



Cwm Taf Morgannwg
Bwrdd Partneriaeth Rhanbarthol | Regional Partnership Board

ADULTS AND OLDER PEOPLE PRIORITY AREAS:

Living Independently

For older people to enjoy good health and wellbeing so they can remain independent.

We want older people and people living with dementia to enjoy good health and wellbeing, and be supported to live independently for longer.

To achieve this, we will work towards:

- Improving opportunities for home adaptations/modifications that will allow people to stay in their own homes longer.
- Improving inclusion within communities to help people have a sense of purpose.
- Increasing opportunities to participate in physical activities tailored to older people's needs.
- Raising awareness and understanding of issues associated with mental health and wellbeing in older age.
- Improving digital inclusion.



WHAT IS IMPORTANT TO OLDER PEOPLE?

Older people would like to see increased befriending services that can offer face to face support and help build their confidence in accessing activities and trying something new.

They would also like to see support to help them live more independently for longer, including modifications to help with mobility issues and improvements to home security.

WHAT WE WILL DO TOGETHER:

- Continue investment in aids and adaptations through the **Regional Capital Programme**.
- Seek innovative digital solutions to support people at home.
- Engage with wider partnerships to better understand availability of activities.

WHAT DIFFERENCE WILL THIS MAKE?

- Reducing the time spent in an acute hospital setting following an unscheduled care admission for people over 65.



“ PEOPLE SAID

I live in supported housing and my networks of support are brilliant. I even made new friends in lockdown by being supported to get online.”