

Ageing is not a cause of major problems till the 90s. But It does affect maximum ability and resilience

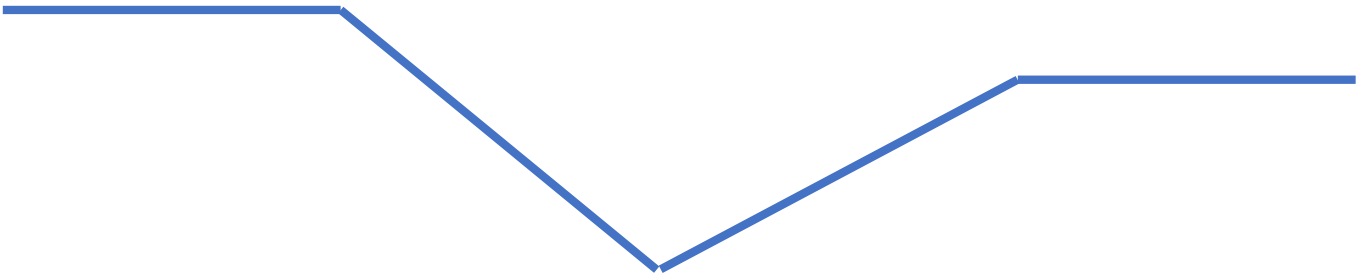


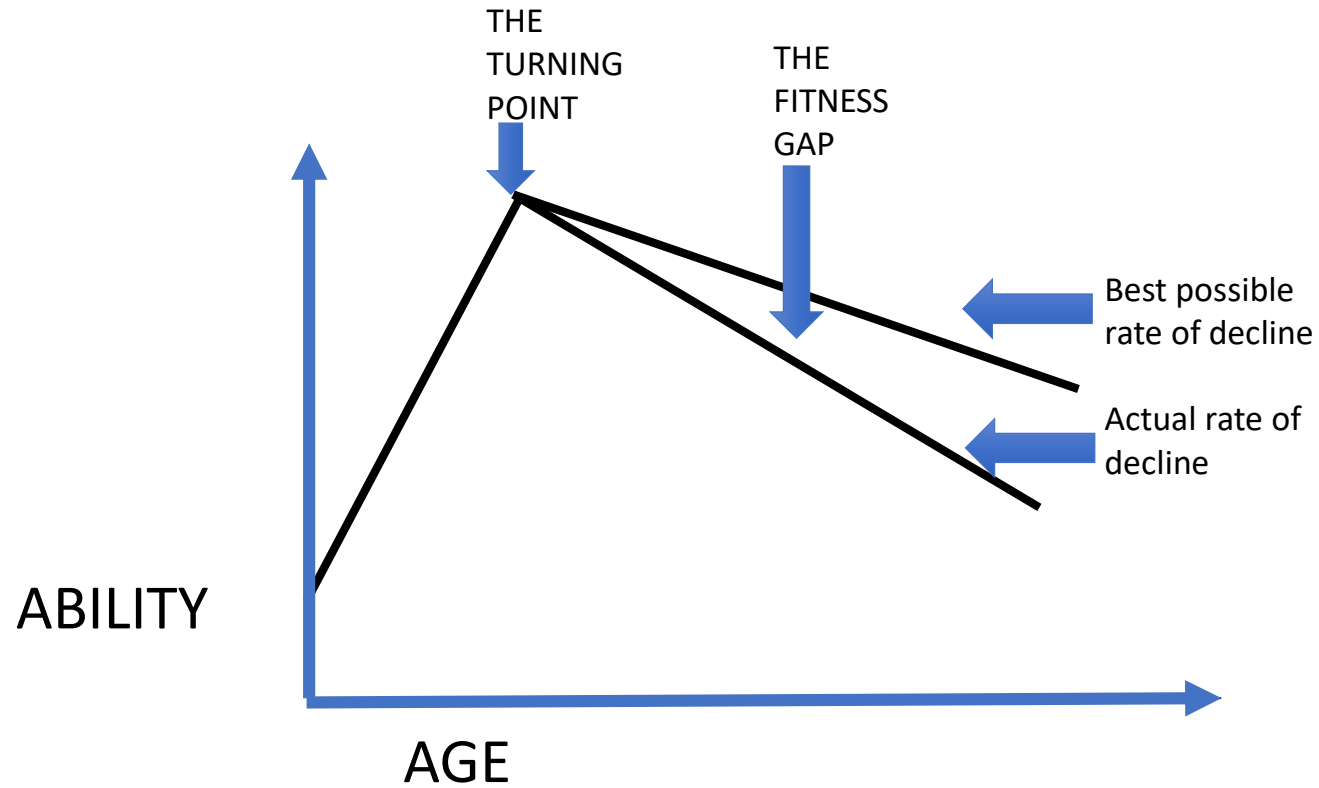
← LOCKDOWN →

20 year old

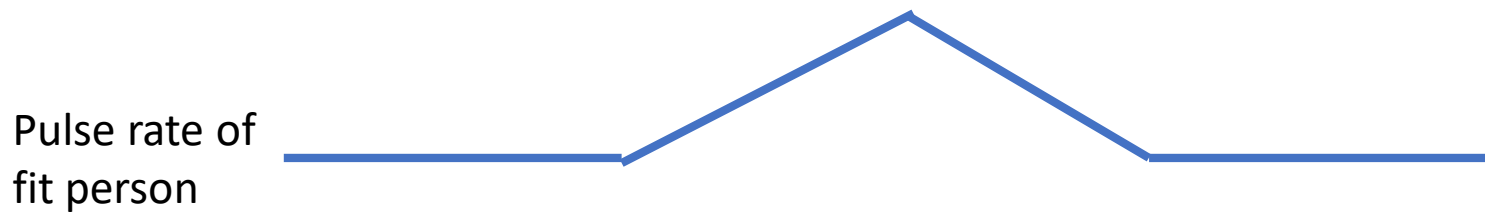
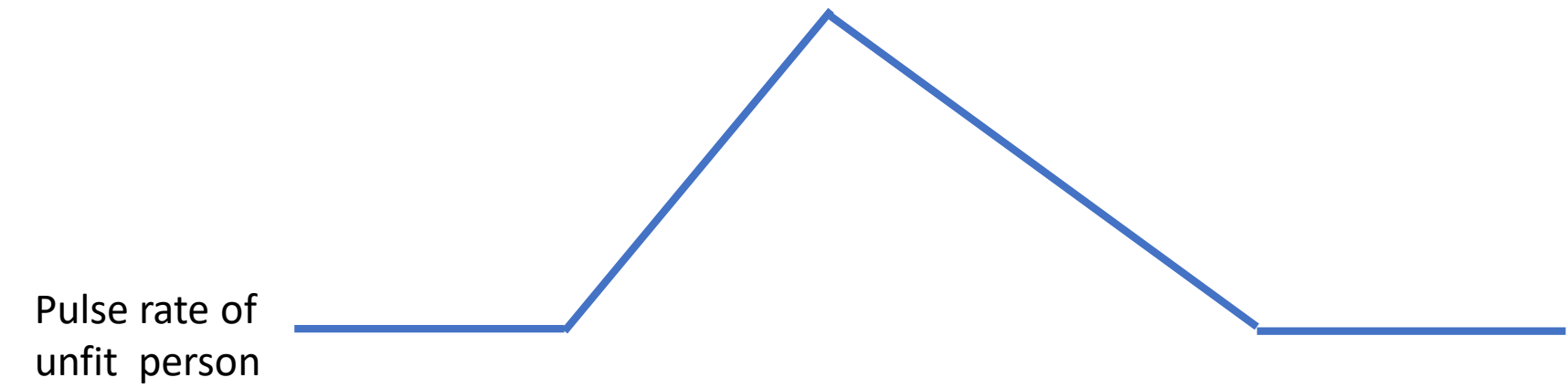


80 year old

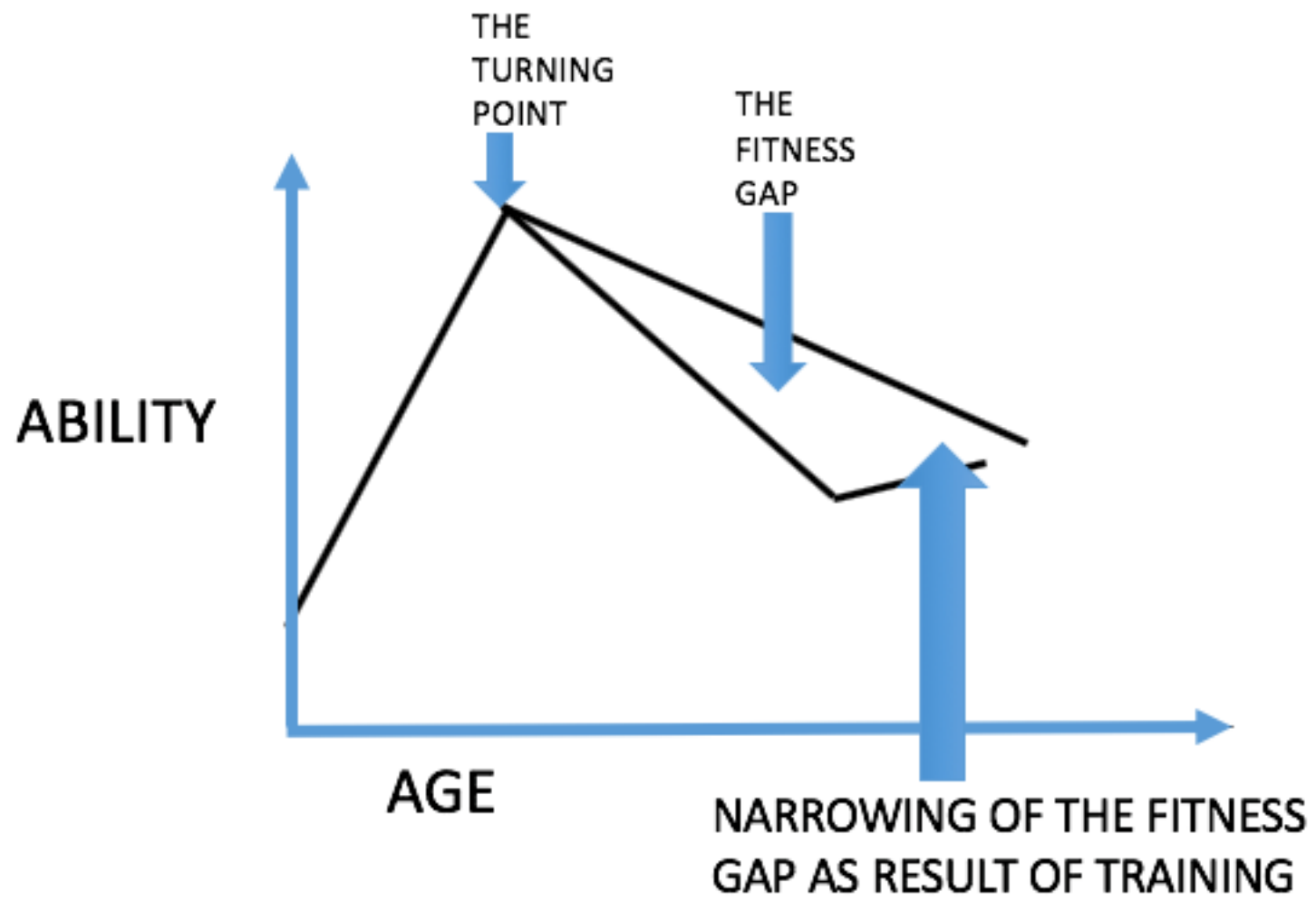


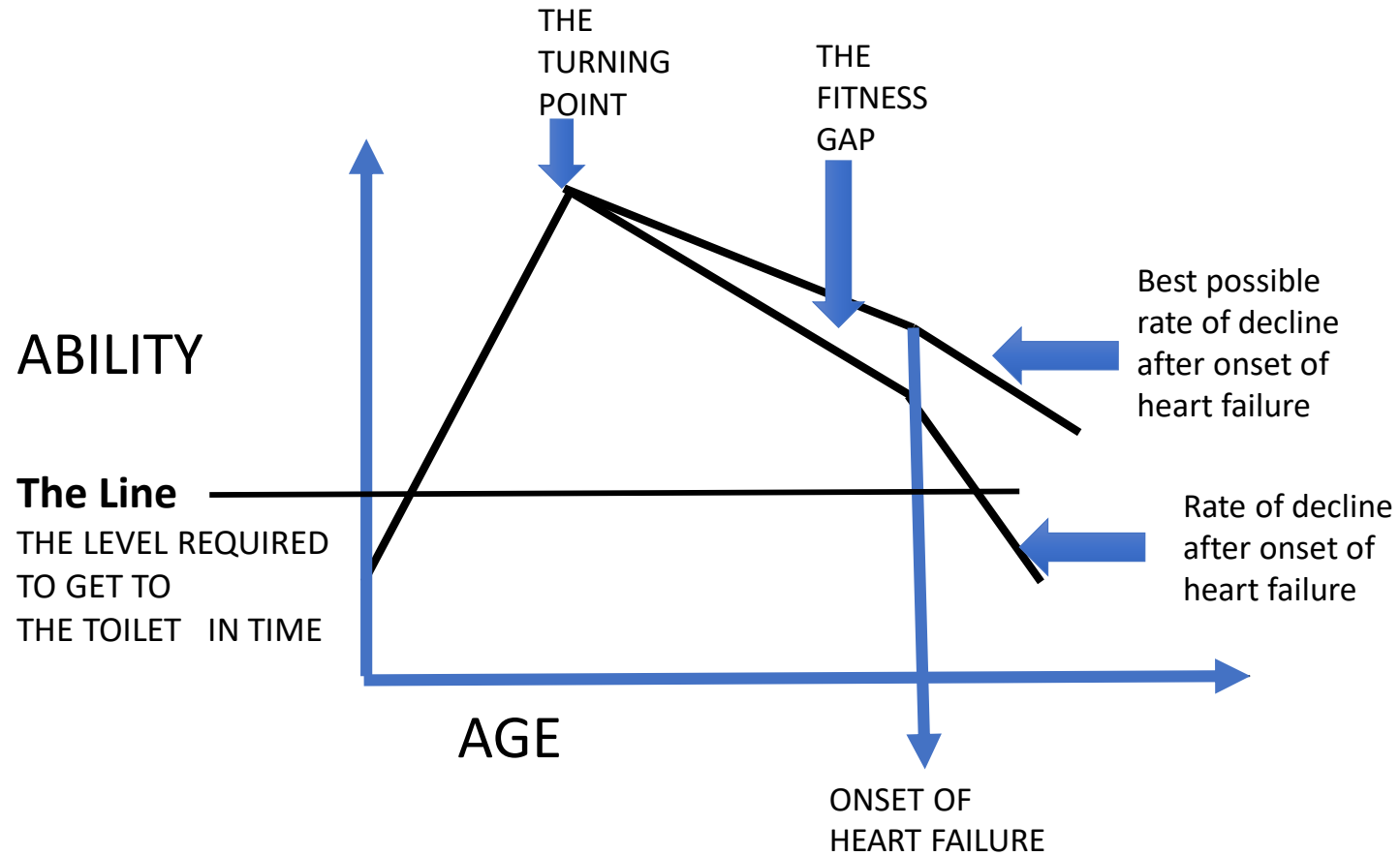


There are three other processes , the first of which is loss of fitness

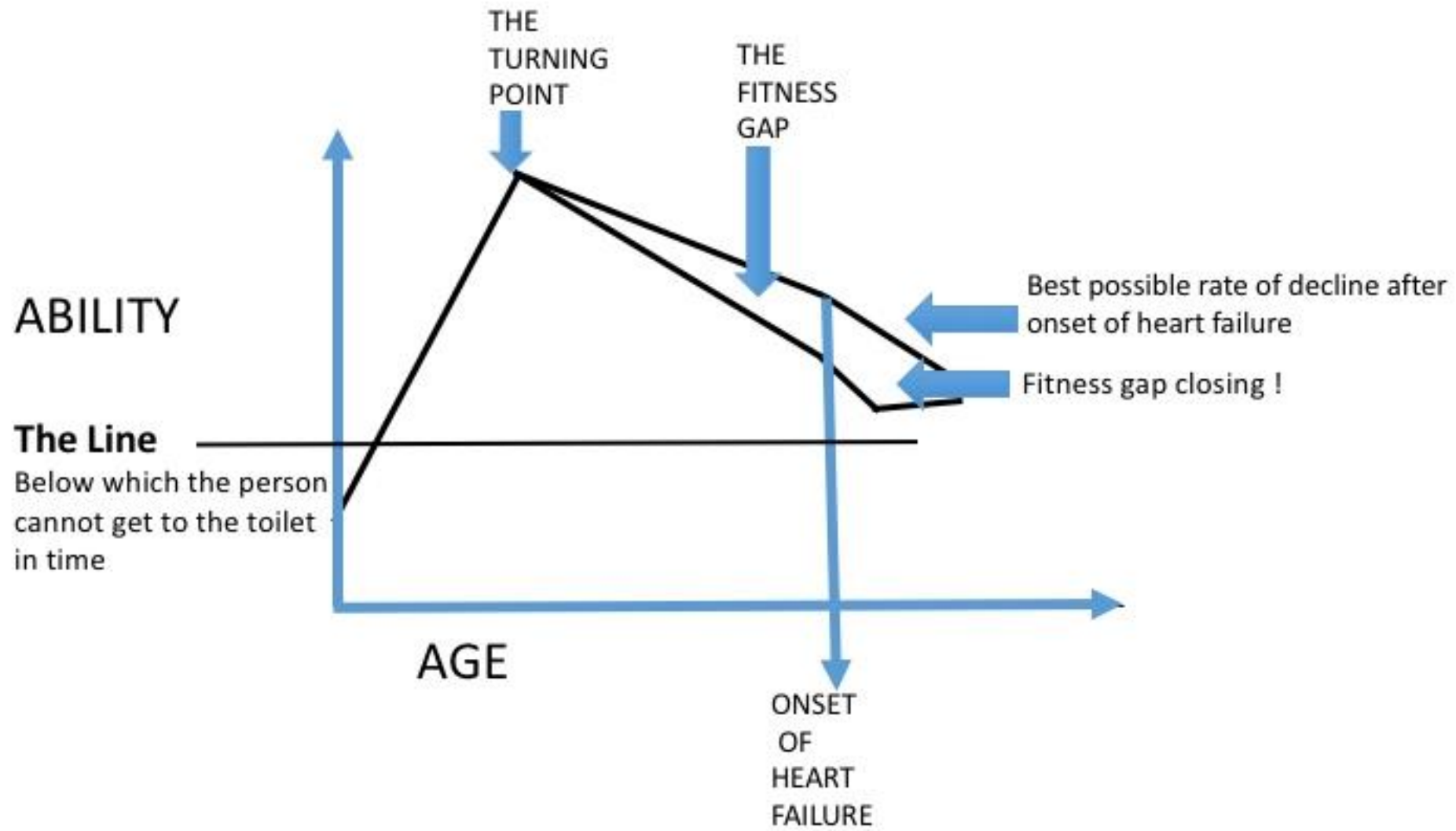


Exercise

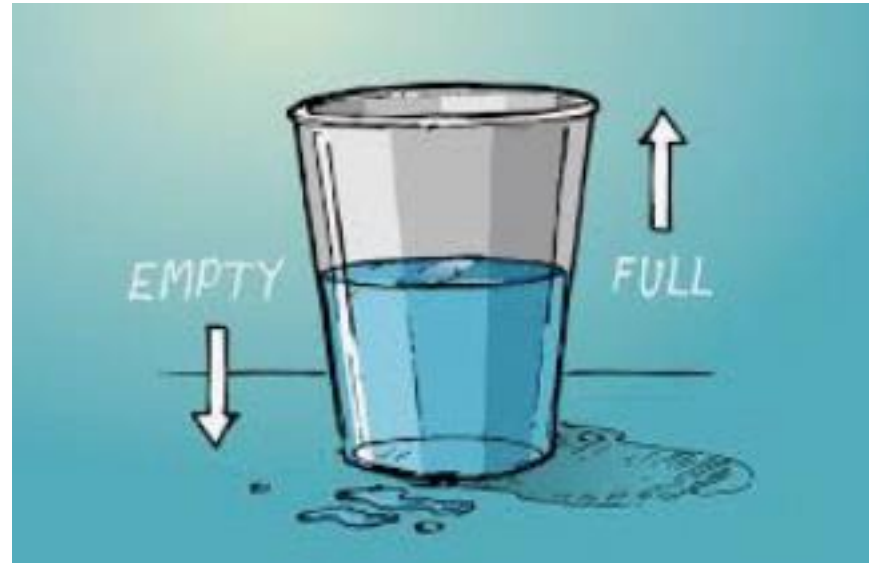




The second process is disease, complicated by accelerated loss of fitness



The third factor is negative thinking, based on the wrong beliefs and pessimistic attitudes .



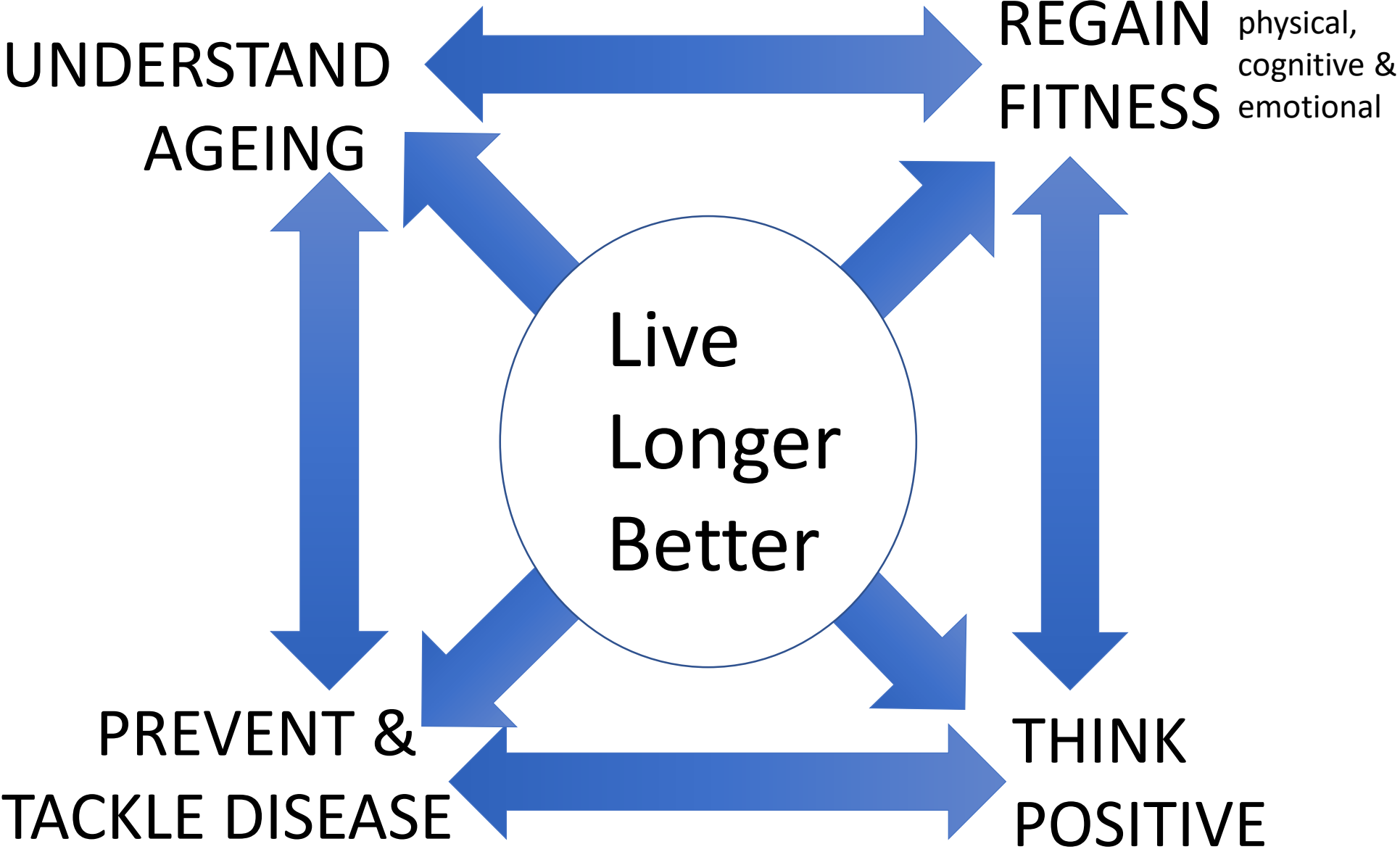
UNDERSTAND
AGEING

REGAIN
FITNESS physical,
cognitive &
emotional

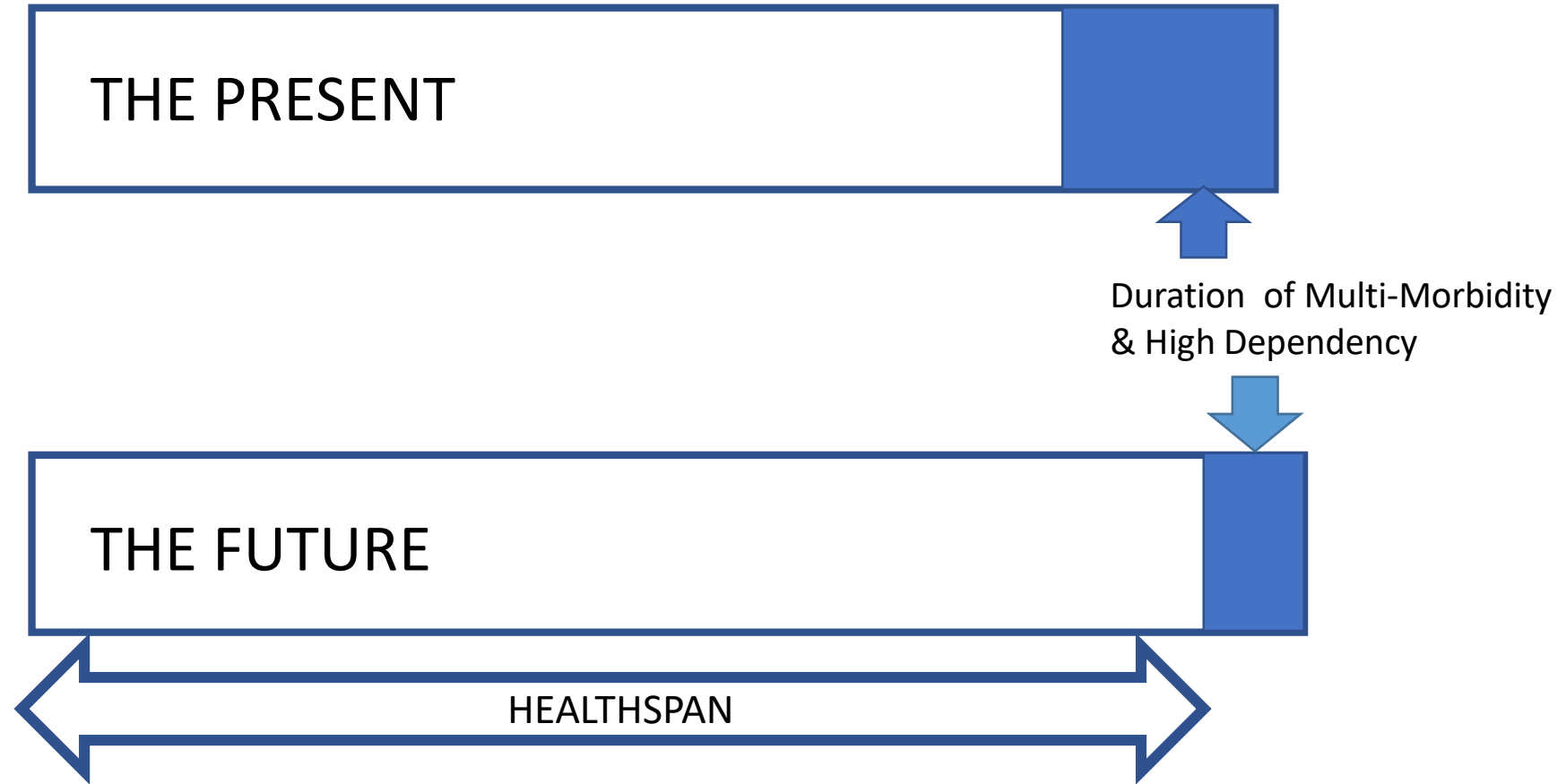


PREVENT &
TACKLE DISEASE

THINK
POSITIVE



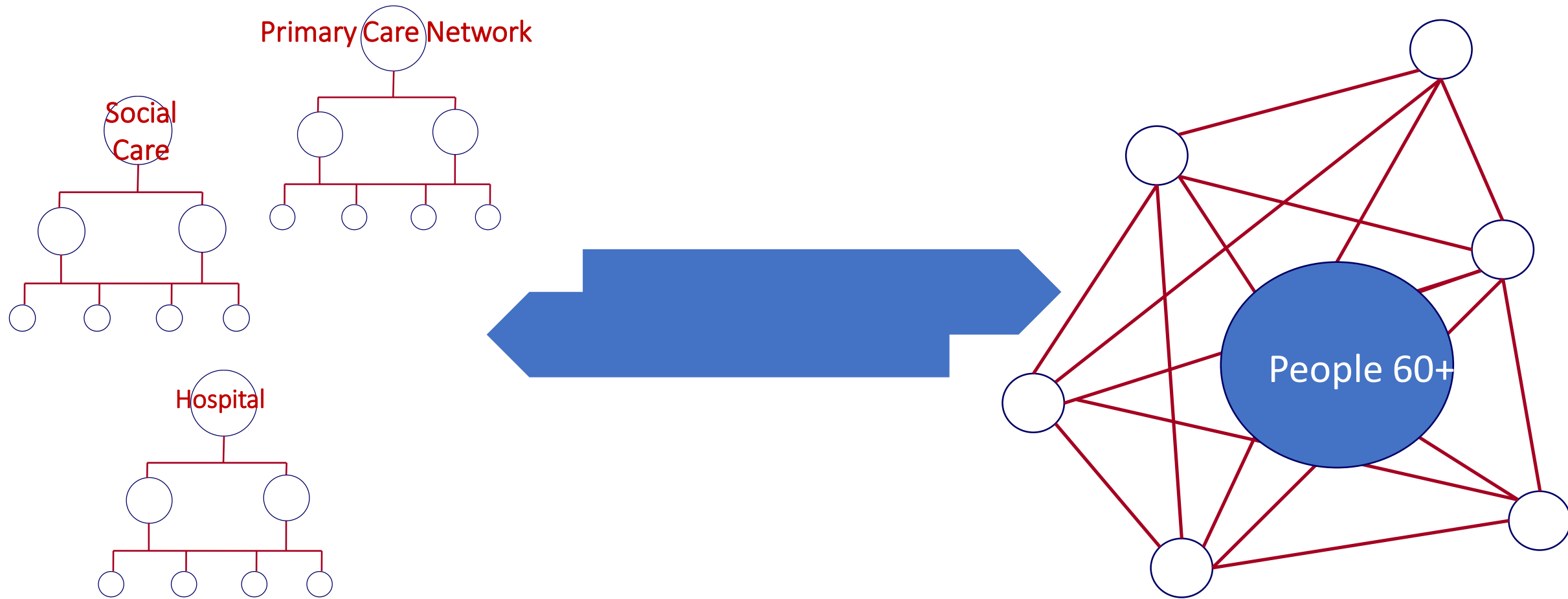
We need a **System for Living Longer Better** whose aim is to increase wellbeing and healthspan & compress the period of dependency,



A system is a set of activities with an aim and a set of objectives

- To prevent and mitigate isolation
- To increase physical ability and resilience and increase healthspan
- promote knowledge and understanding about living longer better among older people and the wider population to counteract the detrimental effects of ageism
- To create an environment in which people can fulfil their potential
- To enable strengthening of purpose
- To support carers better
- To minimise and mitigate the effects of deprivation
- To reduce the risk of, and delay or prevent dementia
- To prevent and minimise the effects of disease and multimorbidity
- To enable dying well as well as living well

The System is delivered by population based networks



The networks give leadership and the distinguishing characteristic of leadership is to create culture, we need a **cultural revolution** to create a culture of enablement and coaching rather than a culture of care. To do this we need to change how people think, professionals and older people

the resources for achieving this include

- *the development of the new language – eg enablement and purpose

- *a learning programme for older people, through GP information systems

- *a learning programme those who support them, professionals and volunteers, and the leadership of health and social care (1000 per million)

- *digital inclusion – getting everyone 60+ online

Environments

Care homes
Sheltered housing
Retirement communities
Own home
Housebound

People

With dementia
With hearing or vision problems
With mobility problems
From BAME communities
With deprivation
at risk of falls
MEN

Active Nature

Wildlife
Wild places
Gardens

Digital Enablement

Activities

yoga
tai chi
alexander
pilates
dance
Sports
learning
Walking
Walking football
Cycling
Tennis
Bowls
gym
reading
campaigning
arts
music
volunteering

Active Nature Programme - engaging with greening and wildlife

- *closer to green

- *hands on greening

- *engaging with wild life

- *working in groups with a common purpose eg to raise resources for the wildlife trust

- *raising resources competitively for the wild life trust !

Follow us



Herts and Middlesex
Wildlife Trust

Explore wild places

Wildl



wild
CHILD



Follow us



Herts and Middlesex
Wildlife Trust

Explore wild places

Wildl



wild

Elder



Digital Enablement Programme

*Enabling people by improving

Confidence - people feel safe and prepared for online activity/resources

Connectivity - everybody over 60 to be online

Conditioning - physical activity (both direct, eg VR treadmills, and indirectly supporting offline activity, eg through gamification, league tables etc)

Community - social activity to support emotional well-being

Collaboration - learning in groups

Cognition - providing mental activity and stimulation

*Enabling networking by all the organisations focused on Living Longer Better in Hertfordshire

Patients login

Please login with your NHS Login account

Login

Do not sign up for an NHS Login to access the Digiatics platform before checking whether your GP's practice is registered with the programme. You will not be able to access this product if they are not.

Welcome to W:ISH

Helping you to take control of your health and wellbeing!





FDrake
FDrake ▲

FDrake

Log out

Social

News Feed

Newsfeed

🏠 / Social / Newsfeed



AgeUK

Jul 20, 2020, 12:41:02 PM



Hello everyone. Age UK is offering online exercise sessions to help keep everyone fitter and a bit more active. Here is session 1 of "Exercise with Emma". Please check back for more sessions - we will be uploading at least once a week.



👍 Likes (0) | 💬 Comments (0)



Write comment ...

📎 Add File / Photo / Video

Users can choose to follow particular providers.

Who you follow



Optimal Ageing Programme



AgeUK



Pathfields PPG

Upcoming events

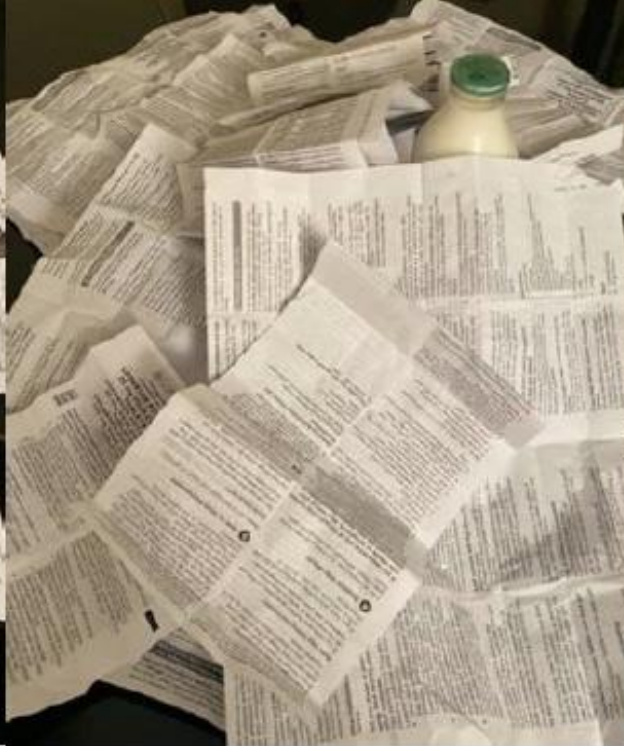


Dec 8


Lindengate Open Day

8 PM Wendover, Bucks

10,000 people interested



NATS The National Activity Therapy Service

How National Activity Therapy Works		Provider Stamp	Age	Address
A <input type="checkbox"/>				
B <input type="checkbox"/>				
C <input type="checkbox"/>				
D <input type="checkbox"/>				
E <input type="checkbox"/>				
Special Instructions		Rx <ul style="list-style-type: none">2. • Learn from BHF3. • Try this Exi Life programme4.5. • 6 Hours Trainer Support6.7. • Health walk at willowmead8.9.		
Case Study Delivered by Kenny Butler , Dr Muir Grey				
		Signature of prescriber	Date 19th May 2017	
		<input type="checkbox"/>		
		<input type="checkbox"/>		



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Heart failure

Heart failure means your heart isn't pumping blood around your body as well as it should. It doesn't mean your heart has stopped working, however you may need support to help it work better. Our medical experts answer your 5 top questions.

Home / Sports, Leisure & Parks / Gyms and Swimming Pools / Hartham Leisure Centre

Gym & Fitness Facilities

- Fitness Suite & Studios
- Bikes, trainers & kettlebells
- Group Exercise programmes

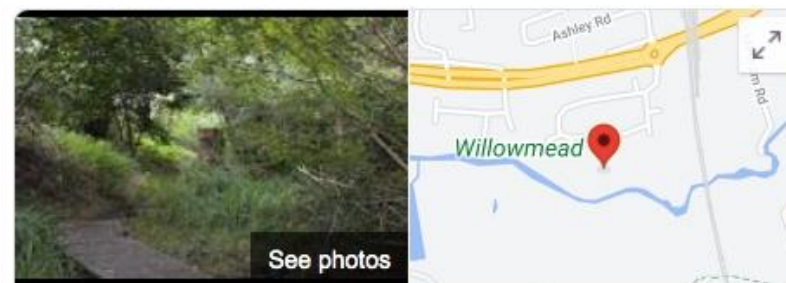
Cardiovascular Disease

Condition:

Heart disease and disease of the cardiovascular system.

Definition:

Heart disease is a general term for a number of conditions that affect the heart and blood vessels. It includes coronary artery disease, heart failure, heart rhythm disorders, and heart valve disease.



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4.7 ★★★★★ 24 Google reviews

Nature preserve in Hertford, England



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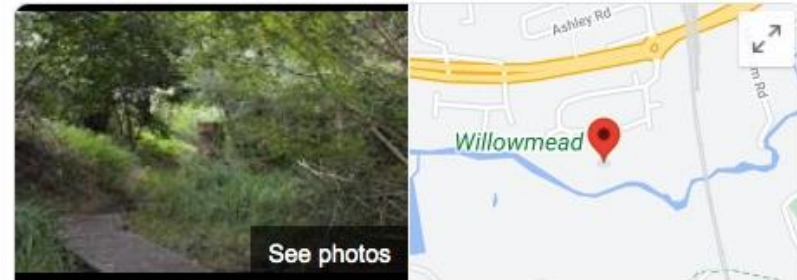
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See photos

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Directions

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Nature preserve in Hertford, England

Dr Gray's
Walking Cure

Muir Gray MD





Integration and Innovation: working together to improve health and social care for all

Presented to Parliament
by the Secretary of State for Health and Social Care
by Command of Her Majesty

February 2021

a ‘triple aim’ for NHS organisations

- to support better health and wellbeing for everyone,
- Better quality of health services for all, and
- sustainable use of NHS resources.

the following four purposes for systems:

- (a) Improving population health and healthcare;
- (b) Tackling unequal outcomes and access;
- (c) Enhancing productivity and value for money; and
- (d) Helping the NHS to support broader social and economic development.