

Ageing ain't for sissies !

A wellbeing model for aged services



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"Growing old ain't for sissies....."

Bette Davis





New opportunity for ageing:

- the future still to be lived
- the good life
- strengths
- dare to dream
- new mindset



Providing leadership: innovation and tradition



Creating a positive ageing partnership:

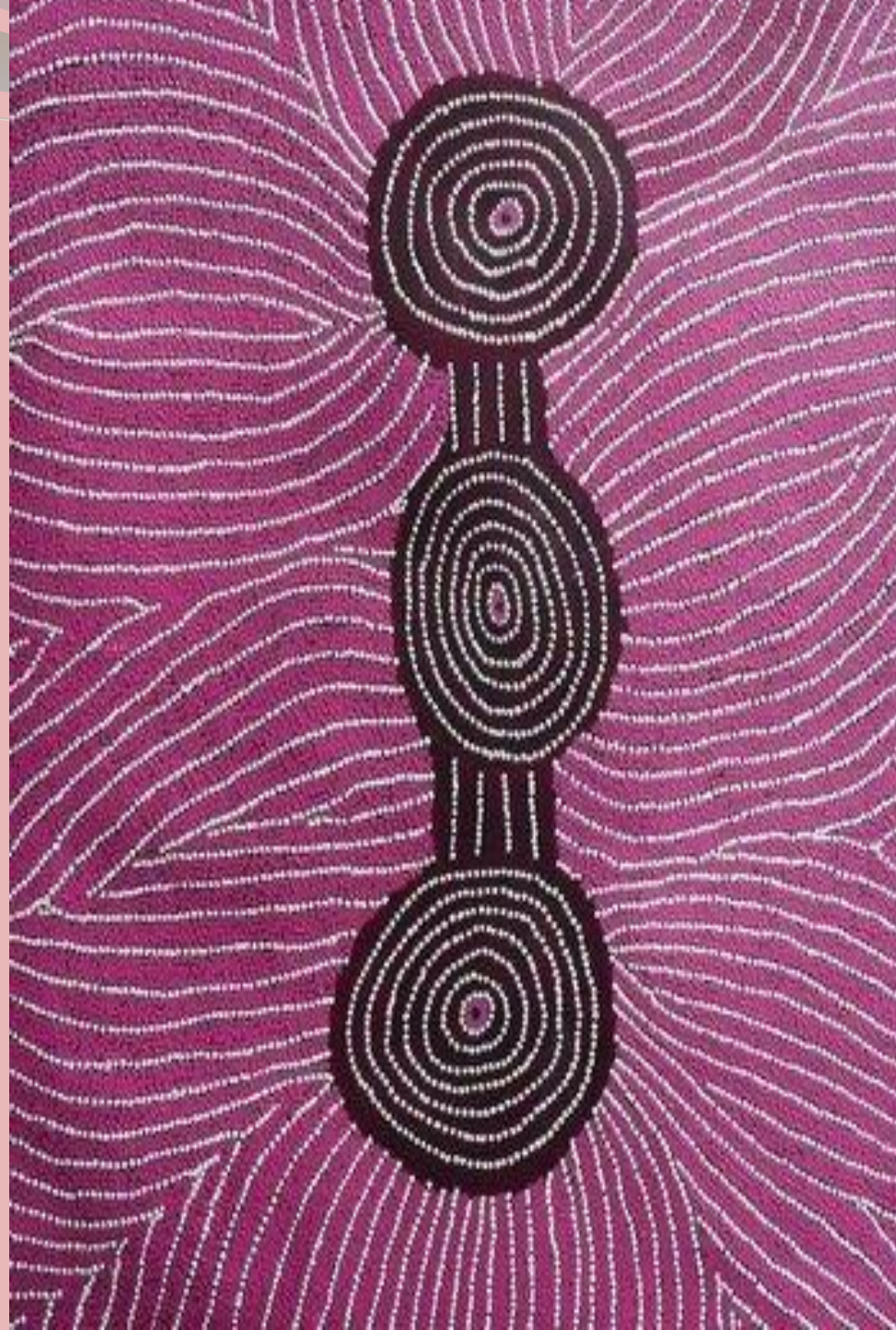
1. between services and each individual
2. raise expectations
3. empower older people
4. *informed* choice
5. systematic evidence-based interventions
6. empowered staff



pleasure ❁ engagement ❁ relationships
meaning ❁ achievements
plus
wellbeing tools
plus
health promotion and restoration

Shared Commitment:

- partnership
- *informed* choice
- health literacy
- expectations
- early interventions
- role models
- coaches



How do we get there?

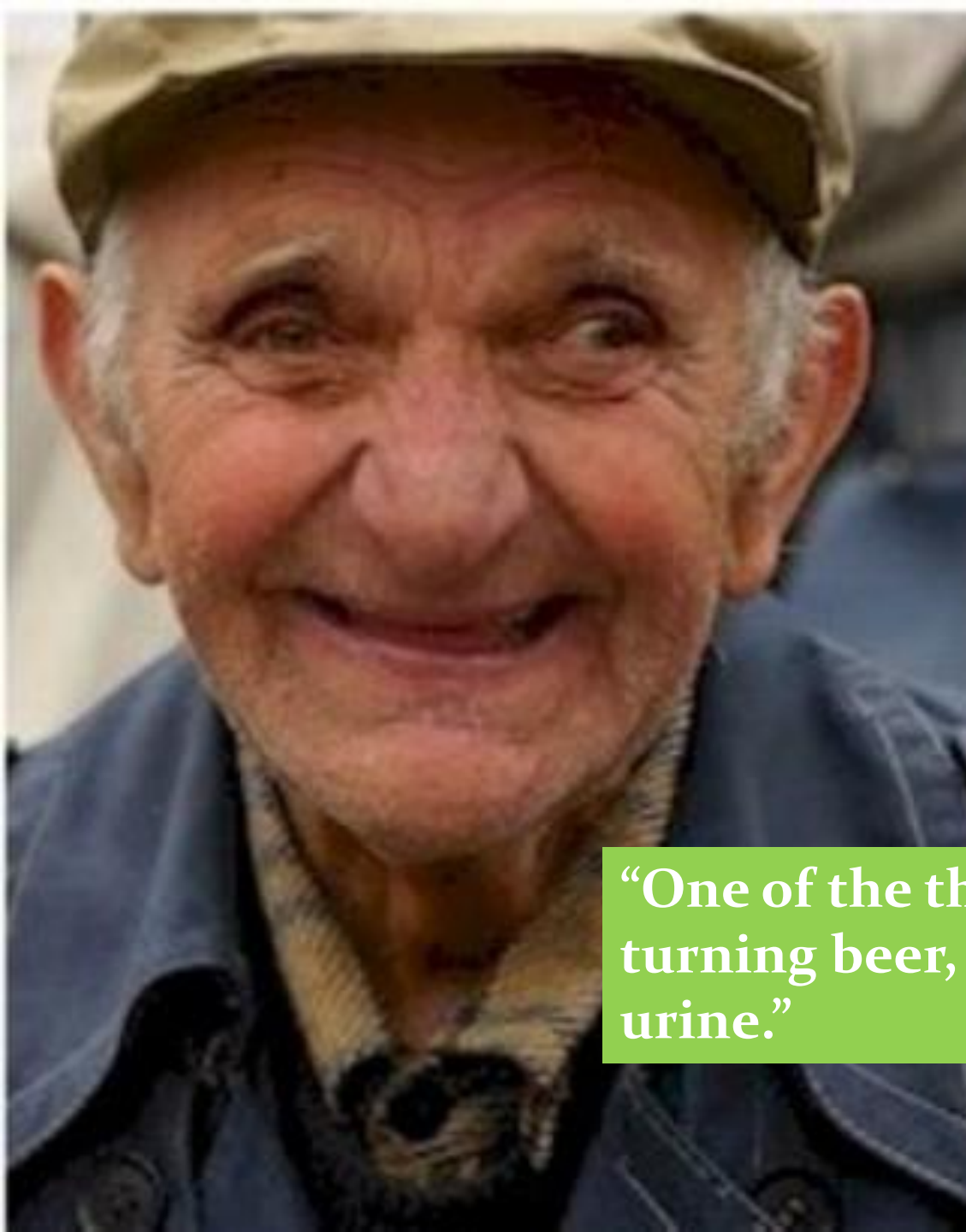
- be informed
- self audit
- shared learning
- systems
- change management
- think big, start big – one step at a time
- KPIs
- evaluate



the power of age







“One of the things I enjoy most is turning beer, wine and Scotch into urine.”