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OUR MISSION



**Positive
Ageing**



**Preventative
Health**



**Promoting
Resilience**

BEVAN EXEMPLAR COHORT 9

BETTER TOGETHER

The value of positive ageing



THE CHALLENGE



**Increasing
Ageing
Population**



**Healthspan
vs Lifespan**



**Mindset Shift
& System**



OUR ANSWER



- **Physical Wellbeing**
- **Mental Wellbeing**
- **Social Wellbeing**

WHAT DID WE DO



ABUHB AREA



10

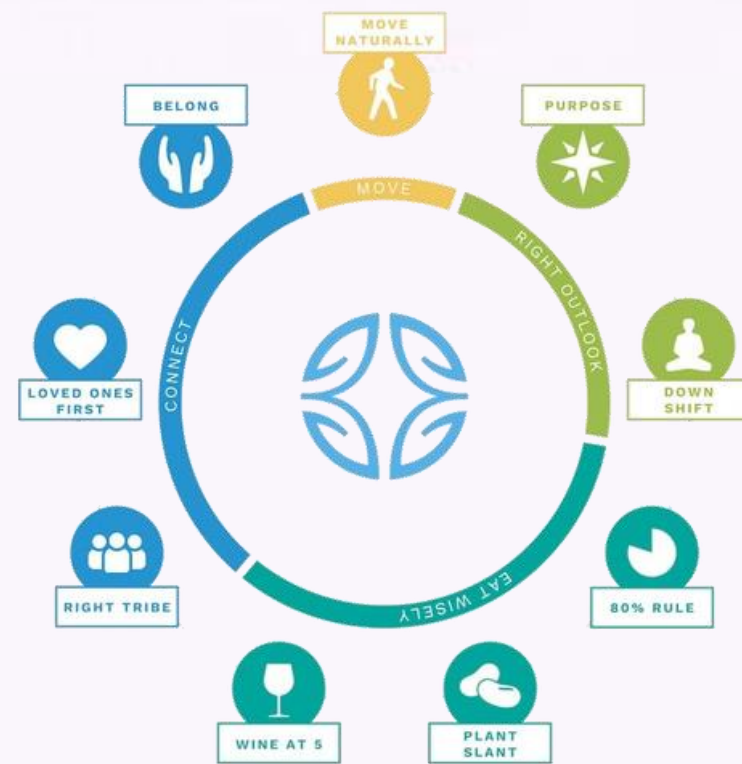
COMMUNITY GROUPS



250+

PEOPLE / WEEK

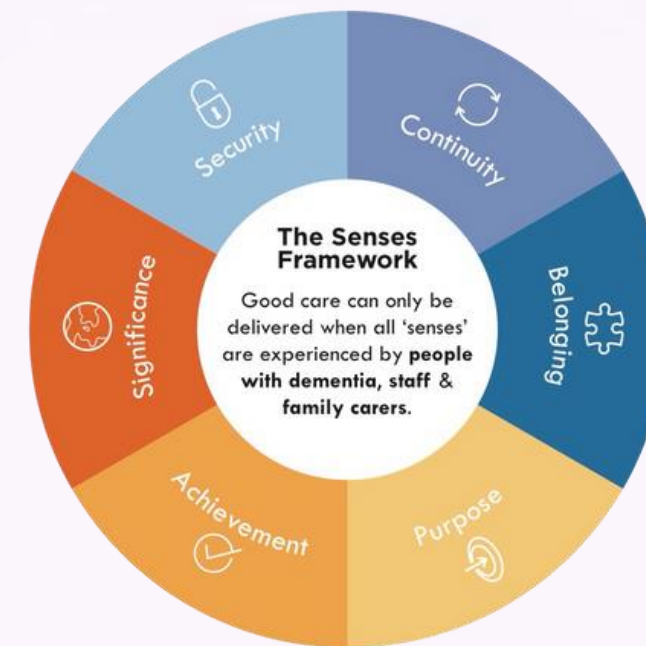
WHY WE ARE DIFFERENT



**Blue Zones
Lifestyle**



**5 Focus Areas
of Mobility**



**Senses
Framework**



**Evidence-Based
& Impact-Driven**

HOW WE MEASURE OUR IMPACT



**STANDARDISED
QUESTIONNAIRES**



**BALANCE &
MOBILITY TESTS**



**EQ-5D-5L &
QALS - ONS-4**



**PERSONALISED
ACTION PLANS**

OUR RESULTS

Percentage improvement across key wellbeing areas



78%



Mental
Wellbeing



72%



Physical
Wellbeing



81%



Social
Connection



75%



Overall
Quality of Life

CASE STUDY: MARGARET (74)



Living alone

- Low confidence
- Fear of falling
- Isolated



Balanced Lives Programme

- Gentle activity
- Social connection
- Personal Action Plan

“I feel steadier, more confident, and connected again. I now look forward to each week.”



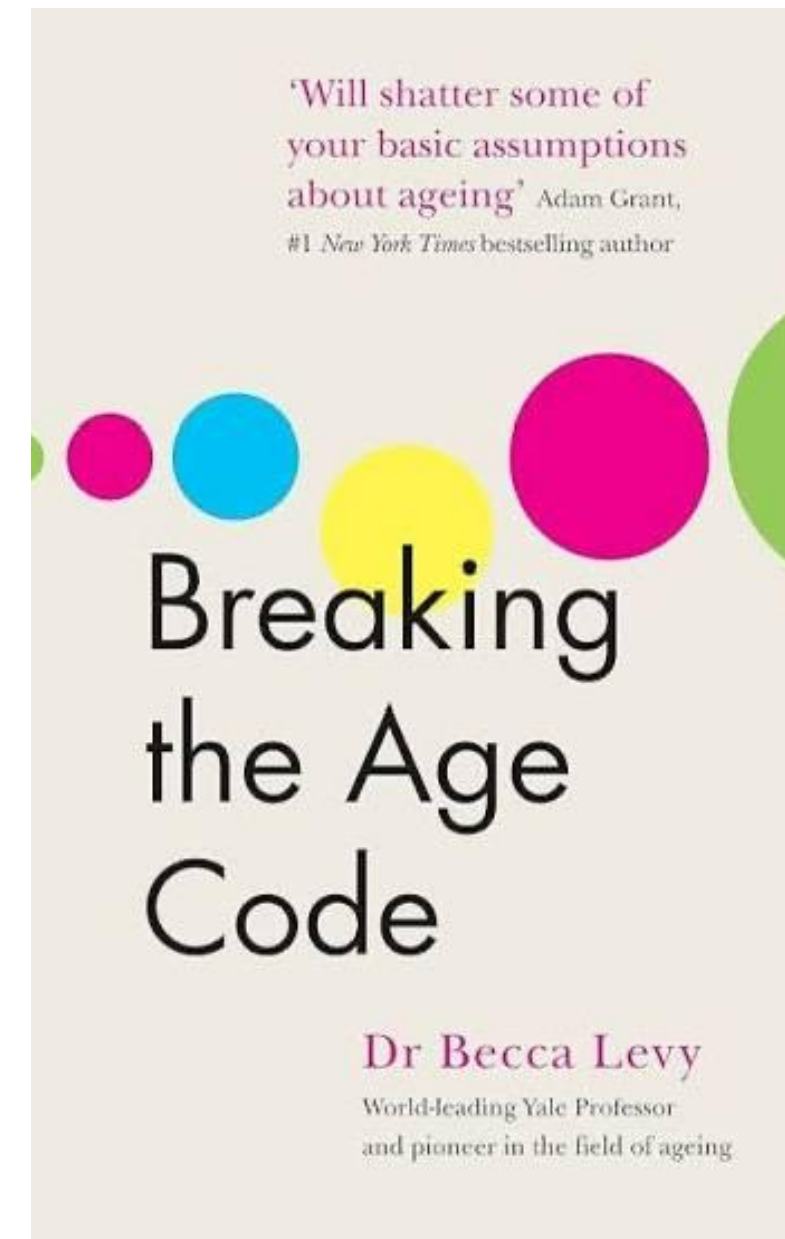
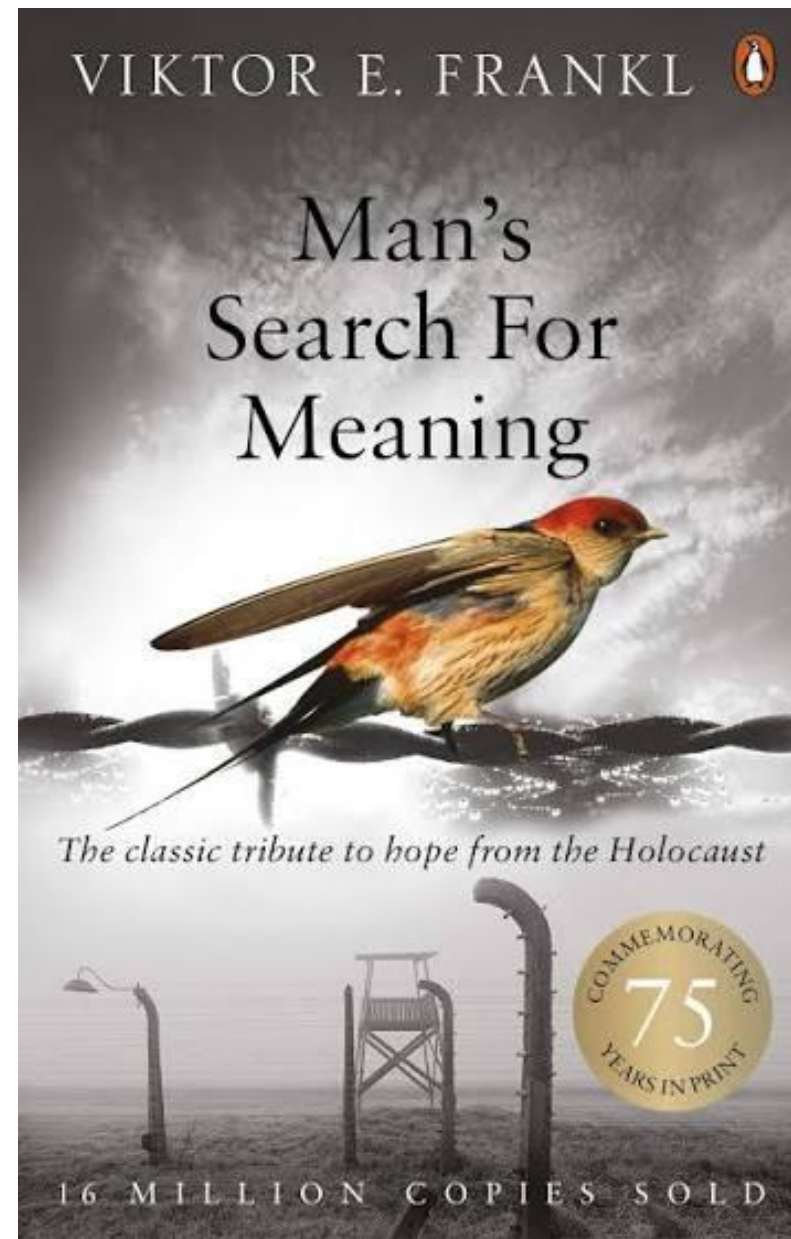
SOCIAL AND STATE VALUE

£2,381 social and state value per participant

Based on Quality-Adjusted Life Years (QALY)

This figure reflects a combination of:

- ✓ Improved quality of life
- ✓ Reduced social isolation
- ✓ Increased confidence and independence
- ✓ Social value and state value outcomes



THE WAY FORWARD



POLITICAL



SYSTEMIC



INDIVIDUAL

Secure investment to scale up

National Service Framework For Older People

“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in.”

– DESMOND TUTU

Why prevention and community matter.

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**WE WILL LEAD
WE WILL INNOVATE
WE WILL CHANGE**