



**Age Friendly**

Derry City & Strabane District Council



# **DERRY CITY AND STRABANE DISTRICT COUNCIL AGE-FRIENDLY STRATEGY AND ACTION PLAN 2022-2025**



Derry City & Strabane  
District Council  
Comhairle  
Chathair Dhoire &  
Cheantar an tSrátha Báin  
Derry Citty & Strabane  
District Council



Public Health  
Agency

Project supported by the PHA

Prepared by



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# INTRODUCTION

Derry City & Strabane District Council are delighted to introduce the Age Friendly Strategy and Action Plan for 2022-2025 with the involvement of all our partners, particularly the voice of our older people at the heart of this journey to ageing well.

Like many areas around the world Derry and Strabane's population is ageing and the fact that many of us are living longer is to be celebrated. Our stakeholders and partners across the statutory, community and voluntary sectors have been essential in the ongoing commitment and developments to ensure Age Friendly Derry and Strabane is a key feature in the Strategic Growth Plan for the area.

The needs of older people should be considered to adapt our service, structures, and service developments to support the health and wellbeing of our older people and help to maximise older people's experiences moving forward. This fosters on the continued commitment and civic leadership since 2013 when the area first signed up to the World Health Organisation's Age Friendly Declaration and in 2017 when the Mayor signed a declaration committing to this process by joining the World Health Organisation (WHO) Global Network of Age Friendly Cities and Communities.

This strategy and action plan aims to increase understanding of the issues affecting older people and promote and emphasise their rights, value, and contribution. The Department for Communities has begun the process of co-designing a new Active Ageing Strategy. The Northern Ireland Executive's Programme for Government (PfG) provides the overall strategic context the Active Ageing Strategy.

Recent times have been challenging for many citizens, particularly older people. The cost of living crisis and the Covid-19 pandemic have impacted significantly on many. However, the community-based collaboration flourished in these times of need, to build on cross sector partnership approaches to face challenges that older people have said are important to them. Whilst age emerged as the most measurable disparity in health risk during the pandemic<sup>1</sup>, lasting changes including flexible and hybrid working in many sectors now offer an opportunity to older workers. Adjustments many citizens made including spending extended periods of time at home, meeting more in outdoor public places, reduced journeys, accessing services all have heightened our awareness of the impact for people as they age.

Older people are and must continue to be at the heart of this, as recipients of support and as volunteers to shape and influence their future within a robust inclusive social infrastructure. All the partners are determined to build on the work already done and focus even further on where and how real differences for older people can be achieved.

Building on this partnership approach to tackling the issues and challenges that older people have voiced are most important and collectively we can make Derry and Strabane a great place to grow older. A commitment to age friendly should also be a commitment to the continued engagement of older people in the design, delivery and review of actions delivered through the strategy.

# WHY AN AGE-FRIENDLY STRATEGY AND ACTION PLAN?

In age-friendly places, age is not a barrier to living well. People live long, healthy and fulfilling lives enhanced by a range of activities, services and support in an environment that is welcoming, safe and easy to move around. Age Friendly ensures that people aged 50 years and over are valued for their experience and actively involved in decisions that affect them.

Derry City and Strabane District Council is working in partnership with the Public Health Agency (PHA) and their wider partners to deliver an age-friendly strategy and three-year action plan. This will continue to build on existing foundations, which first started in the council area in 2013.

The first Age-friendly Derry and Strabane strategy was published in 2016. Its vision was "To make the Derry City and Strabane District Council, both rural and urban areas, a great place to grow old where everyone is valued and respected across all ages".

The council then became a member of the World Health Organisation's (WHO) Network of Age Friendly Cities and Communities in 2017. WHO's age-friendly framework includes eight domains that places can address to meet older people's needs – and the needs of all of us as we age. These are:

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

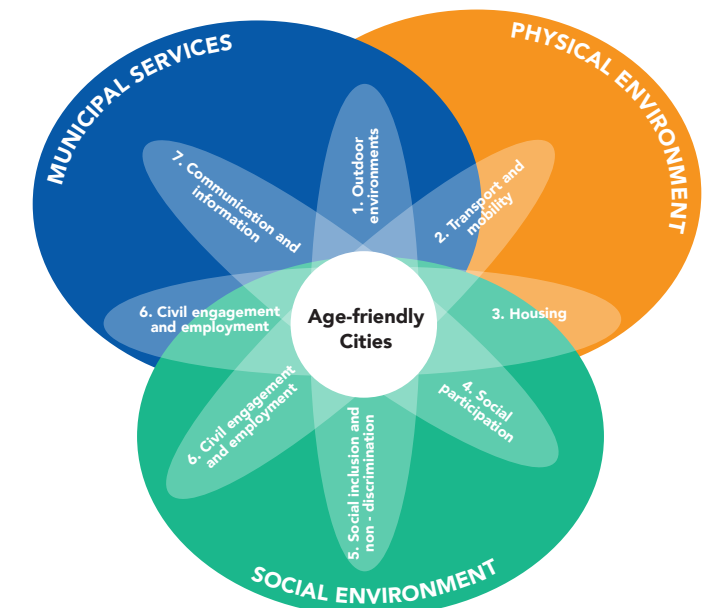


Figure 1 World Health Organisation's (WHO) Age Friendly Cities and Communities Framework

There have been many successes during this time. However, being age friendly is not a defined state, and it doesn't have an end point. Rather, it is a journey along which we will continue to adapt to support the health and wellbeing of older people.<sup>2</sup>

This new strategy and action plan builds on what has worked well before while responding to new challenges, in particular as we emerge from the coronavirus pandemic.



## CYCLE OF WHO GLOBAL NETWORK OF AGE-FRIENDLY CITIES

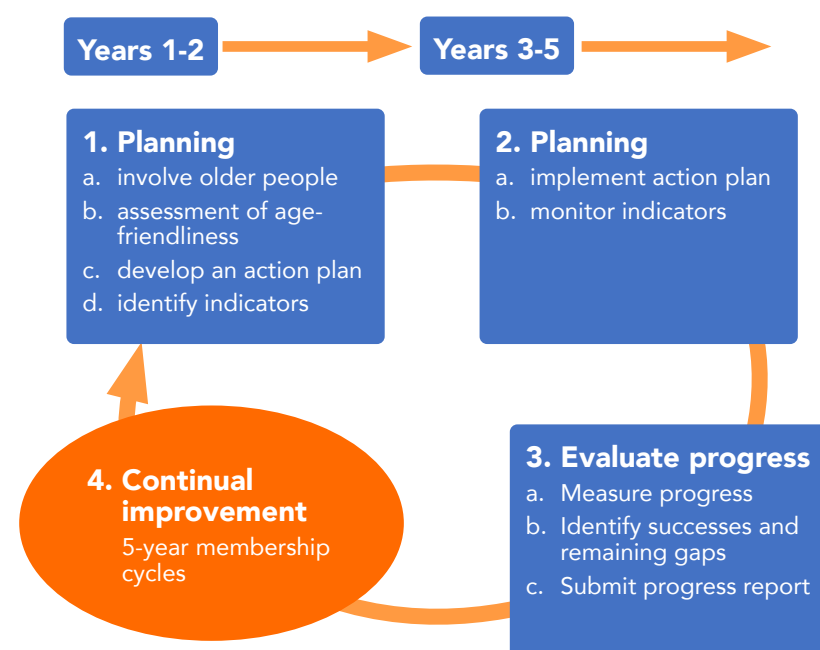


Figure 2 Cycle of World Health Organisation's (WHO) Global Network of Age Friendly Cities and Communities

An Age-friendly City and District must:

1. Establish mechanisms to involve older people throughout the age friendly process,
2. Develop a baseline assessment of the age friendliness of the city and district under eight domains,
3. Develop a 3-year city and district wide action plan, and
4. Identify measurements to monitor progress against this plan.

The eight domains of age friendly cover all the aspects of community life that need to be considered to support citizens to age well. They can be summarised as actions to improve the physical environment, social environment, and delivery of key services. The pace of improvements and key themes in action plans are determined by what is needed in each city.



## HOW THE STRATEGY AND ACTION PLAN WAS DEVELOPED

Co-design is a way of thinking and a way of working that recognises that people are part of the solution because they are experts in their own experience. It then supports people to become equal collaborators in decisions that affect them.

So that this new strategy and action plan is built on co-design principles, one of the first steps was to establish a Co-Design Steering Group. This was made up of representatives from Local Community Planning Partnerships, network organisations, and older people's groups from across the council's district electoral areas.

This was supported by:

- engagement with the Age-friendly Alliance, made up of members of the Strategic Growth Partnership. (The Strategic Growth Partnership helps deliver Derry and Strabane's community plan. It is made up of a wide range of partners including representatives from local statutory bodies, community organisations, political representatives, central government departments and other key regional support partners.)
- engagement with regional and local age-sector organisations and organisations whose services users include older people.
- focus groups and meetings with statutory, community and voluntary organisations
- an online survey with open, narrative style questions which encouraged older people to share their experiences and opinions.
- results from a quantitative survey that Derry City and Strabane District Council carried out in Spring 2021.
- postcard surveys on age-friendly domains, which were distributed through the steering group, public buildings, such as community and leisure centres, and age sector organisations.

- one-to-one interviews conducted by children and young people with their parents and/or grandparents
- creative workshops and other targeted engagement with groups who might otherwise have not been heard, such as carers, farmers, people from minority ethnic backgrounds, people living in rural areas and disabled people.

Findings from the engagement were brought back to the Co-Design Steering Group and Age-friendly Alliance to reflect on what works and what matters most for people as they grow older. Collectively they worked together to produce actions that can make a real difference in all our lives.

Co-design and engagement should continue to form part of the Age Friendly journey as the Derry City and Strabane District is rich in people and groups committed to making the council area a great place to grow old. Many gave generously to developing the strategy and action plan, and their expertise and experience was invaluable. Age-friendly aims to ensure that as we grow older, we remain active participants in our communities. As such, a commitment to age friendly should also be a commitment to the continued engagement of older people in the design, delivery and review of actions delivered through the strategy.





# WHAT IT'S LIKE TO GROW OLDER AROUND HERE

More people are living longer. The average man living in the Derry City and Strabane District Council area is now expected to live to 77.8 years and the average women, 81.4 years.<sup>3</sup>

Two in every 10 people here are aged 60 and over. One in every 10 is aged 70 and over. Two in every 100 are aged 85 and over.<sup>4</sup>

The proportion of people aged 65 and over is projected to continue to increase, accounting for 1 in 4 NI residents by mid-2045. By mid-2027, the number of people aged 65 and over will outnumber children (aged under 16) in NI for the first time.<sup>5</sup>

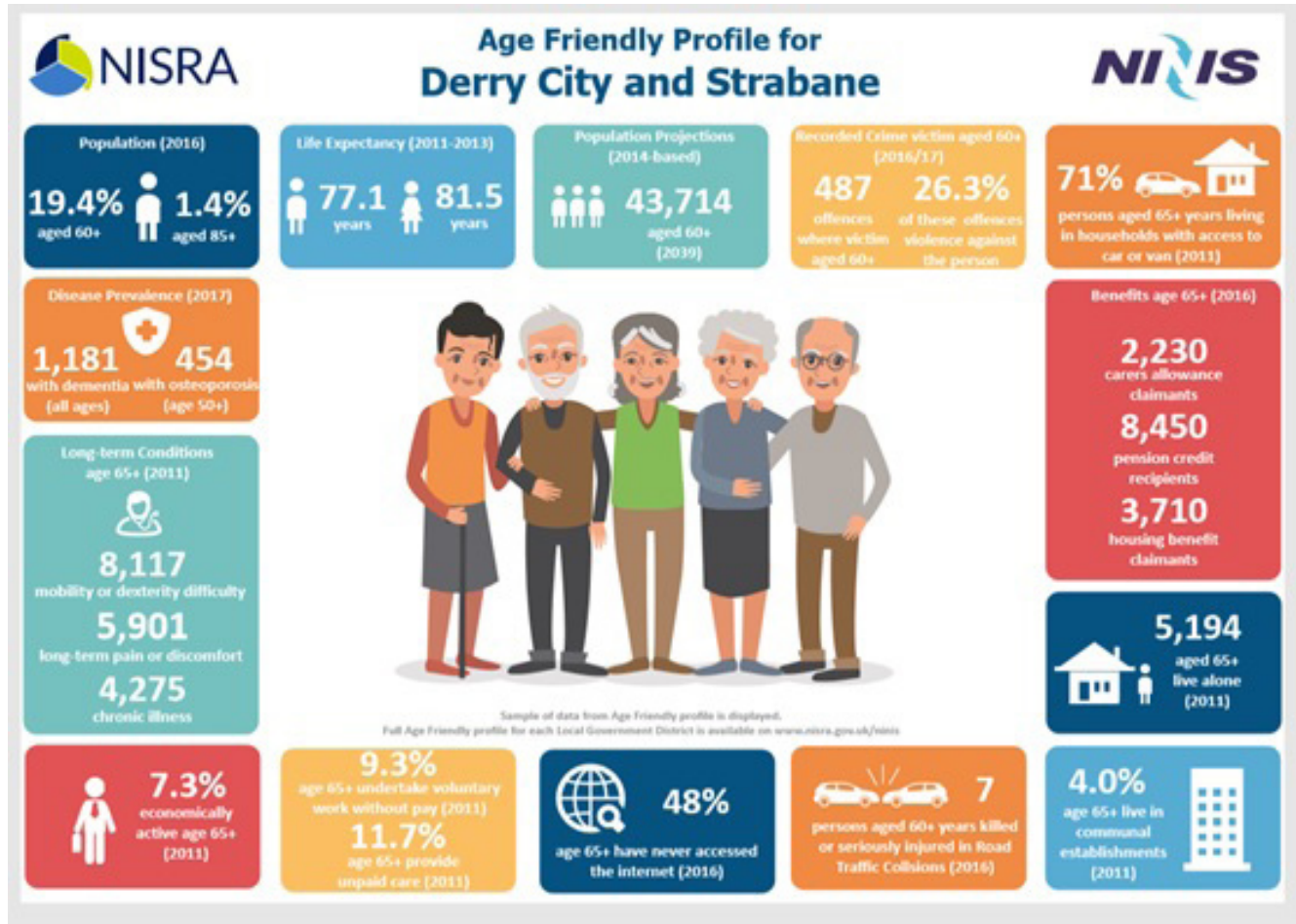


Figure 3 NINIS Age Friendly Infographic Profile for Derry City and Strabane District Council



## WHY IT IS A GOOD PLACE TO GROW OLDER

Through surveys, workshops, and focus groups, we talked to over 500 older people living in the Derry City and Strabane District Council area. We heard how other people make it a great place to live. This included family, friends, neighbours and a wealth of community and voluntary groups creating a strong community spirit that was often strengthened during the pandemic as we went the extra mile to look after each other. In addition, people also recognised and highlighted the services delivered by many statutory organisations to help support people as they grow older.



Figure 4 Positive responses to the question What makes your place a nice place to live? in the quantitative survey. Of the 127 people who responded, 54 per cent gave a positive response and 46 per cent said they didn't know or gave a negative response.



# WHAT MATTERS MOST TO PEOPLE HERE AS THEY GROW OLDER

## SOCIAL PARTICIPATION

Participation in culture, arts and sport tends to decrease with age: 73% of people aged 65 and over took part in 2020/21 compared to 96% of those aged 25 to 34.<sup>6</sup>

In Derry and Strabane district, 35% of people surveyed agreed "There are a wide variety of activities that are available and appeal to a diverse population of older people to come out safely". People we talked to told us they wanted more and a greater variety of things to do, adding that activities happening could be promoted better.

Prior to the pandemic, loneliness and isolation were already issues in the community, however restrictions implemented during the pandemic escalated these for many people. More than two thirds of people surveyed felt lonelier during the pandemic, and 3 in 5 said it affected their mental health and wellbeing.

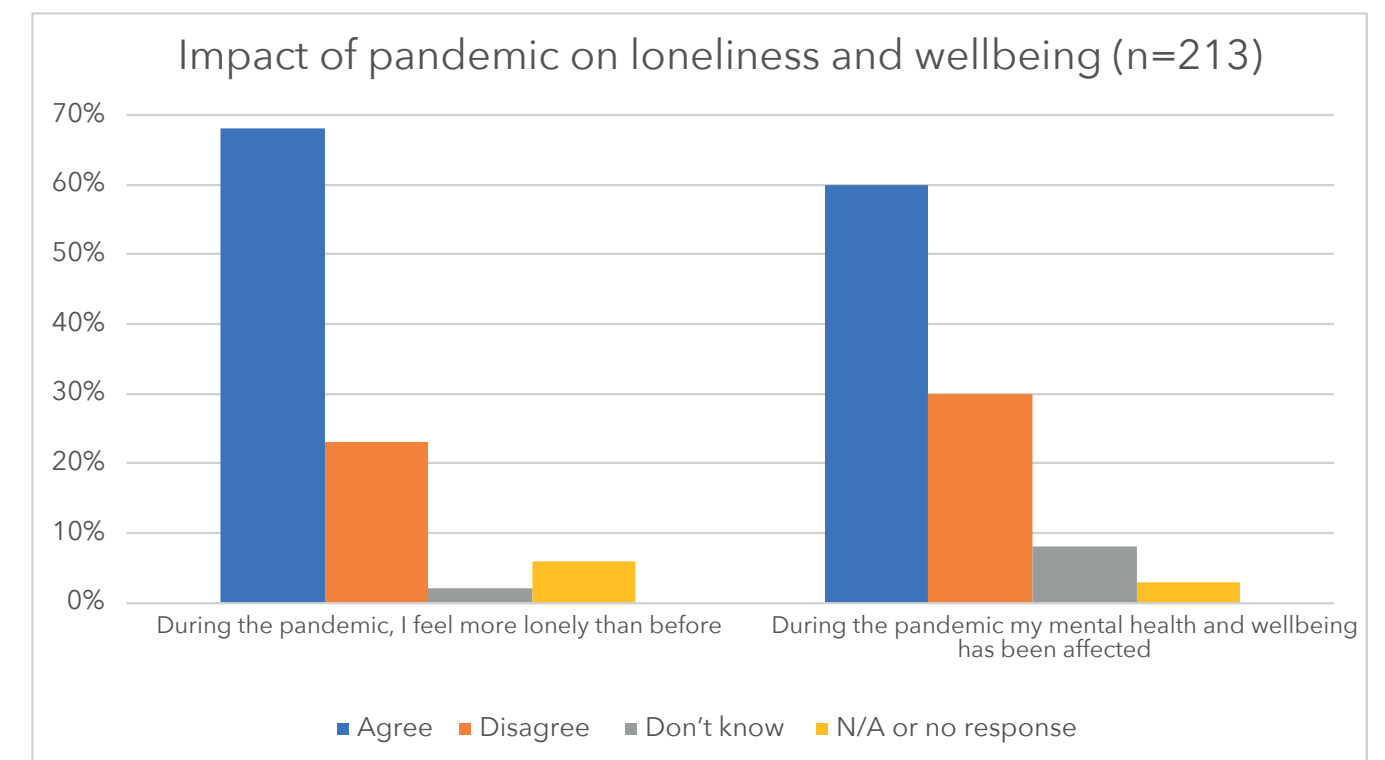


Figure 5 Derry City and Strabane District Council age-friendly quantitative survey

HEALTH

In the Derry City and Strabane District area, people aged 50 and over may be less likely to rate their health as good or very good than the population in general.<sup>7</sup>

Nearly one third (27%) reported that they don't have access to good quality health services and facilities, and 32% were not able to access GP appointments when need.

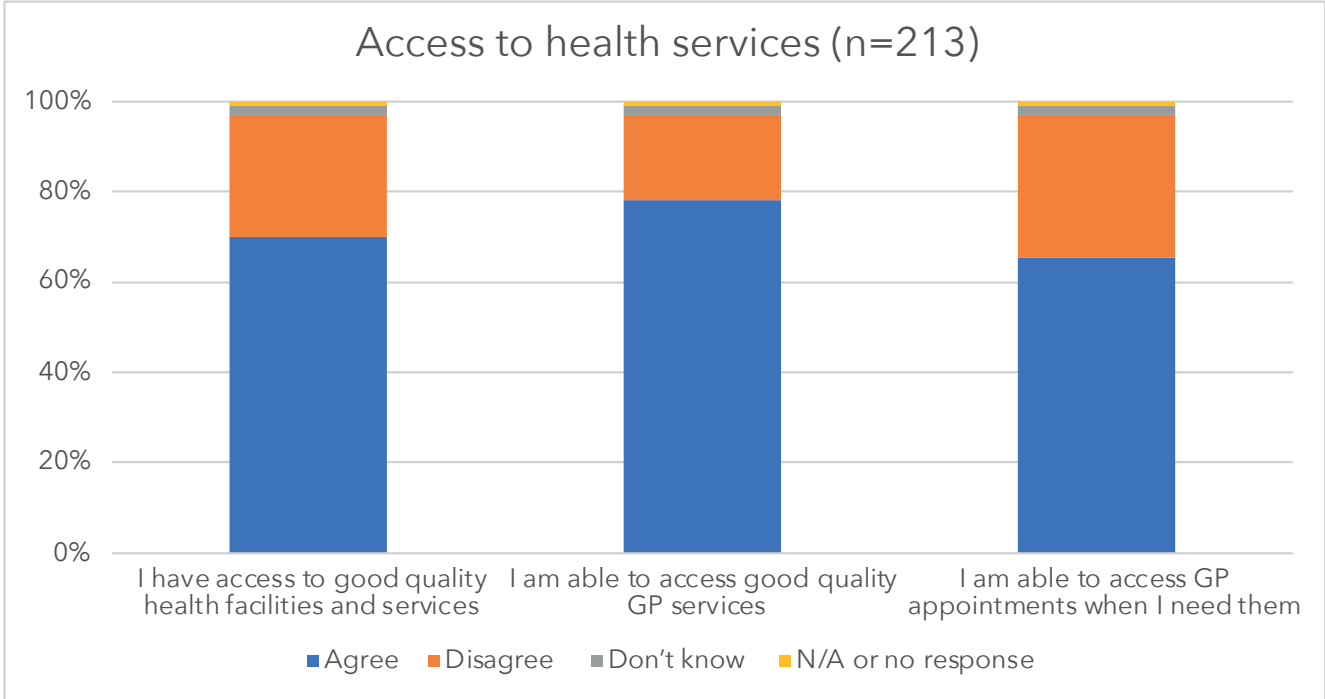


Figure 6 Derry City and Strabane District Council age-friendly quantitative survey

Frailty is a very significant cause of injury and hospital admissions, which increased during the pandemic as people's movements and opportunities to participate actively in settings were reduced.

Access to carers is concerning given the shortage of carers regionally, which is even more acute in rural areas of the Derry and Strabane district.

HOUSING

Housing was a concern particularly among those in private rented accommodation where homes may not be as efficient, well maintained or fit for purpose. Current accommodation may be too large, have stairs or not be easily adaptable for current or future needs.

People want to understand their long-term housing and care options so they can plan effectively for later life.

OUTDOOR SPACES AND BUILDINGS

People felt that the public realm was not "for them" as they grew older. The main barrier identified was lack of seating. Others included a lack of toilets, poor lighting or not feeling safe after dark, fear of anti-social behaviour and lack of courtesy from other people.

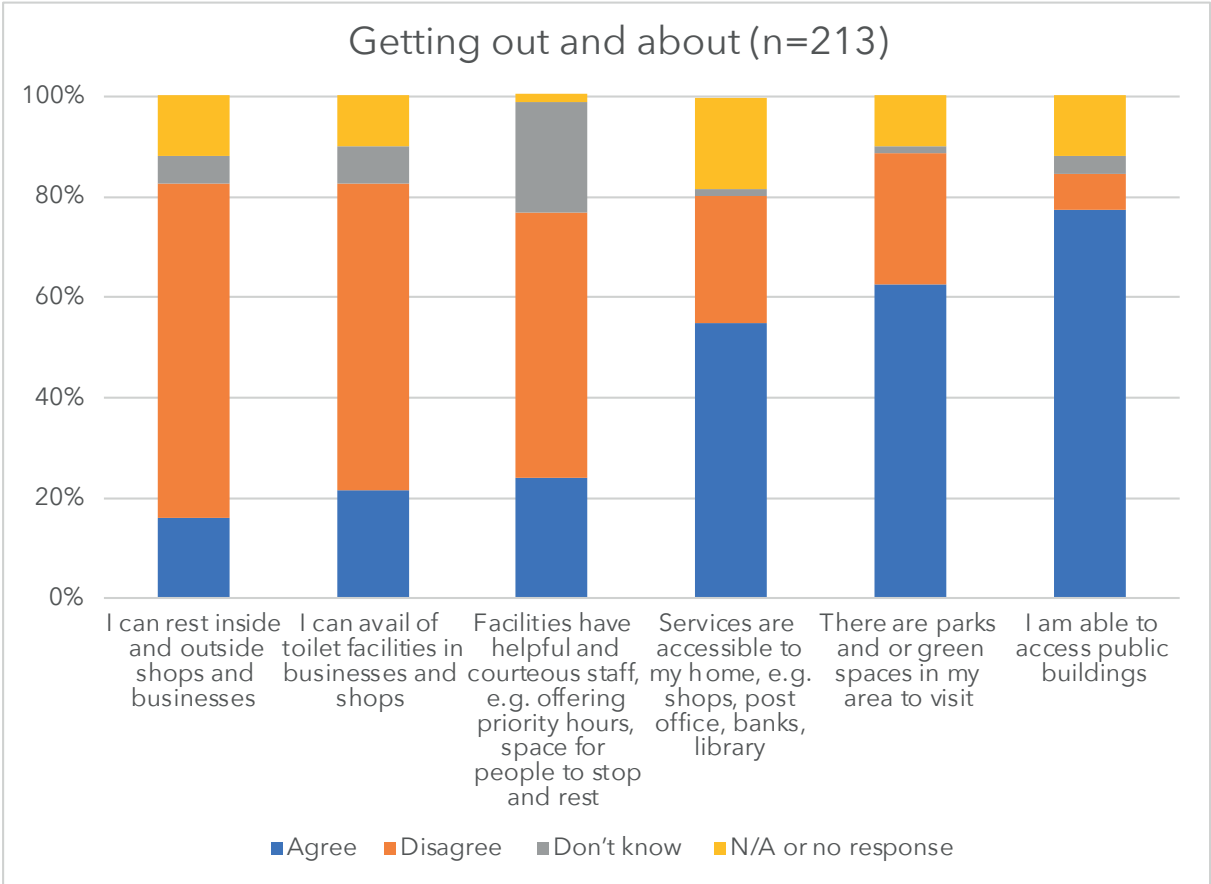


Figure 7 Derry City and Strabane District Council age-friendly quantitative survey

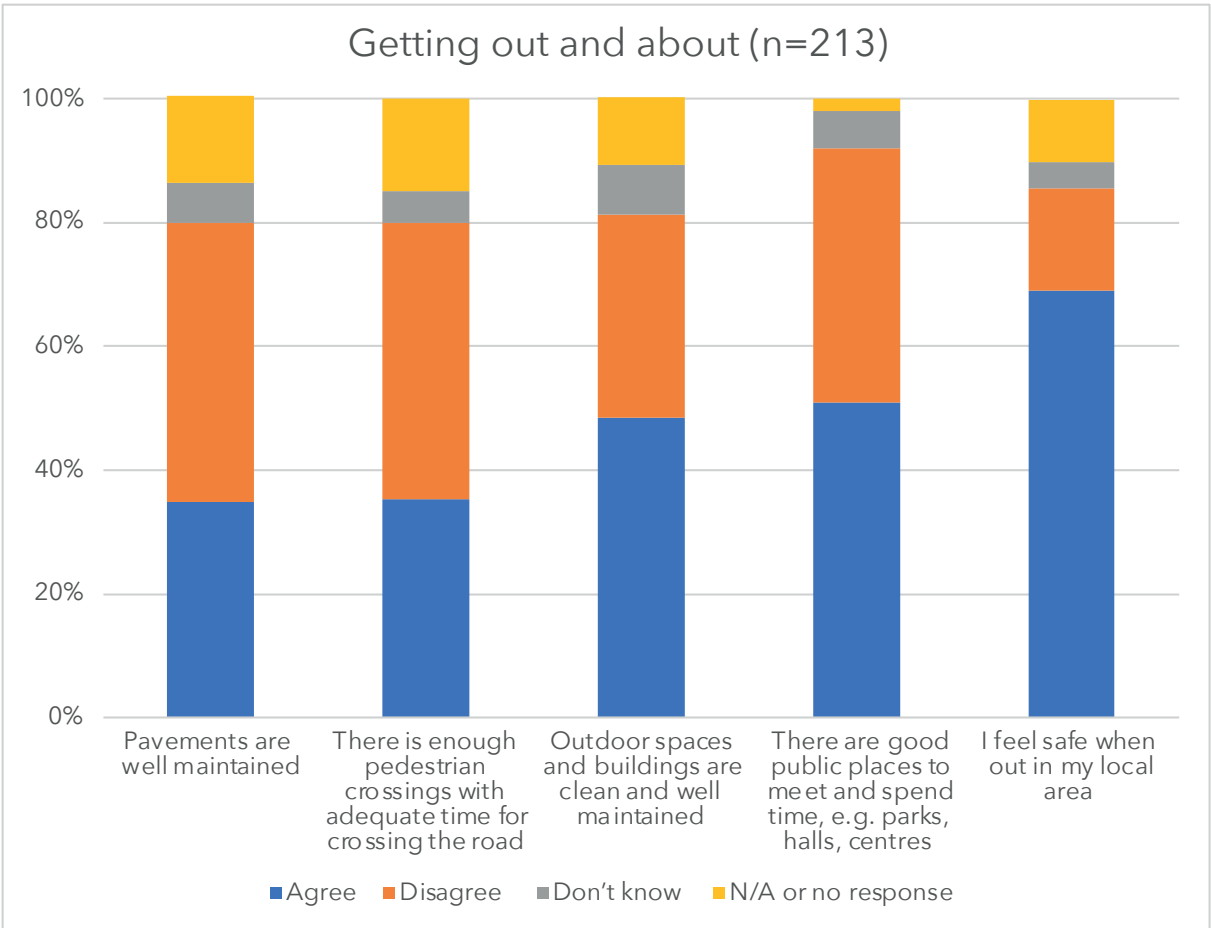


Figure 8 Derry City and Strabane District Council age-friendly quantitative survey



# TRANSPORT

According to 2021 Census almost one quarter of households within Derry City and Strabane council area (24.6%) did not have access to a car or van. Almost all of respondents (92%) never use community transport and 44 % never use public transport. However, community and rural transport was particularly valued, helping people continue their social lives and access healthcare and other services.

Nearly three quarters (73%) agreed they would travel more “If public transport could get me where I need to go and was convenient and reliable”.<sup>8</sup> The main reason people do not use public transport is it does not take them to places they want or need to get to conveniently and affordably. Others commented that the service is infrequent, as little as once a week in rural areas. The Covid-19 pandemic may have a long-term impact as people commented they would no longer be taking public transport because of public health concerns.



# INFORMATION AND INCLUSION

Almost two thirds of respondents (62%) know where to access information. This reduces as people get older – for example, 47% of those aged 75 and over know where to access information. Internet access also decreases with age, from 88% of 60- to 64-year-olds to 17% of those aged 85 and over.<sup>9</sup>

Only 8% of people surveyed agreed that older people are consulted or valued by government and other sectors,<sup>10</sup> and 16% don’t feel respected or included in their community.<sup>11</sup>

Older people have a wealth of experience and expertise to offer, and they want to be engaged more in decision making by government, the health service, and others, so that policies and services make a real difference in their lives.

# STRATEGIC CONTEXT

The purpose of Age Friendly could be understood as ensuring that the needs and aspirations of older people are a consideration of all strategies, policies, and actions.

The Age-friendly strategy and action plan for Derry City and Strabane District connects to and complements other strategies and policies which impact on the lives of older people.

The WHO Global Network of Age-friendly Cities and Communities was established in 2010 to connect cities, communities, and organisations worldwide, with the common vision of making their community a great place to grow old in. The Global Network currently includes over 1333 cities in 47 countries, covering 298 million people worldwide. Derry City & Strabane District Council provide the leadership to explore Derry and Strabane becoming an Age Friendly City and Community. In 2013 the legacy council signed the WHO Age Friendly Declaration, and in 2017 the Mayor signed a declaration committing to this process by joining the World Health Organisation (WHO) Global Network of Age Friendly Cities and Communities.

Derry and Strabane benefits from regional, cross border, UK-wide, and European connections to support our age friendly work. Regionally, the NI Age Friendly Network launched in 2019 with the aim of promoting the age friendly ethos and supporting the eleven local councils to advance age friendly planning and practices.



Recent developments include the established Integrated Care System (ICS) which signals a new way of planning and managing our health and social care services based on the specific needs of the population. The ICS approach aims to bring partners together reaching out beyond traditional boundaries and harness the strengths in our existing partnerships.

Appendix 2 considers a few key Northern Ireland and Derry City and Strabane strategies and how they relate to an age friendly district. Of particular importance are the Programme for Government, Department for Communities’ Active Ageing Strategy 2016–22, Making Life Better 2012-2023 A Whole System Strategic Framework for Public Health and Derry City and Strabane District’s Inclusive Strategic Growth Plan 2017-2032.





## ACTIVE AGEING STRATEGY 2016–22

**“OUR VISION IS ONE OF NORTHERN IRELAND BEING AN AGE FRIENDLY REGION IN WHICH PEOPLE, AS THEY GROW OLDER, ARE VALUED AND SUPPORTED TO LIVE ACTIVELY TO THEIR FULLEST POTENTIAL; WITH THEIR RIGHTS RESPECTED AND THEIR DIGNITY PROTECTED.”**

This strategy aims to increase understanding of the issues affecting older people and promote and emphasise their rights, value, and contribution.

The outcomes of the strategy are informed by the five themes of the United Nations Principles for Older Persons:

1. Independence
2. Participation
3. Care
4. Self-fulfilment
5. Dignity



## INCLUSIVE STRATEGIC GROWTH PLAN 2017-2032

Community planning is a process led by Derry City and Strabane District Council in conjunction with partners and communities to develop and implement a shared, long-term vision to improve the social, economic, and environmental wellbeing of the Derry City and Strabane District. It will also guide how public services will work together locally to plan and deliver better services.

There are three pillars:

- Social wellbeing – to improve the quality of life of all our people now and in the future
- Economic wellbeing – to grow and sustain our economy to create more and better employment opportunities for everyone
- Environmental wellbeing – to live in a low carbon, sustainably designed and connected region

The Inclusive Strategic Growth Plan for Derry City and Strabane includes a vision of “a thriving, prosperous and sustainable City and District with equality of opportunity for all.”

Outcomes are:

### **Enterprise and economy: We prosper through a strong, sustainable, and competitive economy**

- Meaningful and rewarding employment is available to everyone
- Our economy is better connected and more prosperous
- We are more entrepreneurial, creative, and business ready and have grown our economic base
- We are more specialised and innovative and have competitive advantage

### **Tourism, Arts and Culture: We live in the cultural destination of choice**

- We live in the cultural destination of choice and offer world-class visitor experiences

### **Education and skills: We are better skilled and educated**

- Our young people have improved attainment levels
- We have a better skilled and educated workforce
- As a UNESCO Learning City and Region we have increased training and learning opportunities

### **Physical and environmental regeneration: We protect and enhance the environment**

- We connect our people and opportunities through our infrastructure
- We live sustainably contributing to climate action
- Our Local Development Plan contributes to the development of sustainable communities and to meeting housing need
- We will benefit from well-designed and managed green and blue spaces

- We have stronger environmental stewardship, value and enhance our environment

### **Infrastructure, Transport, Energy, Waste and Water: We connect our people and opportunities through our infrastructure**

- We have a secure and affordable greener energy supply
- We have moved towards a circular economy with zero waste
- We have integrated, sustainable and accessible transport
- Our water is clean and effectively managed

### **Health and wellbeing:**

#### **We live long, healthy and fulfilling lives**

- Health inequalities are reduced
- We are more physically active
- We have improved physical and mental health

### **Older People:**

#### **We have a caring society that supports people through their lives**

- We address the health and social care needs of an ageing population, promoting positive attitudes to older people and tailoring support to enable them to participate fully in society
- We enable everyone to live their life in a fulfilling way as valued members of an inclusive society
- We provide access to the places, services, housing, information and support people, when needed

### **Community development:**

#### **We live in a shared, equal and safe community**

- We are more actively engaged and can influence decision which affect us
- We have safer communities
- We have access to quality facilities and services
- Our community and voluntary sector is more resilient and sustainable

Children and young people: Our children and young people have the best start in life

- Our children and young people are safer, healthier, more respected and included
- Our children and young people are better able to fully realise their potential and become active, responsible citizens

Cross-cutting themes

- Equality and Inclusive Growth
- Good Relations
- Sustainability
- Rural Development

MAKING LIFE BETTER 2013-2023

Making Life Better’s vision is:

“ALL PEOPLE ARE ENABLED AND SUPPORTED IN ACHIEVING THEIR FULL HEALTH AND WELLBEING POTENTIAL.”

Its aims are to achieve better health and wellbeing for everyone and reduce inequalities in health.

RELEVANT AGE-FRIENDLY PRIORITIES

Making Life Better is structured around six themes:

1. Giving every child the best start
2. Equipped throughout life (takes account of particular needs at different stages of life)
3. Empowering healthy living (addresses support for individual behaviours and choices and embeds prevention in health and social care)
4. Creating the conditions (acknowledges that there are many factors which contribute to poor and good health – the social determinants of health)
5. Empowering communities
6. Developing collaboration

Local Growth Plans

In addition to the Strategic Growth Plan, Local Growth Plans have been developed for Strabane Town and the seven District Electoral Areas (Ballyarnett, Derg, Faughan, Foyleside, Sperrin, Moor and Waterside). The Local Community Growth Partnerships in each of the eight areas, lead on developing local actions to address local needs which ensure the local community growth plans feeds into the overarching Strategic Growth Plan for the Derry and Strabane area.

VISION FOR AGE FRIENDLY STRATEGY

Our vision is:

WE ARE SUPPORTED THROUGHOUT LIFE’S JOURNEY, SO WE CONTINUE TO BE RESPECTED, INVOLVED, INDEPENDENT AND FULFILLED IN LATER LIFE.

CROSS-CUTTING THEMES

The strategy is underpinned by four cross-cutting themes that will inform how actions are delivered.

“NOTHING ABOUT US WITHOUT US”

Everyone is an expert in their own experience. Older people have a wealth of experience and know what matters most and can really make a difference in their lives. As valuable assets, they should be involved in designing, planning, delivering, and reviewing all actions under this strategy.

ASSETS-BASED APPROACH

The strategy and action plan builds on what is already strong within the vibrant community and voluntary sector and statutory sector, supporting programmes and initiatives that are already working well addressing local needs and considering how we can work together to strengthen them further still.

WORKING BETTER TOGETHER

The voluntary, community and statutory sector already works well together, and this was strengthened during the Covid-19 pandemic, when the third sector often became the first responders. The Age-friendly structure will enable more joined-up working, avoiding duplication and pooling knowledge and resources for better results.

EQUALITY AND INCLUSION

Some groups of older people may be more vulnerable or less likely to benefit from work intended to make their lives better. Where appropriate, the strategy and action plan will work towards addressing inequalities by targeting specific groups, for example, persons considered isolated, lonely, living in rural areas, farmers, farm families, people with a disability, living alone, or in food, fuel, or digital poverty.

OUTCOMES

The outcomes are based on what people told us mattered most in their lives or where they would like to see greatest improvement.

Outcomes	Contribution to WHO age-friendly themes
We live fulfilling lives at the heart of our communities	Social participation, communication and information
	Civic participation and employment
We are fit and healthy	Social participation
	Community support and health services
We are actively involved in the decisions that affect us	Respect and social inclusion
	Communication and information
	Community support and health services
We live in a world that is accessible and well designed	Outdoor spaces and buildings
	Transportation
	Housing





# HOW WE WILL WORK TOGETHER TO DELIVER THE ACTION PLAN

## DELIVERY

Design of the strategy and action plan has involved individuals and organisations from across the district and from a range of sectors. Commitment to partnership and continued involvement moving forward will assist with the development and implementation of the strategy and action plan.

The Age Friendly Alliance will provide strategic direction and leadership in the delivery of the action plan leading as the outcome delivery partnership through the community planning structures. The purpose of the Age Friendly Alliance is to implement the actions as agreed, monitor progress towards meeting the outcomes and indicators, instruct and support any partnership groups and/or agencies, to take the required action to deliver on the collaborative actions identified. In addition, compile and receive reports on progress and provide any additional support to achieve the outcomes, and report to the Strategic Growth Partnership and the Age Friendly Steering Group on progress. It will be the role of key partners to lead on and take responsibility for the delivery of specific allocated actions and appropriate resources required. They will work together with other Alliance partners to further develop joined-up delivery plans. Furthermore, the Alliance will oversee the implementation of any specific area of work that the Strategic Growth Plan has allocated or may allocate to this partnership.

Derry and Strabane are members of the UK Network of Age Friendly Communities through the Centre for Ageing Better UK, which is a growing movement with over 50

member places across England, Scotland, Wales, and Northern Ireland, which links to the World Health Organisation. The Age Friendly Network NI are committed to this process regionally and are supported by the Public Health Agency, the Department for Communities and Age NI. Age NI has helped build an infrastructure of independent age sector networks regionally. The Age Sector Network brings together local age sector groups to strengthen the voice of older people and support them to influence decisions on local policy and services. Age NI supports networks to share information, learning and progress on key issues to bring about positive change to services, policy, and practice.

Many of the key strategic priorities for the Derry City and Strabane District Council area are also those for the wider North West City Region. Partnership working with Donegal County Council and Age Friendly Ireland ensures that the North West becomes a better place to age well. This relationship ensures ongoing support and development to help enhance our efforts across the North West region to become more age friendly.

To make the most of the wealth of community organisations in the area and the benefit from the existing eight Local Growth Partnerships implementation of the Age-friendly Derry and Strabane Strategy and Action Plan will require the following governance and responsibility arrangements to deliver the Age Friendly programme locally.



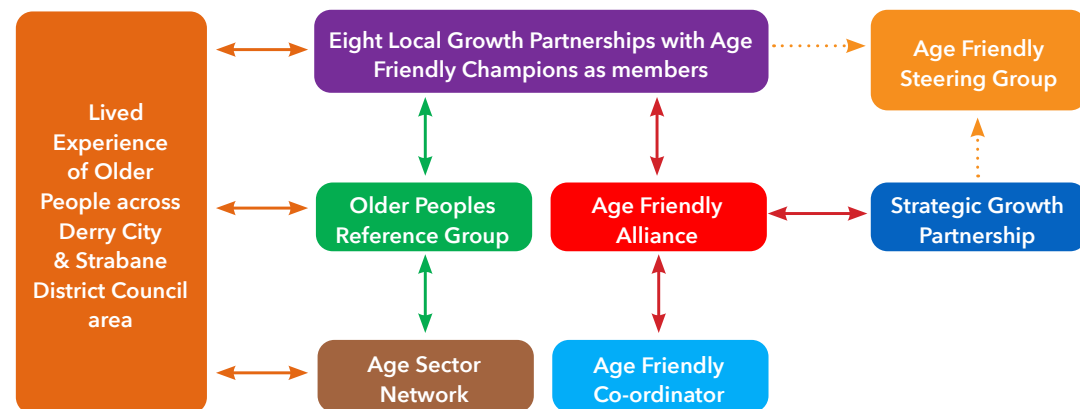


Figure 9 Proposed Delivery Structures for Age Friendly within Derry City and Strabane District Council

- i. An **Age Friendly Alliance** which represents the eight WHO domains and Strategic Growth Partners to deliver Age Friendly across Derry City and Strabane District Council and links to the Outcomes Delivery Partnership within the Strategic Growth Plan for the older person's outcome
- ii. An **Age Sector Network** which brings together all organisations with an interest in the health and wellbeing of older people in the city and district. The purpose of this network is to maximise joint working and information sharing between the many organisations in Derry and Strabane who are working to benefit older people.
- iii. **Age-Friendly Champions on each Local Growth Partnership.** These local age-friendly champions will advocate the value and rights of older people, ensuring that local needs are considered and local groups involved in the delivery of the action plan.
- iv. An **Older Peoples Reference Group** demographically and geographically representative of older people across all council areas. This group should be co-designed by older people, including its function, name, frequency of how often it meets. The group should also design regular events to share and review progress and make sure that older voices continue to be heard.
- v. An **Age-Friendly Steering Group** comprising key relevant Strategic Growth partners and the Local Growth Partnership age-friendly champions. This group will meet twice a year to oversee the implementation of the plan.

The below diagram outlines the delivery structures for Age Friendly Delivery across the Derry City and Strabane District Council area

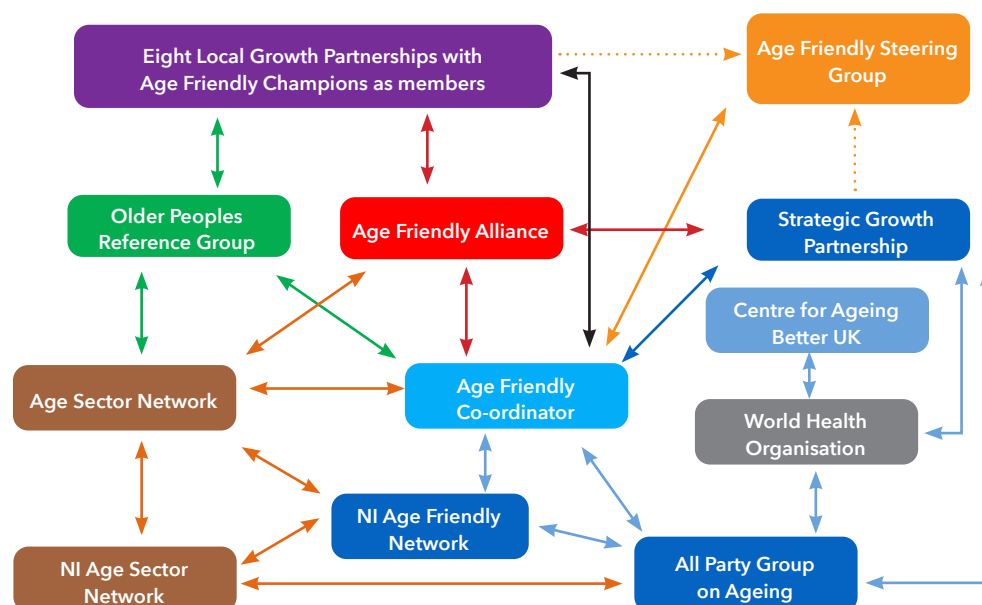


Figure 10 Systems Map of Age Friendly within Derry City and Strabane District Council and Proposed Delivery Structures

## HOW WILL WE KNOW WE ARE MAKING A DIFFERENCE?

An outcomes-based accountability (OBA) framework is increasingly being adopted as a method to monitor, evaluate, and review the results of actions and activities within Community Planning.

Age Friendly Alliance partners will develop this approach for each outcome, identify resources required to deliver and use the key statistics as indicators to measure change, with all actions contributing to improving these statistics and provide progress reports to the Strategic Growth Partnership. Further performance measures will be developed with delivery partners and some initial measures have been included within the action plan and OBA scorecards should be developed for each outcome to monitor and evaluate results, using two layers of data to measure progress.

1. Performance measures show the difference a particular project or service is making. They help us know that we are making the difference we intended to make for the people who come in to direct contact with a project or service. These are identified in the action plan as "How we will measure success".
2. Population indicators show change for whole populations – in this case the people of Derry City and Strabane District Council. Making life better for

large populations can only be done by lots of different actions and organisations working together over time, so population indicators help us know whether life is generally getting better for all people regardless of which project or service (if any) they have come in to contact with. These are identified as "Key statistics" in the action plan.

Our population indicators include statistics from a range of sources including the Northern Ireland Neighbourhood Information Service (NINIS), the NI Health Survey 2016/17 to 2021/2 and the annual Health Inequalities Report, Derry City and Strabane District Council age-friendly quantitative survey, first conducted in 2021 and could be repeated biennially.

The action plan and anticipated timescales should be reviewed and revised annually, and the strategy should be reviewed and revised every three years. This should consider what has worked well and less well and new challenges and opportunities.



## APPRECIATION AND ACKNOWLEDGEMENTS

The importance of joined up working at all levels within local government, cross departmental working, partnership working with key statutory agencies including the community and voluntary sector and service providers to ensure that as a collective we all strive to deliver the best services and programmes for people to age well within the Derry City and Strabane District Council will enable the delivery of the vision.

**“WE ARE SUPPORTED THROUGHOUT LIFE’S JOURNEY, SO WE CONTINUE TO BE RESPECTED, INVOLVED, INDEPENDENT AND FULFILLED IN LATER LIFE”**

Key to all of this will the continued embedding of the co-designed process in the delivery of the strategy and action plan, as has been evident to date throughout the development and engagement process.

Recognition, appreciation and thank you is to be extended to the citizens who have contributed to their lived experience being captured through the support, direction and leadership of the Co-Design Steering Group, Local Growth Partnerships, Age Friendly Alliance, and all stakeholders to help inform the strategy and shape the action plan.

Further acknowledgement and recognition to the Centre for Ageing Better and also the Institute of Public Health and for use of positive ageing images from their library collection.



## APPENDIX 1: ACTION PLANS

### OUTCOME 1: WE LEAD FULFILLING LIVES AT THE HEART OF OUR COMMUNITIES

Key statistics

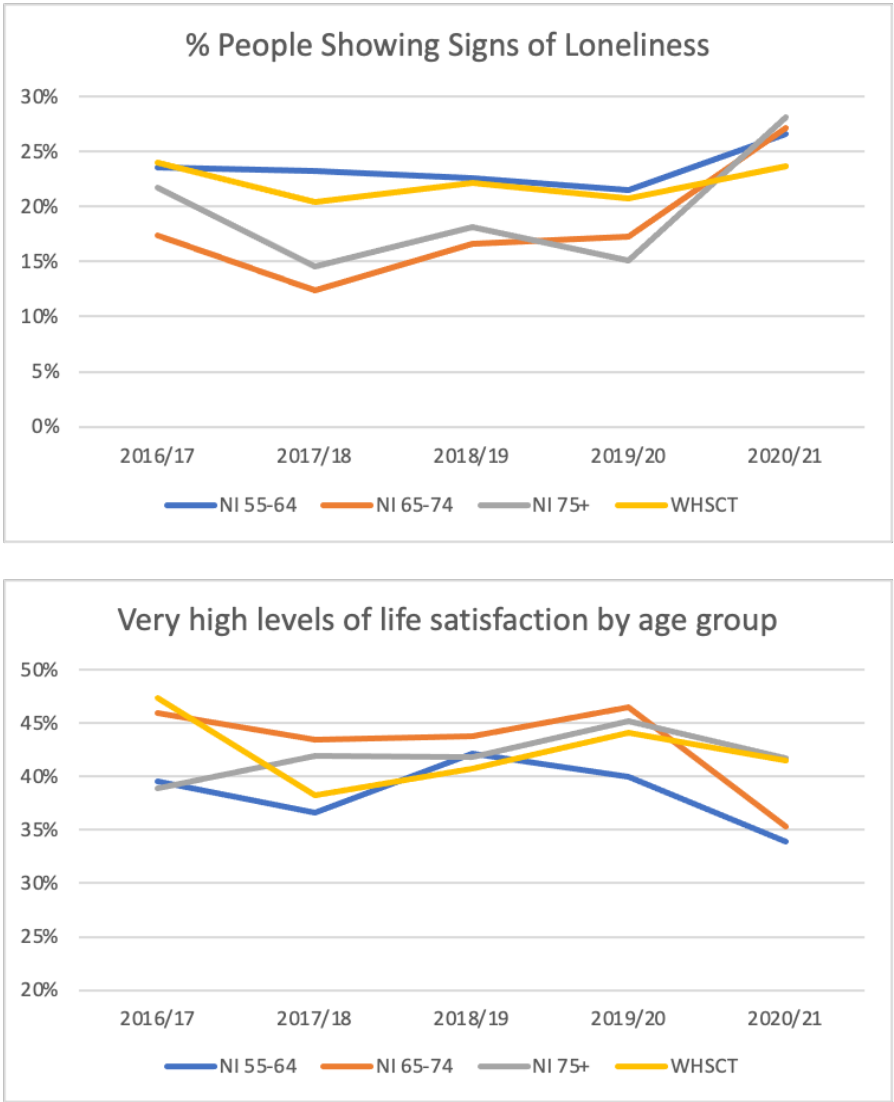


Figure 11 Source: Health Survey Northern Ireland 2020/2021<sup>12</sup>

- 72 per cent of older people agree “My community is a good place for people to live in as they age”<sup>13</sup>
- 59 per cent feel respected and included within their community<sup>14</sup>
- 35 per cent agree “There are a wide variety of activities that are available and appeal to a diverse population of older people to come out safely”<sup>15</sup>

WHY DOES THIS MATTER?

“WHEN WE SMILE, SMILE BACK. WHEN WE LOOK UNSURE, REASSURE US. WHEN WE ARE LONELY, ACCOMPANY US.”

“EVERYTHING TENDS TO BE GEARED TOWARDS THE YOUNGER OR OLDER AGE GROUPS. WE’RE A BIT LEFT OUT!”

“AS THEY GET OLDER THEY BECOME MORE INVISIBLE”

Loneliness and isolation were already issued experienced in our community before the pandemic, particularly in rural areas and among people who are more vulnerable or at greater risk, such as persons with a disability, the very old, or those living alone. Now people have told us that they wanted more things to do. From social clubs and interest groups to volunteering and caring, lifelong learning and continued employment, being fulfilled means they keep active, stay connected, feel valued and give back.

There are already many activities available, but some may not be the type or option older people would choose for themselves. They also may not hear about these because it is not being communicated in the most effective way.

What we will do		When	How we will measure success
Aims	Actions		
1a.	<p>Develop an <b>assets map</b> of community, voluntary and statutory services and activities that already exist so that people can be signposted to what’s available and services can join up and build on what already works well.</p> <p>This should:</p> <ul style="list-style-type: none"><li>include services and facilities that tackle loneliness and isolation and promote friendships, such as good morning services, befriending services, reading groups, friendship days, walking groups chair-based aerobics, drop-in centres, and chatty benches and cafes, particularly in rural areas and role of the NW Audience Development.</li><li>include thematic and condition-specific support reflecting the types of conditions that tend to affect us as we age, (including arthritis, COPD, and dementia etc.)</li><li>be shared across the Age Sector Network and other relevant agencies</li><li>be promoted as per the communications plan at 1b</li><li>reviewed and updated annually</li><li>Reflect the funder, funding, and duration of the support for the services and activities.</li></ul>	<p>Develop: Year 1</p> <p>Review and update annually</p>	<p>Create an assets map</p> <p>Evidence of uptake and impact</p>

1b.	<p>Ensure information reaches the people who need it by developing a <b>user-focused communications plan</b> in consultation with the people intended to benefit. It should include:</p> <ul style="list-style-type: none"><li>a review of existing communications channels and platforms to identify opportunities</li><li>consider different communications needs, for example, people with dementia or different languages</li><li>an online and offline assets map (1a) published in a user-focused format</li><li>appropriate communications tactics in consultation with older people including creative, peer and intergenerational approaches (for example, distribution through refuse collection, post offices, churches, libraries, pharmacies, GPs, pop-up, and event stands)</li><li>a regular Age-friendly e-zine and newsletter</li><li>targeted campaigns promoting particular events or seasons</li></ul>	<p>Develop: Year 1</p> <p>Roll out: Years 1 to 3</p>	<p>Communications plan</p>
1c.	<p>Try to reduce the gap in <b>digital connectivity</b> among older people. This should include:</p> <ul style="list-style-type: none"><li>continued lobbying for better or alternative WIFI provision in rural areas</li><li>support older people to feel more confident getting online</li><li>mapping and promoting existing services and facilities which deliver training and support to help older people use the internet, particularly to manage their health and wellbeing (as part of assets map)</li><li>support to implement actions where gaps are identified</li></ul>	<p>Years 1 to 3</p>	<p>Change in rural WIFI provision</p> <p>Measure household internet access and broadband connection</p> <p>Number of training and support opportunities</p> <p>Number of participants</p>
1d.	<p>Explore the potential to develop an <b>“Information Pack”</b> for persons aged 50+ years. This should:</p> <ul style="list-style-type: none"><li>be developed using a co-design approach with its intended beneficiaries</li><li>use an assets-based approach to ensure messages about ageing are positive</li><li>encourage people to think about their plans or vision for the future and the skills and experience they can give back.</li><li>include information from a range of different stakeholders and on different topics such as health and well-being, career reviews, NI Fire and Rescue home checks, Meals on Wheels, volunteering, lifelong learning, financial planning, aids to help support independent living at home etc.</li></ul>	<p>Scope need, demand, audience, content. Year 1</p> <p>Year 2: Roll out</p> <p>Year 3: Review</p>	<p>Extent and impact of consultation exercise</p> <p>Measure the impact of messaging on health and wellbeing (e.g. improving people feeling more connected/socially included)</p>



1e.	Develop <b>information sharing networks</b> between statutory agencies and community organisations so that they can share data and spot trends to help the most vulnerable older people	Years 1 to 3	Number of networks  Number of older people benefitting
1f.	People are offered the right support around <b>employment</b> , further education, training or volunteering opportunities <ul style="list-style-type: none"> <li>Persons aged 50+years are supported to actively plan in the key areas of work, employability, health, wellbeing, and finance</li> <li>Reduce barriers that people face</li> <li>Promote and encourage volunteering opportunities</li> <li>Offer opportunities and guidance to employers to improve their recruitment, retention, and support for older employees.</li> <li>Partnership with the Derry &amp; Strabane Labour Market Partnership</li> </ul>	Years 1 to 3	Measure number of persons economically inactive  Measure the claimant numbers  Measure number of people who move into employment, further education, training, or volunteering opportunities  Number of employers involved



OUTCOME 2: WE ARE FIT AND HEALTHY

Key statistics

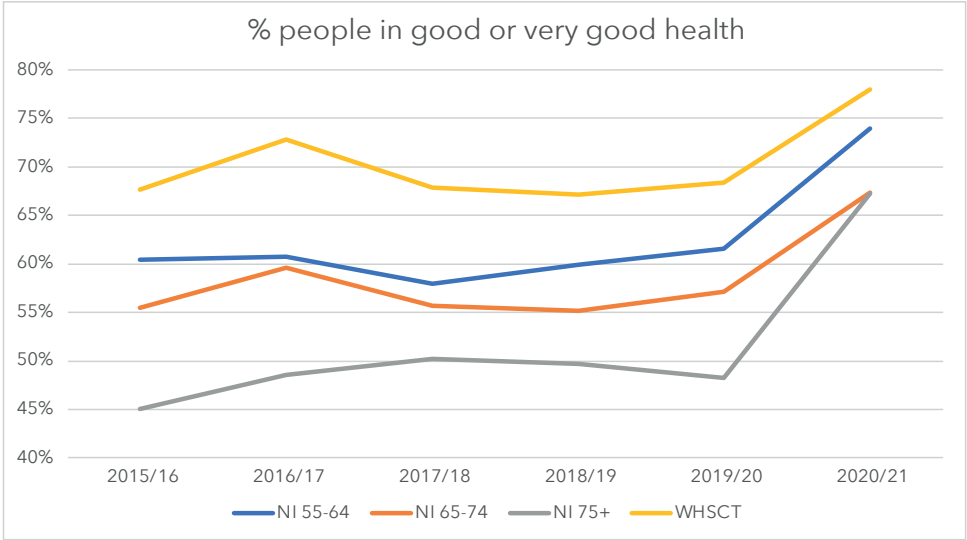


Figure 12 Source: Health Survey Northern Ireland 2020/2021<sup>16</sup>

- 70 per cent agree I have access to good quality health care facilities and services when I need them<sup>17</sup>

WHY DOES THIS MATTER?

“I’M FIT AND ACTIVE, BUT I FEEL ALONE AND THAT LIFE IS PASSING ME BY”

While 70% of older people consider their health to be good or very good, the remaining 30% are living with conditions which may be impacting on the quality of their life and their ability to play an active part in their community.

Frailty is a very significant cause of injury, reduced mobility, and hospitalisation. As people have been less active during the pandemic, they may have become less fit and strong. We need to support those who have lost confidence and mobility while helping others remain active.

The pandemic has impacted on how and where we access health services and supports. Adjusting to new ways of receiving health care and advice has been challenging, particularly for older people, persons considered more vulnerable, and those who may not have access to support from friends, family, or neighbours or to the technology required.

What we will do		When	How we will measure success
Aims	Actions		
2a.	<b>Annual standardised health and fitness checks</b> (“MOTs”) which provide feedback and advice on general health and can signpost to local programmes to address health issues. These could be facilitated through trusted local organisations and services such as healthy living centres or through GP practices and community pharmacies.	Develop and pilot: Year 1  Review and roll out: Years 2-3	Number of health checks  Measure increased uptake of support services / programmes

2b.	Identify the barriers to <b>accessing GPs and other health services</b> for those who are the most vulnerable or in need of more support	Research/ mapping of issue: Year 1  Co-design and piloting of solutions: year 2  Review and roll out: year 3	Research/scoping study  Co-design group  Number of initiatives / approaches developed to pilot local solutions with key partners
2c.	Prevent or reduce the risk of health issues in older age by developing <b>campaigns</b> as needed, which encourage persons to be more active and to look after their emotional and physical health. This should include: <ul style="list-style-type: none"> <li>promotion of the Take 5 Steps to Wellbeing model</li> <li>co-design of health promotion messages for this age group</li> <li>promoting opportunities to help people to remain or become active such as walking groups, classes in community centres and low impact exercise (refer to asset map at 1a)</li> </ul>	Develop campaigns and core messages: year 2  Promotion: years 2-3	Scope existing campaigns and develop a communications plan  Measure increased physical activity levels  Measure increased uptake of support services / programmes
2d.	Endeavour to address the needs of the <b>30 per cent of older people who do not consider themselves to be in good health</b> and identify range of support available. This should include: <ul style="list-style-type: none"> <li>identifying the primary health concerns of the 30 % of older people who do not consider their health to be good</li> <li>provide information regarding empowerment of self-help and self-care</li> <li>mapping and promoting the services and supports which currently exist (refer to asset map at 1a)</li> <li>addressing gaps where appropriate</li> </ul>	Research / scoping to identify need: Year 2  Identify and address any gaps in provision and information to support needs: year 3	Research/scoping study  Measure number of people benefiting
2e.	Provide <b>access to opportunities</b> for older people to improve their physical and emotional health and wellbeing through activities and services within community, leisure, learning, arts, and cultural settings. <ul style="list-style-type: none"> <li>Endeavour to improve the health and well-being of citizens in both urban and rural areas</li> <li>Increase awareness of programmes and services</li> <li>Encourage greater levels of participation and engagement</li> <li>provide information regarding empowerment of self-help and self-care</li> <li>mapping and promoting the services and supports which currently exist (refer to asset map at 1a)</li> </ul>	Research/ mapping, Scope need, demand, audience, content, etc.: Year 1  Year 2: Roll out  Year 3: Review	Number of initiatives / approaches developed  Number of people benefiting

## OUTCOME 3: WE ARE ACTIVELY INVOLVED IN AND CAN INFLUENCE DECISIONS THAT AFFECT US

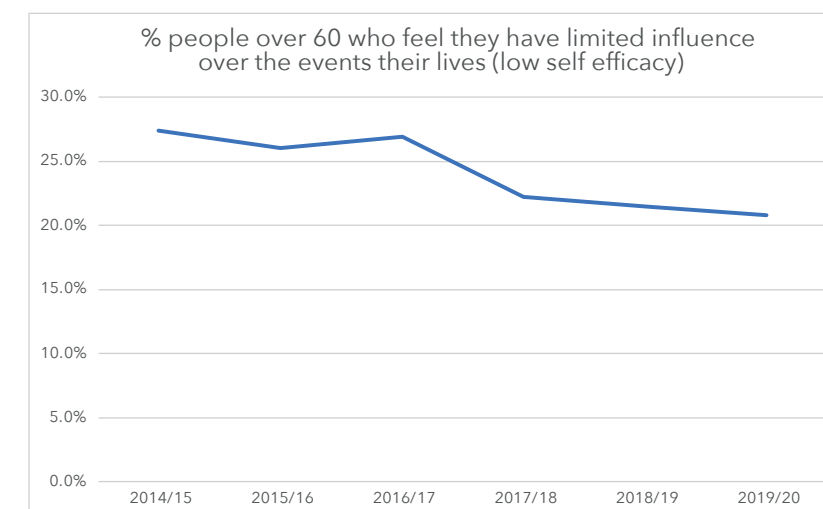


Figure 13 Source: Self Efficacy, Locus of Control and Life Satisfaction in Northern Ireland 2019/20<sup>18</sup>

### Key statistics

- 62 per cent of older people agree I know where to access information<sup>19</sup>
- 25 per cent agree "Older people are consulted by public, voluntary and private organisations on ways to serve them better"<sup>20</sup>

## WHY DOES THIS MATTER?

**"MOST PEOPLE CONTRIBUTE POSITIVELY IN LIFE THROUGH HARD WORKING CAREERS, PAYING TAXES, CONTRIBUTING TO SOCIETY, ETC. BUT ARE OFTEN OVERLOOKED OR DISMISSED"**

**"IT FEELS LIKE WE ARE SEEN AS BED BLOCKERS, A DRAIN ON THE HEALTH SERVICE WHEREAS WE ARE MANY THINGS - VOLUNTEERS, PAID WORKERS, CHILDCARE PROVIDERS, LOOKING AFTER OLDER RELATIVES AND FRIENDS AND KEEPING THE ECONOMY GOING. WE DON'T SEE THIS REFLECTED IN GOVERNMENT POLICY OR EVEN IN THE VOLUNTARY SECTOR/BUSINESS SECTORS EITHER. WE SEEM TO BE STUCK IN SOME STEREOTYPE."**

**"I SEE NO EVIDENCE OF OLDER PEOPLE BEING VALUED BY ANY GOVERNMENT DEPARTMENT."**

People are experts in their own experience and are well placed to shape policies and influence decisions that are intended to benefit them. With a wealth of knowledge, skills and experience, older people want to be valued as assets, and they want to give back, helping make life better for everyone as we get older. Meaningful and sustained engagement over time is required to build confidence and trust.



What we will do		When	How we will measure success
Aims	Actions		
3a.	Carry out a <b>public consultation</b> on the draft Age-friendly action plan targeting the population aged 50 and over	Year 1	Number and percentage of population aged 50 and over engaged
3b.	Develop a <b>“No more tick boxes” manifesto and toolkit</b> for consulting older people based on how they would like to be consulted. This should: <ul style="list-style-type: none"> <li>be developed using a co-design process between older people and statutory agencies</li> <li>commit consulting organisations to carrying out meaningful engagement using appropriate techniques</li> <li>commit consulting organisations to report back on what they have heard and will do as a result</li> <li>promote the value of conversations and fun engagement tools such as postcards and workshops</li> <li>recognise that digital first is not always best</li> <li>target people not engaged in community groups or activity who are at risk of being unheard</li> <li>celebrate and learn from best practice consultation through case studies and good news stories</li> <li>create a culture that values lived experience and recognises that it is a privilege to hear the ideas and opinions of older people</li> <li>support local community organisations that are trusted by local people to reach out and consult where other organisations may struggle including by, for example, participatory budgeting</li> </ul>	Years 1 to 3	Manifesto and toolkit  Percentage of participants satisfied with co-design process  Number of consulting organisations and consultations adopting the recommendations
3c.	Develop a process for <b>age-proofing</b> policies and services. This should <ul style="list-style-type: none"> <li>Build capacity of Equality Screening to reflect the needs and impact of older people</li> <li>Ensure decision makers are cognisant of Age Friendly in developing and implementing more inclusive actions</li> <li>be developed using a co-design process between older people and statutory agencies</li> <li>be subject to regular monitoring and review</li> </ul>	Years 1 to 3	Measure increase in capacity  Percentage of participants satisfied with co-design process  Number of policymakers increasing capacity of Age Friendly in Equality Screening of policies  Number of policy mitigations resulting from the policy

3d	Advance Care Planning offers people the opportunity to plan their future care and support, including personal, legal, clinical, and financial planning aspects, while they have the capacity to do so. Create and enable opportunities where <b>Advance Care Planning</b> is an important part of life for all adults, not just at the end of life stage. <ul style="list-style-type: none"> <li>Advance Care Planning is an on-going process of conversations between a person, those important to them and those providing care, support or treatment.</li> <li>Encourage voluntary action to make known what an individual’s wishes, feelings, beliefs and values are, and to make choices that reflect these.</li> <li>Cover personal, legal, clinical, and financial planning aspects.</li> <li>Create opportunities to reflect and consider what is important to individuals so they can enhance their quality of life.</li> <li>Provide comfort and reassurance to those important to the person central to Advanced Care Planning</li> </ul>	Years 1 to 3	Measure increased awareness of Advanced Care Planning  Support regional campaign for Advanced Care Planning
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## OUTCOME 4: WE LIVE IN A WORLD THAT IS ACCESSIBLE AND WELL DESIGNED

### KEY STATISTICS

- 39 per cent of older people agree “Pavements are well maintained, free from obstruction and there are enough dropped kerbs to cross the road”<sup>21</sup>
- 54 per cent agree “Outdoor spaces and buildings are clean and well maintained”<sup>22</sup>
- 84 per cent agree “I am able to access public buildings”<sup>23</sup>
- 87 per cent agree “Businesses and shops are accessible for me to enter and access easily”<sup>24</sup>
- 77 per cent agree “I feel safe when out in my local area”<sup>25</sup>
- 85 per cent agree “My home is suited to my current needs”<sup>26</sup>

### WHY DOES THIS MATTER?

**“MOST PUBLIC SPACES ARE ORGANISED AROUND FAMILY OR YOUTH. HOWEVER, I THINK THAT THE PROBLEM IS WIDER. MOST OUTDOOR PUBLIC SPACES LOCALLY HAVE FEW AMENITIES, PARTICULARLY TOILETS, SEATING, OR DISABILITY ACCESS.”**

Where there is lack of seating generally regardless of age, this makes getting out and about harder still for older people who may be disabled or have reduced mobility. The need for opportunities for everyone to stop and take a rest was identified in town and city centres and in parks and open spaces alike.

**“BUSES DON’T COME AT THE TIMES PEOPLE NEED THEM OR GO WHERE PEOPLE NEED THEM TO – CONSULT OR TALK TO PEOPLE”**

Not all older people can drive or have access to a car, increasing their reliance on family and friends or on public and community transport. In both rural and urban areas, public transport does not take people where they need to go, on time, frequently, reliably, or affordably.

What we will do		When	How we will measure success
Aims	Actions		
4a.	<p>Improve the <b>accessibility of public spaces and buildings</b> by</p> <ul style="list-style-type: none"> <li>engaging older people in a review of how age-friendly public spaces in each Local Community Growth Plan area including seating, toilets and parking.</li> <li>developing actions based on this review such as design reviews, signage based on needs identified. New infrastructure, public space design should incorporate dementia and/or age friendly designs</li> <li>increasing access to public toilets, including publicising the Community Toilet Scheme</li> <li>support for staff of public and private sector organisations to be more age and dementia friendly</li> </ul>	<p>Consult: Year 1 -2</p> <p>Develop actions and roll out: Year 2-3</p>	<p>Number of age-friendly "audits"</p> <p>Develop action plan</p> <p>Number of actions implemented</p> <p>Monitor engagement of locations involved with the Community Toilet Scheme</p>
4b.	<p>Ensure that older people in all parts of the district, rural and urban, have access to appropriate <b>public and community transport</b> by:</p> <ul style="list-style-type: none"> <li>undertaking a mapping exercise which audits public transport routes, community transport catchment areas and the availability of own transport (such as minibuses) for organisations working with older people</li> <li>engaging with older people about what their transport needs are – where do they need to be able to get to and when</li> <li>identifying gaps and co-designing solutions with older people and key stakeholders</li> <li>Advocate for better networked and resourced rural and urban transport to enable people to participate locally, within across and beyond the City and District area.</li> </ul>	<p>Mapping and consultation: Year 1</p> <p>Develop actions and roll out: Years 2 to 3</p>	<p>Mapping exercise</p> <p>Extent and impact of consultation exercise</p> <p>Number of actions implemented</p>
4c.	<p>Ensure older people have access to suitable housing options and are aware of how to access these within their local community by:</p> <ul style="list-style-type: none"> <li>People living in social or sheltered housing feel included in decisions that affect their daily lives</li> <li>Ensure access to support and information to make an informed choice about moving home and/or making adaptations</li> <li>Advocate for better housing conditions, options and adaptations with older people and key stakeholders.</li> </ul>	Years 1-3	<p>Number of permanent admissions to residential or nursing care.</p> <p>Applications for household adaptations</p> <p>Monitor Housing waiting list</p>

## APPENDIX 2: SUMMARY OF RELEVANT STRATEGIES AND POLICIES

### NI PROGRAMME FOR GOVERNMENT (DRAFT)

#### RELEVANT AGE-FRIENDLY PRIORITIES

*We have an equal and inclusive society where everyone is valued and treated with respect*

Key priority areas include:

- Inclusion and tackling disadvantage – tackling the issues that lead to inequality and disadvantage in terms of welfare and poverty and providing support where it is needed in both urban and rural communities
- Rights and equality – promoting and protecting the rights of individuals to ensure we are recognising and respecting diversity, ensuring everyone feels included

#### WE ALL ENJOY LONG, HEALTHY, ACTIVE LIVES

Key priority areas include:

- Access to health – tackling health and social care reform to ensure we can deliver safe, high-quality care services to meet the challenges of the future and provide the right services where they are needed.
- Mental health and wellbeing – promoting positive attitudes towards mental health and wellbeing and ensuring access to comprehensive early intervention and healthcare services to address mental health issues
- Older people – considering the health and social care needs of an ageing population, promoting positive attitudes to older people and tailoring support to enable them to enjoy better health and active lifestyles
- Physical health and wellbeing – promoting positive public health measures, increasing awareness, and supporting safe, active, and healthy lives

#### EVERYONE CAN REACH THEIR POTENTIAL

Key priority areas include:

- Capability and resilience – supporting personal development opportunities for everyone and building confidence and capability

#### EVERYONE FEELS SAFE - WE ALL RESPECT THE LAW AND EACH OTHER

Key priority areas include:

- Address harm and vulnerability – supporting and putting protection in place for those who are vulnerable, including the complex needs of children, and meeting the needs of those who have experienced serious crime, including delivering for victims and survivors



## WE HAVE A CARING SOCIETY THAT SUPPORTS PEOPLE THROUGHOUT THEIR LIVES

Key priority areas include:

- Disability – improving the quality of life for those of us with disabilities, empowering people to have more influence over their own lives and providing opportunities for people to participate in decisions that affect them
- Housing – tackling homelessness, facilitating, and supporting housing associations, providing, and maintaining appropriate social housing and investing in new social and affordable homes
- Inclusion and tackling disadvantage – supporting people to build a route out of poverty, administering an effective social security system to those who need it and tackling the issues that lead to inequality.
- Mental health and wellbeing – promoting positive mental health and wellbeing, addressing social issues, risk factors and environmental impacts such as isolation and loneliness and providing access to supportive services and promoting early intervention
- Older people – considering the health and social care needs of an ageing population, promoting positive attitudes to older people and tailoring support to enable them to participate fully in society

## WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

It is important that local plans demonstrate alignment with the outcomes of the Programme for Government. The people living in the Derry City and Strabane District area identified many of the same priorities as those included in the Programme for Government. This strategic link can focus attention to their needs and aspirations and potentially attract resources.

## ACTIVE AGEING STRATEGY 2016-22

**“OUR VISION IS ONE OF NORTHERN IRELAND BEING AN AGE FRIENDLY REGION IN WHICH PEOPLE, AS THEY GROW OLDER, ARE VALUED AND SUPPORTED TO LIVE ACTIVELY TO THEIR FULLEST POTENTIAL; WITH THEIR RIGHTS RESPECTED AND THEIR DIGNITY PROTECTED**

The Department for Communities’ regional Active Ageing Strategy aims to increase understanding of the issues affecting older people and promote and emphasise their rights, value, and contribution.

The outcomes of the strategy are informed by the five themes of the United Nations Principles for Older Persons. The themes are:

- Independence
- Participation
- Care
- Self-fulfilment
- Dignity

## OUTCOMES

1. Older people live independently for as long as they can, free from poverty and in suitable, safe homes.
2. Older people are involved in their family and community and in civic life.
3. Older people are healthier for longer.
4. Older workers remain in employment for as long as they wish or need to.
5. Older people participate in cultural, education and physical activity.
6. Older people’s dignity and human rights are effectively safeguarded.

## WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

The current Active Ageing Strategy was extended by 12 months to May 2022 due to Covid. It is a reasonable assumption that a further strategy will continue to be aligned with the UN Principles for Older Persons. People living in the district told us how they valued their independence and their involvement in community and civic life. They also told us about how important participation in a variety of activities is to both their mental and physical health. The policy framework provided by the Active Ageing Strategy, and the impetus it puts on central government departments and related bodies, aligns with the needs and aspirations of the people of Derry City and Strabane District.

## MAKING LIFE BETTER 2013-2023

Making Life Better’s vision is:

**“ALL PEOPLE ARE ENABLED AND SUPPORTED IN ACHIEVING THEIR FULL HEALTH AND WELLBEING POTENTIAL.”**

Its aims are to achieve better health and wellbeing for everyone and reduce inequalities in health.

## RELEVANT AGE-FRIENDLY PRIORITIES

Making Life Better is structured around six themes:

1. Giving every child the best start
2. Equipped throughout life (takes account of particular needs at different stages of life)
3. Empowering healthy living (addresses support for individual behaviours and choices and embeds prevention in health and social care)
4. Creating the conditions (acknowledges that there are many factors which contribute to poor and good health – the social determinants of health)
5. Empowering communities
6. Developing collaboration

Outcomes which are relevant to age-friendly and older people include:

- Outcome 6: Active, healthy ageing
- Outcome 12: Making the most of our physical environment
- Outcome 13: Safe and healthy homes
- Outcome 16: Safe and healthy workplaces
- Outcome 18: Strengthened collaboration for health and wellbeing

## WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

Many of the people who informed this plan referred to their health and wellbeing and their desire to retain a full and active life as far as is possible.

## MENTAL HEALTH STRATEGY 2021-31

**“OUR VISION FOR NORTHERN IRELAND IS A SOCIETY WHICH PROMOTES EMOTIONAL WELLBEING AND POSITIVE MENTAL HEALTH FOR EVERYONE WITH A LIFESPAN APPROACH, WHICH SUPPORTS RECOVERY, AND SEEKS TO REDUCE STIGMA AND MENTAL HEALTH INEQUALITIES.”**

Relevant age-friendly priorities

Theme 2, “Providing the right support at the right time” includes a particular focus on mental health and older adults:

- All older adults who need mental health services will receive the care and treatment they need
- Old age psychiatry services are no longer based on an age threshold but on the needs of the person

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

A lifespan and person-centred approach acknowledges that there is no universal template for growing older, meaning services can be more responsive to needs throughout the ageing process. Mental health is identified as just as important as physical health as we grow older, and isolation and loneliness have the potential to have a negative impact on mental health, potentially increasing the need for services.

## TRANSFORMING YOUR CARE, A REVIEW OF HEALTH AND SOCIAL CARE, 2011

### RELEVANT AGE-FRIENDLY PRIORITIES

Transforming your Care made 99 proposals for change across the range of health and social care services. It also identified 12 major principles for change which would underpin the future model of health and social care in Northern Ireland. Of particular relevance to an age-friendly strategy are:

- Placing the individual at the centre of the model by promoting a better outcome for the service user, carer, and their family
- Providing the right care in the right place at the right time
- A focus on prevention and tackling inequalities
- Integrated care – working together
- Promoting independence and personalisation of care
- Safeguarding the most vulnerable

Key outcomes for Transforming your Care include:

- more services will be provided locally with opportunities to access specialist hospitals where needed
- more people will be cared for at home where it's safe and appropriate to do so
- doctors, nurses, social workers, and everyone providing care will work together in partnership to help keep people healthy
- people will get support to stay healthy, make good health decisions or manage their own conditions
- investment in new technology will help people stay at home or receive care locally rather than in hospitals

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

People told us how important it was to them to be able to access health services locally and how much they valued being able to remain in their own homes and part of their own communities. They also told us of the need for more easily understood and readily accessible information about healthcare support but also expressed a preference for that support to be available in their own community.

## TACKLING RURAL POVERTY AND SOCIAL ISOLATION 2016

Relevant Age-friendly priorities

**“OUR VISION IS OF A FAIR AND INCLUSIVE RURAL SOCIETY WHERE RURAL DWELLERS ENJOY THE SAME QUALITY OF LIFE AS ALL OTHERS IN THE REGION. WE ENVISAGE VIBRANT, STRONG RURAL COMMUNITIES, RESILIENT AND RECEPTIVE TO GLOBAL TRENDS THROUGH STRONG INTER-LINKAGES WITH URBAN AREAS AND MARKET TOWNS.”**

The aim of the strategy is to improve the quality of life for vulnerable people in rural areas by providing flexible mechanisms to work in partnership to develop and implement measures which help tackle rural poverty and social isolation.

Relevant outcomes include:

- An increase in the availability of new and innovative models or approaches designed to address rural poverty and social isolation
- An increase in levels of knowledge and understanding of the causes of poverty and social isolation in rural areas and increased sharing of information, best practice, and expertise
- The successful implementation of interventions which help alleviate the effects of access poverty, financial poverty, and social isolation in rural areas among specific vulnerable groups
- Positive and effective engagement by rural communities in seeking to address poverty and social isolation issues within their areas

Relevant actions include:

- Promoting positive mental health and wellbeing
- Increasing opportunities for social engagement (e.g., social activities, sport and leisure activities, cultural activities, etc.)
- Providing support to groups at risk of social isolation (e.g., farmers, older people, people with disabilities, disengaged youth, etc.)

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

The Rural Area Partnership in Derry (RAPID) estimates that around one third of the population of Derry City and Strabane District live in a rural area. The research undertaken to develop this plan found that more than two thirds of people felt lonelier during the pandemic, and 3 in 5 said it affected their mental health. Feedback also identified the value placed on social and other activities to address isolation but being able to access such activities was a concern for some, in particular those who did not drive.



## ACTIVE LIVING MORE PEOPLE, MORE ACTIVE, MORE OF THE TIME, THE SPORT AND PHYSICAL ACTIVITY STRATEGY FOR NORTHERN IRELAND

The vision is:

**“LIFELONG INVOLVEMENT IN SPORT AND PHYSICAL ACTIVITY WILL DELIVER AN ACTIVE, HEALTHY, RESILIENT AND INCLUSIVE SOCIETY WHICH RECOGNISES AND VALUES BOTH PARTICIPATION AND EXCELLENCE.”**

### RELEVANT AGE-FRIENDLY PRIORITIES

- Recovery from the impact of the pandemic
- Promoting participation, inclusion, and community engagement
- Addressing barriers to participation in sport and physical activity through co designing programmes and initiatives in partnership with key stakeholders
- Improving the physical and mental health and wellbeing of those who participate in sport and physical activity
- Ensuring that sport and physical activity is inclusive, safe, diverse, shared, fun and offers equality of opportunity to participate for all
- Improving physical literacy and increasing lifelong participation in sport and physical activity for all
- Increased awareness of the benefits of participation in sport and physical activity
- Everyone has access to inclusive, shared, safe, welcoming, and high quality indoor and outdoor sport and physical activity infrastructure

The strategy acknowledges that older women and men (and other underrepresented groups) are prevented from participation in sport and physical activity for several reasons, not just physical ability, and commits to a co-design approach to reducing these barriers.

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

The benefits of physical activity are widely acknowledged. 68 per cent of respondents to the 2021 survey said that they regularly walk or take part in exercise, and there are many fit and active people over 50 who appreciate the opportunity to participate in a range of physical activity. Barriers to remaining active include the availability and awareness of appropriate activities. Feedback indicates that there is a need for low(er) impact exercise opportunities to meet the needs of older people in addition to the existing variety of higher impact classes and activities.

## NI HOUSING EXECUTIVE OLDER PEOPLES HOUSING STRATEGY 2021/22 TO 2026/27

**“OUR VISION IS TO ENABLE OLDER PEOPLE TO LIVE AS INDEPENDENTLY AS POSSIBLE WITH DIGNITY; WITH OPPORTUNITIES AND OPTIONS TO MEET THEIR HOUSING NEEDS; AND TO BE SUPPORTED TO ENGAGE AND PARTICIPATE IN COMMUNITY LIFE TO CREATE VIBRANT SUSTAINABLE COMMUNITIES”**

The themes of the strategy are:

- Planning for the future – looking at different housing options and housing models for older people and supporting independent living
- Promoting and maintaining dignity – looking at ways to develop new and existing services to promote and maintain the dignity of tenants and customers
- Providing housing advice for older people
- Promoting participation – recognising how engaging, enabling, and empowering older people to participate actively in community life can have positive impacts on their health, wellbeing, and happiness. Working in partnership with others to support opportunities for older people to become involved in shaping, informing, and enjoying services delivered on their behalf.

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

The Social rented sector share of the housing market in the Derry City and Strabane District area was at 24% in 2016,<sup>27</sup> and older people made up approximately 12 per cent of waiting list applicants in 2021<sup>28</sup>. The availability of affordable, appropriate housing was identified as an issue for many people as they grow older. People identified the need to think about new and different housing models which can enable people to remain in their own home or community for as long as possible.

### PUBLIC REALM/ENVIRONMENTAL IMPROVEMENT (DEPARTMENT FOR COMMUNITIES)

The Department for Communities plays an important role in investing in the improvement and appearance of neighbourhoods, towns, and city centres. Improving the appearance of an area is not just to make people feel good when they visit, shop, work or live there, although that is very important. If an area has been upgraded and is attractive it will be healthier, safer, and cleaner and more people will want to go there.

The aim is to create high quality public spaces and footpaths to encourage better access for all people including those with mobility or sensory issues. This will create spaces where people from all communities can meet, relax, and enjoy the surroundings.

The type of work undertaken includes:

- improving street lighting
- widening footpaths for pedestrians
- adding street furniture such as seating, bins and hanging basket stands
- replacing paved walkways with new long-lasting surfaces
- improving how the traffic flows
- providing public art which reflects the history and personality of the area
- planting trees, shrubs, and flowers
- creating or improving facilities such as multi-use games areas or play parks

### WHY DOES THIS MATTER FOR AN AGE-FRIENDLY DERRY CITY AND STRABANE DISTRICT?

People told us about the importance of feeling that spaces such as town centres and parks were “for them”. This includes taking mobility, lighting and access to seating and toilets into account in the design of public realm.

## DERRY CITY AND STRABANE DISTRICT COUNCIL STRATEGIES AND POLICIES

The following strategies and policies within Derry City and Strabane District provide direction for an age-friendly community locally.

- Corporate Plan 2022/23 and Performance Improvement Plan 2022/23
- Equality Action Plan and Disability Action Plan 2020-2023 (Derry City and Strabane District Council)
- Arts & Culture Strategy 2019-2024
- Green Infrastructure (GI) Plan 2019-2032
- Menopause Policy
- Be Active: Physical Activity, Well-being & Sport Strategy 2022 – 2027 (Draft DCSDC Strategy)
- Museum and Heritage Service Five Year Strategy (2018 -2023)
- Learning and Engagement Policy for the Museum and Heritage Services (MHS)
- Good Relations Strategy and Action Plan
- Safeguarding Policy (Children and Adults at Risk)



Endnotes

- 1 Disparities in the risk and outcomes of COVID-19 (publishing.service.gov.uk)
- 2 Creating age-friendly environments in Europe, a tool for local policy makers and planners, WHO Europe 2016 <https://www.who.int/publications/i/item/9789289052122>
- 3 From the Northern Ireland Statistics and Research Agency's (NISRA) Life expectancy at birth (administrative geographies), <https://www.ninis2.nisra.gov.uk/public/PivotGrid.aspx?ds=10325&lh=73&yn=2008-2019&sk=134&sn=Health%20and%20Social%20Care&yearfilter=>
- 4 NISRA, age-friendly profiles (administrative geographies) for 2019 and 2043, <https://www.ninis2.nisra.gov.uk/public/AreaProfileReportViewer.aspx?FromAPAddressMultipleRecords=Derry+City+And+Strabane%40%40Derry+City+And+Strabane%4022%3Fand%20Places&yearfilter=> <https://www.ninis2.nisra.gov.uk/public/PivotGrid.aspx?ds=10315&lh=73&yn=2017,2019,2043&sk=10&sn=People%20and%20Places&yearfilter=> <https://www.ninis2.nisra.gov.uk/public/AreaProfileReportViewer.aspx?FromAPAddressMultipleRecords=Derry%20City%20And%20Strabane@Exact%20match%20of%20location%20name:%20@Exact%20Match%20Of%20Location%20Name:%20%20Derry%20City%20And%20Strabane@22?>
- 5 [www.nisra.gov.uk/system/files/statistics/NPP20-Bulletin.pdf](http://www.nisra.gov.uk/system/files/statistics/NPP20-Bulletin.pdf)
- 6 From the Continuous Household Survey (CHS) 2020/21, <https://www.communities-ni.gov.uk/publications/engagement-culture-arts-and-sport-by-adults-northern-ireland-202021>
- 7 Based on Heath survey Northern Ireland 2020/21, <https://www.health-ni.gov.uk/news/health-survey-northern-ireland-first-results-202122>
- 8 <https://www.nisra.gov.uk/statistics/2021-census/results>
- 9 From the DSDC 2021 Age-friendly survey
- 10 From the DSDC 2021 Age-friendly survey
- 11 From quantitative survey and postcards (n=152)
- 12 From the DSDC 2021 Age-friendly survey
- 13 From the NI Health Survey 2020/2021 <https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202021>
- 14 From the DSDC 2021 Age-friendly survey
- 15 From the DSDC 2021 Age-friendly survey
- 16 From the NI Health Survey 2020/2021 <https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202021>
- 17 From the DSDC 2021 Age-friendly survey
- 18 From the DSDC 2021 Age-friendly survey
- 19 From the DSDC 2021 Age-friendly survey
- 20 From the NI Health Survey 2020/2021 <https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202021>
- 21 From the DSDC 2021 Age-friendly survey
- 22 From Self Efficacy, Locus of Control and Life Satisfaction in Northern Ireland 2019/20 <https://www.executiveoffice-ni.gov.uk/publications/self-efficacy-locus-control-life-satisfaction-northern-ireland-201920>
- 23 From the DSDC 2021 Age-friendly survey
- 24 From the DSDC 2021 Age-friendly survey
- 25 From the DSDC 2021 Age-friendly survey
- 26 From the DSDC 2021 Age-friendly survey
- 27 NI Housing Conditions survey 2016
- 28 NI Housing Executive Housing Investment Plan Annual Update 2021





