

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh

Age-Friendly Action Plan 2021–2023

Creating positive
outcomes for older people



Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin

Newry, Mourne
and Down
District Council



Newry, Mourne
and Down

Age-Friendly
District

Action Plan – Making a difference over 2021–2023

In our 2021–2031 Age-Friendly Strategy we have set out the direction of travel for the Age-Friendly Strategic Alliance over the next 10 years and beyond. This action plan for 2021–2023 allows the Alliance to build on its successes achieved over 2016–2019, while also setting out the key actions for the next three years.

In line with the concept of ‘making a difference’, we are committed to working collaboratively to support healthy living and positive outcomes for older people across the district while maintaining Newry, Mourne and Down as an age-friendly district and a great place in which to live and grow older.

This action plan for 2021–2023 is aligned to the eight domains of the World Health Organization’s (WHO) age-friendly framework, while also reflecting the themes, timelines and priorities contained within the Public Health Agency’s ‘Making Life Better’ framework and Newry, Mourne and Down District Council’s ‘Living Well Together’ Community Plan.

Goal 1 To be an exemplar of positive and effective partnership working

Outcome 1 Sustainable success through effective partnership working

Goal 2 To optimise the district’s physical environment as a key enabler of health, wellbeing and social interaction

Outcome 2 The physical environment (natural and built) is accessible and age-friendly

Goal 3 To create a socially inclusive district, in which older people feel safe, supported, involved, engaged, connected and respected

Outcome 3 The social environment is inclusive

Goal 4 To empower individuals to live healthier and more active lives in connected communities

Outcome 4 Living healthier and more active lives in connected communities

Goal 1

To be an exemplar of positive and effective partnership working

Outcome: Sustainable success through effective partnership working

1.1 We will have representative, committed and engaged membership

We will undertake a review of the Age-Friendly Strategic Alliance, to include the following areas:

- The representativeness of the Alliance membership
- The Alliance's structure
- The Alliance's monitoring arrangements
- The Alliance's reporting and accountability arrangements
- The participation of partners (monitored by the Alliance)

1.2 We will have fit-for-purpose structures and reporting arrangements

We will work to identify and agree the Age-Friendly Strategic Alliance's key processes, to include consultation, shared learning, networking, etc.

The Age-Friendly Strategic Alliance members will produce a quarterly newsletter to service both members and the public.

1.3 We will have key processes that support achievement of this strategy

We will monitor and review our performance and publish our progress against our strategy and action plan as well as our key achievements on an annual basis.

We will work with the business sector to form an Age-Friendly Charter.

Indicators

- Age-Friendly Strategic Alliance membership is regularly reviewed
- Greater than 60% attendance at Alliance meetings
- Development of an Age-Friendly Charter for businesses
- The number of businesses signed up to the Age-Friendly Charter each year

Goal 2

To optimise the district's physical environment as a key enabler of health, wellbeing and social interaction

Outcome: The physical environment (natural and built) is accessible and age-friendly

2.1 We will work with others to ensure open spaces (walks, parks and beaches), the public realm and buildings across the district are accessible and age-friendly

We will work to ensure accessibility across the district (to include green flag status, walkability assessment and ensuring areas are dementia-friendly).

We will work to ensure all public buildings and new developments are accessible and age-friendly.

We will provide opportunities for outdoor recreation activities.

We will address concerns raised by Newry and Mourne Older People's Forum and the Down Senior Forum.

2.2 We will work with others to ensure houses across the district are available, affordable, accessible and age-friendly

We will work in partnership to heighten older people's awareness of housing options.

We will continue to work with others to make more of the district's houses accessible and age-friendly.

2.3 We will work with others to ensure transport across the district is accessible and age-friendly

We will continue to work with others to improve transportation infrastructure and services to help achieve a modern, sustainable, safe and fully accessible transport system at district level which actively contributes to social inclusion and everyone's quality of life.

We will support the continuing provision of rural transport to services to give people in rural areas improved access to work, healthcare and recreational activities.

Indicators

- Proportion of new housing developments that include age-friendly features
- Percentage of older people who live in accessible, safe and warm homes
- Level of satisfaction among older people using public transport
- Level of satisfaction among older people using rural transport

Goal 3

To create a socially inclusive district, in which older people feel safe, supported, involved, engaged, connected and respected

Outcome: The social environment is inclusive

3.1 We will ensure older people feel safe, supported, engaged and connected to their neighbourhoods

We will work with partners to ensure older people across the district feel safe, supported, involved, engaged, connected and respected.

We will work with service providers to ensure there is a wide range of accessible, affordable and well-promoted/publicised sports, leisure and cultural activities and events for older people across the district.

We will work collaboratively with the Policing and Community Safety Partnership to ensure locally delivered and tailored community safety programmes for older people.

3.2 We will ensure older people from all backgrounds are valued, included and respected

We will develop and roll out an agreed approach to consulting with older people, including a schedule of planned consultations and engagements with older people on agreed key issues.

We will continue to give older residents a voice through the Newry and Mourne Older People's Forum and Down Senior Forum.

We will develop, carry out and analyse a survey to create a baseline for this strategy for the future.

3.3 We will ensure older people continue to positively contribute to their communities

We will work in partnership to develop volunteering awards and increase nominations from all groups across the district.

We will build upon the existing programmes of intergenerational practices.

We will promote and increase the uptake of Food for Life 'Get Together' small grants.

Indicators

- Evidence that older people feel respected, connected and less isolated
- Improved community safety
- Percentage of older people who describe their area as being age-friendly
- Percentage of older people volunteering
- Development of a grants scheme for older people
- Volunteer award scheme developed
- Number of businesses assisted in developing a dementia-friendly status

Goal 4

To empower individuals to live healthier and more active lives in connected communities

Outcome: Living healthier and more active lives in connected communities

4.1

We will work to ensure older people can make informed decisions about their health to support improved health outcomes

We will empower older people to make informed decisions about their health by improving their health literacy.

We will work in partnership to support key health and wellbeing campaigns across the year, ensuring these are tailored for and targeted at older people.

We will develop and promote programmes that encourage older people to be physically, mentally and socially more active.

4.2

We will work to ensure older people in all settings are an integral part of a supportive, healthy and connected community

We will support healthy and active ageing across a range of health and social care settings.

We will develop programmes to reduce social isolation and loneliness, including through linking generations in connected communities.

Indicators

- Percentage of older people who are achieving the Chief Medical Officer's physical activity guidelines
- Increase in older people attending screening and vaccination programmes
- Increase in healthy life expectancy