

Better EngAGED

A place to live

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#!\$%*?..!

Loneliness



Pensioners hit by 'epidemic' of loneliness

PERSONS spend almost a third of each year - more than 100 days - on their own, a survey reveals today.

By Sarah O'Driscoll
Social Affairs Correspondent

How loneliness can make you feel

distress

abandoned



not being understood by others



The state of loneliness



51% of people aged 75 and over live alone



Over 1 million older people haven't spoken to a friend or family member in a month



itv NEWS



9 MILLION HIT BY LONELINESS IN UK

Chronic **LONELINESS** in the **ELDERLY**
How to Help Yourself or Someone Else



being isolated are bad for your health.

What would your daily routine look like?



What specifically is stopping me?

(I can't drive, I can't get out on my own, I can't afford it)

Lor

Supported by a network of other people

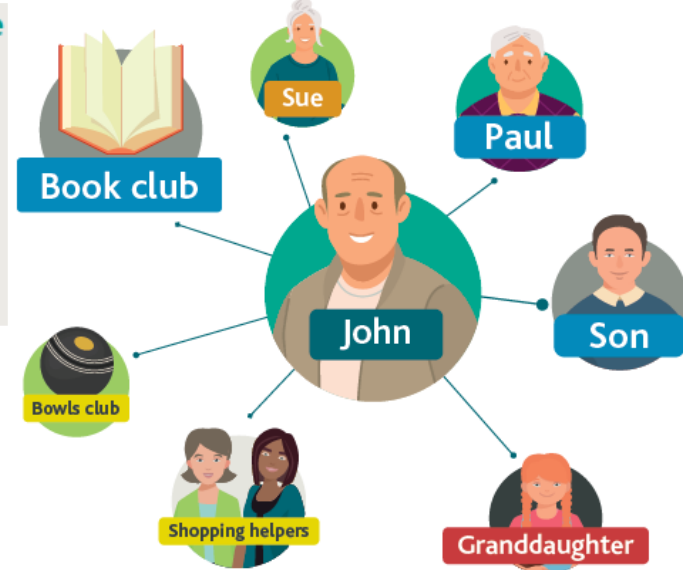
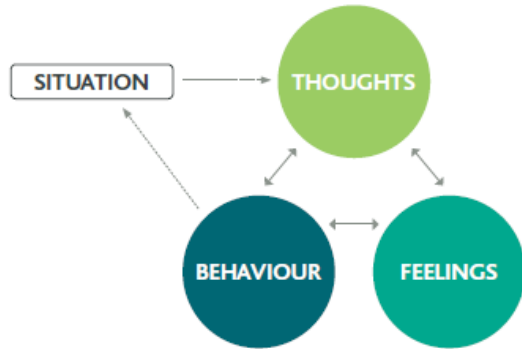


Where do I want to go?

(e.g. the gym, the shops, the park, the football)

What steps can I take to overcome these difficulties?

(I can ask my niece, I can contact Age UK about a shopping assistant, I can research financial support schemes)



What do I value and find interesting now?



Being alone,
becomes a choice



- Starting point – Summer 2019 to 2022
- Employed Dr Michael Roberts ‘Engaged Lives Project Officer’

Engaged Lives Workshops

- Held once per week, for 6 weeks
- Groups of up to 10 residents
- Resource pack supplied to residents to use throughout sessions



Week 1 -
A Vision of Engagement

Old age presents a number of challenges to staying involved with our communities. And these challenges can leave many older people feeling increasingly isolated and disengaged, believing this is an inevitable part of the ageing process.

But it doesn't have to be this way. Old age is a time when we can be just as engaged as ever. This week, we'll explore some alternative ways of thinking and some more positive visions of engagement in later life.

Some difficulties faced by older people in the UK (from Age UK 2014 survey):

- 49% of those aged 75 and over live alone
- Nearly 1 in 5 older people say they can go a week without speaking to a friend, family member or neighbour
- >1 million older people feel lonely "often" or "always"
- Loneliness: The felt gap between our actual and desired social relationships

Social isolation and loneliness in later life are also caused by **STEREOTYPES** that many people have of older people.

ew mindsets: changing our Thinking

oving onwards

In fact, these are **self-fulfilling prophecies**. Research shows that older people who steer clear of negative ageing stereotypes:

- Move faster
- Have better posture and joints
- Are less anxious
- Have lower blood pressure
- Heal quicker
- Perform better on memory tests
- Live longer (7.6 years)

Amongst those attending our peer-support workshops, we saw an average



5.5%
increase

in
"Social
Wellbeing"
scores



14.5%
increase

in
"General
Wellbeing"
scores



Engaged Lives Workshops – 377 residents attended in total

- Outcomes measured using the UCLA Loneliness scale and the Warwick-Edinburgh Mental Wellbeing Scale
- Smaller increase in "Social Wellbeing" possibly related to length of workshop
- "General Wellbeing" increase went further, with topics such as mindfulness, challenging negative thinking, and confidence being popular

“We were able to speak openly about many things - emotions, stress, and coping with life on the whole in the village.”



Community Team

- Support retirement villages to set-up new volunteer roles, replacing traditional ‘befriender’ roles
1. **Community Coordinator** – Keeps us organised, assists in matching residents to volunteers
 2. **Community Builder** – focusses on bringing groups of residents together
 3. **‘Friendly Faces’ Volunteer** – focusses on one to one support, making use of techniques

Friendly Faces Core Principles

1. Empowers individuals to make positive change, without trying to “rescue” them

In locations running our Friendly Faces initiative, we saw the following changes since launch:



Residents hardly ever or never lonely



Residents hardly ever or never feeling left out

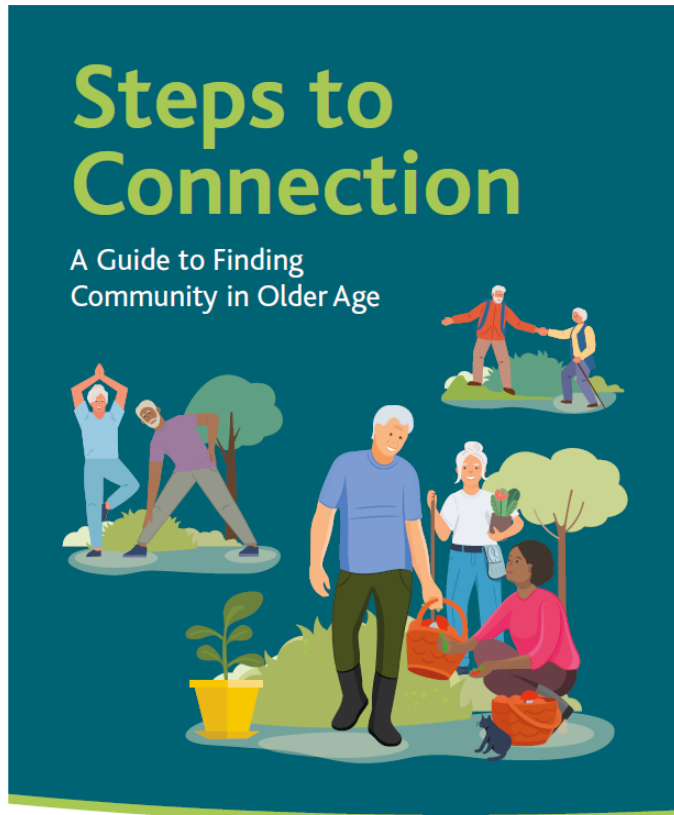


Residents feeling "often in tune" with others





Our 'Lemonade' project



Steps to Connection

A Guide to Finding Community in Older Age

The
ExtraCare
Charitable Trust

COMMUNITY
FUND

Engaged Lives
Building Confidence & Community

1 Nourish Your Relationships
Page 22



2 Keep Mobile
Page 26



3 Build Your Resilience
Page 29



4 Work with Your Thoughts
Page 33



5 Live in the Present
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6 Practice Gratitude
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7 Support Others
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8 Find Community as a Caregiver
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9 Connect from Home
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10 Go Digital
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BONUS STEP
Keep Connected During COVID-19
Page 59



EXTRA: Set Yourself Goals Page 62

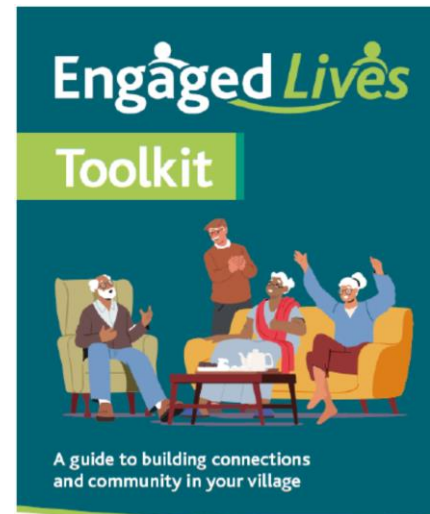
PART 2

Host an Engaged Lives event at each of our retirement villages in 2023 where we can:

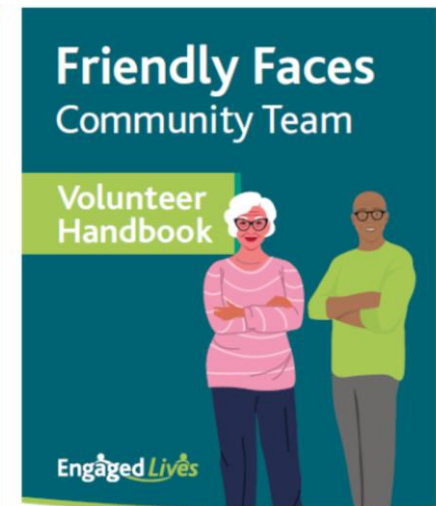
- Promote the Volunteer Community Team, support villages to adopt the roles with a bespoke handbook and toolkit for the initiative

What's
the
plan?

- Provide copies of Steps to Connection to residents
- Support staff to deliver the Engaged Lives Workshop



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Thank you for listening!

Twitter: @extracareorguk

Website: www.extracare.org.uk

Useful Links: <https://www.extracare.org.uk/engaged-lives>
<https://www.extracare.org.uk/engaged-lives/whats-involved/>

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