

# Ageing Well Strategy for Stockport



**AGE FRIENDLY**  
STOCKPORT



STOCKPORT  
METROPOLITAN BOROUGH COUNCIL



**STOCKPORT  
TOGETHER**

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# Introduction

In Stockport we have a population that is older than most places in the UK. Our population, like most other places, is also growing older. We believe that this presents a fantastic opportunity for us to embrace and adopt a strategy to make our borough a place where people can age, really well.

Whilst this strategy is about ageing, it does not begin at a certain age. We believe that ageing, does not have to be a concept which brings with it limitations and reducing experiences, in fact, through changing our mind-set and following the actions outlined in this strategy, we believe the population of Stockport will look forward to a healthy and productive later life in our borough.

This strategy presents an overview, as there is a great amount of work already ongoing to promote healthy, positive ageing in Stockport. We intend this strategy to highlight all the areas where we can make a difference to ageing well, challenge us to think more broadly and collectively, and to take forward the key actions that will make a difference.

One of our primary objectives is to become Age-friendly (as defined by the World Health Organisation), and this plan sets out our commitment to an approach that crosses both borough and organisational boundaries. We have the political commitment needed to realise our ambition, and now our work moves to delivering on our actions.

# Vision and objectives

## How have we developed this?

Our strategy has been developed by Stockport's Age-Friendly Board, which includes partners from across the breadth of council, the health service, voluntary and community sector; and we have engaged with local residents through workshops and visiting existing local group activities. In Stockport we already have a lot of work underway around ageing well, this strategy aims to bring that together and remind us all what we are trying to achieve.

We are part of the Greater Manchester Ageing Hub and have been working with other leads from across the Greater Manchester districts and boroughs to work out what's best done together and what challenges are unique in our own places and need that local response. We are benefitting from the Greater Manchester Ageing Hub's links with the Centre for Ageing Better in bringing knowledge and evidence to our approaches.

We held a series of events in October 2017 to engage with local community groups across Stockport, and held a focussed workshop on our strategy, which particularly helped us in understanding what older people from Stockport are particularly proud of, what we do well, and where there is scope for improvement.

## What are we trying to achieve?

Our vision for Stockport is a place where people are supported to remain active, retaining their independence; a sense of purpose; and wellbeing as they grow older.

## Our strategic objectives are:

- 1. To become an age-friendly borough and develop age-friendly communities**
- 2. To enable and promote independence in our older population**
- 3. To support healthy and active ageing for our population**

# Rethinking 'ageing'

In Stockport by 2025 there is a predicted 15% rise in the proportion of the population who are over 65, and a predicted rise of 30% of those aged over 90. For Stockport, like the rest of the country, the population is ageing.

We know that for many people, getting older can bring with it illness and disability. It has been predicted that the proportion of older people with care needs will also increase, and that people will be spending extra years of life gained, living with disease and living in disability. However, disease and disability is not an inevitable part of ageing – a substantial proportion is attributable to potentially avoidable risk factors.

There is strong evidence that inactivity, tobacco, obesity, depression, and alcohol and drug misuse are important risk factors for loss of mobility and functional decline in old age. Risk factors accumulate over the life course and healthy ageing really does begin in childhood. If we purely focus on our existing older people, or wait until people hit a particular age threshold like 65, then we may miss the opportunity to change the path of potential decline for our population.

Our strategy is to work on positive, healthy ageing which uses the evidence of what keeps people well and active, building resilience and control in our older population. This idea is promoted by the World Health Organisation, and is discussed further in the strategic approaches section of our strategy.

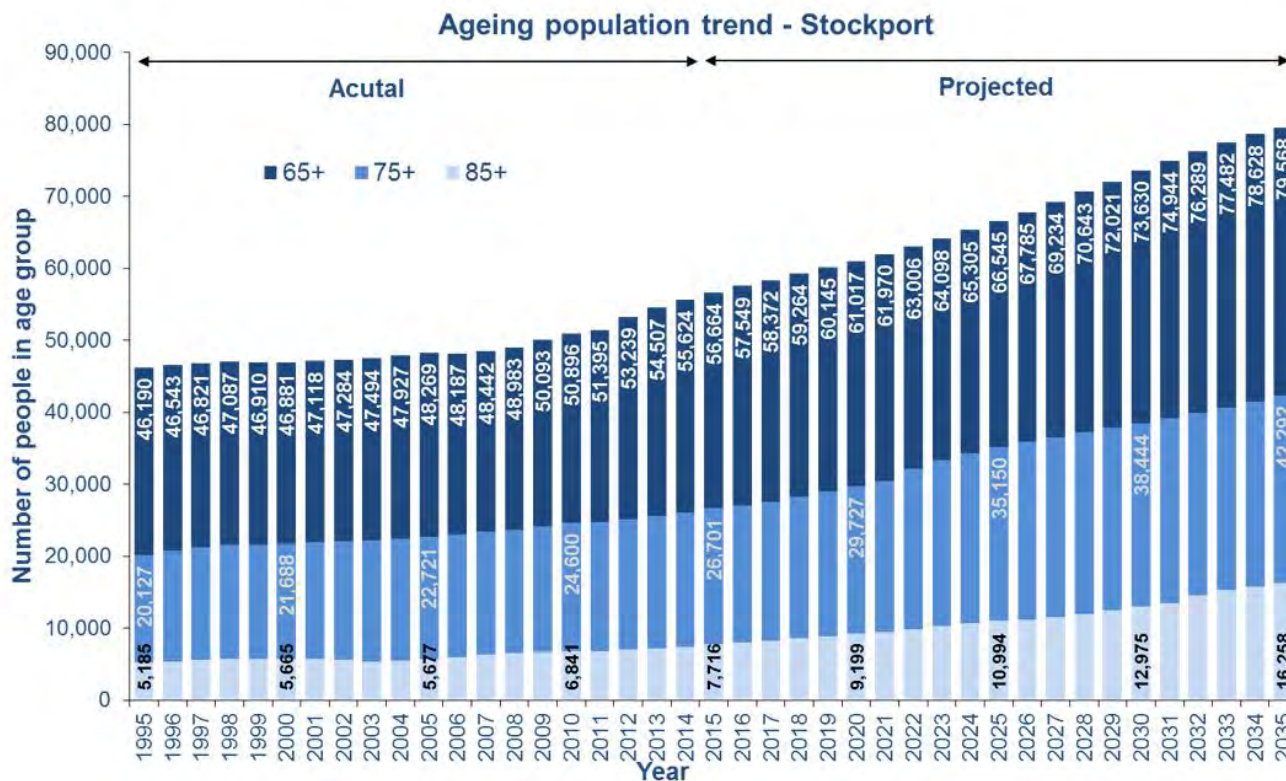
This approach consolidates the better choices we can make for the later period of our lives, and gives us the opportunity to live our old age happily productive and active. It is a positive and constructive view of growing older which accepts ageing as the continuous and normal development which occurs in human life.

With this in mind, we clearly need a much broader response than the health service alone can offer. We have made a commitment to become an Age-Friendly Borough recognised by the World Health Organisation. Our Age-Friendly Board works across a breadth of public sector partners to try and improve the built environment, the social environment and our culture and services, to make Stockport a place where we can age, really well.

# Population ageing in Stockport

The picture of change for Stockport is similar to the rest of Greater Manchester and England, in that the proportion of older residents is increasing. However, we already have a much higher proportion of older residents than the rest of the country.

The population of Stockport has more older adults and fewer younger adults than the national average. Stockport's total population has been relatively stable over last two decades, fluctuating between 280,500 and 287,000. It is now predicted to rise over the next ten years.



? Find out more: [Stockport JSNA \(Demographics and population\)](#)

# Population ageing in Stockport

The resident population of Stockport is 288,733 (2015 data) By 2025 the population of Stockport is projected to be 303,430, up 14,697 (4.8%)

There are:

- ❖ 55,183 (19.1%) young people aged 0-15
- ❖ 27,342 (9.5%) young adults aged 16-24
- ❖ 149,734 (51.9%) adults aged 25-64
- ❖ 56,474 (19.6%) adults aged 65+, of whom:
  - ❖ 26,516 (9.2%) are aged 75+
  - ❖ 7,578 (2.6%) are aged 85+
  - ❖ 2,673 (0.9%) are aged 90+

There will be:

- ❖ 59,572 (19.6%) young people aged 0-15, an increase of 4,389 (7.4%)
- ❖ 25,715 (8.5%) young adults aged 16-24, a decrease of 1,627 (-6.3%)
- ❖ 151,834 (50.0%) adults aged 25-64, an increase of 2,100 (1.4%)
- ❖ 66,310 (21.9%) adults aged 65+, up 9,836 (14.8%), of whom:
  - ❖ 34,591 (11.4%) are aged 75+, an increase of 8,075 (23.3%)
  - ❖ 10,215 (3.4%) are aged 85+, an increase of 2,637 (25.8%)
  - ❖ 3,864 (1.3%) are aged 90+, an increase of 1,191 (30.8%)

## Age structure of populations in different wards

The age structures of wards in Stockport varies, with more deprived wards of Brinnington & Central, Davenport & Cale Green, Edgeley & Cheadle Heath and Reddish North having younger populations. More affluent areas tend to have older populations.

Different areas within Stockport have seen different trends in population over the last decade. In the more deprived areas the older population has fallen, both in total numbers and as a percentage. Trends in these areas often happen later than in other areas, and it is only since 2011 that an increase in the older population has begun to emerge here.

Instead these areas have seen an increase in the population in their 20s and 40s. The least deprived areas have seen a fall in the population aged under 50, and a particular rise in the over 80s population. This is the only area to experience an actual fall in population.

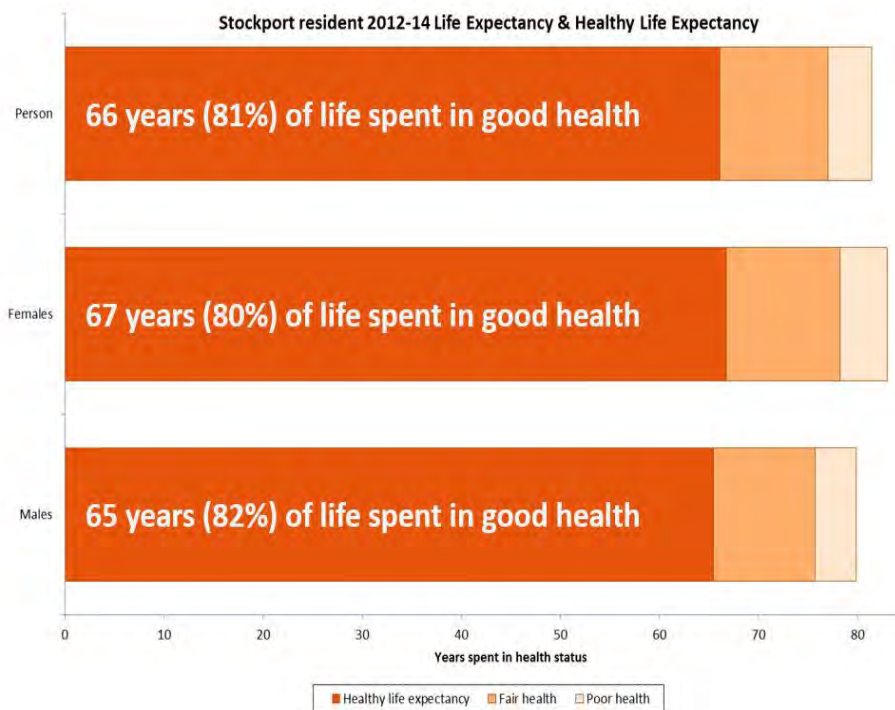
**? Find out more:** [Stockport JSNA \(Demographics and population\)](#)



# Health of Stockport's Older Population

## Healthy Life Expectancy

Healthy life expectancy is very important in ageing well, as it tells us how much life will be spent in good health, relative to not good health. We seek to maximise the amount of life spent in good health.



- ❖ 18% and 20% of a typical male and female Stockport resident's life will be spent in not good health (fair or poor)
- ❖ At age 65, 46% and 50% of a typical male and female Stockport resident's remaining life will be spent in not good health
- ❖ An inequality gap exists in the healthy life expectancy of both male and females
- ❖ Men live 17 years longer in good health and 8 years less in not good health in the least deprived areas compared to the most deprived
- ❖ Females live 15 years longer in good health and 7 years less in not good health in the least deprived areas compared to the most deprived
- ❖ Stockport females live longer in both good and not good health than males in all areas
- ❖ Males and females at age 65 living in the 60% most deprived areas will spend 50% or more of their remaining years in not good health
- ❖ At age 65 the inequality gap is in the number of years lived in good health rather than the years lived in not good health

? Find out more: [Stockport JSNA \(Life Expectancy and Healthy Life Expectancy\)](#)





# Health of Stockport's Older Population

Some key issues identified in the JSNA:

- ❖ 33% of older people in Stockport live on their own leading to the danger of social isolation and vulnerability.
- ❖ 11,400 people in Stockport have a history of falling, a key risk for loss of independence.
- ❖ By age 65, 58% of the population have one long term health condition, 20% have two or more. By age 85 the proportion rises to 87% for one and 53% for two or more long term conditions.

## % of population



### Age 65+

 19.4% of Stockport population (55,600)  
 22.1% 2025 population projection (66,500)

### Compared to England

 17.6% (2014)  
 20.2% (2025 projection)




### Age 85+




 2.6% of Stockport population (7,400)  
 3.7% 2025 population projection (11,000)

### Compared to England




 2.6% (2014)  
 3.2% (2025 projection)




## Life expectancy at 65

 19.4 years in 2012-14  
 73.2 in most deprived areas  
 82.5 in least deprived areas




 21.1 years in 2012-14  
 17.7 in most deprived areas  
 22.5 in least deprived areas

## Healthy life expectancy at 65




 10.3 years in 2011-13  
 5.6 in most deprived areas  
 12.7 in least deprived areas

 10.7 years in 2011-13  
 6.5 in most deprived areas  
 12.8 in least deprived areas




## Hospital admissions age 65+ (2012-13, directly age standardised per 100,000)

 28,754 emergency hospital admissions  
 41,237 in most deprived areas  
 23,706 in least deprived areas

 27,070 in 2012-13





 2,748 injuries due to falls  
 3,896 in most deprived areas  
 2,351 in least deprived areas


 2,367 in 2012-13

 6,652 cancer admissions  
 6,133 in most deprived areas  
 6,645 in least deprived areas


 6,073 in 2012-13


## Excess winter deaths

 65.5 (9.5%) age 65+  
 100.5 (12.7%) all ages  
 7.2% in 40% most deprived areas (65+)  
 14.5% in 40% most deprived areas (aa)


 11.6% England and Wales (all age)


## Health and wellbeing


 2,700 with dementia

 20% with 2 or more long term conditions

 33% living alone



 42% Cannot do at least 1 domestic task



 14% Provide unpaid care

 50% with a long term health problem or disability

## Social Care

 775.7 Permanent admissions to care homes (65+ per 100,000)  
 731.4 National average

 86.6% Older people at home 91 days after leaving hospital  
 83.7% England average

 89.2% people using adult social care who received self-directed support  
 59.9% England average

? Find out more: [Stockport JSNA \(Older Peoples Health\)](#)

# Inequalities and ageing

## Wellbeing and inequalities in later life

When considering differences in our population demographics we also need to consider what impact these demographics have on the wellbeing of these populations. In July the Manchester Institute for Collaborative Research on Ageing (MICRA) launched a new report, 'The Golden Generation?', which examines wellbeing and inequalities in later life. The report presents research findings and policy recommendations from the five-year 'Frailty, Resilience and Inequality in Later Life' programme. 'The Golden Generation?' concludes that the experience of older age is strongly determined by social and economic circumstances and highlights that there are significant inequalities that continue into later life.

### Key findings:

- ❖ There is no evidence that levels of health are improving at present for our older people. This implies that continuing gains in life expectancy are likely to be composed of additional years spent in poor health. For the most deprived communities, levels of poor health are actually increasing for newer cohorts of older people, suggesting an earlier onset of disease and disability as they grow older. It is therefore vital that we see reducing health inequalities as a key component of our approaches to ageing well, as we do throughout the life course.
- ❖ Decreases in wellbeing in later life are largely driven by the death of one's spouse and deterioration in one's health. But these things occur more often in poorer socioeconomic positions.
- ❖ Involvement in paid work and volunteering roles among older people has a positive impact on their wellbeing, but only if these roles are of good quality, that is if the older person has control over their work routine and feels adequately rewarded for the effort they put in.
- ❖ Providing informal care for someone else is likely to have a negative impact on wellbeing, particularly if the circumstances around providing that care are poor. Providing adequate resources and support for older people providing informal care is, therefore, crucial.
- ❖ The percentage of people using the internet frequently (at least once a week) shows a strong decrease with age, while use of the internet is less common among the poorest, regardless of age.

**? Find out more:** [The Golden Generation? Report](#)

# Strategic approaches

Healthy ageing is not a challenge unique to Stockport. Internationally, WHO have recently published a global strategy, with a new definition of healthy ageing: “The process of developing and maintaining functional ability than enables wellbeing in older age.”

This is a very broad concept and indicates the breadth of areas which need to be addressed in response. It is important to see ageing as a social issue, and not a clinical one, as health and social care services are only one contributing factor. Another aspect is the physical and social environment that we live in enabling us maintain our wellbeing.

This set out further in the WHO Age-Friendly Cities and Communities framework, which outlines eight topic areas to be considered in making a place age-friendly:

- ❖ Outdoor spaces and buildings
- ❖ Transport
- ❖ Housing
- ❖ Social Participation
- ❖ Respect and social inclusion
- ❖ Civic participation and employment
- ❖ Communication and information
- ❖ Community support and health services



In the UK, the Centre for Ageing Better was developed as part of a Governmental response to the 2013 report *Ready for Ageing?*. The report highlighted the gap between the “reality and the response”. The Centre for Ageing Better has a vision, which focusses on people feeling prepared for later life through planning and feeling confident in dealing with change; and staying active and connected.

# Strategic approaches

In Greater Manchester (GM), we benefit from being part of the Greater Manchester Ageing Hub. This unit came in to being in May 2015 when the joint Greater Manchester Combined Authority (GMCA) and Association of Greater Manchester Authorities (AGMA) Executive Board agreed to establish the Greater Manchester Ageing Hub to bring together expertise and activity in the field, to embed ageing as a priority within GM policy and to forge new strategic collaborations.

The Ageing Hub was set up in March 2016 as a virtual entity within the GMCA; partners include the ten GM councils, GM Health and Social Care Partnership, the Centre for Ageing Better, GM universities, and the community and voluntary sector. The GM Ageing Hub strategy is currently being finalised but holds three key strategic priorities:

- ❖ GM will become the first age-friendly city region in the UK
- ❖ GM will be a global centre of excellence for ageing, pioneering new research, technology and solutions across the whole range of ageing issues
- ❖ GM will increase economic participation amongst the over-50s

The Ageing Hub is co-ordinating programmes of activity around economy and work; age-friendly places; healthy ageing; housing and planning; transport; and age-friendly culture. The Ageing Hub seeks to establish the age-friendly model as a framework for ensuring social inclusion in later life across Greater Manchester, with an emphasis on co-design with older people and improving the quality of later life in Greater Manchester.

Outputs will include a Greater Manchester strategy to increase levels of physical activity amongst people in mid and later life, creating an age-friendly Greater Manchester transport plan and producing an age-friendly Greater Manchester Spatial Framework which promotes social diversity and a mix of generations wherever possible. We have a partnership with the Centre for Ageing Better to drive improvements in Greater Manchester by applying evidence around what works to ensure a good later life.

The actions planned against these themes will support us in delivering our strategic objectives for Stockport.

## Our plan

Our strategy is built around creating a borough with environments, people and services that maximise the chance of our residents being able to act on behaviours which lead to healthy ageing. We have developed key actions to support each of our strategic objectives. Finally, in collaboration with our older residents, we have developed some key ambition statements that we want more of our residents to be able to say:

**“I am encouraged and supported to remain active as I get older”**

**“I have the social life I want and I don’t worry about being lonely”**

**“I have a sense of purpose now and for my future”**

The next section of the strategy explores the three strategic objectives and relating actions. We have then mapped these against our statements for healthy ageing in Stockport.

# Age-Friendly borough and communities

In developing an Age-Friendly borough we want to take account of the role that the built environment has on our chance to age well, and also the social environment and our communities.

## Built environment

The Age-friendliness of outdoor spaces and buildings depends, in the first instance, on the physical fabric of the built environment – and the degree to which it supports or obstructs people’s ability to get out and about in older age. Research has identified a range of environmental obstructions and deficits that limit older people’s ability to move through a city (identifying and focusing on the environmental – as opposed to bodily – deficits that disable, frustrate and, ultimately, discriminate against people’s everyday ability to get out and about). These range in form: from the restrictive height of a curb (that makes crossing a street potentially difficult) to a cluttered streetscape (that can impede mobility along a stretch of pavement particularly for those using walking aids, wheelchairs or mobility scooters).

Moreover, the evidence shows the disproportionate impact of the urban environment on older people’s mobility, especially for those with physical and cognitive impairments. Researchers have drawn attention to the way in which it is often the smallest of environmental factors – changes in ground texture and levels that previously were unnoticeable – that can start to become ‘problematic’ in older age where these are not necessarily felt by younger generations.

In relation to the built environment, Stockport is currently engaged in the development of a [Local Plan](#) which will set planning policies and allocates sites for development from now until 2035. We will work to ensure that this properly addresses the needs of an ageing population and increases the opportunities for residents to remain physically and socially active and independent for as long as possible. This will include access to services, transport and the types of economic development that are supported, as well as housing. All of these are key factors in how people can remain active, engaged and independent.



# Age-Friendly borough and communities

## Social participation

Social participation is a basic aspect of life. Having and maintaining social relations, feeling part of a network of family, friends and community, being involved in social activities that are meaningful, productive, stimulating, having people you can rely on to talk about things that matter to you – these are all a basic aspect of life. They help promote self-worth, provide a sense of purpose and link individuals to each other, the community and the wider world. For an Age-friendly borough, this social dimension of everyday life is important to bear in mind: the degree to which people's lives are social in nature and reliant on those dynamics of social attachments, networks and activities that people can oftentimes lack or lose in older age.

Social interaction is key to successful healthy ageing and a good quality of life. We want to encourage and support older people to lead fulfilling lives incorporating meaningful interactions and relationships. Evidence shows that the main benefits of making a contribution to your community are improved social connections and an enhanced sense of meaning and purpose. People aged 50 and over who make an active contribution to their community are happier as a result, and have stronger social connections.

People who are less well off, have fewer social connections and less activity in their lives at the moment would benefit most from contributing to their community, but they are the group that volunteers the least.

## Healthy Communities and Community Development

Our work in small localities of Stockport, sometimes organised as 'placed based initiatives', is aiming to align services more closely with the geographical communities they serve in order to transform the relationships between public services and the individuals, families, community groups, voluntary organisations, social enterprises and businesses that make up a local community.

We seek to develop and unlock capacity in communities and thereby reduce levels of dependency, leading to more appropriate and reduced use of public services. In some places in Stockport where this way of working is being tested, people in these areas are keenly developing an interest around becoming Age-Friendly places. This asset-based community development work is vital to our approach, and the 'Heatons Together' and 'Cheadle Get Connected' are just two examples of where this is developing well.

# Age-Friendly borough and communities

## Age-Friendly Culture

It is important to address the culture as part of our strategy as it can impact on all the other issues we are working to address. There will be the greatest impact of attempts to reduce the ageist attitudes in our culture through national and regional work, we are committed to challenging this in Stockport.

Age discrimination in our services could result in compounding illness and disability with poor and health damaging advice if there is a misplaced belief that this is just part of growing older. This belief is often internalised and these beliefs become a culture where people expect to be less physically and socially active, and have less social or civic importance as they age (the opposite of the things that keep people healthy as they age).

Culture also refers to the cultural offer available, and there is a growing body of evidence around the benefits of the arts as we age, and age-friendly culture has been shown to encourage social connectedness. Evidence suggests that access to the arts can combat loneliness and improve health and quality of life. Currently around 50% of adults in Stockport have engagement with libraries; museums and galleries and with the arts.

Furthermore, as over 65s have a higher disposable income and substantially more leisure time than other groups (overall, though this is subject to inequalities), the leisure industry is a key sector where we should be supporting businesses to look at how they can cater for the over 65s.

# Age-Friendly borough and communities

## Our actions:

- Become an Age-Friendly Borough, joining the World Health Organisation's Network of Age-Friendly Cities

- Develop enabling, inclusive and inviting urban environments for older people in Stockport

To do this, first we will:

- Develop an age-friendly checklist to embed age-friendly approaches in the Stockport Local Plan
- Deliver 'Take a seat' campaign throughout Stockport

- Increase social participation in people over 50

To do this, first we will:

- Commit to ensure a diverse range of social activities on offer for older people across the borough
- Support the use of the Wellbeing Planning tool (based on 5 Ways to Wellbeing) to help individuals to identify areas of interest and opportunities for themselves to contribute their skills, knowledge or time; and to connect with others.

- We will challenge ageism in our selves and in our services

To do this, first we will:

- Identify and collect stories and role model examples to share positive images of ageing

# Enable and promote independence

## Housing

Good quality, affordable, well-designed housing is an important element in an Age-friendly borough: helping redress health inequalities in later life; supporting wellbeing; and reinforcing a sense of identity and stability in older age. Given the growing proportion of time spent in the home in older age, housing and the meanings attached to 'home' take on considerable importance. However, in a changing and increasingly complicated climate of housing provision, tenure and support, there are real concerns around the possibility of genuine housing choice and constructive transition in later life – particularly in relation to unsettling transitions out of 'mainstream' living. 33% of older people in Stockport live on their own, which adds to the risk of social isolation.

We are aware of the importance of supporting older people to live independently, in their own homes. Moreover, as several studies suggest the majority of older people want to continue to live independently in their own homes and avoid moving into institutional care settings. But to enable independent living within a home environment will often require adaptation of that environment to support independent living and maintain health and quality of life in older age.

Mainstream housing often has small room sizes, steep internal stairs, baths rather than showers and steps outside. As people get older these become increasingly difficult to manage, with increasing long-term conditions and disabilities impacting on day-to-day activities within the home. We need to improve the availability of affordable housing being built in the right locations to enable people to move to properties that are more accessible.

Adapting the home can increase the usability of the home environment and enable the majority of people to maintain their independence for as long as possible. This could potentially reduce the risk of falls and other accidents, relieve pressures on accident and emergency services, speed hospital discharge and reduce the need for residential care.

There is also a need acknowledge that there comes a point where people will need to seek out more specialist housing and residential support, and to do this there needs to be suitable and attractive provision, coupled with support in planning and gaining access to this sort of housing.

# Enable and promote independence

## Transport

Good transportation is vital to an Age-friendly City. It supports changing mobility patterns in older age (particularly when these can change suddenly and radically in later life). It enables access to vital resources and services that support health and wellbeing. Moreover, good transportation encourages more equal access to the resources of the city.

For an ageing population, however, transportation and mobility is about more than simply getting from A to B. Beyond supporting physical access to resources and maintaining good health, transportation and mobility represents a great deal more: not least, the ability to maintain independence and support a feeling of being connected to the 'real' world in some form.

Our work with Greater Manchester Ageing Hub will be important in influencing Transport for Greater Manchester's (TfGM) responses to the needs of ageing strategies.

The South East Manchester Multi-Modal Strategy is a 20 year strategy covering an area to the south east of Manchester including parts of Cheshire East, Derbyshire, Stockport and Tameside local authority areas. The local authorities within the SEMMMS area and TfGM are working together to refresh the SEMMM Strategy up to 2040. A draft strategy will be put forward for public consultation in early 2018. It is important that we work between the SEMMS refresh and Stockport's Local Plan to influence the provision of adequate and suitable transport for our older population in Stockport.

# Enable and promote independence

## Work

People are working longer. Work needs to change so that working longer is also working better. To enable and promote independence, our focus should be on creating more age-friendly workplaces to support people to remain in work, and finding new solutions to support people aged 50 and over who are out of work, to return.

The greatest economic opportunity of the ageing population of Greater Manchester lies with increasing the rate of economic participation of those aged 50-65. Currently, at least 1 in 5 adults in this age group are out of work, the largest proportion of this is due to health reasons. This can be addressed both by reducing the numbers of people in this age group leaving the workforce involuntarily, and by increasing the rates at which they get back into work. Obviously, this has economic benefits, but we also know the health benefits of being in work – good work is generally good for your health.

While there has been a steady increase over the last decade in the number of people over 50 in work, there is still a rapid fall in employment rates among people aged between 50 and the state pension age (SPA). By the year before people reach the SPA, over half are not in work. Business in the Community's report [The Missing Million](#) highlighted that approximately 1 million people are 'involuntarily workless' – falling out of work before they wanted to for a range of reasons including redundancy, caring responsibilities or ill health.

In thinking about retirement, evidence tells us that retirement is good for you, but only if the retirement is voluntary and if you are retiring from a quality job. Therefore, local employers should support older workers to remain in employment, and should support planned retirement for those ready to retire.



# Enable and promote independence

## Falls

A fall can have significant physiological and psychological consequences and impacts negatively on people's quality of life. A fall can lead to loss of confidence, loss of independence, disability, depression, isolation, injury, distress, pain and even death. Every year in Stockport about 30% of people aged over 65 will have at least one fall.

A comprehensive approach to reducing harm from falls has been developed locally called [Steady in Stockport](#) as part of Stockport Neighbourhood Care. The programme has a both a primary and secondary prevention approach, and our efforts should be focussed on maximising the appropriate use of the newly developed services; promoting key messages to our older population about reducing risks of falling; and improving bone health to prevent fragility fractures through the new fracture liaison service as part of the Steady in Stockport service.

## Frailty

Frailty is related to the ageing process, that is, simply getting older. However, it is not an inevitable part of ageing. It describes how our bodies gradually lose their in-built reserves, leaving us vulnerable to dramatic, sudden changes in health triggered by seemingly small events such as a minor infection or a change in medication or environment. In medicine, frailty defines the group of older people who are at highest risk of adverse outcomes such as falls, disability, admission to hospital, or the need for long-term care.

In Stockport we are developing a frailty pathway to support those identified with frailty to maintain their independence through developing wellbeing plans and care plans with an appropriate level of response to the level of frailty identified and which are continuously adapted depending on someone's needs.

# Enable and promote independence

## Dementia

Dementia is a term that describes the symptoms that occur when the brain is affected by certain diseases or conditions. Symptoms may include memory loss and difficulties with thinking, problem-solving or language. In 2009, the Department of Health launched the first ever national dementia strategy. Since then Stockport has worked towards a local version of the national strategy. The latest [Stockport Dementia Strategy](#) builds on Stockport's first dementia strategy (2010) and on the five themes of NHS England Dementia Well Pathway including relevant NICE guidance.

The new strategy highlights the achievements made so far in dementia care in Stockport, sets out the vision for 2020 and identifies key achievements by which the overall strategy will be measured. New elements to the strategy are dementia prevention and creating dementia friendly communities.

By raising awareness and making some small changes, the aim is that people with dementia and their carers, will be better supported to stay involved with their communities. This approach is in keeping with the Age-friendly communities approach and we are using learning from the Centre for Ageing Better and GM Ageing Hub to help us align the two approaches.

The idea that you might be able to prevent dementia is an important message for professionals and the public alike in helping to dispel some dementia myths. It gives a clear signal that dementia, as with many other diseases, is not necessarily a natural part of ageing and there are things that can be done to help reduce the risk. Equally, it is important that people who have dementia are not stigmatised or made to feel guilty, and understand that there are some risks which cannot be reduced like age and genetic propensity, however people should still be encouraged to adopt a healthier lifestyle as it can help increase the number of years spent living in good health.

# Enable and promote independence

## Our actions:

- We will provide good quality and affordable housing options for older people in Stockport

To do this, first we will:

- Develop an age-friendly checklist to embed age-friendly approaches in the Stockport Local Plan

- We will support people to live independently in their own homes for as long as possible

To do this, first we will:

- Review and refresh our aids and adaptations, and telehealth and telecare approaches to ensure they are based on the best possible evidence.
- Work with our local housing associations to share best practice that promotes independent living and ‘ageing in place’
- Recognise the important role that unpaid carers have in supporting their loved ones to continue to live in their own homes

- We will support the GM Ageing Hub to develop an age-friendly transport plan with Transport for Greater Manchester, ensuring the needs of Stockport residents are addressed

To do this, first we will:

- Discuss any transport related findings of the Stockport Local Plan Age Friendly Checklist in terms of wider actions to inform a Stockport input to a GM Transport Plan

# Enable and promote independence

## Our actions:

- ❑ Develop approaches to influence the provision of effective, accessible and affordable transportation options for older people across the borough

To do this, first we will:

- Develop programmes that encourage community, user-led approaches to transport planning
- Develop an age-friendly checklist to embed age-friendly approaches in the Stockport Local Plan

- ❑ We will develop ways to support employers to become age-friendly employers, to address worklessness and job insecurity for older adults

To do this, first we will:

- Produce a summary of the economic and social case for taking action on older workers to local employers

- ❑ We will support the implementation of the falls, frailty and dementia programmes within Stockport

To do this, first we will:

- Ensure alignment of the Stockport and Greater Manchester work on falls, frailty and dementia, sharing our best practice and learning
- Share and promote the use of resources relating to reducing falls & fracture risk
- Align Dementia Friendly and Age-friendly approaches to maximise the gains from both

# Healthy and active ageing

## Physical activity

By any method you measure physical activity and healthy ageing, it is clear that physical activity is one of the single biggest thing that can improve the odds of healthy ageing (by up to 40%). As well as being more physically active in general, we know that maintaining and improving muscle strength and balance can help people in later life continue to carry out activities of daily living and reduce their risk of falls.

However, evidence shows that ageing in itself provides us with challenges for maintaining levels of physical activity in older age, such as:

- ❖ The decline in activity levels and capability linked to physiological ageing
- ❖ An increase in long-term and life-limiting health conditions with age
- ❖ An increase in physical and sensory disability or impairment and mobility problems with age – almost 70% of people with a disability are aged 50+
- ❖ A decline in physical capacity in older age, manifested by more difficulty in performing activities of daily living, and more effort needed in doing so, which may lead to a negative view of physical activity and therefore less desire to take part.

This in turn can often lead to changes in ability, confidence and motivation experienced by many older adults. As a result, older adults may begin to doubt their physical capabilities as they age; society may limit older people's expectations of themselves and their capabilities, leading to a collective failure to appropriately support and challenge older adults to be more physically active. Addressing this is an important part of our strategy.

Major physical and mental health risks and substantial health and social care costs are the products of inactivity. We have seen a distinction between ageing (by numbers) and physical decline. Disease can speed that decline and loss of ability. Exercise can significantly delay or prevent disease and can slow the rate of decline.

In Stockport we have a comprehensive Physical Activity Strategy. From this strategy a number of targeted approaches seeking to increase physical activity in mid and later life have developed such as 'I wish I'd tried...' and strength and balance training. We should also cross reference this with our action around challenging ageism and remind ourselves and those we work with that slowing down is not an inevitable part of ageing.

*“You don't stop dancing because you grow old, you grow old because you stop dancing”.*

# Healthy and active ageing

## Healthy behaviours and lifestyles

As the impact of chronic disease and disability influences an individual's ability to enjoy later life, the health promoting behaviours that can contribute to prevention of these conditions e.g. having good nutrition, stopping smoking, maintaining a healthy weight, should be promoted throughout life, regardless of age.

Several cohort studies have found links between successful ageing and a person never having smoked (or having quit), exercising regularly, eating fruit and vegetables daily and drinking only a moderate amount of alcohol.

In Stockport we have the [Healthy Stockport](#) service which support behaviour change. We need to ensure that these services support people to make lifestyle changes throughout the life course understanding their benefits for healthy ageing, and at any age.

In Stockport NHS health checks are delivered by primary care. Invitations to attend an NHS health check are sent out every 5 years to people between the ages of 40 – 74 who don't have previously recognised vascular disease or a condition which is already managed through an existing care pathway. For people between the ages of 65 - 74 attending an NHS health check, the checks are used to raise awareness of the signs of dementia and signpost people to appropriate services. We will encourage GP practices to continue to use NHS Health Checks to raise awareness of the mechanisms for healthy ageing, and understand that adopting a healthy lifestyle can reduce the risk of decline.

Evidence suggests there are five steps we can all take to improve our mental wellbeing. These are five things that, according to research, can really help to boost our mental wellbeing: connect; be active; keep learning; give to others; be mindful. In Stockport we have developed a [wellbeing plan](#) which helps to support people to plan their own personal approach to acting on the five ways to wellbeing as part of everyday life.

A particular issue which relates to our older adults is malnutrition and dehydration. Malnutrition amongst the general 65+ population is estimated at around 14% but can rise to as much as 35% prevalence dependent on setting. More than 90% of malnutrition is said to occur amongst people living independently in their own homes and communities which is why a community-level intervention is being recommended, to target the environments where it most commonly occurs. Stockport are implementing the use of an approach originally developed in Salford, using a [PaperWeight arm-band](#) as an intervention for raising awareness around malnutrition.



# Healthy and active ageing

## Carers

The likelihood of being a carer increases with age. For many people, caring responsibilities play a significant role in their day to day life. We need to understand this and ensure that carers are able to embrace this opportunity whilst not neglecting their own health, wellbeing and independence. To ensure that carers are supported, feel valued and get the recognition they deserve, Stockport Council and Stockport's local NHS organisations have worked with Signpost for Carers, Stockport Advocacy and Healthwatch to jointly develop a [Stockport carers' charter](#).

The charter describes the values, principles and standards that carers have told us are important to them. It guides these organisations, in how we support and work with local people who provide a significant caring role to family members or friends.

Signpost Stockport for Carers is an independent local charity which provides free, confidential information and support to unwaged carers of all ages in the Stockport area. Very often people do not recognise themselves as 'carers'; they are just family members, friends or neighbours who find themselves in a caring situation. A carer may not always live with the person they care for, but their help may be essential in enabling that person to go on living independently. Carers connect is a new initiative in Stockport creating a platform for carers to exchange information, skills and experiences.

## Volunteering

Volunteering can also offer a way to retain a sense of purpose, and can support an individual's wellbeing as one of the 5 ways to wellbeing. There is a growing body of evidence around the benefits of volunteering; and some evidence that particularly relates to the benefits of volunteering in later life. In addition to the benefits of volunteering to society, there is a strong possibility that volunteering has a positive impact on the health and well-being of those who engage in it.

In Stockport, we are taking steps towards supporting volunteers, particularly through the introduction of 'Stockport Local' which supports people to find groups, events and services in the local area, and also promotes local volunteering opportunities

# Healthy and active ageing

## Our actions:

- Increase physical activity in mid to later life as one of the key components to healthy ageing

To do this, first we will:

- Develop ways of increasing physical activity for currently inactive older adults at key life transition points (e.g. retirement, bereavement etc)
- Use Stockport's physical activity strategy to promote of physical activity for healthy ageing and increase physical activity across the life course
- Support the use of the Wellbeing Planning tool (based on 5 Ways to Wellbeing) to help individuals to identify ways of being physically active

- Ensure the promotion of disease identification and prevention programmes in mid and later life

To do this, first we will:

- Ensure that our services work with people to promote the benefits of lifestyle behaviour changes, throughout life, at all ages
- Support the implementation of self-care and Find and Prevent programmes of activity within Stockport Neighbourhood Care and partners, to encourage lifestyle change; early identification and self-management of long-term conditions
- Encourage the promotion of disease prevention programmes such as NHS Diabetes Prevention Programme to adults of all ages
- Support the use of the Wellbeing Planning tool to help individuals to identify areas of interest and opportunities for themselves to contribute their skills, knowledge or time
- Use the Paperweight armband project to promote the issue of malnutrition and dehydration and to commence our approach to tackling the wider issues around this topic

# Healthy and active ageing

## Our actions:

- Embed the Carers Charter across Stockport
  
- Support people in understanding the benefits of volunteering and in finding volunteering opportunities as they grow older

To do this, first we will:

- Strengthen the volunteering information available through My Care My Choice and Stockport Local websites
- Work with community development teams to provide support in disseminating the understanding about the benefits of volunteering and social participation

# Key ambition statements and actions

The tables on these slides take the actions that have been developed against our strategic objectives and map these to the key ambition statements that have been developed through co-production with our older residents.

## “I am encouraged and supported to remain active as I get older”

Age-friendly borough and communities	Enable and promote independence	Healthy and active ageing
Develop enabling, inclusive and inviting urban environments for older people in Stockport	We will support people to live independently in their own homes for as long as possible	Increase physical activity in mid to later life as one of the key components to healthy ageing
Increase social participation in people over 50	Develop a approaches to ensure effective, accessible and affordable transportation options for older people across the borough	Ensure the promotion of disease identification and prevention programmes in mid and later life
We will challenge ageism in our selves and in our services	We will support the GM Ageing Hub to develop an age-friendly transport plan with Transport for Greater Manchester, ensuring the needs of Stockport residents are addressed	Support people in understanding the benefits of volunteering and in finding volunteering opportunities as they grow older
	We will support the implementation of the falls, frailty and dementia programmes within Stockport	

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## “I have the social life I want and I don’t worry about being lonely”

Age-friendly borough and communities	Enable and promote independence	Healthy and active ageing
Develop enabling, inclusive and inviting urban environments for older people in Stockport	We will provide good quality and affordable housing options for older people in Stockport	Increase physical activity in mid to later life as one of the key components to healthy ageing
Increase social participation in people over 50	We will support people to live independently in their own homes for as long as possible	Embed the Carers Charter across Stockport
We will challenge ageism in our selves and in our services	Develop a approaches to ensure effective, accessible and affordable transportation options for older people across the borough	Support people in understanding the benefits of volunteering and in finding volunteering opportunities as they grow older
	We will support the GM Ageing Hub to develop an age-friendly transport plan with Transport for Greater Manchester, ensuring the needs of Stockport residents are addressed	

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## “I have a sense of purpose now and for my future”

Age-friendly borough and communities	Enable and promote independence	Healthy and active ageing
Increase social participation in people over 50	We will provide good quality and affordable housing options for older people in Stockport	Embed the Carers Charter across Stockport
We will challenge ageism in our selves and in our services	Develop a approaches to ensure effective, accessible and affordable transportation options for older people across the borough	Support people in understanding the benefits of volunteering and in finding volunteering opportunities as they grow older
	We will support the GM Ageing Hub to develop an age-friendly transport plan with Transport for Greater Manchester, ensuring the needs of Stockport residents are addressed	
	We will develop ways to support employers to become age-friendly employers, to address worklessness and job insecurity for older adults	



## Next steps

The strategy touches on a huge amount of work which is in development or existing throughout Stockport, seeking to highlight its relationship and importance in the realm of healthy ageing. The next steps for this strategy are therefore to:

- Continue to share, promote and engage partners with the strategy
- Develop a full action plan and project manage the delivery of this action plan aligned to existing initiatives
- Develop a short summary document to enable wider engagement with this work
- Continue to strengthen our involve older adults in delivery of strategy and action plan
- Develop and agree key measures by which this strategy and action plan will be monitored and assessed (in line with the monitoring and performance work being developed through the Greater Manchester Ageing Hub)

Due to the broad nature of this issue, it should be noted that this strategy seeks to provide a succinct summary of a large body of evidence from a breadth of sources.

Full detail on any references for the topics covered in this strategy can be provided on request.