

# Words of wisdom

## We care

Activity



# Words of wisdom We care

Realising the needs of  
older people in our community

We are all members of our local community, caring and interested in making it a better place and can all play our part in helping isolated and lonely people around us.

We all woke up this morning and will go to bed tonight, but we'll never have today again. Each of us will wake up facing different joys and pleasures as well as different needs and issues. Life dishes us up opportunities as well as challenges every day of our lives. Sadly, many older people are faced with mounting needs and concerns that as members of the same community we can **LOOK, LISTEN** and **LEARN** more about.

## Look

Looking at the older people closest to you, those living in care homes and neighbours in your local community, think about how the winds of change are affecting their lives. Create a list of the issues, challenges and needs that they are facing every day. This may range from loss of health, loved ones, meaning and purpose, through to concerns about health, loneliness, mobility and financial needs .

As you walk past care homes, elderly neighbours and community groups, take a broader look at what's going on around you and think about the stories playing out behind every door you pass. Add to your list by reading your local newspaper, researching charities that support older groups in your local area and asking people who may know more about the older community, such as family members and friends, neighbours, teachers, volunteers, carers and community leaders.

Take a look at the plates on the following pages which may help you identify some of the broader needs and challenges older people in your community are facing.

Now pick one or two plates or issues from your list that are really meaningful to you and things you would like to do something positive about.

## Listen

Having selected one or two needs, issues or challenges you feel passionate about, it's important to understand these in more depth, who's involved and how you can make a lasting difference. The best way to do this is to speak to older people directly, and those involved or helping out with a particular need such as staff in care homes, relatives of older people, volunteers at Luncheon Clubs, and ask them the following questions:

WHAT is the genuine need?

WHY has this need arisen?

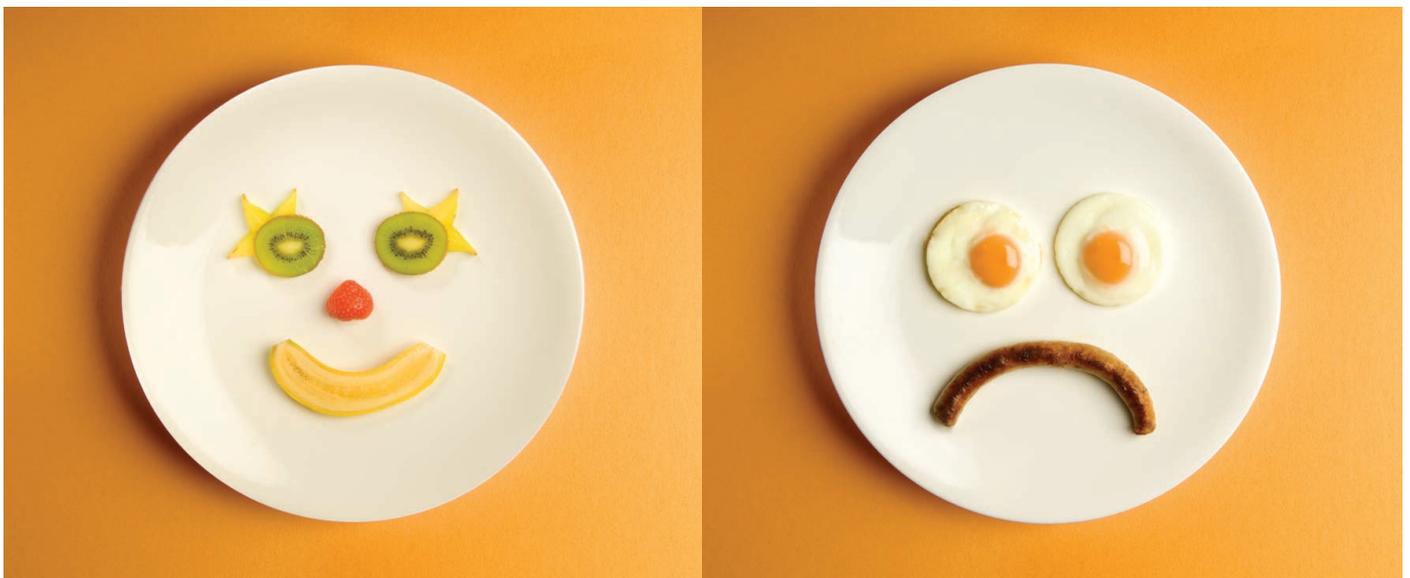
WHO else is helping out?

WHERE can you make the greatest difference?

WHEN can you start to make a difference?

## Learn

Think about all the information you've collected, experiences you've had and wisdom you've gained through your creative research and conversations. Now agree with your peers where you can make the greatest difference and complete the following sentence: 'We care about...'



EAT

=

Event  
Action  
Thinking



Emotional wellbeing



Bullying



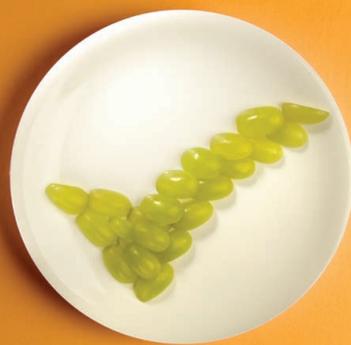
Relationships



Homeless



Loneliness



Health



Family



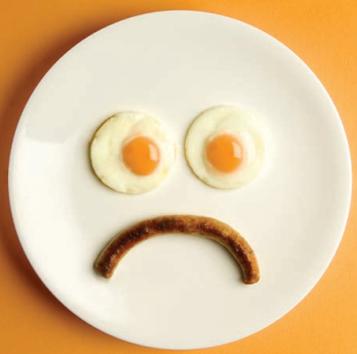
Difference



Loss



Poverty



Sadness



Purpose



Happiness



Cultures



Disasters



Ageing



Worry



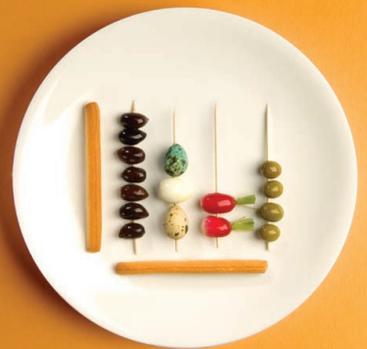
Broken



Learning



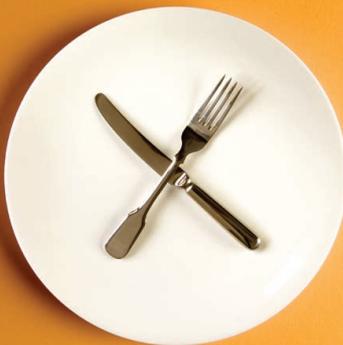
Difficulties



Equality



Environment



Conflict



Crime

Never doubt that  
a small group  
of thoughtful,  
committed  
citizens can  
change the world;  
indeed, it's the  
only thing that  
ever has.

Margaret Meade