



Help shape Buckinghamshire's Healthy Ageing Strategy

Open date: 19 June 2023

Close date: 17 July 2023

Name: Public Health

Email: phadmin@buckinghamshire.gov.uk

Overview

We want to hear what ageing well in Buckinghamshire means to you to help shape our Healthy Ageing Strategy.

Ageing well is about people of all ages living healthy, safe and fulfilling lifestyles.

It includes creating health-promoting places where people can, for as long as possible:

- stay living in their homes
- take part in activities they value
- be a part of their communities

We are creating a healthy ageing strategy for Buckinghamshire. This will set out key priorities to help people live healthy, happy lives for longer. It will include:

- support for individuals
- improvements in the environment, built infrastructure and social and community networks

To help us develop the strategy, we want to understand how we can support people who live and work in Buckinghamshire to age well as they grow older.

Supporting people to age well

The World Health Organisation identified 8 areas that support people to age well:

- **outdoor spaces and buildings:**
 - high quality, accessible and social public spaces which are safe and help people to move around independently
 - such as walkable streets, reduce pavement parking, welcoming warm spaces
- **transportation:**
 - accessible, affordable and appropriate travel options
 - such as age friendly active travel schemes
- **housing:**
 - accommodation where people can live safely and comfortably, and which can improve physical and mental health, wellbeing, and social connections
 - such as age well design codes used in new build properties
- **participating in society:**
 - reduce and remove barriers to participation to foster engagement with activities and events which build a sense of belonging
 - such as access to toilets so people feel confident and able to leave their homes to engage in local activities
- **respect and social inclusion:**
 - age-friendly initiatives to involve people in later life within the community and help them feel valued
 - such as reduce negative preconceptions of ageing, facilitate intergenerational interactions, and raise awareness on ageing
- **volunteering and employment:**
 - explore why employment in older adults is falling, as well as how volunteering can be supported
 - such as healthy retirement support
- **communication and information:**
 - build positive and accessible communications and campaigns, and challenge negative stereotypes and stigma
 - such as develop a local, inclusive communications approach
- **community support for health and wellbeing:**
 - strengthen the health and wellbeing of communities and support the network of community-based groups
 - such as healthy libraries framework

We want to know how these areas support you to age well in Buckinghamshire. Tell us:

- what would make where you live a great place to age well
- what your area does well to support ageing well and any challenges
- what would better support people to age well

We want to hear from people 40 years old and over who live and / or work in Buckinghamshire.

How to have your say

You can tell us your views in one of the following ways:

- complete the online survey at buckinghamshire.gov.uk/ageing-well
- complete, and return, a printed version of the survey
- email us at phadmin@buckinghamshire.gov.uk
- write to us at Public Health Team, Healthy Ageing, Walton Street Offices, Walton Street, Aylesbury, HP20 1UA

If you have any questions about this activity, please email us at phadmin@buckinghamshire.gov.uk.

Please tell us your views by midnight on Monday 17 July 2023.

What happens next

Your feedback will help us understand key areas for further work and focus for the next stages of developing the Healthy Ageing Strategy.

Privacy

We will use the information you provide here only for this activity. We will store the information securely in line with data protection laws and will not share or publish any personal details. For more information about data and privacy, please see our [Privacy Policy](#).

If you have questions about data and privacy, please email us on dataprotection@buckinghamshire.gov.uk. Or write to our Data Protection Officer at Buckinghamshire Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF.

Printed survey

Ageing well in Buckinghamshire

1. What would make where you live a great place to age well?

2. What do you think your area does well to support people to age well?

3. What are the challenges to ageing well where you live?

4. What do you think would meet these challenges / better support people to age well?

About you

We will use the information you provide here only for the purpose of this activity. We will store the information securely in line with data protection laws and will not share or publish any personal details.

5. Which of the following describe you?

Please tick (✓) all that apply

- I live in Buckinghamshire
- I work in Buckinghamshire
- I study in Buckinghamshire
- I am an elected representative in Buckinghamshire
- I work for Buckinghamshire Council
- Other (please give details below):

6. How did you find out about this survey?

Please tick (✓) all that apply

- Local media (newspaper, radio or TV)
- Social media (Facebook, Twitter)
- Nextdoor
- Buckinghamshire Council website or Your Voice Bucks website
- Buckinghamshire Council newsletter

More answer options on the next page

- From Buckinghamshire Council staff
- Through working at Buckinghamshire Council
- Poster
- Word of mouth
- Local Community Board
- Local Councillor
- Local Parish / Town Council or Town Committee
- Other (please give details below):

More about you

We want to hear from as many people as possible to understand the views and needs across Buckinghamshire. The following questions help us see if the communities we serve have had the opportunity to be heard through this activity.

All questions are optional. You can skip any questions you do not wish to answer.

7. What is your postcode?

We want to understand the views of people living in different areas. You don't have to provide your postcode, but it helps us plan and make considered decisions.

8. What is your age?

Why we ask this: We want to understand the experiences and views of people aged 40 years and over.

Please tick (✓) one option

- Under 40
- 40 to 45
- 46 to 50
- 51 to 55

More answer options on the next page

- 56 to 60
- 61 to 65
- 66 to 70
- 71 to 75
- 76 to 80
- 81 to 85
- Over 85
- Prefer not to say

9. Do you consider yourself to have a disability / disabilities, impairment(s) or long term health condition(s)?

Why we ask this: We want to understand the experiences and views of disabled people, people with impairments and people with long term health conditions.

Please tick (✓) all that apply

- Disability / disabilities
- Impairment(s)
- Long term health condition(s)
- No
- Prefer not to say

10. Are you:

Why we ask this: We want to understand the experiences and views of different sexes.

Please tick (✓) one option

- Female
- Male
- Prefer not to say

11. How would you describe your ethnicity?

Why we ask this: We want to understand the experiences and views of different ethnicities.

Please tick (✓) one option

- Asian - British
- Asian - Bangladeshi
- Asian - Chinese
- Asian - Indian
- Asian - Pakistani
- Any other Asian background - Please give details below
- Black - African
- Black - British
- Black - Caribbean
- Any other Black, African or Caribbean background - Please give details below
- Mixed or multiple ethnic groups - White and Asian
- Mixed or multiple ethnic groups - White and Black African
- Mixed or multiple ethnic groups - White and Black British
- Mixed or multiple ethnic groups - White and Black Caribbean
- Mixed or multiple ethnic groups - Mixed or Multiple Ethnic backgrounds British
- Any other Mixed or Multiple ethnic background - Please give details below
- White - English, Welsh, Scottish, Northern Irish or British
- White - Irish
- White - Gypsy or English traveller
- White - Irish Traveller
- White - European
- Any other White background - Please give details below
- Other ethnic group - Arab
- Other ethnic group - Arab British
- Other ethnic group - Please give details below
- Prefer not to say

Please give other details here:

End of survey

Thank you for taking the time to complete this survey.

Please return your completed survey by midnight on **Monday 17 July 2023.**

You can:

- email it to phadmin@buckinghamshire.gov.uk
- post it to Public Health Team, Healthy Ageing, Walton Street Offices, Walton Street, Aylesbury, HP20 1UA