What is Age Well? A framework to plan, do & review that brings together cross-UCM programmes which have specific health and wellbeing outcomes for older adults.

What do we want to find out? How can older peoples health & wellbeing be improved by engaging with nature through the arts, collections & associated physical & digital spaces?

Why Age Well? What's happening for older people? What's happening for the UCM?

- Loneliness & isolation; poor physical health outcomes for older people
- Covid Pandemic: its impact on older people’s physical and mental health
- Cambridge inequalities: health & life span expectancy for older people

UCM – Collections, Connections, Communities, Strategic Research Initiative, Health & Wellbeing

UCM – Cambridge Public Health Research Pillar, Life Course & Ageing

UCM – regional impact, role as a regional, national & international resource

Who is Age Well about?

- Older people with complex health conditions including & resulting from dementia, muscular skeletal conditions & strokes
- Older people living in or supported by social or residential care: CCC Sheltered Housing, Community team & care homes
- Older people in clinical settings; Addenbrookes Hospital & Arthur Rank Hospice

Age Well Principles of behaviour

- Equality & inclusivity
- Curiosity & growth
- Reciprocity & respect
- Collaboration & support
- Empathy & kindness
- Commitment & knowledge

Outcomes ~ what change or difference will Age Well make?

- Older peoples wellbeing is improved - they feel connected to others & part of a community
- Older peoples wellbeing is improved - they feel skilled, uplifted & inspired
- Older peoples wellbeing is improved - they feel valued, & positive

- UCM - perceived by older people as a contributor to maintaining positive mental health
- UCM - perceived by older people and partners as a creative & inspiring places for all
- UCM – perceived across the region, by older people & those that work with them, as places that care

Assumptions ~ what do we believe will happen to make this change take place?

- Older people will interact & connect with each other and the museum, forming new relationships. The museums will be part of peoples strategies to stay positive.
- Older people will develop & extend skills for personalised engagement with museum collections; they will want to know & do more!
- Older people will share their responses & be heard & hear others – validated. Through music & dance they will be expressive

- UCM will be used by older people as places to come together for shared, social experiences that matter to them.
- UCM will be engaged with by an inclusive audience of older people with creative activities that foster the imagination.
- UCM, will be engaged with by older people across the region through its outreach programmes & resources.
## Practice Invitations to engage with museum collections & the arts & ...

### Dance with the Museum
- Wake up minds, bodies & the imagination through music, movement & dance

### Time with the Museum
- Encounter shared human stories through conversations that matter

### Feed your imagination
- Nourish the body & mind through gentle & playful art activities & movement

### Portals to the world
- Continue to learn & grow through respite together focused on ability over disability

## Activities

<table>
<thead>
<tr>
<th>People</th>
<th>Activity</th>
<th>Investments</th>
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</thead>
<tbody>
<tr>
<td>People with cognitive impairments - community</td>
<td><strong>Portals to the World:</strong> Courses &amp; Alumni programme, blended delivery Training for staff &amp; volunteers Digital resources for independent use; adapted talks, handouts &amp; art activities</td>
<td>Partnership: Dementia Compass Practice: Portals</td>
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<tr>
<td>People who have had a stroke - community</td>
<td><strong>Feed Your Imagination:</strong> Museum programme onsite Training for volunteers &amp; care givers</td>
<td>Partnership: tbc Practice: Feed Your Imagination</td>
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<tr>
<td>People in need of ongoing care - residential care</td>
<td><strong>Care home network:</strong> Outreach &amp; onsite museum programme CPD for activity co-ordinators Digital &amp; printed resources; guided films, bedside activity guides, session leaders facilitation guides &amp; high quality artwork reproductions</td>
<td>Partnership: Care homes network Practice: Dance with the ...</td>
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<tr>
<td>People in need of supported living - sheltered housing</td>
<td><strong>Museums and sheltered housing:</strong> Outreach &amp; inhouse museum programme Digital &amp; printed resources; guided films, bedside activity guides, session leaders facilitation guides &amp; high quality artwork reproductions</td>
<td>Partnership: ILS Practice: Dance and Time</td>
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<tr>
<td>People with life limiting conditions &amp; their families - Hospice</td>
<td><strong>Museums and hospice:</strong> Outreach &amp; inhouse museum programme Digital &amp; printed resources; guided films, bedside activity guides, session leaders facilitation guides &amp; high quality artwork reproductions</td>
<td>Partnership: Arthur Rank Hospice Practice: Dance and Time</td>
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<tr>
<td>People awaiting joint replacement surgery - community</td>
<td><strong>Worthwhile waiting social prescribing:</strong> Courses, online &amp; at the museum supported by health coaches Training for clinicians &amp; care givers Digital resources for independent use; online course</td>
<td>Partnership: Meridian GP network Practice: Dance with the ...</td>
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<tr>
<td>People with clinical health conditions - hospital</td>
<td><strong>Museum and hospital:</strong> Outreach museum programme working on older peoples wards Digital &amp; printed resources; guided films, bedside activity guides, &amp; high quality artwork reproductions</td>
<td>Partnership: Addenbrookes Hospital Practice: Dance and Time</td>
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<tr>
<td>People facing access barriers - community</td>
<td><strong>Talking Together –group telephone calls:</strong> Courses, on the phone, as part of the COPE Talking together work high quality artwork reproductions</td>
<td>Partnership: COPE Practice: Time with the ...</td>
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<tr>
<td>People who want to feel better - community</td>
<td><strong>Public programme, Dance with Art:</strong> Sessions &amp; residencies at the Museum in response to exhibitions Training for volunteers</td>
<td>Partnership: Filipa Pereira-Stubbs Practice: Dance with the ...</td>
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