Active Seniors: Subgroup of the WestFocus Health Network

Co-ordinators
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Getting Started

• Two listening events with groups of older people (55) from a U3A group and a Pensioners Group.

• Review of research and grey literature on well-being and intergenerational work
Outcomes From The Listening Events

• Active engagement in life with a positive outlook
• Being valued, feeling useful, family and friends
• Social isolation
• Personal safety
• Perceived threat from younger people
SWB

H = Hedonic: positive feelings such as contentment and happiness.
Future Work

• Establishing a sensitive set of tools for measuring well-being in seniors (sample of 45 people)
• Establishing a panel of older people to engage in any research and product developments
• Evaluate an existing intergenerational project
• Disseminate the findings
• Develop an intergenerational community intervention
• Further interventions are being considered such as product and service guides, nutrition or whatever arises from the further listening events.
Interactions between WestFocus Health Network: Subgroups

- Active Seniors
  - Impact of intergenerational projects on CYP
  - Measurement of well-being
  - ASs mentoring in the workplace
- Children & Young People
  - Impact of CYP on teachers/nurses/social workers/parents/carers
- Workplace

Illustration of synergies between the health network strands. Some of these synergies will lead to secondary, spin-off, projects that may take place later during the development of our collaborations with each other and our communities.