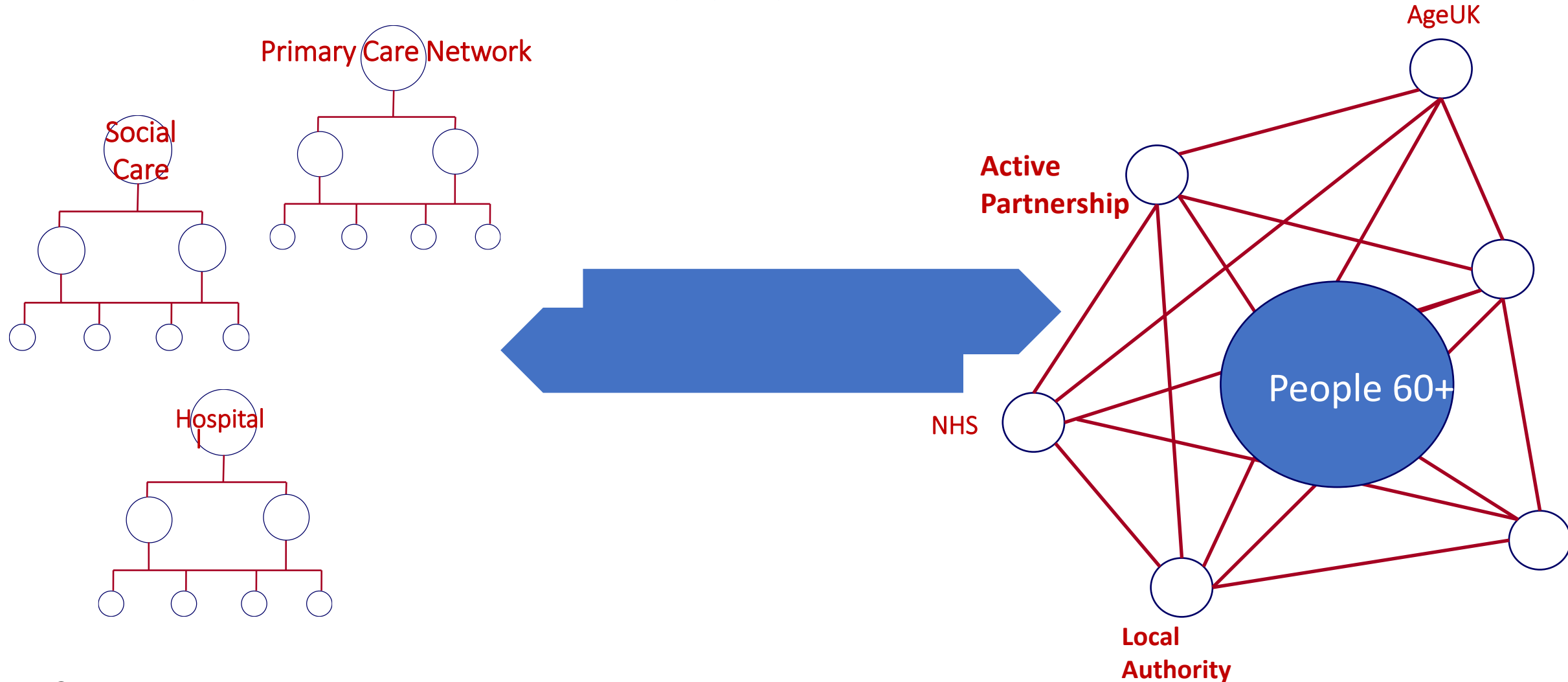
The first aim of Living Longer Better is to increase wellbeing and healthspan & compress the period of dependency.



The aims will be achieved by working together as networks focused on a single set of objectives

- To prevent and mitigate isolation
- To increase physical ability and resilience and increase healthspan
- promote knowledge and understanding about living longer better among older people and the wider population to counteract the detrimental effects of ageism
- To create an environment in which people can fulfil their potential
- To increase activation and enable strengthening of purpose
- To support carers better
- To minimise and mitigate the effects of deprivation
- To reduce the risk of, and delay or prevent dementia
- To prevent and minimise the effects of disease and multimorbidity
- To enable dying well as well as living well

The System is delivered by population based networks



We need a cultural revolution to create a culture of enablement rather than a culture of care. To do this we need to change how people think, both professionals and older people

The resources for achieving this include:

- *the development of the new language – eg enabling and purpose

- *a learning programme for

 - *older people to be delivered through GP systems requiring digital inclusion – getting everyone 60+ online and for

 - *those who support them ,professionals and volunteand requiring ers, and for

 - *the leadership of all the organisations involved in the network

THE LEARNING PROGRAMME FOR BOTH OLDER PEOPLE AND THE ENABLERS

- UNDERSTANDING AGEING
- IMPROVING PHYSICAL FITNESS
- PREVENTING AND COPING WITH DISEASE
- UNDERSTANDING THE CHANGING BRAIN AND MIND
- UNDERSTANDING AND CHANGING HOW PEOPLE THINK ABOUT AGEING
- THE IMPORTANCE OF PURPOSE AND PLANNING
- DEVELOPING STRENGTH AND POWER
- MAINTAINING AND IMPROVING SKILL & CO-ORDINATION
- INCREASING STAMINA
- INCREASING SUPPLENESS
- INCREASING BRAINABILITY AND REDUCING THE RISK OF DEMENTIA
- REDUCING THE RISK OF A BAD DEATH

THE LEARNING OUTCOMES FOR OLDER PEOPLE AND PROFESSIONALS AND VOLUNTEERS ARE CLOSELY RELATED , FOR EXAMPLE IN THE MODULE ON IMPROVING PHYSICAL FITNESS

FOR THE PROFESSIONALS AND VOLUNTEERS:

- By the end of this module, you will be able to:
 - define what is meant by physical fitness and describe how it relates to ageing?
 - describe the different dimensions of physical fitness and how they can be improved?
 - understand the social barriers to increased activity and how people overcome these barriers.
 - Relate these concepts to the other two dimensions – cognitive fitness and emotional fitness

■ FOR OLDER PEOPLE THE KEY MESSAGES ARE

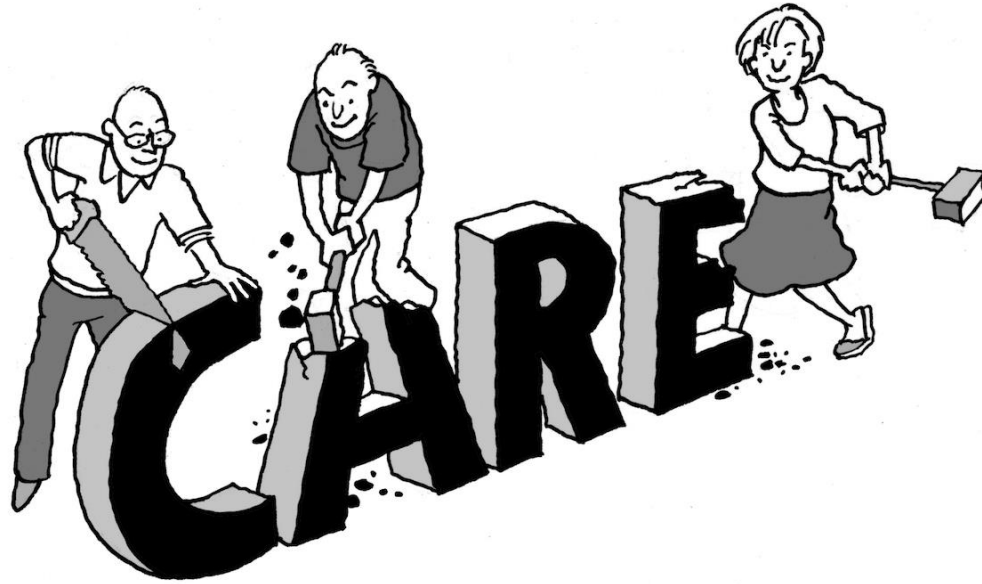
**It is almost always a decline in fitness that starts the decline in ability not ageing*

**physical fitness has four dimensions – strength, stamina, suppleness and skill*

**increasing fitness becomes more important every year and with every diagnosis*

Live Longer Better

THE NEW LANGUAGE



ENABLING

We need activation – activity , physical, cognitive
and emotional
Preferably in groups with a social purpose



