



**Live Longer Better -Torbay**





# Join the revolution

- Ageing by itself is not a cause of major problems till the nineties. The problems that occur in everyone are due to:
- Disease, the majority of which is preventable
- Pessimistic and negative beliefs and attitudes and
- Loss of fitness - physical, emotional and cognitive

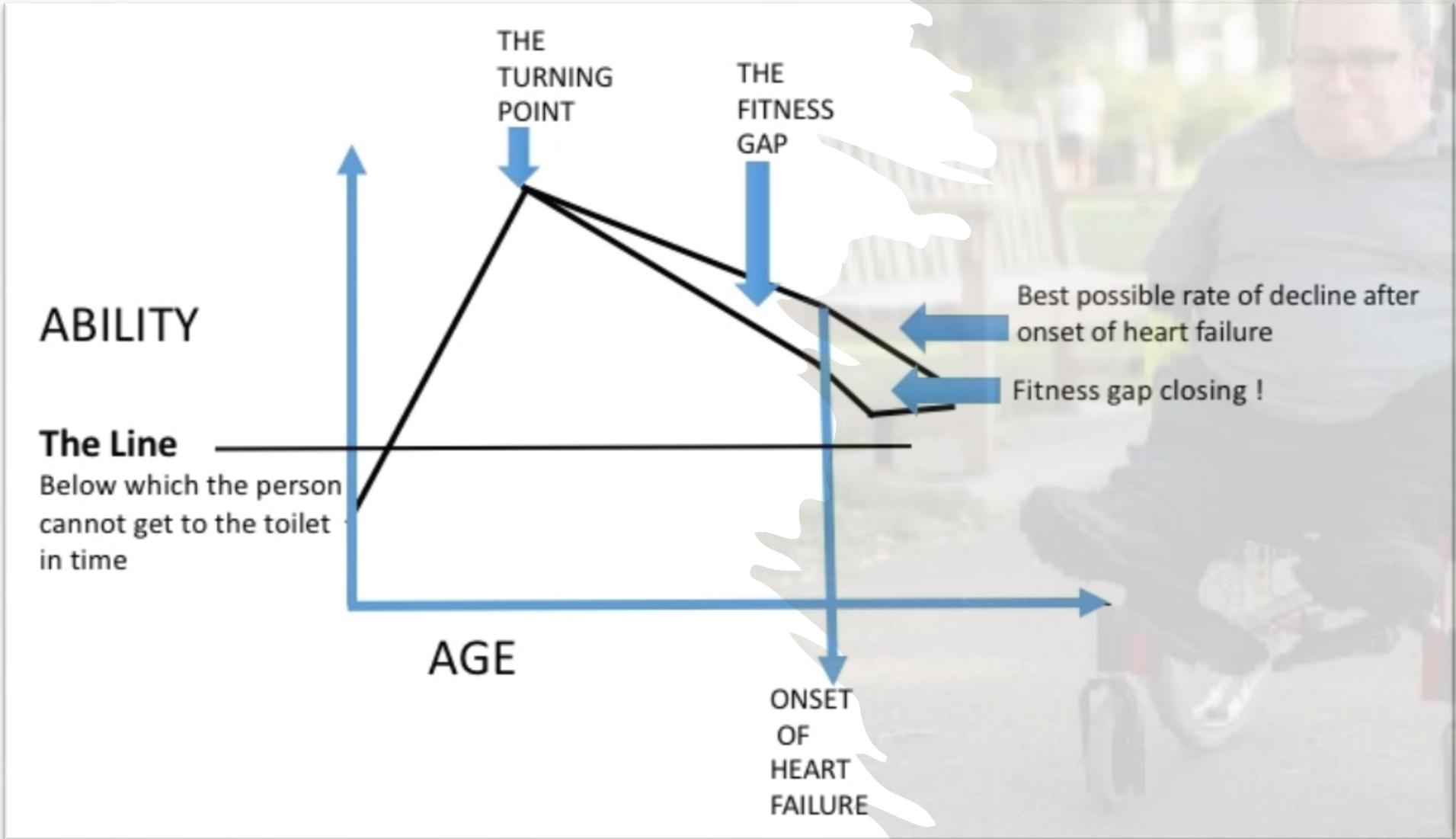
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# Improving longevity and the quality of your life



## The first aim:

Is to increase peoples activity – that includes physical, cognitive and emotional.

This will:

- Help people feel and function better, and reduce the risk of a fall
- Prevent or delay the onset of dementia, disability and frailty
- Help to recover the ability lost

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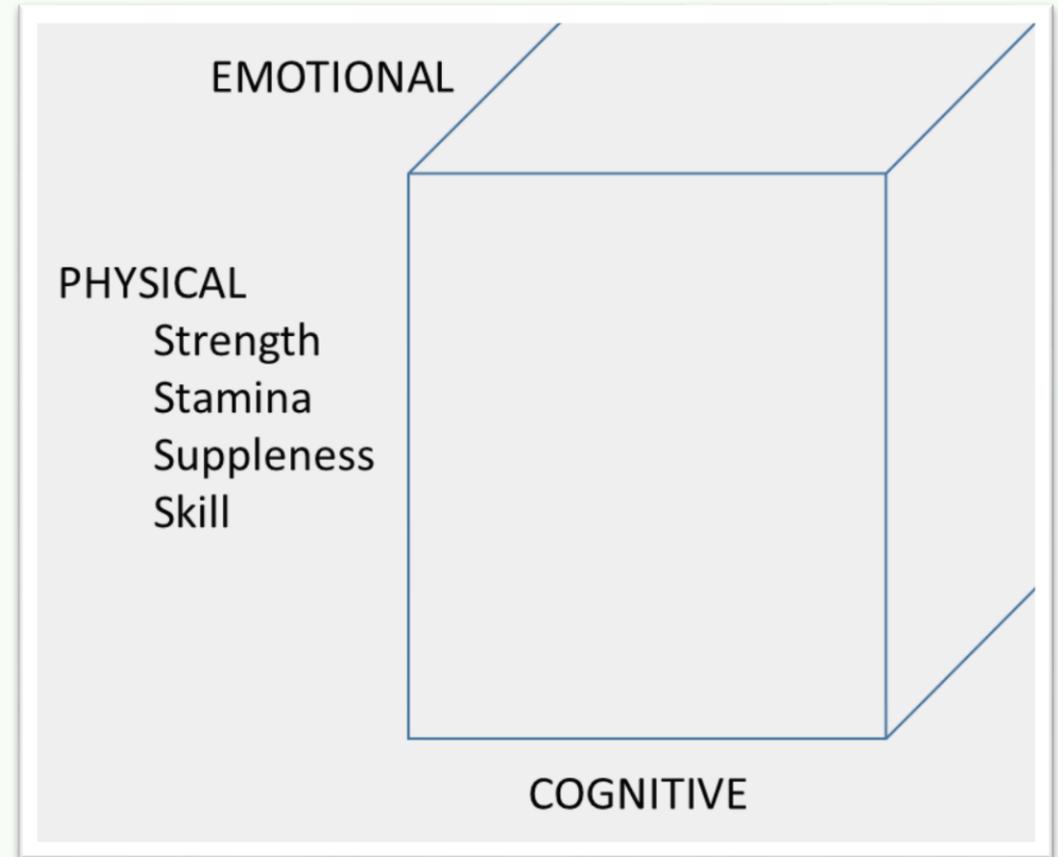
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during lockdown and regain the level of ability one had ten years ago.



# Activities, exercise, sport or whatever you want to call it.....

- The material and research presented for older people through Live Longer Better classifies physical fitness into four main headings – strength, stamina, suppleness and skill.



## The second aim:

Is to increase a persons 'healthspan' rather than focusing on someone's "lifespan", in doing so compressing the period of dependency.

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# Increasing Healthspan

- You are all supporters of older people in your role.
- We use the term 'supporting' rather than 'caring' because being a supporter involves encouraging people to do things that they might be nervous of attempting or believe they cannot achieve.
- Another term that is very useful is 'coaching' and a coach is someone who helps an individual close the gap between potential and performance.

## The third aim:

Is to reduce the need for health and social care because a person who increases their strength, stamina, skill and suppleness is less likely to fall and more able to regain the ability to, for example, to dress themselves or get to the toilet without help or complete daily tasks and do things they enjoy.

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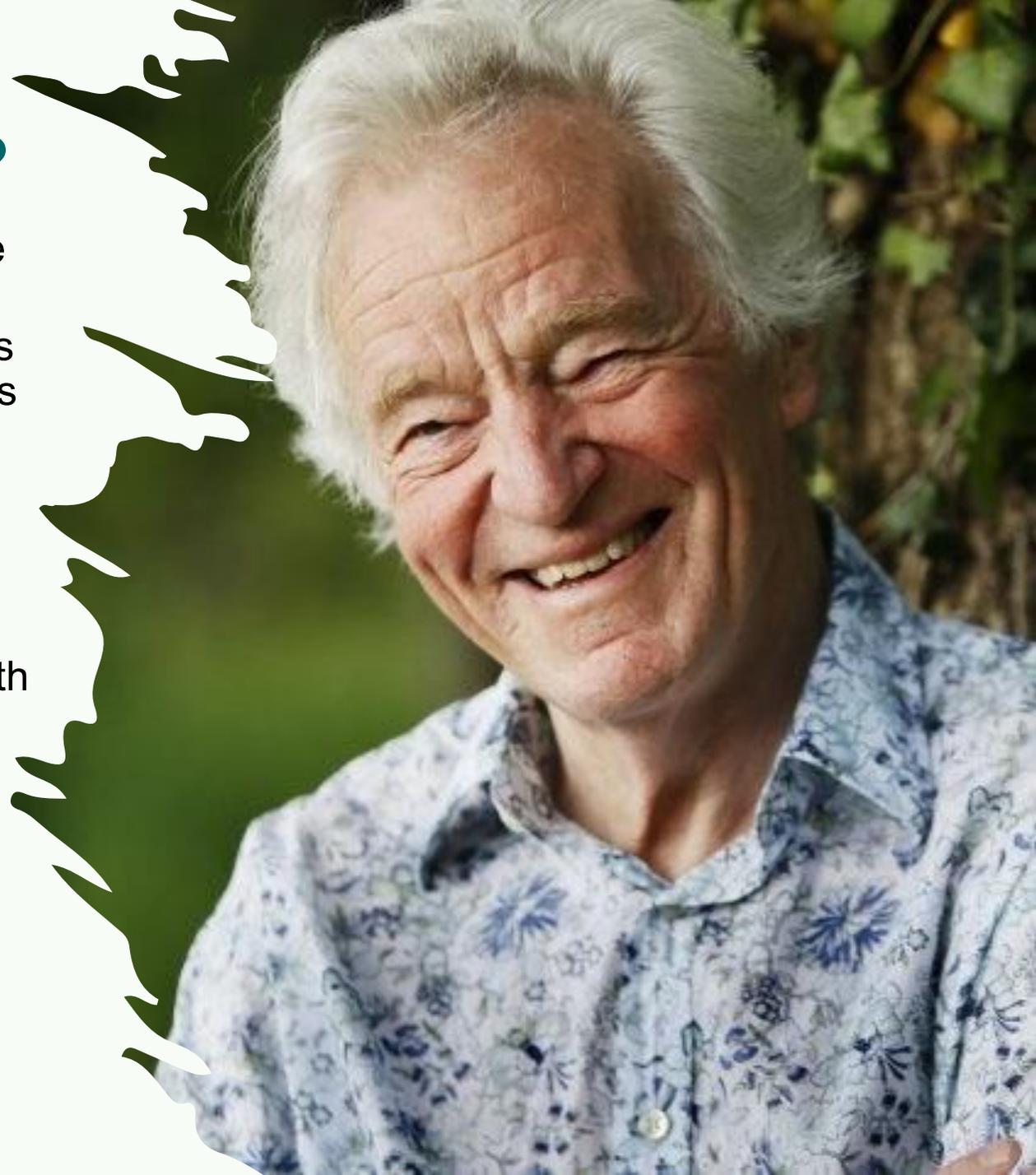
# What is Live Longer Better?

- It is a national programme encouraging people to stay active in their communities
- We can access training for you and your teams to build their knowledge and share useful tools and content to have conversations with older people about their emotional and physical wellbeing.
- We will support you to become Live Longer Better champions in your communities.
- You can refer older people you are working with to take part in an active and creative training package with activities to engage with that is transforming lives.

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# Breaking down Misconceptions

- As we all get older we must avoid the thought process..... “we should slow down or do less”

As we get older we must do more, make more time to complete our daily tasks and activities, always focus on completing the things that we want to do as well as the things we need to do.

Never say Never – Keep an open mind to new groups, opportunities, activities and hobbies



Torbay Community Development Trust \* 4-8 Temperance  
Street, Torquay, TQ2 5PU \* 01803 212 638 \*  
[www.torbaycdt.org.uk](http://www.torbaycdt.org.uk) \* [info@torbaycdt.org.uk](mailto:info@torbaycdt.org.uk)

# Have FUN and stay active in Torbay

- We are encouraging people to stay active and there are some amazing opportunities in Torbay
- Join a group
- Become an Activity Champion
- Complete the Live Longer Better training and share your learning with others

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# Where/how can you find out more?

[Torbay Connect](#)

[Torbay Council Pages](#)

[Active Devon Activity Finder](#)

[Ramblers Wellbeing Walks](#)

Visit the Active Devon Website for more information on all our campaigns, programmes, stories, toolkits and more

Word of mouth still matters!

Stay in touch, ask us.

[Tom.mack@activedevon.org](mailto:Tom.mack@activedevon.org)

[Jesslade@torbaycdt.org.uk](mailto:Jesslade@torbaycdt.org.uk)



# Some things to think about...

- How does this relate to your work?
- What challenges or barriers are you and your patients facing?
- How can we help?
- Questions?

