

Councillors' Discussion Group

November 2017 - Ageing well (4 people)

What does ageing well mean to you?

Good health

Background and parentage

Staying out of surgery

Lifestyle, mental attitude, community

Not being lonely

Having a purpose

Family

Social groups and the opportunities that come with them

ABCD¹ – [some are] vulnerable – difficulties socialising

Constituents

[There is a] lack of messages about preparation for old age

Physical restrictions – needing to recognise these

Have funded transport for people to socialise together (Health and Wellbeing Fund)

Lack of *accessible* infrastructure for people who don't drive

A need for *effective* access to the Internet

I am a person and I have a place in society – you can't box people.

There exists, for some older people, a continuing Victorian influence from parents, particularly for women. 'Men do things, women stay at home'.

An observed over-reverence towards GPs, some older people are intimidated by them (generational change)

Some older people feel rushed during a [GP] consultation

¹ Social class system derived from the Census

Activity/technology

[We] need to provide 'real' opportunities for older people – e.g. computer skills, writing groups, Bridge

Legacy from the Health and Wellbeing fund – groups still going

Don't *assume* people want to do things or aren't doing things they enjoy – respect their point of view.

There is an increasing need for people to use computers – 'Digital by Default'², banking online (whether they want to or not)

There is an 'expectation' of banks and other organisations – *forcing* you online

Everyone is an *individual* - confidence helps people – digitalisation does not 'include' people

Infrastructure for community services needs to be taken into account – libraries etc – volunteers need IT training etc

A lot has happened– technologically – in a short space of time (in discussion, this also extended to cooking, the invention of the kitchen microwave, ready meals and prepared food).

People do get frightened.

Childhood

War diet was healthy – less fat

- food was from the land, no processed food, you knew what was in it

Housework was much more physical and there was more manual and physical work anyway. Society also *expected* people to be working

There was no fear about going out to play – there is an atmosphere of fear created by the media when most people have children's interests at heart. Also negativity from the media about young people – hoodies etc.

Cycling and being outside – always encouraged to go outside and (carried this on with own family)

Later in life

Aerobics, swimming, tap, rugby, cycling, keep fit, drama

² The **Digital by Default** Service Standard is a set of criteria for **digital** teams building government services to meet.

Carnival

A need to keep busy

Young not elderly need to be trained to be good citizens – start at the grass roots.

Money has been taken away from youth groups

Need credit for taking care of ourselves when we're older

Being a councillor

Helps you stay mentally alert

Need passion, a caring attitude and to want to make a difference each day

Can also be frustrating and stressful (including the impact of budget cuts)

Councillors need better demographic representation but more people *are* being vocal online (eg. parents)

Young people

[Need to] learn to live within their means

Curb their need for better and bigger things – [and by curbing this] to have quality of life

How will you manage your life when you get old?

There could be an impact on volunteering

There is an academic theory that: 'You're educated by the decade into which you're born'.

People will see the perils of technology and things will level out – and they will come to enjoy being outside again etc

One observation was that the young have a lack of community sometimes, too self-obsessed - some have lost their way

Additional

[There are] lots of agencies overlapping each other – too much duplication. Needs to be stripped back. Councillors need to work *together* with village agents. There was one opinion that village agents were doing the work that councillors are or should be doing.

Ends