

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
REPORTS/GUIDANCE/ DOCUMENTS Domain D4: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people REPORTS/ GUIDANCE/ DOCUMENTS			
https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-urgent-care-needs	This resource examines the management of acute deterioration in the context of frailty at the end of life.	Clinical Guideline	H&S care staff
https://www.bgs.org.uk/resources/resource-series/silver-book-ii	Older People in Acute Care Settings. The Silver Book II addresses a wide range of urgent care issues specific to older people. Aimed at clinicians and other healthcare professionals working in emergency departments and urgent care, this updated resource is presented in a highly accessible digital format and is free of charge. British Geriatric Society (BGS)	Guidance	HSCP
Prevention is better than cure (publishing.service.gov.uk)	Department of Health & Social Care: This document sets out a vision for putting prevention at the heart of our nation's health. Our mission is to improve healthy life expectancy so that, by 2035, we are enjoying at least five extra years of healthy, independent life, whilst closing the gap between the richest and poorest.	Report	ALL
https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf	Age UK: A practical guide to healthy ageing The advice in this booklet will help improve the health and general fitness of people of any age, but it is written to be particularly relevant for people who are about 70 years or older.	Guidance	ALL

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https://www.nice.org.uk/guidance/ng16	NICE guidance: Dementia, disability, and frailty in later life – mid-life approaches to delay or prevent onset This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability, and frailty in later life. The guideline aims to increase the amount of time that people can be independent, healthy, and active in later life	Guidance	Health & Social Care Professionals
+ https://www.who.int/initiatives/decade-of-healthy-ageing	WHO guidance: decade of healthy ageing. The United Nations Decade of Healthy Ageing (2021-2030) is a global collaboration, aligned with the last ten years of the Sustainable Development Goals, that brings together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives of older people, their families, and the communities in which they live	Guidance	ALL

ONLINE LEARNING & DEVELOPMENT RESOURCES

Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals
https://www.scie.org.uk/prevention/independence/staying-out-of-hospital	Social Care Institute for Excellence: Videos and practice examples exploring what steps could be taken to help older people avoid unnecessary admissions to hospital.	On-line resource	Health & Social Care Staff
https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video	Social Care Institute for Excellence: This short film focuses on services designed to improve or maintain older people's wellbeing	On-line resource	Health & Social Care Staff

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RESEARCH ARTICLES			
Publications Centre for Ageing Better (ageing-better.org.uk)	A range of publications to support Ageing Well	Articles	Health & Social Care Staff