



MANCHESTER  
CITY COUNCIL

# AGEING AND CHANGING HEALTH BEHAVIOUR

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**A Practitioner's Experience**

**Author**

Department Name



# Commissioning Role

- Analysing need and supply
- Identifying gaps
- Decommissioning to free up resources
- Specifying, tendering and contracting
- Monitoring



# Priorities for commissioners

- Fulfil statutory duties
- Meet strategic priorities
- Make best use of resources
- Other





- Betty aged 78:
- *“I didn’t want to come at first. My neighbour made me. It was the best decision I’ve ever made”*
- 
- Betty now attends weekly lunch club, the exercise class, and goes on trips.
- 
- More importantly, knows group is there if needed.



# Contributors to older people's health I may be able to influence

- Housing
- Diet
- Loneliness
- Exercise



# Contributors to older people's health beyond my control

- Income
- Previous lifestyle
- Transport



# ■ Housing Issues

- Condition
- Affordability

## ■ Solutions

- Retirement housing/ co-housing
- Extra care schemes
- Homeshare



# Diet

- Fresh food
- Shopping clubs
- Cooking classes for men
- Gardening groups
- Lunch clubs



# Loneliness

- As much effect as smoking 15 cigarettes a day
- 1 in 10 of all people 65+ 'chronically' lonely
- South Manchester has higher proportion of older people living alone and without family carers living near.





**All above contribute to older people living healthier lives.  
You have to feel positive to want to live well.**



# Exercise

- Day Centre activities
- Active Lifestyles
- Universal offer:
- ‘Grand Day Out’
- Free swimming for 60+
- Equipment





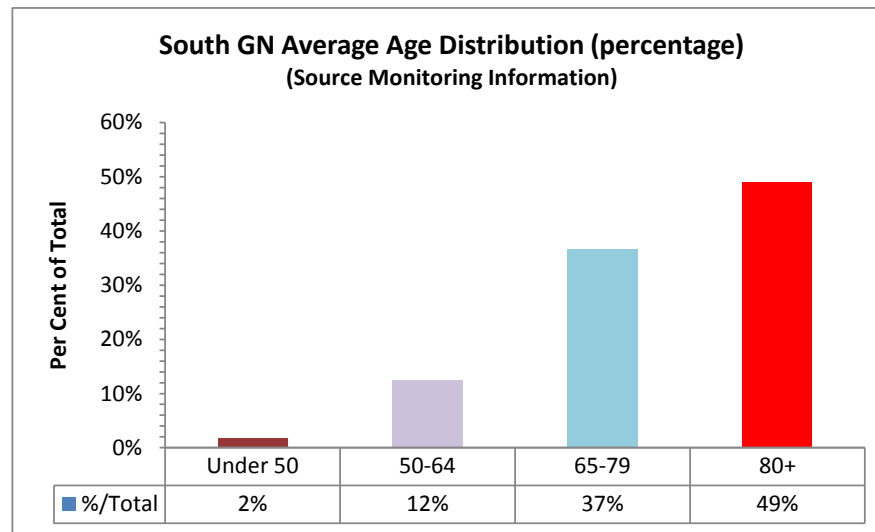


# Local Care Groups:

- about 15 in the City
- about 2,500 customers

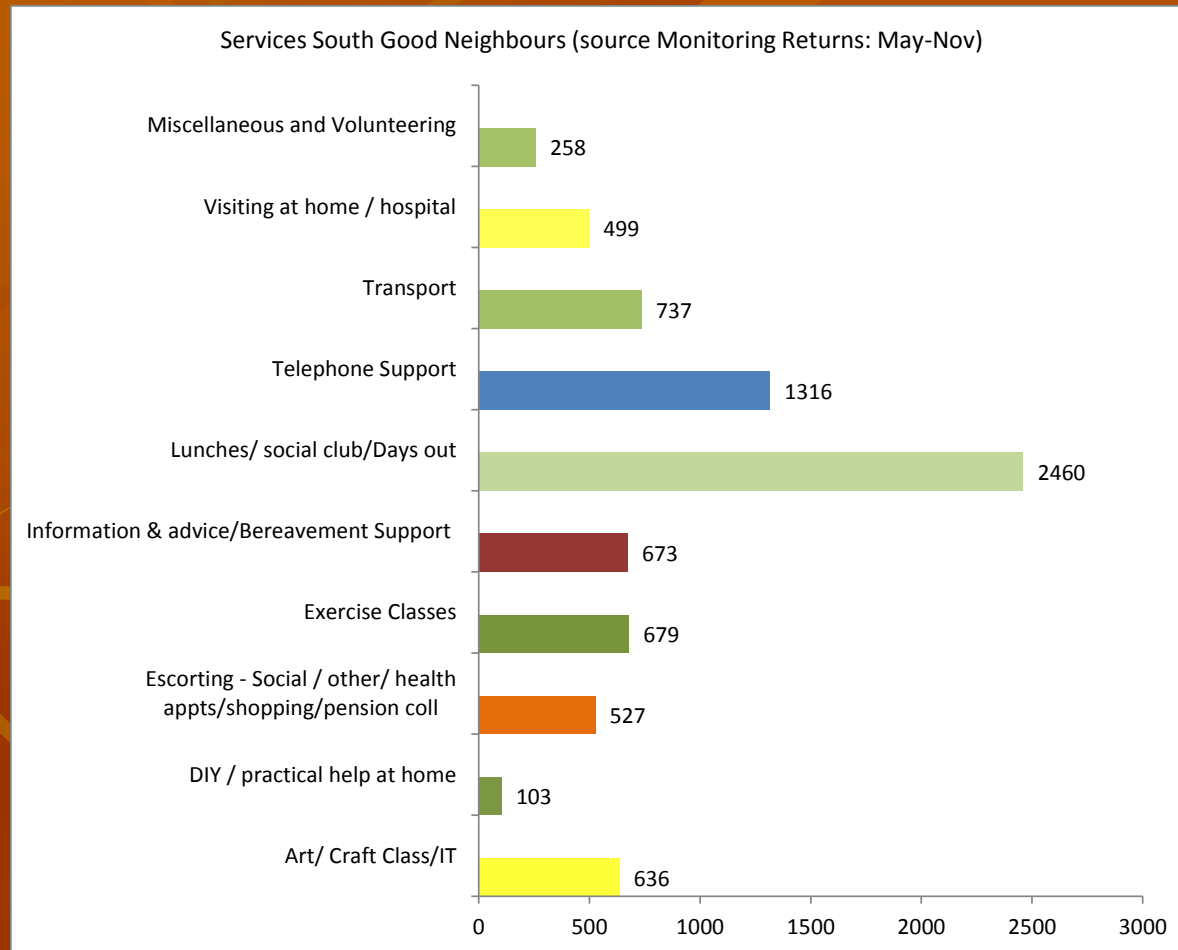


# South GN Average Age Distribution



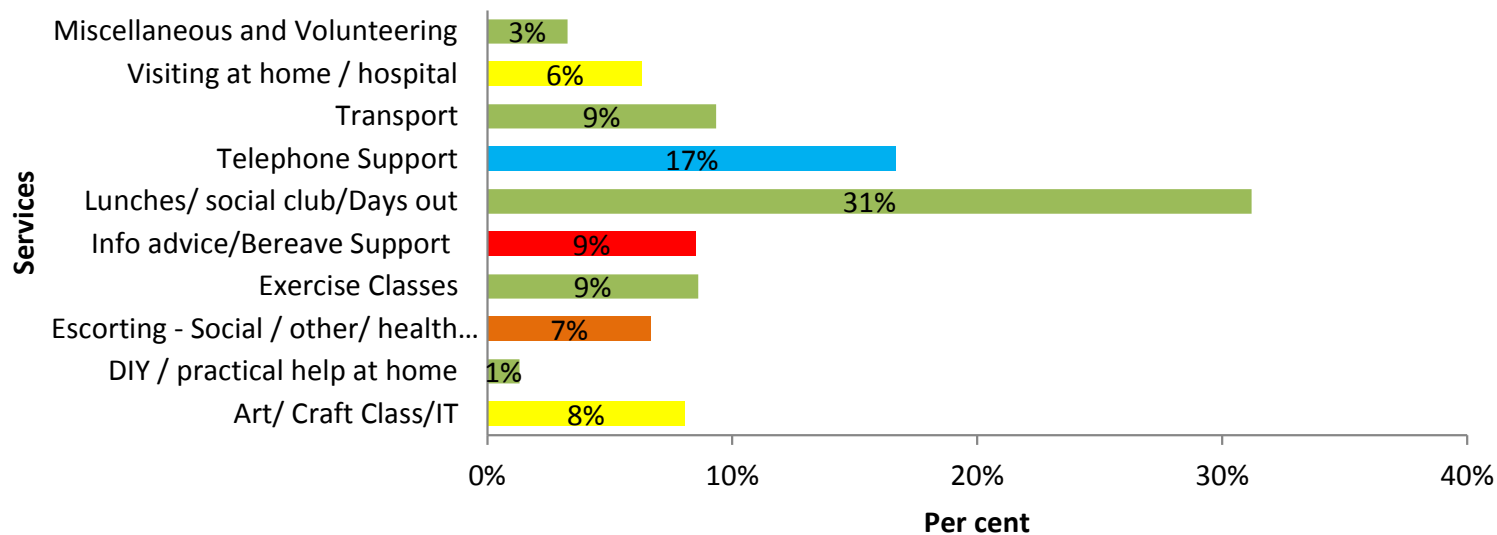


# Activities





### Services South Per Cent Total May-Nov 2012(source:Montoring Returns)





# Outcomes

- How to monitor?
- Warwick - Edinburgh Mental Well-being Scale (WEMWBS)
- POPP



# Challenges

- Keeping people motivated
- Keeping communities together
- Keeping services available



# Comments and Questions

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