

UCM, Age Well ~ Story of Change

supporting older peoples wellbeing through cultural connections

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, <i>Health & Wellbeing</i>	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
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- Equality & inclusivity
- Curiosity & growth
- Reciprocity & respect
- Collaboration & support
- Empathy & kindness
- Commitment & knowledge

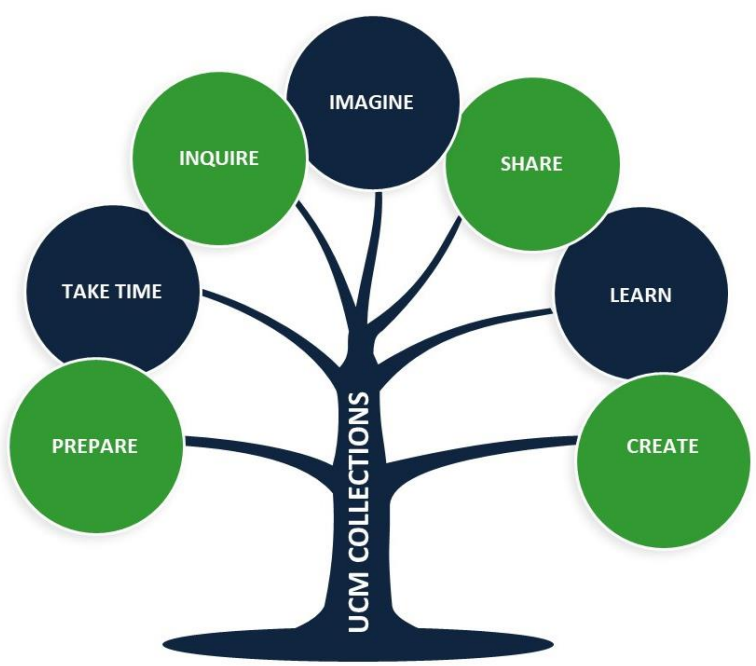
Outcomes ~ *what change or difference will Age Well make?*

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



Age Well – Practice Principles

Activities

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