

A Picture of Health

In focus this month: Older People

Picture of Health is produced by Tameside's Population Health Team. We're here to research and understand the big health matters that affect our borough. Our goal is to find ways to improve the physical and mental wellbeing of the people living here, to give them happier, healthier and longer lives. But enough about us. You are the most important person in your health, so read on to see what you can do for yourself and your family to stay fit and well.

1 **1st October marks Older People's Day.** We now live a third longer than our parents' parents, so the 40,000 'older' people in Tameside have got decades of work-free time to live life to the max. No more winding down after working life, the 'Third Age' is when a world of possibilities opens up. There will be a 'Golden Harvest' event on Friday 5th October to showcase the hobbies, interests and activities enjoyed by our older people. Come to St Anne's Church Hall, Burlington Street, Ashton, from 9.30am or Hyde Town Hall from 2.30pm to see what you could get into.



2 This week sees the launch of the Take a Seat campaign, just one of the ways we are supporting Age Friendly Communities. For older people who want to get out and about but need to take a load off their feet along the way, the campaign places a welcome chair in businesses and shops. There's no obligation to buy anything, and you can sit as long as you need to give yourself a break or pause for a chat. If you're interested in finding out more about the campaign and how you can join in, contact angela.wild@tameside.gov.uk



3 **Anyone passing through the Arcades in Ashton throughout October will see Age UK's pop up shop.** There will be something different on offer each week, from welfare and financial advice for older people, to meal tasting, to information on the new 131 club and taster sessions for lots of activities. Despite the name, Age UK offer advice to people as young as 50, so if you thought it wasn't for you, think again. You might be pleasantly surprised. For more information on this and everything else Age UK has to offer see the link.



4 **Around 32% of over 65's live alone, and that rises to over half of 75 year olds.** Although not everyone who lives alone will feel lonely, for some people, missing regular human contact can be the source of deep feelings of isolation. Silverline is now in its 5th year. It's a free and confidential helpline providing information, friendship and advice to older people, and is open 24/7 every day of the year. If you know an older person who might benefit from a friendly chat, pass on this number 0800 4 70 80 90, and for more information, including volunteering opportunities click the link.



5 **Dementia is not a natural part of ageing, and some types can be avoided with a healthy lifestyle.** Of the older people who do go on to develop it, a healthy lifestyle can also help them to live well for longer. We are working to build Dementia Friendly Communities, where people understand the facts about dementia, and have practical knowledge of how help those living with it. Our latest group of Dementia Friends are local taxi drivers. They are learning how it might affect their passengers' behaviour, and how to spot when they need a little extra help.



6 **Whatever your age, there's no time like the present to get up and get moving.** For older people the benefits of physical activity come in different ways; active bodies make for active minds, keeping you sharp as you get older. Balance and strength can protect you from falls, and keep fit clubs offer social scenes to boot. For some older people, the prospect of moving more can be daunting, especially if living with a long term health condition. If this sounds like you, The Live Active Team can help. Get in touch to find out more here.



7 **As well as Older People's Day, October also marks Stoptober,** and a time to join the 28 day smoking quit challenge. Quitting smoking after a lifetime of tobacco could seem like too little too late, but there are always health and financial benefits to stopping smoking, and some of them can be felt in a matter of hours. It's literally never too late, and help is at hand from a number of places. Download the app or contact Be Well on 0161 716 2000.



8 **The chances of developing some types of cancer can increase with age.** Be Clear on Cancer is all about spotting the symptoms early, and seeing a GP without delay. Click below to see what to look out for. This includes symptoms of breast cancer. Women over the age of 70 don't get called for routine mammograms, but this doesn't mean that the risk is over, in fact, 1 in 3 breast cancer cases is in a woman who is over 70. [Click here](#) if you are a woman over 70 and want to find out more about requesting screening.

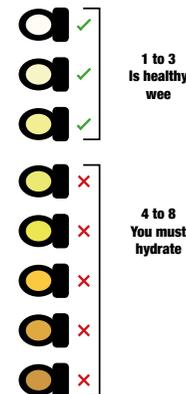


9 **Nearly 3000 people over the age of 65 attended hospital last year as a result of falling.** Whilst some of the ways to prevent a fall are around building that core strength, balance and stability, some of it is around very simple changes you can make to your home and attire. Keeping up to date on sight checks can also mean you see hazards more clearly. Click the left foot for advice on falls prevention from the NHS and the right for strength and balance exercises from Age UK's Best Foot Forward

10 **Winter is coming, and there are things older people can do to stay well,** like wearing an extra layer, keeping the house at 18 degrees, and ensuring you're stocked up on medication ahead of any cold snaps. Over 75% of people over the age of 65 also choose to get a flu jab. A vaccine that's designed to be more effective for your age group is available from your GP/Pharmacist. The best time to have a flu vaccination is in the autumn, from the beginning of October to end of November, but remember NHS vaccines are available right through to March 31st 2019.



11 **Staying hydrated is a must for all ages,** but older people who are house or bedbound can find drinking enough water a struggle. This can lead to urinary tract infections that can be incredibly unpleasant. If you or someone you care for might be at risk, encourage them to drink 8 glasses of fluids per day, preferably something they like and will finish. This will help flush out bad bugs and keep infections at bay. Use this helpful wee colour chart to see how hydrated you are.



12 **Older LGBTQ people may feel a pressure to return to the closet when faced with entering a health or social care service,** especially people who have lived through times when hiding their identity was a way to feel safe. A new resource guide called 'Safe to be me', is available for anyone working or volunteering in health and social care settings to understand and meet the needs of older LGBTQ people. It includes practical advice on helping older LGBTQ people feel safe and accepted for who they are.

