

Later Life Newsletter

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Now reaching over 100,000
individuals and organisations

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Over 65s are the happiest age group! according to a report by Aviva. *The Health Check UK Report* tracks the well-being of the UK covering diet, exercise and ambitions. [Link to report.](#)

The Care and Support Jargon Buster is a plain English guide to the most commonly used social care words and phrases and what they mean. The definitions were developed and tested by a steering group that included people who use services, carers, representatives from local authorities, information providers and key stakeholders from across the social care sector. [access the Jargon Buster](#)

Tablets help drive increase in older people going online The number of people aged 65 and over accessing the internet has risen by more than a quarter in the past year, driven by a three-fold increase in the use of tablet computers to go online, new Ofcom research reveals. This has helped to drive overall internet use up from 79% of adults in 2012 to 83% in 2013, according to [Ofcom's Adults' Media Use and Attitudes Report](#).

World Dementia Council meets for the first time in London in a bid to stimulate the innovation and development of life-

enhancing drugs, treatments and care for people with dementia within a generation. At the inaugural meeting, the Council considered how it could unlock the brainpower and financial muscle required to meet the objective from the 2013 G8 Dementia Summit to identify a cure or disease modifying therapy by 2025. [read more](#)

Living well = greater wellbeing Dr Shibley Rahman explains why the time is right for an approach that focuses on 'living well' for the 800,000 persons diagnosed with dementia in the UK [read more](#)

Dementia services must not culturally discriminate Alzheimer's Society is developing tailored programmes to support families from different cultures. [read more](#)

Help prevent winter A&E pressure A new £2m fund will help community & volunteer-led projects provide extra support to older people next winter to stay healthy or recover quicker from illness. These projects can in turn help avoid unnecessary pressure on A&E services or delayed discharges from hospital. The fund is now open until **13th June** for applications, and the programme will run until March 2015. [read more](#)

Should residents at care homes help with chores? Creators of a new toolkit for improving quality of life in residential care say that helping with housework can benefit residents [Read more](#)

"Every Step of the Way" - 13 stories illustrating the difference independent advocacy support makes to older people affected by cancer has been produced by

[OPAAL](#), in partnership with [Macmillan Cancer Support](#). Further information about Cancer, Older People and Advocacy can be found on the project [blog](#)

How-to guide: campaigning for small charities: A little know-how and direction can make a big difference when it comes to influencing policymakers [Read more](#)

The generation strain: collective solutions to care in an ageing society The number of older people in need of care is expected to outstrip the number of family members able to provide informal care for the first time in 2017, according to a report by the Institute for Public Policy Research. [Read the report](#)

New Learning Network web page launched by The Campaign to End Loneliness - a new section on the website will help supporters connect with like-minded organisations, learn from the latest research and share their own examples of good practice in tackling loneliness. This page is jam-packed with video case studies, new research briefings and information about recent events. [Take a look today](#), and let the Campaign know what you're doing in your area.

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