

Better Together: The True Value of Positive Ageing

Aims & Objectives

- Strengthen prevention by supporting older people to stay active, stable and connected.
- Reduce avoidable NHS demand by using evidence based discipline which prevent decline before it starts.
- Put the individual at the centre of service design and measurement.
- Improve mobility, resilience, wellbeing and social connection.

Approach

- Weekly community Balanced Lives groups across Aneurin Bevan Health Board region
- Holistic model: movement, balance, breathing, social connection and mental wellbeing.

Evaluation includes:

Self-reported wellbeing (EQ-5D, WEMWBS, Loneliness Scale)

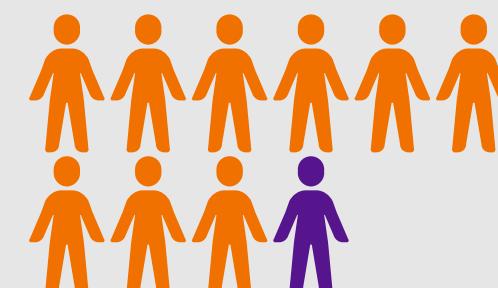
Physical measures (6-minute walk, balance, flexibility)

Participant interviews capturing lived experience

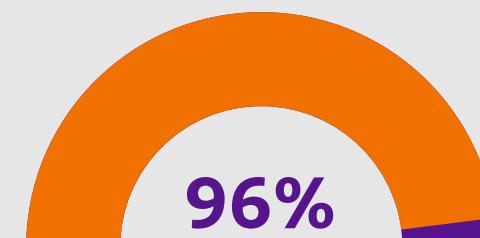
- Social Value analysis to understand benefit to the individual, not only cost savings.

Impact

- Strengthens physical and emotional resilience.
- Reduces frailty, loneliness, falls risk and unplanned GP use.
- Helps people feel more confident, connected and purposeful — with greater control over ageing.
- Supports NHS goals for improved prevention and healthier ageing.



90% are more physically active



increased walking distance

72% reduced frailty scores

Participants showed measurable reductions in frailty, improving stability and daily confidence.

81%

improved flexibility scores

Participants gained strength, mobility and control.

"Before joining, I felt myself slipping slower, lonelier and losing confidence. Now I feel stronger, steadier and part of something again. This programme hasn't just helped my body it's helped my whole life." - Balanced Lives Participant

£2,381

social value created per participant

Net value after deadweight and attribution.

Key Conclusions

- Prevention works: supporting strength, stability and connection reduces need for reactive care.
- Social value places older people's lived experience at the centre of decision-making.

True innovation is changing attitudes to ageing — both personal and systemic.

Next Steps

- Expand Balanced Lives across Wales.
- Strengthen preventative partnerships with health services.
- Deepen individual goal-setting to capture personal value and support behaviour change.