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**Getting the most out of digital**

*Vision: That people in later life have the skills to access digital technology in ways that they want*

What ‘offers’ do you have and what will you ‘need’ to prevent **triggers for loneliness** through digital means – helping people in later life have access to:

* digital platforms
* work, education and training opportunities
* private sector services and offers online
* practical support such shopping
* health services and local authority services
* friends/family, social networks/peer support
* information and advice
* low cost and free activities
* information for use when pursuing new hobbies/interests

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**Transitioning from work to retirement**

*Vision: That people approaching retirement have opportunities to plan for this transition and can make the most of their time during this stage in their lives*

Those finding retirement a positive experience:

* spend more time on hobbies or started new ones
* get more involved in their communities
* have the confidence to try new things and make changes to their lives that would improve their physical and mental health – for example, by taking up some form of exercise, making changes to their diet or learning something new
* are aware of the range of free and low cost activities available
* have enough IT skills to search out what is available
* are aware of the benefits that voluntary work can bring in terms of personal fulfilment and new friendships
* have strategies to help them manage their budgets/finances
* plan their future housing needs eg downsizing/accessibility etc
* have ideas for continuing to generate some income to supplement their pension, for example through part-time work (4.8 million 65 to 70 year olds would like to be working but just 1.2 million currently are)

What ‘offers’ do you have/ what will you ‘need’ to help turn these positive elements into reality for people in retirement



**Moving More, Ageing Well**

*Vision: that people in later life, through maintaining an active lifestyle, live and age well*

What ‘offers’ do you have which would help others to ‘make every contact count’ / what would you ‘need’ to:

* highlight the importance of an active lifestyle
* build confidence and motivation through behaviour interventions
* identify impactful programmes in the local community and pathways to access these, including those that improve strength and balance to prevent falls)
* signpost to relevant local activities
* identify engagement opportunities where health and lifestyle advice can be dispensed ‘as standard’



**Bereavement Support**

*Vision: that all people have awareness of and access to support and services throughout their bereavement experience*

**Preventing loneliness** for people who have experienced bereavement goes beyond therapeutic interventions.

What ‘offers’ / ‘needs’ do you have to support people in later life experiencing a bereavement to:

* create new social connections
* develop practical skills, such as cooking, home repairs, dealing with finances
* engage in ‘distraction based’ activities
* access peer support



**Long term health conditions: focus on self-care**

*Vision: For people with long-term health conditions to have support to self-manage these, significantly improving their quality of life, physical and mental health*

Due to the varied needs of people with long-term health conditions, prevention initiatives are varied but focus on self-care, through providing:

* Information and advice:
  + helping people understand more about their condition and the services around them (including nutrition advice)
  + enabling access to timely and appropriate support.
* Supporting independence:
  + monitoring their own conditions at home
  + providing adaptations or aids
* Peer support networks:
  + one-to-one support from someone who may have similar life experiences or share a similar condition
  + befriending focusing on a specific outcome
  + support that can help people build and sustain local connections and activity based support

What ‘offers’ or ‘needs’ do you have which would help to enable any of the above?

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**Carers**

*Vision: For Brighton and Hove to be a carer friendly community where carers feel supported and recognised as individuals, with needs of their own*

Building carer friendly communities involves:

* partners working together to raise the profile of caring
* signposting carers to local support services
* supporting carers to save time and focus on their own health and wellbeing
* empowering carers to take control of their lives eg through informal learning opportunities/career advice/flexible employment and volunteering options
* working in partnership to ensure support is tailored to carers’ needs and fits in with carer time pressures and demands
* support for carers to use online resources to help them manage their health and wellbeing
* developing opportunities for peer support
* understanding more about carers’ key needs at specific transition points ie becoming a carer, bereaved carers, given up caring – (cared for person in hospital/a care home)

What ‘offers’ do you have and what would you ‘need’ for Brighton & Hove to become more of a carer friendly community – incorporating any of the above?