

Healthy active ageing and Age Scotland

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Which is normal ageing?



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In supporting others to age well, our focus should be?



Social and emotional wellbeing

**“The good life is built
on good relationships.”**

Robert Waldinger, Harvard Study of Human Development

**“Feeling needed was the strongest
indicator for good survival in those
aged 75 and over.”**

Ageing Well Factsheet, UK Department of Health

Physical activity



- Strength and balance
- Being brisk
- Sitting less
- Fun and social



Physical activity

Lifecurve



www.adlsmartcare.com/lifecurveapp

Food and drink



- Enjoyment
- Protein (+ exercise)
- Hydration

www.eatwellagewell.org.uk

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Stimulating the brain



- Being a beginner
- Music and languages
- Life-long learning

<https://brainhealthplan.brainhealth.scot/start>

Bringing it all together



- September 2023
- Healthy habits approach
- Online sign-up and support
- Piloting off-line option

<https://age.scot/resourcesforwellbeing>

Age Scotland services

- Information and advice
- Friendship and community connecting
- Training
- Specialist projects

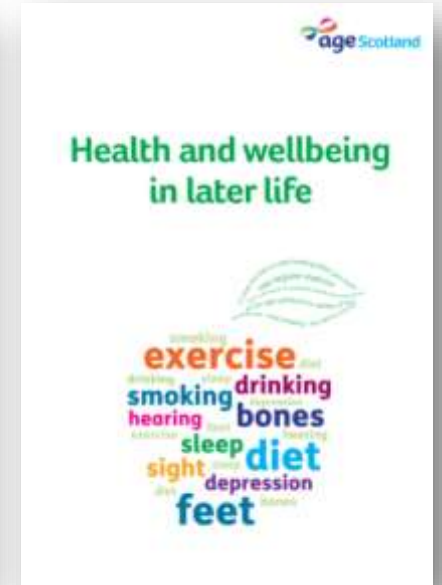
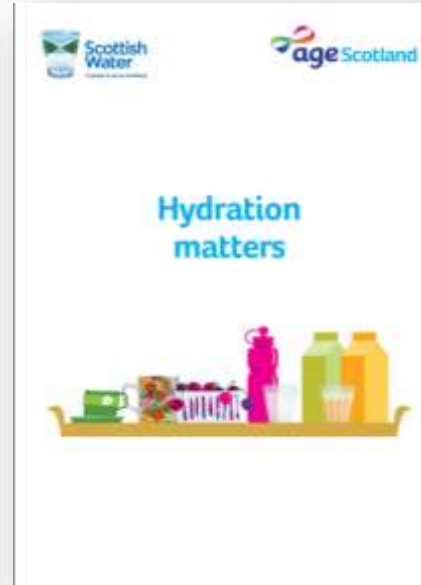
Information and advice



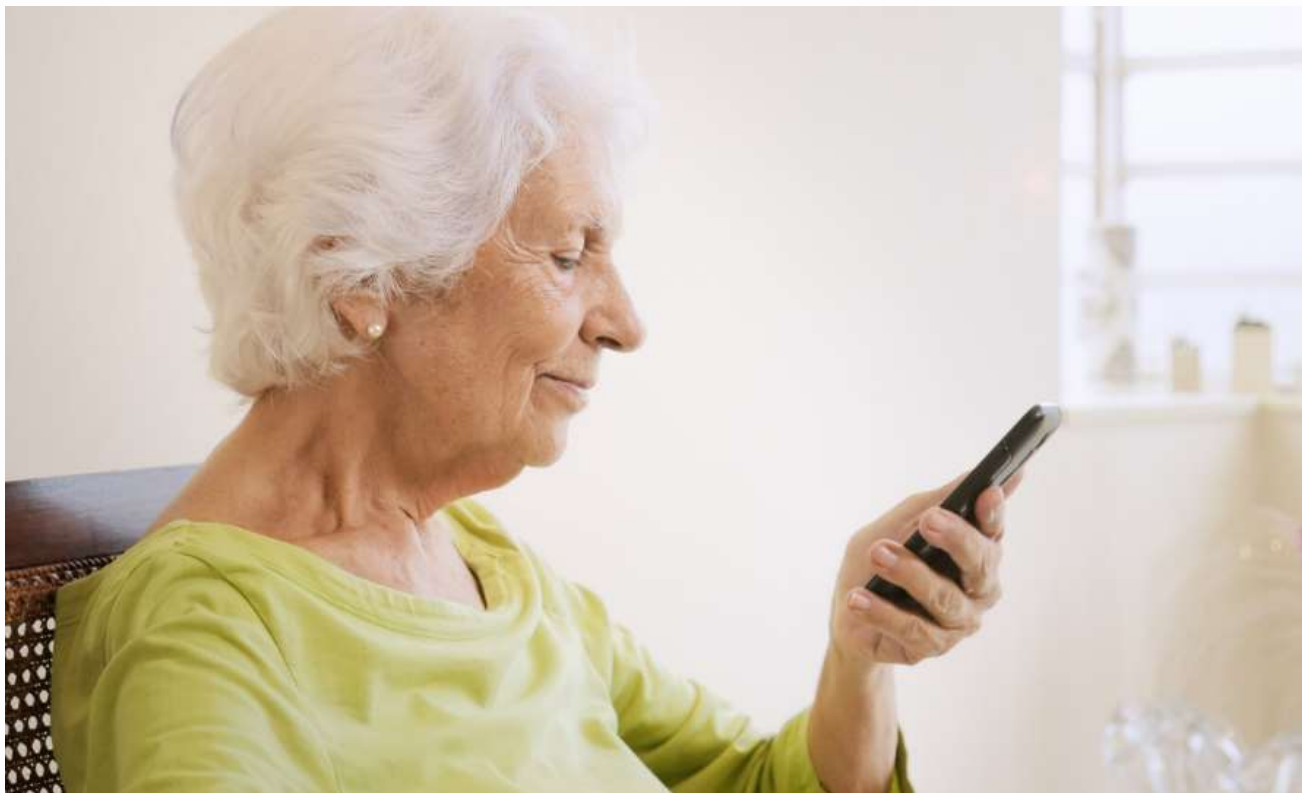
age Scotland
helpline



Information, friendship and advice
0800 12 44 222



Social connection services



- Friendship
- Older people's groups
- Community Connecting



Training



- Dementia
- Energy advice
- Benefits

Specialist projects

- Unforgotten Forces
- Equalities
- About Dementia



Thank you

<https://age.scot>

Age Scotland helpline **0800 12 44 222**

Age Scotland switchboard **0333 323 2400**

Email **healthandwellbeing@agescotland.org.uk**