

Age-friendly Cheshire West

**Bringing people of all ages together
to make Cheshire West and Chester a
great place to live and grow older**



**Working together to make Cheshire West
and Chester an age-friendly borough**

Age-friendly Cheshire West

Inspiring brighter communities

We are older adults, groups, organisations, businesses and communities committed to working together to make Cheshire West an age-friendly borough.

We want to inspire communities and bring people of all ages together to make Cheshire West a great place to live and grow older, so that everyone can live life to the full and enjoy later life.

We want our borough to be...

'welcoming to everyone: a 'friendly' borough. A place where everyone is valued and has the opportunity to live a happy, healthy, active, enjoyable life and live life to the full.'

What are age-friendly communities?

'Age-friendly' is a concept developed by the World Health Organization (WHO)

An age-friendly place:

'enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. Age-friendly communities make it easy for older adults to feel included and valued and stay connected to the people that are important to them. They enable people to be happy, healthy and active...' – WHO

WHO worked with older adults to identify areas of everyday life that have the most impact on being able to live and age well. These included; outdoor spaces and buildings, transport (and mobility), housing, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services.

In 2018, Cheshire West and Cheshire Council was successful in becoming part of the World Health Organization (WHO) Global Network of Age-friendly Cities and Communities and the UK Network for Age-friendly Communities. Becoming part of the network recognised our collective work and the commitment to making Cheshire West a great place to live and grow older.

Our Age-friendly Principles

Over 70 people representing community groups and organisations, led by, or working alongside older adults, helped develop our age-friendly principles.

Together we think that older members of the community and all of us as we grow older should:

- be seen as individuals, have a voice and be listened to
- be respected, valued and included, whatever our age, ethnicity, religion, culture, gender, sexual orientation or ability
- be positively represented and have myths and stereotypes challenged
- be able to shape and influence decisions and services that affect us
- feel we have meaning and purpose, and are valued for what we bring to our communities, local economy and society
- have choices and make decisions about any help or support we may need (and someone to advocate for us when we can't)
- be supported when we care for others
- be able to find information that is clear and easy to understand
- have choices about where we live, work and spend our time
- be able to live in communities, where we feel safe, connected and can have a good social life
- be able to find work and be valued for what we bring to the workplace, supported by age-friendly employers
- have the opportunity to be active.

Age-friendly Checklist

A checklist has been developed to provide guidance to organisations in becoming more age-friendly. It has been designed to be used by private, public and voluntary sector organisations and not all the suggestions contained within this will be relevant to all. It considers what is already being done as well as looking at what could be done in the future.

Place

	We do	To do	N/A
Our building is open to everyone in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is disabled access to our building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We consider people with walking aids or wheelchairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We keep entrance areas clear of obstructions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We ensure our layout allows for easy movement for all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We use venues that have adequate parking/ are on public transport routes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We use venues that are easy to access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are seats where people can come in and rest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are seats with arms/ armrests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We offer use of our toilet facilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have comfortable seating areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The doors are easy to open and close	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The stairs have clearly marked edges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The décor and flooring take account of the needs of people with dementia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have clear signage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have a hearing loop system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is easy access to all areas of the building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We welcome wider community use of our facilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The environment is well lit and noise levels considered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The environment is warm enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

People

	We do	To do	N/A
Our staff/ volunteers			
are friendly and welcoming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
wear name badges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
treat people as individuals and with respect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our staff/ volunteers have had			
age-friendly training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
dementia awareness training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
deaf awareness training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
visual impairment training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
disability awareness training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We actively recruit older staff/ volunteers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We involve older people in the training of staff and volunteers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our staff/ volunteers are sympathetic to the needs of older people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Older people are involved in the organisation of activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We encourage different generations to work together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have age-friendly champions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Environment/Other

We actively welcome older people to our organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We take into account individual requirements and needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We include older people in our decision-making	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We value input from older people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have suggestion boards/ boxes for improvements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have older people on our board of trustees/ involved in our management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We choose appropriate venues for our activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have clear/ accessible information about our work/ what we do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We consider people who do not have internet access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We use large font on leaflets and documents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We consider good contrast colours in the design of our materials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have information available in different languages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have information in braille and audio to meet people's needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We use positive imagery of older people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We ask ourselves how we could be more age-friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



There will be other great examples of age-friendly practice which can be documented and shared, and the space below is for individuals and organisations to record what these are:

Age-friendly good practice - Place

Age-friendly good practice - People

Age-friendly good practice - Environment/Other

As part of Age-friendly Cheshire West, we are inviting individuals and organisations to make a commitment to the shared principles in this booklet and to take actions to become more age-friendly.

We are proud to be working together to make Cheshire West an age-friendly borough and a great place to live and grow older.

We recognise the needs of and value the contribution that people of every age can make in the community.

Please sign up to be part of the Age-friendly Cheshire West network:

www.agefriendlycheshirewest.org

We are interested in feedback on the age-friendly checklist and will review this booklet as Age-friendly Cheshire West develops.

Please use the following ways to provide any comments:

Website: **www.agefriendlycheshirewest.org**

Email: **inclusivecommunities@cheshirewestandchester.gov.uk**

Phone: **0300 123 8123**

Post: Age-friendly Cheshire West
Public Health, Ground Floor
Nicholas House
1 Blackfriars
Chester
CH1 2NU

Age-friendly Cheshire West is hosted by Cheshire West and Chester Council and overseen by a core group of strategic partners.

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