

## **Staffordshire Health and Wellbeing Board – 08 September 2022**

### **Proposal for Delivering Healthy Ageing Workshops**

#### **Recommendations**

The Board is asked to:

- a. Sponsor a workshop to develop a Healthy Ageing Plan for Staffordshire; and
- b. Consider invitees and format for the workshop.

#### **Background and Content**

1. In March 2022, the Board received a report and presentation on the ICS Healthy Ageing and Managing Frailty in Older Age Strategy. The Board was supportive of the Strategy and noted that it complimented the Health and Well-being strategy, which includes Healthy Ageing as one of four key priorities.
2. The intention is to develop a single Health Ageing Plan for Staffordshire to deliver the Healthy Ageing aspects of the ICS Healthy Ageing and Managing Frailty in Older Age Strategy as well as the Healthy Ageing priority of the Health and Well-being Strategy.
3. The proposal is that the Board sponsor a workshop to develop this Healthy Ageing Plan. This would engage key stakeholders, consider population needs and assets, map activities already underway, and consider the additional actions required to deliver the Healthy Ageing aspects of the ICS Healthy Ageing and Managing Frailty in Older Age Strategy as well as the Healthy Ageing priority of the Health and Well-being Strategy. There is the opportunity to invite Sir Muir Gray, a national expert in this field, to share best practice.
4. Invitees to the workshop are likely to include Board members as well as others, possibly including:
  - a. Together Active
  - b. Staffordshire University
  - c. Age UK
  - d. Social prescribing leads
  - e. Primary care clinical leads
  - f. NHS secondary care and community representatives
  - g. Community and public representatives.

## Contact Details

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