

Active Seniors: Subgroup of the WestFocus Health Network

Co-ordinators

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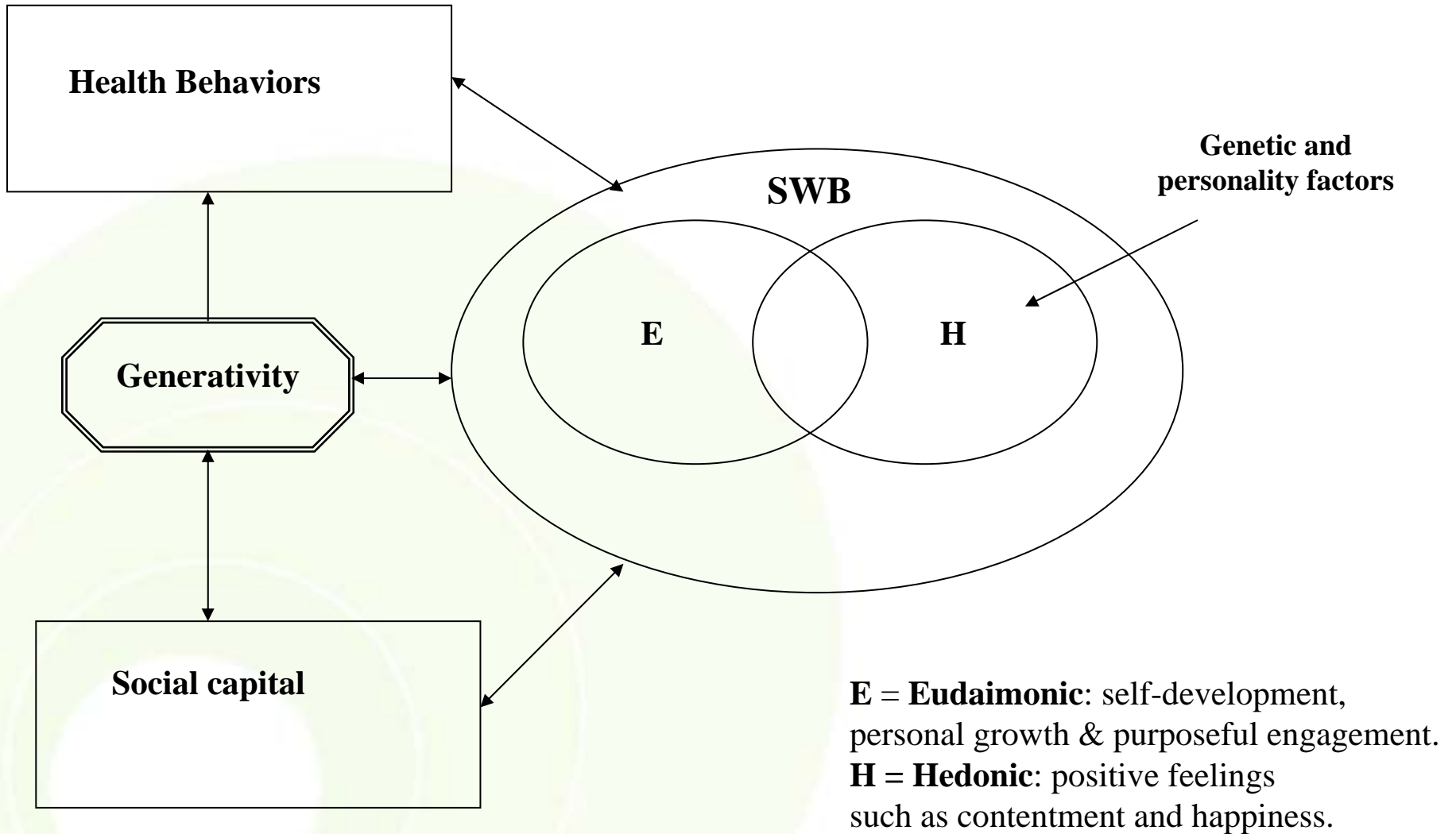
Catherine Jacobs

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



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

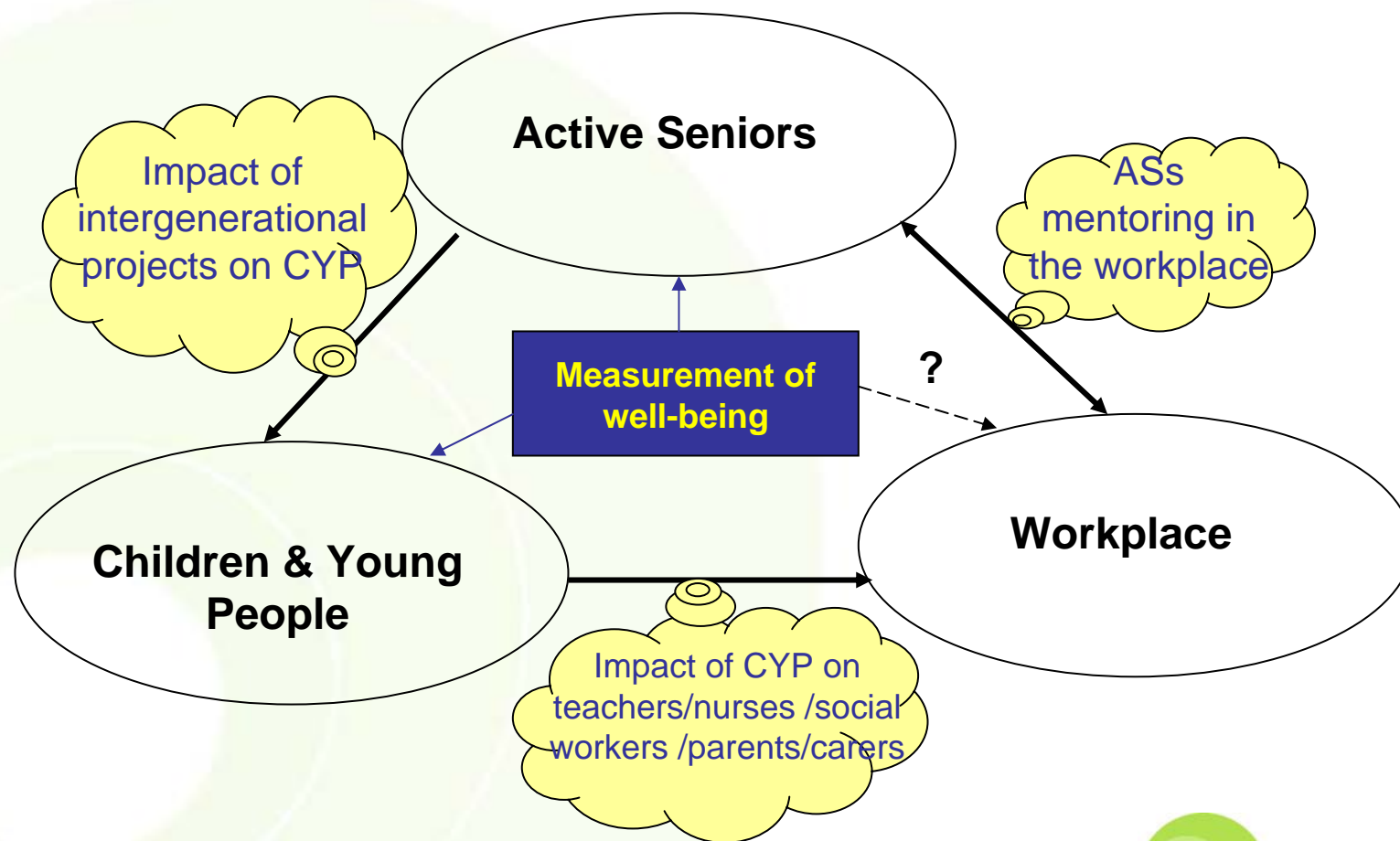


Illustration of synergies between the health network strands.

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.