

Supporting Falkirk to Age Well

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How old am I, really?



Does it matter how I live my life?



How do I feel about ageing?



**Ageing
positivity
could add 7.5
years to life**

2002 study

What really matters to me as I get older?



“Ageing is an extraordinary process where you become the person you always should have been.”

David Bowie

What do I want to be when I grow old?



**Purpose cut
death risk
almost half
over 4 years.**

2022 study

Am I stuck with the me I am today?



**Cheerful nuns
live longer
than gloomy
nuns.**

1930-2001 study

Be careful what you do every day



S	SPECIFIC
O	OBVIOUS
E	EFFORTLESS
A	ATTRACTIVE
S	SATISFYING
Y	YOUR ALLIES

What can enable change?



Ageing Well



Question 1

Which of the following is recommended by the NHS?

A. Prayer

B. Mindfulness

C. Talking to plants

Question 2

Which habit contributes to a longer life?

A. Gratitude

B. Positivity

C. Avoiding stress

Question 3

Which of these happens to us as we age?

A. Prefer to eat alone

B. Dislike ready meals

C. Worse taste & smell

Question 4

What should we have more of in our diet as we age?

A. Refined carbs

B. Protein

C. Low fat foods

Question 5

Which of these may indicate dehydration?

A. Dry mouth and skin

B. Not drinking water

C. Requesting more drinks

Question 6

Which can benefit as much as close relationships?

A. Online 'friends'

B. Being curious

C. Talking to strangers

Question 7

Which daily habit could prevent 1 in 10 early deaths?

A. All move 5 min more

B. All sit 30 min less

C. All move as NHS says

Question 8

Why are some people with dementia symptomless?

A. They sleep well

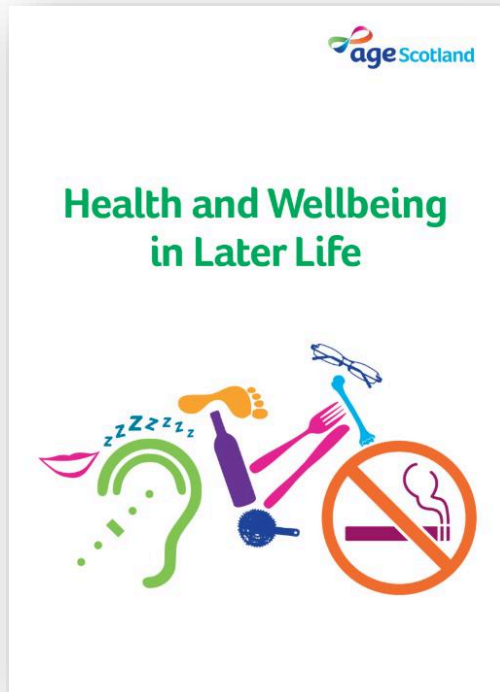
B. They move lots

C. Backup brain power

Let's play



Available Age Scotland Resources



Thank you!

E. healthandwellbeing@agescotland.org.uk

W. <https://age.scot/resourcesforwellbeing>

General enquiries: **0333 323 2400**

Helpline: **0800 12 44 222**

