

Positive Ageing

Orkney values and promotes positive and active lifestyles recognising the growth in our ageing population

Strategic Aim

- A** People are supported to remain living independently in their own homes or a homely setting
- B** People are participating positively in their communities and the economy and are valued for their contribution
- C** People are enabled to take responsibility for their long term health and well being

Outcomes

- A**
 - Hold a 'mapping' workshop to identify current housing support and related advisory services
 - pilot 'community gardening project(s)' for delivery to people unable to maintain the external environment around their homes
 - establish a central point of information for all to inform, raise awareness and educate;
 - recruit an information 'contact' within each statutory and third sector service
 - Research current support for carers to identify needs and issues and make recommendations from which to develop new service model(s)
- B**
 - Develop and deliver retirement packs and workshops for people nearing retirement/promote positive contribution of older workers
 - increase and promote intergenerational activities
 - establish 2 pilot areas to increase number and type of community based activities/services;
 - support and develop older people's forums to enable effective consultation and engagement
- C**
 - Establish a 'know what your options are' campaign to ensure effective signposting to alternative community services to achieve early intervention:
 - develop a toolkit/resource/training to increase awareness of diet/nutrition
 - establish activities related to men's interests
 - Appoint a 'champion' to encourage men to access information and support and to become involved in local activities

Activities/Outputs