| Domain D5: Ageing Well: promoting and Supporting Independence, Autonomy and Community Connectivity for Older People | | | |
|---|---|---|---|
| **Learning and Development opportunity/ Weblink** | **Brief Description** | **Type /Mode** | **Aimed at** |
| **REPORTS/GUIDANCE/ DOCUMENTS** | | | |
| End of Life Care in Frailty: Rehabilitation \| British Geriatrics Society | This resource looks at maintaining independence and function in older people towards the end of life | Guidance | All |
| Loneliness and social isolation (connected communities) \| GOV.WALES | Connected Communities, Loneliness Strategy. This document details the Welsh Government's first strategy for tackling loneliness and social isolation and building stronger social connections | Guidance | ALL |
| https://s42139.pcdn.co/wp-content/uploads/Im-Still-Me.pdf | This is a report of National Voices' narratives on person-centred coordinated care. This narrative describes the way older people want high quality coordinated care to support them, from their perspective | Guidance | ALL |
| 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 | ALL |

| | | | |
|---|---|---|---|
| promoting-independence-through-intermediate-care.pdf | NICE guidance: Promoting Independence through Intermediate Care. This quick guide is for all staff who work or interface with intermediate care services. It focuses on person centred care, communication and using a strengths-based approach | Guidance | ALL |
| https://www.nice.org.uk/guidance/ng74 | NICE Guidance: Intermediate Care including Reablement. This guideline covers referral and assessment for intermediate care and how to deliver the service | Guidance | ALL |
| Leadership in strengths-based social care - SCIE | An insight briefing which aims to develop understanding of and provide practical advice about leading strengths-based approaches and practice that support adults with social care needs. Social Care Institute for Excellence (SCIE) | Guidance | All |
| https://www.scie.org.uk/strengths-based-approaches/guidance/ | This guide summarises the process and the key elements to consider in relation to using a strengths-based approach in relation to the care act. | Guidance | All |
| advancing-technology-enabled-care---a-short-report-january-2025.pdf | Tunstall report: Connecting Services; Transforming Lives. This report focuses on telehealth; it distinguishes between telecare, telehealth and telemedicine, and explore potential application | Report | ALL |
| WHO's work on the UN Decade of Healthy Ageing (2021-2030) | 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 | Guidance | ALL |

| | 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 | | |
|---|---|---|---|
| **ONLINE LEARNING & DEVELOPMENT RESOURCES** | | | |
| RCOT launch 'Adaptations without delay' report | Royal College of Occupational Therapy: Adaptations without Delay
The guide sets out the Adaptations without delay decision-making framework. This outlines the person-centred outcomes that can be achieved from having the home adapted. Workforce and operational factors to support integrated and new ways of working are also identified | Online resources | Therapists; Health & Social Care Managers |
| Telecare leaflet.pdf | The Care Inspectorate - Telecare matters: A quick guide to technology enabled care and support. It covers many aspects of telecare and it use in practice | Online resource | ALL |
| Seating matters leaflet.pdf | Seating matters report Care Inspectorate
This guide talks about the importance of seating for older people and how to recognise when as older person is not seated well | Online Resource | All |
| a-practical-guide-to-healthy-ageing.pdf | Age UK: A practical guide to healthy ageing The advice in | Online resource | All |

| | | | |
|---|---|---|---|
| | 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. | | |
| https://www.youtube.com/watch?v=Zv-GnYKvVBw | Short video produced for all staff to increase awareness of hospital acquired deconditioning. It gives some useful facts and figures, and tips for promoting physical activity in hospital. | Online resource | Acute Staff |
| https://movingmedicine.ac.uk/ | This web resource has been designed to support healthcare professionals to integrate conversations about physical activity in routine care consultations. It has lots of useful hints and tips, with a strong focus on shared decision making. | Online resource | All |
| https://portal.e-lfh.org.uk/Component/Details/563732 | E learning for Health: Living Well with Dementia and Promoting Independence This session will help you to understand how to support and promote a person's independence and meaningful involvement in their own daily life | E-learning | All |
| Ageing well programme - NIHR School for Public Health Research | Information on the School for Public Health Ageing Well Programme | E-Learning | All |
| https://ageing-better.org.uk/age-friendly-movement?_gl=1*1ye4bb*_up*MQ..*_gs*MQ..&gclid=EAIaIQobChMIsuH0qt7LkAMV5pxQBh300gSZEAAYASAAEgJPUfD_BwE&gbraid=0AAAAACS1nFA_-JVb8A0SdLT1LxCGp-9Xp | Website with resources to support better ageing | Online resource | All |
| **RESEARCH ARTICLES** | | | |
| https://www.nia.nih.gov/news/how-can-strength-training-build-healthier-bodies-we-age | National Institute of Ageing briefing on the positive | Research summary | All |

| | effects of strength based activity as we age. | | |
|---|---|---|---|
| [Resistance Training for Older Adults: Position Statement From the National Strength and Conditioning Association - PubMed](#) | Resistance Training for Older Adults: Position Statement from the National Strength and Conditioning Association the goal of this Position Statement is to a) help foster a more unified and holistic approach to resistance training for older adults, b) promote the health and functional benefits of resistance training for older adults, and c) prevent or minimize fears and other barriers to implementation of resistance training programs for older adults | Research article | Healthcare profs |
| https://pubmed.ncbi.nlm.nih.gov/29166818/ | Can Digital Technology Enhance Social Connectedness Among Older Adults? A Feasibility Study This study examined the feasibility of a novel communication technology to enhance social connectedness among older adults in residential care. Research suggests that technology can create opportunities for social connectedness, helping alleviate social isolation and loneliness. | Article | All |