



**MAKING**  
**EVERY**  
**CONTACT**  
**COUNT**

# Healthy ageing



## Key messages

- Making healthy choices is important throughout life. It's never too late to start a new hobby or make healthier decisions.
- Ageing is a normal part of life. Live longer better - by regaining fitness and confidence, thinking positively, preventing and managing long-term conditions.
- Keeping active, having good social connections and having a sense of purpose is good for health and wellbeing.
- Treat older adults as individuals and with strengths, knowledge and experience to share. Challenge negative language (e.g. "you look good for your age" or "you can't teach an old dog new tricks") and imagery that stereotype older people.

## Other important messages to share:

- Take part in learning, creative and cultural activities.
- A healthy diet is essential for good health, energy and preventing illness.
- Staying hydrated helps you to think clearly and feel less tired.
- Regular exercise helps you to stay strong and healthy and will lower your risk of heart disease, stroke, diabetes, cancer and dementia.
- Get up-to-date with jabs. This includes seasonal flu, covid, shingles and pneumococcal vaccinations.
- Take up screening programmes and health checks when invited.

## Did you know?

- Older people contribute hugely to their families and communities. Did you know that 65-74 year olds are the most likely to volunteer providing unpaid help to groups, clubs and organisations?
- Vitamin D is important for bone health. Get outside in the sunshine for a vitamin D boost. Older adults should take a supplement all year round.
- Drinking alcohol can affect your balance and increase your risk of a fall, more so in older adults.
- Older people may be at risk of sexually transmitted diseases, especially if they are in new relationships, as unwanted pregnancy is no longer considered an issue.

## Dementia

- Common symptoms of dementia include problems with memory loss, difficulties with problem-solving, and being confused in familiar environments.
- There is evidence to suggest that cognitive stimulation, such as doing puzzles or learning a second language may reduce risk of developing dementia.
- If you are experiencing symptoms of dementia, see your GP so that they can carry out an assessment.
- You can get support and help to live well with dementia through Dudley Dementia Gateways Tel: **0300 555 0055**, Dudley Carer's Hub Tel: **01384 818723**, and the Alzheimer's Society Tel: **0333 150 3456**.



## Falls prevention

- Older adults should do at least 150 minutes of moderately intensive activity each week, that will raise your heart rate, make you breathe faster and feel warmer. Examples include brisk walking, riding a bike, dancing, pushing a lawn mower.
- The risk of falling increases as we get older but doing strengthening exercises twice each week can help build strength and balance. This includes yoga, tai chi, strength and balance classes.

For other suggestions about how to reduce the risk of falls, visit [www.nhs.uk/conditions/falls/prevention](http://www.nhs.uk/conditions/falls/prevention) and [www.healthydudley.co.uk/healthy-lifestyles/move-more/](http://www.healthydudley.co.uk/healthy-lifestyles/move-more/)

- If you are worried about falling, contact the Dudley Falls Prevention Service email: [fallspa@dudley.gov.uk](mailto:fallspa@dudley.gov.uk) or call: **01384 814459**

## Staying safe and well

- Refer to the MECC information sheet 'Keep warm, keep well' which is particularly important for older people.
- Refer to the MECC information sheet 'Scams' for useful information and tips to avoid scams.

## Get involved:

Take up the opportunity to stay active and keep learning by volunteering. There are a lot of activities available around Dudley borough that can help you to be fit and healthy and at the same time enhance your social life and learn something new.

- Become a Healthy Ageing champion call **01384 816437** or email: [healthyageing@dudley.gov.uk](mailto:healthyageing@dudley.gov.uk)
- **Dudley CVS** visit [www.volopps.com](http://www.volopps.com), call **01384 267414** or email [volunteer@dudleycvs.org.uk](mailto:volunteer@dudleycvs.org.uk)
- **Dudley Council** call **01384 816256** or email: [publichealthvolunteers@dudley.gov.uk](mailto:publichealthvolunteers@dudley.gov.uk)

## Helpful contacts:

### Dudley Community Information Directory (online)

Search for local groups, clubs, activities, services and events [www.dudleyci.co.uk](http://www.dudleyci.co.uk)

### Dudley Adults Portal

An online tool, offers a quick, easy and secure way for Dudley residents, carers and professionals to access information in the community and services available in Adult Social Care <https://adultsocialcare.dudley.gov.uk>

### Adult and Community Learning

Provide learning opportunities for adults and families across Dudley borough. Courses exist to learn a new skill, meet people, gain a qualification or further your career. Tel: **01384 818143** or visit: [www.dudley.gov.uk/adultlearning](http://www.dudley.gov.uk/adultlearning)

### Libraries

There are 13 library locations across the Dudley borough, as well as the Archives and a Home library service.

Visit: [www.better.org.uk/library/dudley](http://www.better.org.uk/library/dudley)

### Healthy Dudley

Information and resources for all ages on healthy lifestyles and looking after your health and wellbeing

[www.healthydudley.co.uk](http://www.healthydudley.co.uk)

### Self-Management Programme

A free six-week course for adults with a long-term health condition, or adults who have a caring responsibility. Tel:

**07976637404** or email: [smp@dudleycabx.org](mailto:smp@dudleycabx.org)

### Improve your digital skills

Feel more confident in using tablets, laptops and smart phones. Join the Digi Dudley project and pick up new skills such as sending emails, web browsing, video calls and much more. Tel: **07726 175532** or email [jim2022.jst@gmail.com](mailto:jim2022.jst@gmail.com)



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