



Loving later life with

Age UK Notts

Maria Cooke – Development Manager



Why do we need Age UK Notts?

Thinking
about age

Our services

Our
challenges

Our
successes

Our
volunteers

What does 'loving later life' mean?

There are certainly challenges to loving later life. What do you think they are?

Shakespeare identified the 7 Ages of Man in As You Like It (Act II, Scene 7)



Where would you put yourself on this spectrum?

What is 'age' today?

It seems to be a health and lifestyle issue.

It's not always about chronology but about how you live.

Eg: If you're 45 and in very poor health, you may feel 'older' than a fit and active 85 year old.

Sad statistics

- Over a million people in the UK have not communicated with anyone in the last month – that's about 40,000 people in Nottinghamshire
- 47% of women and 39% of men aged 65+ reported difficulty walking even moderate distances*
- Between 2010 and 2013, 40% of pensioners experienced persistent poverty*
- 40% of the NHS budget is spent on patients aged 65+

Do any of those facts relate to someone you know?

* Statistics derived from the Office of National Statistics

Age UK Notts is here to help

- We are the largest local independent charity providing a wide range of services for older people from all communities and backgrounds in the city and county
- We enhance the quality of life and promote the health and wellbeing of all older people
- Every year we help around 35,000 older people

HOW DO WE DO THAT?

Personal stories: Mildred

- Mildred, 97, lives at home alone with carers 4 times each day and the love and support of her close-knit and multi-generational family
- The love and support she has given over the years is able to be returned to her as the family are closely knit and value her views on things

Independence services provided by Age UK Notts:

Housing Options Advice	• Expert information and advice on housing and care options
Information & Advice	• Expert advice on welfare benefits entitlements, information on health and social care, signposting
Legal Advice	• Professional advice via local solicitor on legal matters
Will Writing	• Will writing service to those with simple estate, without a Will, wish to have a Power of Attorney

Personal stories: Pete

- Pete, who had lost touch with his family lives alone here in Nottingham with very little contact with his community
- He isn't a very good cook and sometimes has trouble with his personal care
- Has recently been diagnosed with early-stage Dementia

Specialised Day
Care

• Support for individuals with higher levels of need including dementia, disability or physical frailty

Visiting Services

• A home or telephone based service for people who are lonely, isolated or housebound

Social Activities

• From lunch clubs to Men in Sheds, discussion groups and Scrabble – a range of activities to suit every taste

Personal stories: Jane

Jane was almost blind in one eye and lost sight in the other eye while out walking one day. She was very frightened and could not find her way home. She was rescued by the police and ambulance took her to hospital and who noticed that she lived in squalid conditions when taking her home. We intervened with a range of services to help her:

Jane now lives in much safer and warmer conditions with better furniture and a much better quality of life.



Challenges

- People are living longer
- Personal budgets
- Life expectancy at 60 in Nottingham is 16.1 years for men and 18 years for women
- People over 65 with long term limiting health problems: 62.6% compared to 53.1% and those with hypertension 71.8 vs. 67.9 in England
- 19% of population in the county aged 65+ in 2011 compared with 17% in England
- 158,000 of aged 65 and over expected to increase by 12% to 177,400 by 2020

Successes

- We have been here for nearly 75 years and each year we help around 35,000 older people from simple calls to prolonged complex issues
- We are a local charity and part of the national Age UK family
- Long standing, effective relationships with local authorities and health commissioners
- Last year we helped older people obtain around £2 million in added benefits – that could be money with your name on it

Successes

- 3,369 day care places were provided by our Sybil Levin Health and Wellbeing Centre
- 167 people received a volunteer visitor to provide social companionship and enjoyment
- 459 people received home safety advice
- Committed staff and volunteers with strong governance structures

We help older people love later life in practical, effective ways

Volunteers

- Without our 300 volunteers we would not be able to do as much as we do
- Our volunteers help us on many levels
 - Sybil Levin Health and Wellbeing Centre
 - Advice & Information
 - Advocacy
 - Visiting
 - Men in Sheds
 - Back-office functions
 - Fundraising
- Recently won the Queen's Award for Voluntary Service for 2015

Planning for the third age

- Today's older people are savvy and have a positive attitude and joie de vivre maybe not experienced to such an extent in previous generations
- We specialise helping older people but some services are available to all adults
- We help people plan their later life
- We provide services that make life better for people dealing with a range of circumstances
- We regularly seek feedback to make sure we are giving older people what they want

Why we fundraise

- We need to raise about £3 million every year to continue our vital work on older people in Nottingham and Nottinghamshire
- We provide a wide range of services
 - Advice including Business Directory
 - Advocacy
 - Housing
 - Products and services tailored to the over 50s
 - Health and wellbeing including Day Care services
 - Training and volunteering

All funds raised go back into supporting older people in Nottinghamshire – no shareholders and no private owners.

What's raised in Notts stays in Notts.