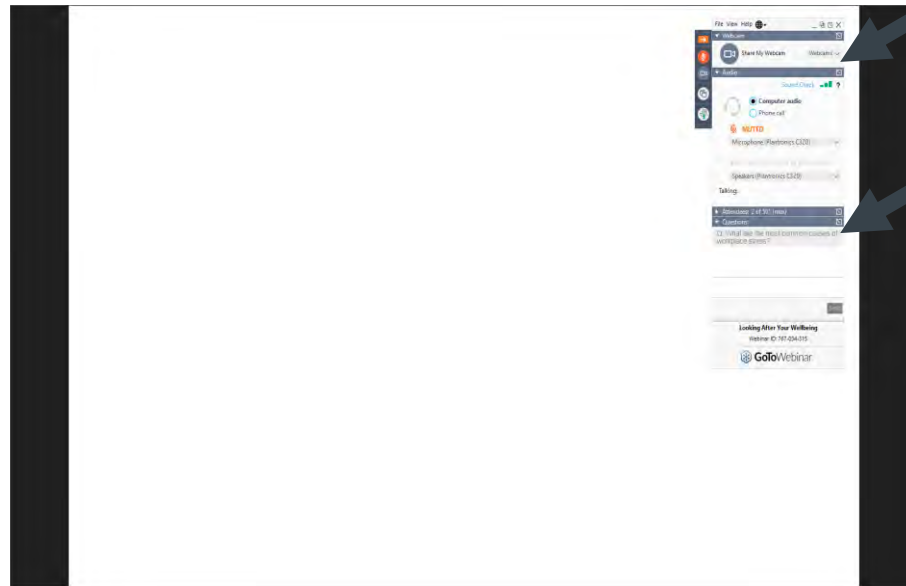




Welcome to our Webinar

The console will show audio levels of the speaker; your mic will remain muted.



Type questions, thoughts or comments and press 'send'. They will only be visible to the host of the webinar.

Our Vision...

is to be a supportive community in which everyone has the chance to live their life to the full.

We offer...

Financial assistance and a range of services to support you.

Who is eligible for help?

- ▶ All serving, former or retired civil servants (and their dependants) can seek the Charity's help at any time.
- ▶ There is no need to donate to be eligible for our help, (but it's great if you do and there are many ways you can)
- ▶ We are **NOT** a membership organisation

In 2019...

People came to us for help nearly **80,000** times



Nearly **£2 million**
was given out -
4,000 payments to
support people
in need



940 referrals
were made for
our Money
Advice and
Guidance
Service



569 referrals
were made for
our Wellbeing
Conversations

Active Ageing

More than getting older gracefully

Come out of the world – come above it –
Up over its crosses and graves;

Though the green earth is fair and I love it;
We must love it as masters, not slaves.

Come up where the dust never rises –
But only the perfume of flowers –

And your life shall be glad with surprises
Of beautiful hours.

James Allen

Today's Session

Today you can expect to:

- Understand what Active Ageing is & why this is essential – to all ages...
- Look at your specific health & well-being needs & know how to look after them
- Find solutions to be consistently living happy & well in a way that works for you...

You're going to need pen & paper...

“Active Ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.”

World Health Organisation (WHO)

Why is this relevant to me?

People are living longer

(In 2020, Males = 78.7 years Females = 82.7 years, in 1920, Males = 55.8 Females = 58.7)

Increased risk of frailty, age-related diseases, and diminished positive life-expectancy...

Increased desire/ need to work longer to pay for pensions...

Increased use of public services, e.g., NHS

Increased likelihood of becoming a care-giver

Let's just take working longer as an example...

- Does this mean you will stay in the same job for 40-plus years?
- What will your work-life balance look like?
- What will your contributions be to your professional field?
- What will retirement look like?

Active Ageing is about maximising opportunities for **positive life expectancy.**

So how is this done?



Life-long learning and skills



Workplace wellbeing schemes



Skills sharing and dedicated workforces



Personal Planning – financial, social, etc.



Investing in Ageing-specific products and services

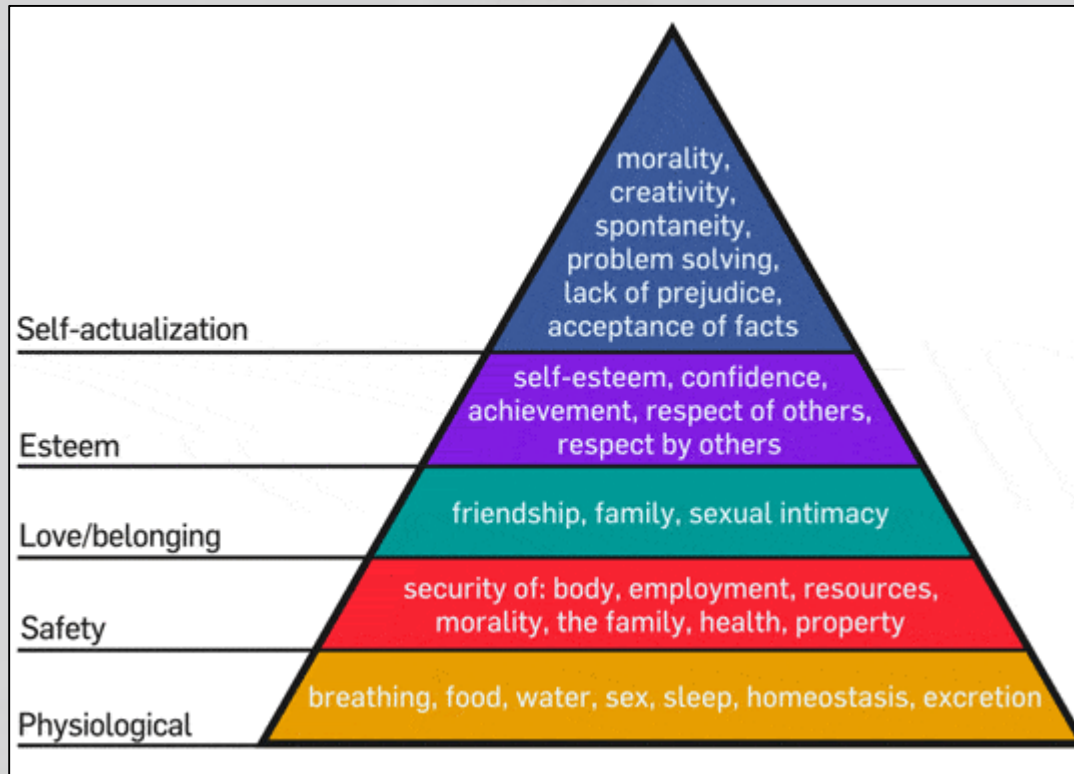
This is all well & good but which one works for me?



“Today you are You,
that is truer than true.
There is no one alive
who is Youer than
You.” - Dr. Seuss

What do you need
to be the happiest
you?

Your needs...



Many people are familiar with this diagram...
but what does it mean on a practical level?

Some needs to consider...

Respect & Dignity

Opportunity

Recognition

Achievement

Self-acceptance &
Self-esteem

Love

Freedom &
Independence

Equality

Hope

Importance

Direction

If you understand what your needs are, you can take action accordingly and put in a plan that works for you.

E.g., Knowing you have a strong need for recognition may mean you have a conversation with your line-manager at work, or partner at home, and inform them of how you would like to be recognised for the lovely things you do...

How this works for Active Ageing...

You can actively come up with ways in which your needs are met through the life-course that helps you lead a happier and more fulfilling live.



**Opportunities
for health,
participation,
and security
go up!!**

Some examples...

Need	How this looks?	Active Ageing Outcome Examples
Recognition	Competitive sports, positive reinforcement	More likely to want to engage in sport & exercise
Direction	Training programmes with specific goals, tracking of milestones	More likely to want to adhere to training programmes for life long learning and development
Belonging	Social groups which you can rely on and reflect your beliefs & values	Increased feelings of security and participation in meaningful activities

You have permission to need things...

- By looking at this as needs it means it becomes something that is integral for you
- There is flexibility and needs can change
- We could argue that the needs of the few are being put on the many in recent years – but would we discourage this?
- It is important to recognise and respect the needs of others... but also ourselves.
- You are you – and also accountable for you.





Find out more at:

foryoubyyou.org.uk

t: 0800 056 2424

e: help@foryoubyyou.org.uk



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