





We help thousands of older people every year, providing advice, care and support when it's needed most.





What do we do?

£1.3 million in unclaimed benefits identified

10697 hot meals to older people in our day centres

We bring the **voice of older people** to research, policy and practice (Universities, Dept of Health, Communities, Infrastructure, Justice, Trust, Utilities...)

Our reach:

Consultative Forum – **32** members

11 Age Sector Networks – **2000** groups
(**15000** Older People)

Lived Experience Survey 2023 – **987** responses

Policy and Engagement





Consultation on the role of the environment on healthy ageing in urban, rural and coastal areas of Northern Ireland.



SPACE

SUPPORTIVE ENVIRONMENTS FOR
PHYSICAL & SOCIAL ACTIVITY,
HEALTHY AGEING & COGNITIVE HEALTH



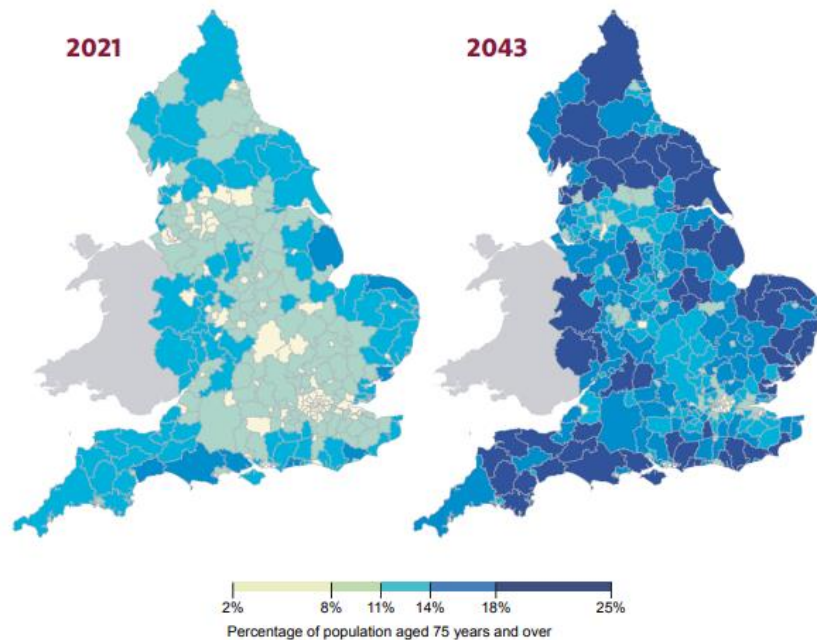
Why does this matter?

Ageing population - Census 2021:

- **24% increase in the population aged 65+ since 2011**
- **By 2028 there will be more people aged 65+ than children under 15**
- **56.8% of 65+ population have activities limited by long term health problem or disability.**

Chief Medical Officer's Annual Report 2023

Health in an Ageing Society



Why does this matter?

Increased awareness of where older people are:

“This report makes clear that the geography of older age in the UK is already highly skewed away from large urban areas, and will become more so. A large proportion of people migrate away from cities before they reach older age. The result is that metropolitan areas largely maintain their current demographic, ageing only slowly, while some areas, particularly rural, semi-rural and coastal areas in the periphery, age much faster” (p.3).

What to do?

“The first is to reduce disease, including degenerative disease, to prevent, delay or minimise disability and frailty. The second approach is to change the environment so that, for a given level of disability, all people can maintain their independence longer (p.4).

Chris Whitty, CMO England 2023

What do we plan to do?

3 x Focus Groups, assisted by Peer Facilitators:
Enablers, Barriers, Solutions?

Interviews with a range of stakeholders

Collaboration with Paul Hogarth Architects –
visualising solutions

Outputs A report of findings with
recommendations, accompanied by a video.



Older people, including Age NI CF members, have already been involved in the SPACE project:



- Participated in the Advisory Group
- Participated in events and workshops
- Contributed to videos
- Will be at the heart of Age NI's contribution.



What's it like to be a bat?

Thomas Nagel, *Philosopher*, 1974

Can scientific research ever provide the full answer to this question?

It can go some way. But it is essential to enrich knowledge by combining objective scientific research with **direct lived experience**.

It's hard to get that from a bat – but change the question to: *“What's it like to be an older person in our daily environment?”* That we can do!

Pro-active outcome-based coproduction drawing on lived experience can move us beyond objective knowledge, to gaining a deeper understanding of what it's **really, really** like – from the inside.





Lived Experience 2023

Almost 1000 voices

1
Equal access to
appropriate
healthcare and
services

2
Keeping
safe from
scams

3
Transport
and travel

4
Rights of older
people

Get in touch:

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