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CENTRE FOR INTERNATIONAL
RESEARCH ON CARE,
LABOUR & EQUALITIES

UNIVERSITY OF LEEDS

ageUK
Love later life

Age UK's fit for the future Programme

Supporting older people to achieve a healthier lifestyle

A summary of the evaluation





fit for the future was a person-centred programme to improve the physical health and mental wellbeing of older people living with at least one long-term health condition.

A trained staff member or volunteer met with an older person and developed with them a personal, tailored plan to suit their health and wellbeing needs.

The support provided to older people included sign-posting, referrals to other services, provision of activities, practical help and personal support and encouragement.

Programme achievements

4799 older people participated.



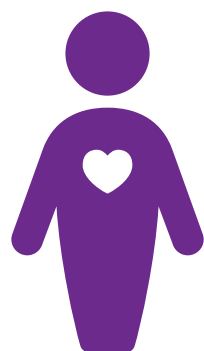
44.9% of older people increased amount of walking.

35.4% of older people increased amount of moderate to intensive physical activity.



38.8% of older people increased amount of fruit and veg eaten.

70% of volunteers gained a new skill and increased confidence, motivation and self esteem.



38.4% older people experienced increase in life satisfaction.

23.8% of older people increased feeling of social connectedness.

48.7% of older people experienced increase in mental wellbeing.

What participants said about the project:

'It gets you out of the house. You have to do that because you can feel a bit lost at times. You feel more confident if you are part of something.'

'The Age UK support worker looks at my food diary and asks me about the week and I'm completely honest with her, even if I had one of my 'munchies' and went off the diet. She accompanied me to the hospital dietician and suggested courses. She was concerned that I get as much help as possible. She's very imaginative and is good at finding things that I would like.'

'To meet new people – we hoped to get to talk to new people who live round this area. It's all about meeting people and a bit of a natter. As you get older it is harder to meet new people.'

'Age UK got me to start going out. They got one of the wardens to help me go out. I get a lot more exercise, they tell me to go out for walks, even if it's just a short walk a day. Just to get you some fresh air. I go every day.'

'She helped me get out of the depression. She got me cooking – the first thing was beans on toast. Then I cooked an egg. Then we poached an egg. She got me going out, she made me walk to the [post] box, just up the road...We went to town together – that was the first time I've been on the bust – since [my condition deteriorated]. Step by Step. She was excellent.'

Working with health professionals on the project:

'I'm a big fan of working together. I saw the opportunity to benefit the patients and to work more closely with other voluntary sector services. All ages should link in this collaborative way.' (Health Professional)

'We did have a good relationship already with the CCG and the local authority. *fit for the future* was an opportunity for us to take that further, particularly working with GPs and district nurses, but with us having a member of our staff working alongside them. This makes it much easier for us to engage.' (Local Age UK)

'90% of people coming to the rehab centre achieve their goals. Some of those go to Age UK [*fit for the future*]. Less than half of them come back to be referred to the rehab centre. Before *fit for the future*, it was all of them who were being referred back.' (Health Professional)



The information for this pamphlet was sourced from the document, *Age UK's fit for the future Programme – Evaluation Report*, which is authored by Andrea Wigfield, Erika Kispter, Sarah Alden and Royce Turner (with contribution from Tom Clarke).

The authors are based at CIRCLE (Centre for International Research on Care, Labour and Equalities) at the University of Leeds. The evaluation report was completed in July 2015.

For more information please visit:

www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle/fit-for-the-future

For correspondence please email **fitasafiddle@ageuk.org.uk**

Tavis House
1-6 Tavistock Square
London WC1H 9NA
0800 169 65 65
www.ageuk.org.uk

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