



Derry City & Strabane
District Council
Comhairle
Chathair Dhoire &
Cheantar an tSratha Báin
Derry Cittie & Stràbane
Destrict Council



Easy
Read

Our plan to support older people

2022 to 2025



Public Health
Agency

Project supported by the PHA

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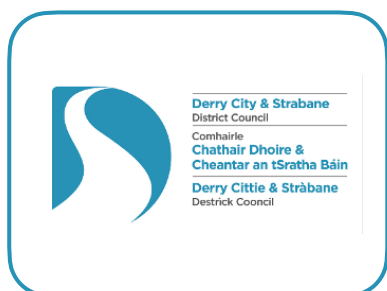
In this Easy Read booklet, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#).

These are links that will go to another website which has more information.

About this booklet



Derry City and Strabane District Council has written this plan to support older people to live good lives.

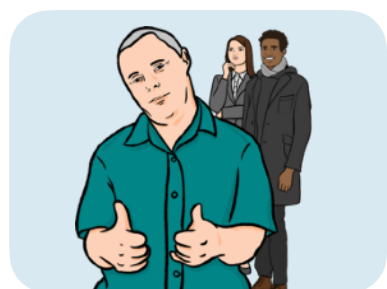


We are working with other organisations, like the Public Health Agency, to do this.



This booklet explains:

- Why we wrote this plan.



- What we are going to do to support older people to live good lives.



- How to tell us what you think of our plan.

Why we wrote this plan



We are an age friendly city and region.

This means that we want to make sure that people aged 50 and over:



- Are listened to.



- Live good lives.



- Are involved in choices that affect them.

What it is like to grow older here



There are more older people than there used to be.



Older people have told us that this is a good place to grow older because of how others support them.



This might be friends, family or neighbours.

But some things are not so good for older people:



- A lot of older people feel lonely, and take part in fewer activities than they used to.



- A lot of older people have issues with their health.



- Many older people do not live in good houses.

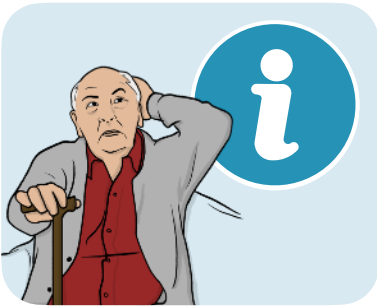


- Many older people do not go to places like parks, because:
 - There are not enough places to sit down.
 - There are not enough toilets.
 - They do not feel safe.

These are other things that are not so good for older people:



- A lot of older people do not travel around as much as they would like.



- Many older people find it difficult to find out information.

Our vision



In this booklet, our **vision** is the thing we want to achieve.

Our vision is that local people get support to live a good life, so that as they get older they are:



- Treated with respect.



- Involved in choices that affect them.



- Able to live in the way they want.



- Happy.

4 Themes



In this booklet, **themes** are ideas that help us decide what to do to support older people.

We have 4 themes:

1. Involving people



Older people know what can help them better than anyone else.



They should be involved in writing plans that support local older people.

2. Doing more of what we are good at



There are lots of people and organisations doing very good work to support local older people.



We want to help them to do more.

3. Working better together



We want different organisations to work together better.



This will mean that they can learn from each other and do more good work.

4. Including everyone



Some groups of older people may need more help and support than others. Some of these groups are:



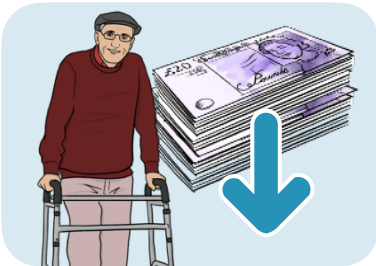
- People who live in the countryside.



- People with a disability.



- People who live alone.

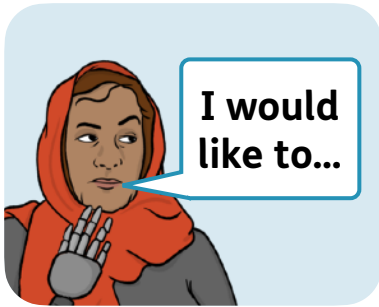


- People who do not have as much money as others.



We will think about what we can do to support these different groups.

Outcomes



In this booklet, **outcomes** are the things that older people told us they want to achieve.



Our plan will help older people to achieve their outcomes.

There are 4 outcomes:



1. Taking part in the local community.



2. Being fit and healthy.



3. Being involved in choices that affect them.



4. Living in a world that includes older people.



We have plans for what to do to help older people achieve each outcome.



These plans are called actions.



The next 4 parts of this booklet explain the actions we will do for each outcome.

1. Taking part in the local community



Older people have told us they want to take part in the local community.

To help them do this, we will:



- Make a map of all of the local services and activities that support older people.

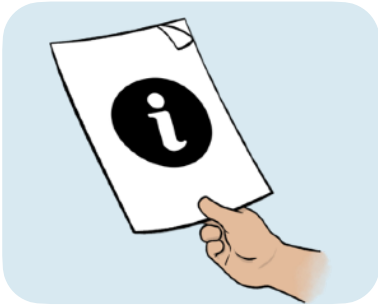


- Work with older people to make sure we are letting people know about services and activities in the best way.

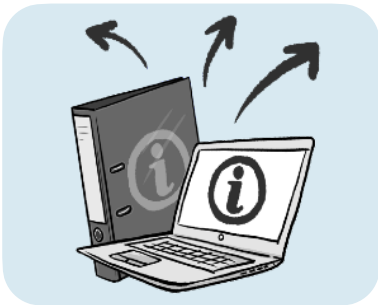


- Support more older people to use computers and the internet.

To help older people take part in the local community, we will also:



- Look at giving people aged over 50 booklets with information about local services to support them to live well.



- Make ways for organisations that support older people to share information.



- Support older people to:

- Get good jobs.



- Learn new things.



- Volunteer - this means giving your time to help without getting paid for it.

2. Being fit and healthy



We want local older people to carry on being fit and healthy.

To do this, we will:



- Give older people a health and fitness check every year.



- Look at what might stop older people from going to a doctor or other health services.



- Let people know about the information and services we have to help older people stay healthy.

To support older people to be healthier and happier we will also:



- Support people who are not healthy to get fitter and healthier.



- Give older people chances to take part in activities that will help them become healthier and happier.

3. Being involved in choices that affect them



We want older people to be involved in choices that affect them.

To do this, we will:



- Ask people what they think of this plan.



- Involve people by:
 - Asking older people what they think.
 - Really listening to what they say.
 - Making changes based on what they say.

To involve older people we will also:



- Make sure all our services and plans think about what older people need.



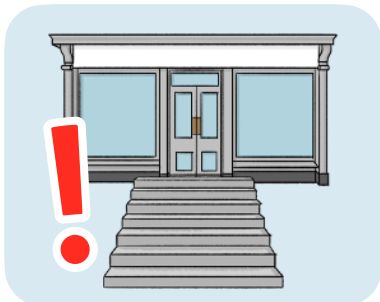
- Give people of all ages the chance to make plans for their care and support in the future.

4. Living in a world that includes older people



Many older people find that parts of their local area do not include them.

They may:



- Not be able to get into some buildings and shops.



- Find some pavements hard to walk along.



- Not find enough places to sit down.



This makes it harder for older people to go out and take part in life.



We want the world to include older people.

To do this, we will:



- Make it easier to get around buildings and public places, like parks.



- Make sure that older people in our local area can get public transport, like buses and trains.



- Make sure older people can live in places that are good for their needs.

Making our plan happen

5 groups will help make sure we do what we say in our plan. They are:

1. Age Friendly Alliance



The **Age Friendly Alliance** will be in charge of doing what we say in our plan.

2. Age Sector Network



The **Age Sector Network** will be a group of all the different local organisations that support older people.



They will work together to help older people to live well.

3. Age Friendly Champions



Age Friendly Champions are local people who will speak up for older people.



They will check that we are doing what we say in our plan.

4. Older Peoples Reference Group



The **Older Peoples Reference Group** will be a group of older people from across the local area.



They will have events, where they will speak up for older people.

They will be in charge of the work they do.

5. Age Friendly Steering Group

The Age Friendly Steering Group will include:



- People from the council.



- People from other organisations, like the Public Health Agency, that are working with the council to support older people.



- Age Friendly Champions.



They will meet twice a year to check we are doing what we say in the plan.

Find out more



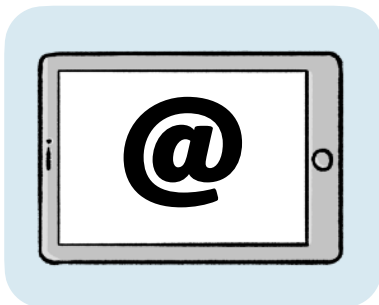
You can tell us what you think of our plan here:

www.derrystrabane.com/consultations



If you need more information please contact us by:

- Phone: 028 71253 253



- Email: agefriendly@derrystrabane.com

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