

Later Years Briefing

July 2009



Working in partnership to make Southampton a city that is good to grow older in

Welcome

Welcome to the first Later Years Briefing

Later Years is concerned with issues that affect people over 50 – job discrimination, active retirement and opportunities, as well as issues of care, frailty and isolation. These issues are connected; active, healthy ageing can reduce the risks of ill health, falls, isolation and dependency later on.

Although you may not consider yourself an 'older person' in your fifties, the issues and choices of these years affect how we age later on. The Later Years agenda is about how we address all those issues that affect the quality of life of people in their fifties, sixties, seventies, eighties and beyond.

New Later Years Partnership Chair

Councillor Ivan White, Cabinet Member for Adult Health and Social Care, has taken over from John Beer as chair of the Later Years Partnership.

Councillor White said

"I'm looking forward to chairing the Partnership and building on what has been achieved. I'm keen to focus on well being and prevention through support and opportunities. We need to offer everyone an active, comfortable old age- full of choices, independent but free from isolation, and with support and care on hand when it's needed."

Housing and the Home

Housing Strategy for Older People 2009- 2014

The Housing Strategy for Older People is being updated, providing a framework for the direction of housing solutions in Southampton for the next five years. The strategy includes older people who are owner-occupiers, renting privately or living in social housing.

The strategy identifies the priorities of older people having safe, warm, good quality homes, and being supported to remain independent. Good quality advice should be accessible, and people should have choice and information to help them move if they wish to. People should also be able to use their neighbourhoods, and participate in economic and voluntary activity.

Key actions arising from the strategy include:

- Improving advice on equity release and other financial products

- Launching Home Safety Coordination
- Developing a fuel poverty referral system
- Commissioning the Handyperson Plus scheme, and investigating provision on a long term basis
- Additional support for people returning home from hospital
- Ensuring services and advice are tailored to meet older people's needs
- Exploring dementia-friendly housing

The strategy reflects the priorities highlighted in the National Strategy for Housing in an Ageing Society, 'Lifetime Homes, Lifetime Neighbourhoods'.

Read the national strategy at

www.communities.gov.uk/documents/housing/pdf/lifetimehomes.pdf



Health and Healthy Living Having Fun, Feeling Fit

The Mayor launched the 'Having Fun, Feeling Fit' exhibition at The Quays on National Falls Awareness Day. Seniors who came to see the exhibition also enjoyed taster sessions in chair exercises and tai chi, and the opportunity to try out Age Concern's Nintendo Wii.

The Life to the Full team was on hand to give advice and information on keeping active, and on healthy eating. They also gave away bags and fridge magnets promoting 5 healthy messages as part of the city Falls Plan.





- Keep **active** & exercise
- Have regular **check ups**
- Stay **safe** & keep **warm**
- **Eat** well & **drink** plenty
- Keep **in touch**



Over 50? For activities and pastimes in your area call us on 023 8023 4268

Social activities, networks and keeping busy Silver Surfers

The first seven sheltered housing courts in a citywide scheme have welcomed computers, broadband and training. The scheme was set up to assist residents with tasks such as shopping and finding information, and is the result of cooperation between Housing, Adult Learning, and Communities, Health and Care.



After completing the 12-week training course, residents can talk to relatives online, share photos, shop, and book flights and holidays at the best prices.

Debbie Cotton, who runs the scheme, has also worked to set up STARSS (Southampton Tenants and Residents Silver Surfers). STARSS encourages more people to take up the training, and is seeking funding to keep the scheme running.

The Later Years team worked with Debbie to organise an event at the central library for Silver Surfers' Day. After the taster sessions, many of the attendees requested details to come along to training in the sheltered housing courts to expand their skills.

You can see pictures at:

www.dailyecho.co.uk/news/features/silversurfers/

Equality

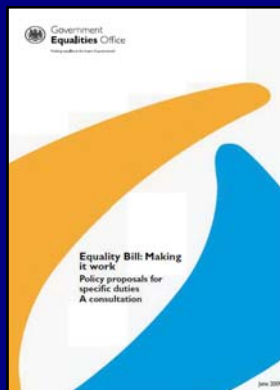
Banning age discrimination: Consultation

The consultation 'Equality Bill: Making it work' contains further proposals for a new legal ban on harmful age discrimination. This will make sure that seniors do not face unfair or substandard treatment when they are buying goods or using services, such as in shops, hospitals, or when accessing car and holiday insurance.

The consultation sets out how the legislation will enable beneficial things like age-based holidays and discounts for pensioners to continue.

It also includes work being done to ensure access to health and social care services is based on need, not age, and invites views on a timetable for implementing the ban. The new law will be brought in by stages, starting with the sectors most ready to comply.

The consultation runs until 30th September 2009. Find out more at www.equalities.gov.uk



Engagement

Empowering Engagement

"Empowering engagement – a stronger voice for older people", published by the Government in February, heralds big changes in the way that councils and other agencies involve, consult and respond to senior citizens in their area. From researching views to involving seniors in the design of services and monitoring performance, councils are expected to take a fresh approach as part of a strategy to tackle social exclusion.

The proposals for local areas are linked to national initiatives, and a new regional arrangement for promoting engagement.

New outcome indicators in the 'Place survey' depend heavily on whether seniors feel involved, listened to, and have a real say in their city, their area and their services. The Later Years Partnership will monitor four new 'Positive engagement' Beacon Councils, so that best practice can be brought to Southampton.

Read the report at

www.dwp.gov.uk/docs/empowering-engagement-stronger-voice-older-people.pdf

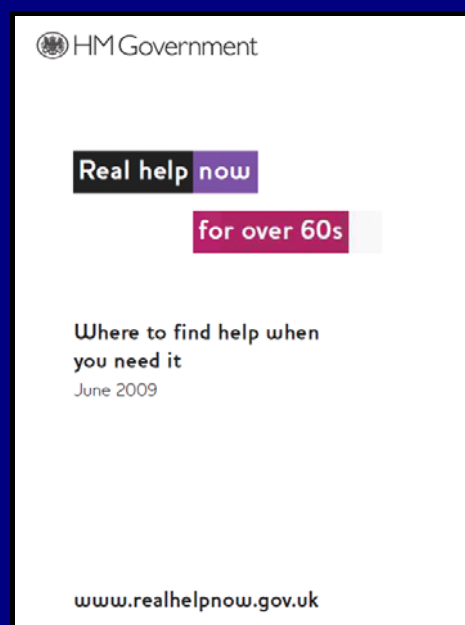
Income

'Real Help Now for over 60s'

People over 60, especially those on a low income, can feel particularly vulnerable during an economic downturn. The Government has launched a booklet for people over 60, pulling together help and advice into one place.

The 40 page booklet 'Real Help Now for over 60s' includes information on pensions and benefits, help with fuel bills, saving and managing your money and dealing with money problems. People are being urged to get all the help available to them by making sure they are getting all the benefits, like pension credit, that they are entitled to.

The booklet also covers help with keeping your home, information on skills and learning, and help with jobs.



'Real Help Now' is available at www.realhelpnow.gov.uk

Social activities, networks and keeping busy
SIGN

SIGN (Southampton Inter-Generational Network) will stimulate opportunities for all generations in Southampton to work together, and promote and support the use of inter-generational practice to address key issues.

Following a successful launch, the network now has 30 members, including Solent Youth Action, the Nuffield Theatre, and Streets Alive, allowing the project to progress to its next stage. A newsletter will be released in August, and the first network meeting will be in October.

For more information or to join the network, contact Ross Borman on 023 8083 4419 or at ross.borman@southampton.gov.uk



Information Seniors Information Project

Funded as part of the Cities in Balance programme, the Seniors Information Project will make sure seniors are well informed and able to access services and opportunities to help them enjoy their later years.

Seniors have many of the same information needs as anyone else. Their interests are wider than health and social care or pensions; seniors are concerned with wider aspects of citizenship, including learning, leisure and employment opportunities.

However, information requirements can be affected by events such as retirement, a decline in health, or a change in housing or living conditions.

The information project will work with a range of agencies to improve the quality and reach of information for seniors. It will link up information sources in the city, including developing a web portal, and develop information networks based on seniors groups.

For more information phone Tracey Arrowsmith on 023 8091 5438 or email tracey.arrowsmith@southampton.gov.uk

Contact us The Later Years Team

If you have something to contribute to this briefing, or would like to discuss anything in it, please contact the Later Years Team:

Later Years Manager
Charlie Hislop 023 8091 5435
charlie.hislop@southampton.gov.uk

Later Years Project Officer
Sarah Beale 023 8091 5436
sarah.beale@southampton.gov.uk

Later Years Business Support
Linda Templeton 023 8091 5437
linda.templeton@southampton.gov.uk

Seniors Information Project Officer
Tracey Arrowsmith 023 8091 5438
tracey.arrowsmith@southampton.gov.uk

Home Safety Project Officer
Barry Olson 023 8091 5439
barry.olson@southampton.gov.uk

You can find out more about Later Years at www.southamptonlateryears.org and www.southampton.gov.uk/lateryears

The Later Years team is based at:
The 3rd Age Centre
11 Cranbury Terrace
Southampton
SO14 0LH

Supported by

