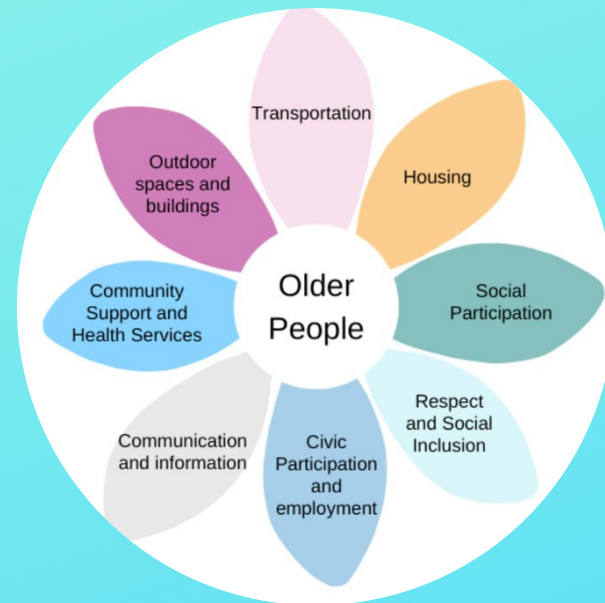


# Ageing Well in South Ayrshire

South Ayrshire is part of the UK Age Friendly Community Network which enables people to age well and live a good later life. To make these improvements, Age-friendly Communities follow the World Health Organisation framework of the Eight Domains.

We are committed to building a grassroots movement to create opportunities for healthy ageing in South Ayrshire that is owned and supported by all sectors and partners – led by our local Community Planning Partnership. **We want communities where older people are:**



Enabled to live actively, purposefully and independently and have many opportunities to contribute.

Supported to use digital technology.

Proactively supported in their physical, mental, emotional, social, and spiritual wellbeing.

Able to access places and spaces which are inclusive, safe and accessible

Part of a culture of partnership rather than dependency.

Able to access information, advice and support in different ways, to allow them to feel informed and equipped to live lives as they wish.

Supported as early as possible in their health and care journeys to help prevent poor health as they age.

Respected, listened to and celebrated and where they can exert maximum choice and control about how they live their lives.

Integral to the whole lives of communities and have a good connection with all generations.

Experience positive attitudes to ageing and enabled to flourish.

Able to have access to supportive social friendship networks and groups as much as they wish to or require.

Supported if they are experiencing challenges or hardship.

Listened to, and their voice and experiences used to inform the development of health and care services.

**Working together to make South Ayrshire the best place in Scotland to live and age well.**

