

**T h e I m p o r t a n c e o f S o c i a l
C o n n e c t i o n f o r G o o d
M e n t a l H e a l t h - s u p p o r t i n g
o l d e r p e o p l e ' s w e l l b e i n g
t h r o u g h c o m m u n i t i e s**

Jolie Goodman,

Programmes Manager for Empowerment & Later Life



Mental Health
Foundation



Mental Health Foundation

- Our **vision** is for a world with good mental health for all
- Our **mission** is to help people understand, protect, and sustain their mental health
- **Prevention** is our priority, across the lifecycle.



Mental Health Awareness Week

9 - 15 May 2022

Together we can
tackle loneliness

#IveBeenThere

- One in ten of people aged 65 and over reported that they feel lonely some or all of the time.
- One in four people aged 65-74 reported feeling isolated often or some of the time.
- Around 10 per cent of people aged 65 or over said feelings of loneliness made them feel worried or anxious

Tips on how to reduce loneliness in later life



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LISTEN
COMPLETELY



Standing Together Cymru



The main aims of the Standing Together Cymru project:

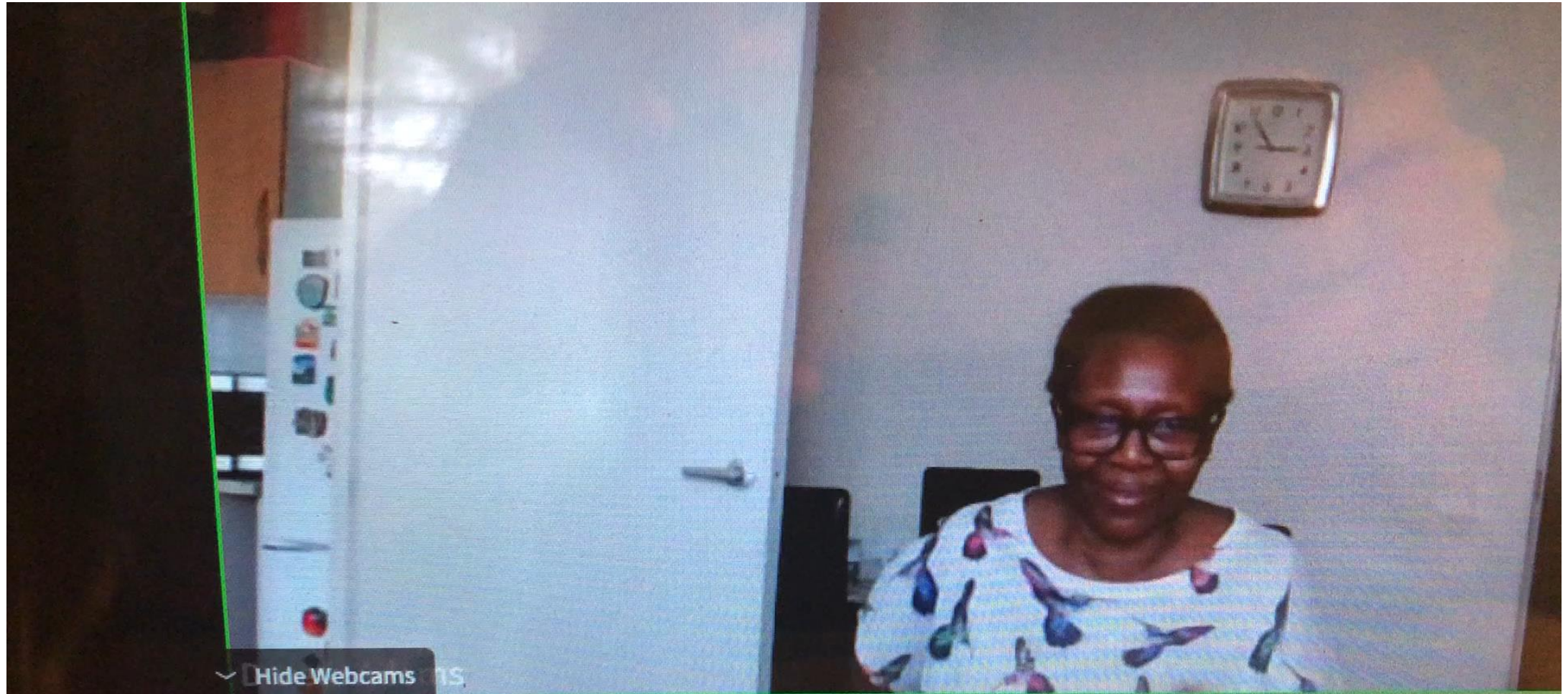
1. Reduced loneliness and socially isolation
2. Improved emotional wellbeing and knowledge of coping strategies
3. Increased meaningful activity, sense of purpose and community engagement and:
4. Retirement housing staff and volunteers will be better equipped to support the mental wellbeing of residents.

Two of the STC Evaluation Report

Social connections and peer support need to be valued much more highly, and included in older people's care plans – with the removal of any barriers, including potential associated costs for attending sessions that support health, wellbeing and social connection⁶⁸.

Address digital exclusion with clear milestones and targets – delivery of the STC programme was adapted to meet the challenges of working during the pandemic but digital exclusion and low digital literacy skills meant that there was limited opportunity for virtual peer support. We support the focus on digital inclusion and digital support via the 'digital heroes' initiative in Age Friendly Wales and the priority given to this by the Older People's Commissioner, but clear milestones and targets are required to address digital exclusion






Hide Webcams



Mia Golding

Wendy Cupid-Thuesday

Gill Springett



**Picture
This**



To help tackle digital exclusion in later life, the Mental Health Foundation is asking that the national government and local authorities:

- pay particular attention to digital technology in residential care settings
- place greater focus on training and support for people later in life to develop the skills and confidence to use digital technology.
- provide digital skills training in public libraries and community spaces for older adults who want access to and to learn more about using digital technology.