

Ageing well engagement – drop-in and Scrabble Group

Priorswood Community Centre October 2017

Three broad questions:

- What helps you age well?
- What doesn't help you age well?
- What motivates you?

The drop-in took place in the morning, poor weather was thought to have reduced numbers and approx. five people took part.

All comments from the drop-in

Making a physical effort to do things [helps you age well] – walking swimming, but more free activities would help.

Not being overwhelmed by illness

Being independent and keeping working.

An attitude of mind- “don't give up” /personal resilience

Not being stuck at home on your own and isolated.

Community support or asking for help/support networks, *feeling* that you can do that.

Important to be given information about what is available - through community centres, local radio, GP surgeries and on discharge from hospital

Preparing financially – opening an ISA

(physical difficulties) struggling to put your shoes on.

Transport and access – no transportation in (Priorswood) in the evenings.

Being unwell makes you isolated

Scrabble Group

This took place in the afternoon and nine people took part (all F).

What helps you age well?

Getting out, meeting friends - it is very important to get out and meet people

Exercise – TaiChi is very good.

Walking: to the community centre, walking in to town or around town

Using your free bus pass

Eating healthier, smaller meals - but I am terrible sometimes, I binge on chocolate!

I put lots of vegetables with ready meals.

If I'm cooking, I cook in bulk.

Learning new things – computer, Ipad, Iphone - I do not have any relatives, so need to find out for myself.

Playing computer games and brain games.

If you can get away on holiday it helps. Go away on coach holiday, you do not have to drive, do not have to plan.

Keeping in contact with friends and family

Housing

It gets harder, I lived in a big four bed room house, but I had to move to a two bed bungalow.

We changed the garden to be low maintenance.

We keep the garden low maintenance so we can go off out.

Having a garden is very important to me.

I am not moving again.

It ages you when you move, it puts two and half years on your age if you move once in your 70s.

What motivates you?

I am a positive person

Activities

An attitude of mind, wanting to do it.

When my parents were in their 70s they were old. We under estimate how young we feel; now in our 70s we do not feel old.

I'm still working, that gets me up in the morning, it keeps the brain going.

Volunteering – helping with reading (16 year olds upwards)

In class, one 90 year old passed maths, another passed English.

Keep learning

You don't have to be good at something, just enjoy it.

What doesn't help you age well?

Shyness and isolation after loss of husband.

Transport:

Transport is an issue, particularly in rural areas.

Design of some cars, difficult to get in and out of.

Slinky Bus restrictions perceived as stopping people going out

Bus drivers don't always lower the access to the bus. Mobility plays a big part, it's not that I don't want to do anything, sometimes I just can't.

No cinema in town, moving of services to out of town locations an issue - makes it difficult to get out to e.g. Hankridge.

Last bus is 7.10pm

All the shops seem to be moving out of the town centre

Shops tend to be only for the young

Sometimes getting dressed

Failing health.

Not enough information about what is available (for support).

I used to walk but can no longer do so because of osteoarthritis.

Memory- remembering to pay bills - forgot to renew car insurance.

Having to be organised, put everything in a diary.

Filling forms in – I get into a state of panic – it would be good if there was help available for form filling.

It's hard when you have no family.

Visiting family /supportive family is very important.

Crime: I've been broken into - you think you are going to be broken into again.

.Access to GPs is getting difficult.

We used to go on cruises, but it's too expensive when you are on your own.

I've not been on holiday since my husband died.

Isolation – it's is very easy here not to see anyone all day.

Old age is a bugger!

Ends