

a city for all ages

Edinburgh - A City for All Ages? Successes and Challenges ECA 19 March 2010



Edinburgh – Capital City



- Capital City of Scotland.
- Home to the Scottish Parliament.
- Gateway to the rest of Scotland.
- Festival city.
- World class environment – World Heritage Site.
- Key employment sectors include financial services, tourism, retail, creative industries and public services.



Edinburgh - Population

- Edinburgh's population – 468,070 (General Register Office for Scotland, Mid-2007 Population Estimates).
- The population of Edinburgh is projected to increase by 8% or 38,000 between 2006 and 2016.
- The largest proportional population increase is expected to be in the retired age groups, with a 10% projected increase in the 65-84 ages group but with the number of people over 85 years old increasing most substantially, at over 30%. This will result in over 8,000 additional older people in the city by 2016.
- The number of residents of working age will increase by 7% over this period. However, due to an increase in the older working age group (10%) and a decrease in the 16-24 age group (11%), Edinburgh will experience a general ageing of the workforce.
- Longer term projections suggest that there will be 79,500 (17%) more people living in the city by 2031 compared to 2006. However, the changes in population are not uniform across the age groups.



Edinburgh's Plan for Older People



- A City for All Ages promotes social inclusion, positive attitudes to ageing, encourages people aged 50+ to plan ahead for their own health and wellbeing and supports older people in need of care.
- A City for All Ages – Edinburgh's Plan for Older People was launched in 2000 following a review of services for older people.
- It is a joint arrangement between The City of Edinburgh Council and its partners in the National Health Service (NHS) Lothian and the voluntary and commercial sectors.
- A City for All Ages is part of the city's Community Planning arrangements through its links to the Edinburgh Partnership and 12 local Neighbourhood Partnerships.
- Edinburgh's Plan for Older People Action Plan 2007-2010 outlines key areas for partnership working.
- Older people themselves are actively involved in the planning process and the implementation of the Plan.



Overall Aims of the Plan

- Make Edinburgh a place where older people can live positive, contributing lives as valued citizens.
- Ensure the city has a positive approach to older people in all its services and functions.
- Enable as many older people as possible to participate in inclusive, mainstream activities.
- Address the issues older people say are a problem such as information & advice, community safety, local environment, transport, road safety.
- Help vulnerable older people to remain supported in their own homes for as long as possible.
- Ensure the welfare and quality of life for people living in care homes.



Links to Scottish Government Strategy

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- “All Our Futures: Planning for a Scotland with an Ageing Population” (March 2007).
- A City for All Ages cited in “All Our Futures” as a model of good practice.
- Key themes in Edinburgh’s Plan for Older People aligned with “All Our Futures” priorities.
- Intergenerational practice – sharing experiences and activities with younger people.
- Empowering older people to have responsibility for their own futures.
- Employment opportunities for people aged 50+.
- Encouraging businesses to develop services and products suitable for older people.



International Links and Awards

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today and tomorrow

- In 2006 Edinburgh became a member of the World Health Organisation (WHO) Global Age-Friendly Cities project.
- A City for all Ages was nominated for a EUROCITIES Award for Innovation 2007.
- In October 2008 A City for All Ages – Today and Tomorrow won first prize in the European Good Practice Competition II for the Active Ageing of Migrant Elders across Europe (AAMEE) project.
- A City for All Ages is in partnership with the Edinburgh Chamber of Commerce as a member of URBACT, Cities in Balance and transnational actions on research.
- In October 2009 the Strategy Manager won the Council's Inclusive City award and the Leader's award.



Involving Older People 1

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- A City for All Ages Advisory Group – meets to discuss issues relevant to older people, plan events and monitor Edinburgh's Plan for Older People.
- Local forums, groups and voluntary organisations are linked to the Advisory Group.
- Today and Tomorrow - the task group for older people and carers from the ethnic minority communities.
- Strategic Development Group (SDG) for Older People - membership includes representatives from NHS Lothian, voluntary sector and older people.
- Linked to the Edinburgh Equalities Network, the local Neighbourhood Partnerships, reprovisioning of NHS facilities at RVH and REH and World Heritage Trust

Edinburgh Inspiring Volunteering Awards 2008



Involving Older People 2

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- Planned series of A City for All Ages seminars on the main themes of Edinburgh's Plan for Older People to be held until 2010 - involving older people, voluntary organisations, service providers and practitioners.
- Recent seminars have looked at issues on health, housing and social care, community safety and the protection of vulnerable adults, the contribution and involvement of older people, Age-Friendly Cities, financial issues, carers, transport and intergenerational practice in partnership with the Scottish Centre for Intergenerational Practice.

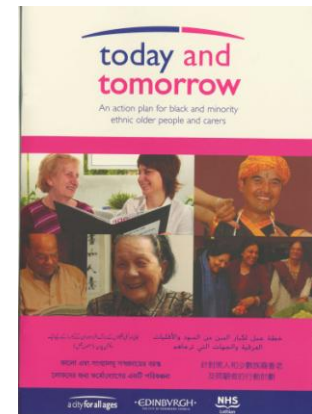


- June 3 2009 – National Forum on Ageing Edinburgh conference supported by the Scottish Government.

Involving Older People 3

Today and Tomorrow

- Today and Tomorrow – the action plan for older people from the ethnic minority communities.
- A booklet summarising the action plan was made available in five community languages.
- Actions now “mainstreamed” into Edinburgh’s Plan for Older People.
- In 2005 a Today and Tomorrow seminar included, for the first time in the UK, the use of simultaneous translation in community languages.
- Today and Tomorrow produced a DVD using the voices of older people in their own language to describe the work of the group and the experiences of older people.
- The Today and Tomorrow Task Group represents older people and carers from the ethnic minority communities.
- In October 2008 Today and Tomorrow received an award from the Active Ageing of Migrant Elders across Europe (AAMEE) project.



Care and Support for 65+ *a city for all ages*



- Live Well in Later Life – the City of Edinburgh Council and NHS Lothian Joint Capacity Plan and Commissioning Strategy 2008-2018
- Day care.
- Residential care / care homes.
- Hospital discharge.
- Supported housing.
- Community transport.
- Voluntary sector services.
- Private providers.
- Re-Ablement Service nominated for a 2010 CoSLA Award



Get up and go

Get up + go

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- Annual programme of activities, opportunities and information for older people.
- One of the first successes of A City for All Ages and now in its eighth year.
- Over 35,000 brochures distributed each year.
- 500 people attended the Jam Packed Full of Life event in October 2008 and a similar event in 2009 to celebrate Older People's Day and the launch of the new Get up and go programme.
- Get up and go is a partnership project between the City of Edinburgh Council, Edinburgh Leisure, NHS Lothian and the voluntary and private sectors.



Ageing Well



- Ageing Well in Edinburgh aims to improve health and well being of older people.
- Activities include seated exercise, dancing, walking, gardening, indoor curling, drama, singing.
- Volunteers who are 50 years and over are trained to support others and lead activities.
- The project is funded and supported through a partnership between the National Health Service (NHS) Lothian, Edinburgh Leisure and the Pilmeny Development Project.



Age Concern Edinburgh – Information Technology (ACE – IT)

- ACE-IT computer training project for the 50+ age group.
- Moose In The Hoose project introduces the benefits of computers to those living in care homes using retired / senior volunteers.
- ACE-IT has won many local and national awards.



Care and Repair Edinburgh



- **Home Improvement and Garden Service**
- **Small Repairs Service**
- **Trades Referral Service**
- **Handyperson Service**
- **Home from Hospital Service**
- **Working in partnership with the City of Edinburgh Council**



Home Safe Home

A safe home is a joy to live in and it does not have to be difficult or costly to achieve.



Contact **Caroline Wilson** on 0131 469 3871 for information booklet about making your home safer.



Edinburgh
Community Safety
Partnership

You may feel as fit and alert as ever but a little extra time and effort spent on increasing home safety is, nevertheless, going to be time well spent.



A City for All Ages – Evaluation and Next Steps

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- Build on the external evaluation of the first action plan completed in 2005.
- Build on the 2006 revised actions consultation, which involved over 1000 people. Respondents were from a variety of settings across the city including clubs and forums for older people, care homes, day centres, educational and health and well being centres, equalities and communities groups. Older people were involved in planning the consultation process.
- 2010 evaluation of A City for All Ages – Edinburgh's Plan for Older People will look at the impacts, lessons learned and good practice that can be shared.
- Continue to work in partnership to ensure the implementation of Edinburgh's Plan for Older People Action Plan 2007-2010.
- Support the continued involvement of older people.
- Annual progress reports to the City of Edinburgh Council and the Edinburgh Partnership.
- Build on national and international recognition.
- Ensure that health and wellbeing, and active ageing and the voice of older people is integrated into relevant policies and services across the Council, NHS, voluntary and commercial sectors in Edinburgh.





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