

1 Ageing Well

The Ageing Well programme aims to build a grassroots movement which creates opportunities for healthy ageing in South Ayrshire that is owned and supported by all sectors and partners.

An **Ageing Well Movement and Strategy Board** has been established to oversee the Ageing Well programme. The Board will lead on the development of an Ageing Well Strategy for South Ayrshire, alongside driving forward an ambitious programme of work which supports healthy ageing.

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2 Profiling

South Ayrshire has a significantly older population than other parts of Scotland. This is set to increase over the next 20 years when around 20% of the population will be over 75 years.

Public Health Scotland has provided us with a South Ayrshire Older People's profile to help us better understand the future needs and gaps of an ageing population.

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3 Engaging

With Voluntary Action South Ayrshire's (VASA) leadership and support we now have 2 active **Champions Boards** with around 100 older people engaged in and informing the future direction of our work.

We have also initiated an **arts and culture** programme to explore how creativity can support healthy ageing and identify opportunities for older people to participate.

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7 Find Out More

For more information on the Ageing Well programme [visit our website](#) or contact Phil White phil.white@aapct.scot.nhs.uk

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7 Minute Briefing

Ageing Well

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

6 Getting People Involved

We continue to work with our stakeholders and local communities to co-design what our key priorities for ageing well should be. Keep an eye out on our website, for future opportunities to have your say.

Our shared Vision Statement, which has been developed following early engagement activity, can be viewed by [clicking here](#).

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5 Hearing from Experts

Our programme of webinars is intended to complement and support South Ayrshire's Age Friendly Community Network and inform development of our Ageing Well Strategy. Join us to hear from a range of sector leading experts to explore the topic of ageing well, [click here](#) to find out more.

Alongside this, we are holding thematic (symposium) workshops to explore some key emerging themes such as transport, physical spaces and technology for older adults.

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4 Age Friendly Community Network

South Ayrshire is now [part of the UK Age Friendly Community Network](#) which enables people to age well and live a good later life. Age friendly communities follow the World Health Organisation's 8 areas that support people to age well:

- **Transportation**
- **Housing**
- **Social Participation**
- **Respect and Social Inclusion**
- **Civic Participation and employment**
- **Communication and information**
- **Community Support and Health Services**
- **Outdoor spaces and buildings**

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