

Seniors' Conference 2011: Agents of Change

Session Title:	Linking with your Local Community
Convenor:	Val Johnstone
Participants:	Bev, Robert, Betty, Im

Summary of Discussions:

Issue:

Connecting older people with their community locally to address loneliness and isolation (causes, mobility problem, incontinence, loss of family support and friends, language skills etc)

How to address this issue:

1. Identify and scope problem at local level: who what where are the blockages. Council can use census, local information to do this.
2. Create awareness and communicate to local groups and support services including Primary Care Partnerships. Encourage local groups to be inclusive of older people and reach out to them.
3. Encourage the isolated older people to reach out to the community and help them overcome what is stopping them reaching out (mobility, incontinence, shyness, language) Council can help run functions etc
4. Make people aware as they grow older they need to maintain their linkages in the community
5. Consider using technology for some to link them to virtual communities

Theme: include seniors in your local community as an individual and reach out to isolated aged in your local street and area.