

**Years Ahead presentation to
UKAFA on the Pensioner
Material Deprivation Indicator
Comfortable Life? Toolkit**

Tuesday 26th November 2013

YEARS AHEAD
The North East
Forum on Ageing

Years Ahead representation today...

- **Norman Jemison**, UKAFA Representative
- **Bill Ions**, Newcastle Elders Council
- **Jim Wingham**, Redcar Cleveland Older People's Partnership
- **James Newton**, Stockton-on-Tees Over 50s Assembly
- **Helen Sandford**, Coordinator



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Background

- Newcastle Initiative on Changing Age
- Newcastle 85+ study
- Newcastle University review of the health, social and financial impacts of welfare rights advice
- Years Ahead Pension Credit Task Group
- Years Ahead PMDI report - Feb 2013
- Newcastle University Healthy Life Simulation
- Comfortable Life? PMDI toolkit

www.ncl.ac.uk/changingage

Comfortable Life? Toolkit

Part 1 – Assessing need

Question	Please circle yes or no	If no, was this out of choice or for other reasons?	If yes, are there any services you access or good practice that may help others that have answered no to this question?
1) Do you eat a healthy balanced, varied diet every day?	YES NO		
2) Do you go out socially, either alone or with other people, at least once a week or as often as you would like?	YES NO		
3) Do you see your friends or family at least once a week or as often as you would like?	YES NO		

Part 3 – Individual/Community Action Plan

Your top priority	What steps you will now take.	Progress by when?
1)		
2)		
3)		

Question	Potential Solution
9) Is your home kept adequately warm?	<ul style="list-style-type: none"> ➤ National Energy Action (NEA) is the national charity which aims to eradicate fuel poverty, they run a warm homes campaign for information about an event near you contact 0191 269 2942. ➤ The Home Heat Helpline advises people worried about paying their energy bills and keeping warm during the winter, contact 0800 33 66 99 www.homeheathelpline.org.uk
10) Without cutting back on essentials, are you able to pay regular bills like electricity, gas or Council Tax?	<ul style="list-style-type: none"> ➤ Energy Saving Trust offers independent help and advice on how to save energy in your home www.est.org.uk (0300 123 1234) ➤ Some utilities providers have fund schemes to support their account holders in hardship, contact your supplier if you are struggling with arrears or paying your bills. ➤ You may be eligible for a Solar panel grant http://www.solarfinanceincentive.org.uk/ (0808 115 0194)
11) Do you have a telephone to use, whenever you need it?	<ul style="list-style-type: none"> ➤ British Telecom offer a BT Basic tariff, a simple, low-cost telephone service, If you're on a low income, BT Basic lets you make and receive calls – and helps you manage how much you spend (0800 800 864)
12) Are your transport needs met?	<ul style="list-style-type: none"> ➤ You may be eligible for a free bus pass www.nexus.org.uk/travel-information/039my/aged-over-60 (0191 278 8100) ➤ getabout Northumberland is a voluntary car scheme which is an organised form of lift giving. Volunteer drivers use their own vehicles to provide door-to-door journeys for people who are unable to use either their own private transport or conventional public transport. Call the getabout service manager on getabout Service Manager on 0783 475 3387 ➤ By becoming a member of Adapt North East you may be eligible to use their Dial-a-Ride service which are scheduled runs that pick you up at your door and go to a specific destination, which people use for shopping, appointments, social visits, etc. call 01434 600599 www.adapt-ne.org.uk/transport/dial-a-ride

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Findings

- The Comfortable Life? Toolkit was useful
- Respondents appreciated receiving assistance to understand the toolkit.
- Shared experiences of group activity vs. privacy
- Additional question on healthcare?
- Solutions need to be more local and less web-based
- Responses demonstrate a lack of financial resilience

Conclusions

In order to be used effectively the Comfortable Life? Toolkit requires;

- A greater level of support
- Knowledgeable, trained local facilitators
- Simplification and personalisation
- A method to capture and share information

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Newcastle
University

Thank you

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