

# Joining the Mighty Oaks

## *What is expected of you?*

- Support the Age Friendly work to improve older peoples' lives.
- Act as an ambassador to promote the Mighty Oaks and Age Friendly.
- Attend Mighty Oaks Forum.
- Share Age Friendly Information with groups you attend.
- Participate in practical activities.

## *What can you expect?*

- Opportunity to join a lively, enthusiastic team of volunteers with a common goal.
- Opportunity to influence and advocate on issues and concerns of older people.
- Opportunity to meet new people and make friends.
- Opportunity to get involved in practical actions.

*"Involving older people is an essential element of an Age Friendly City and District."*

**World Health Organization**



For more information on Age Friendly or becoming a Mighty Oak please contact:

## Age Friendly

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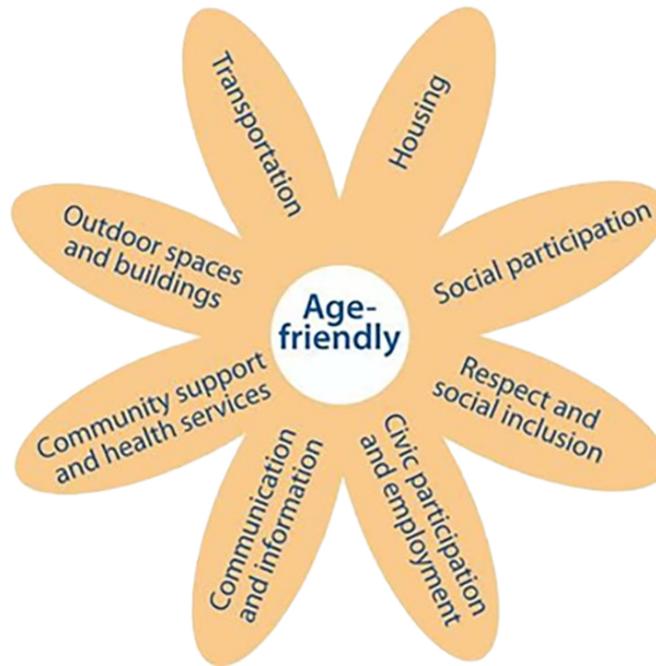
**age  
friendly**  
DERRY & STRABANE





# World Health Organization

The World Health Organisation's Age Friendly Model identifies eight key themes that are vital to establishing an Age Friendly community:



Derry City & Strabane Age Friendly have developed a strategy and action plan to highlight how changes can be made locally within these key themes to make the area more Age Friendly.

# Mighty Oaks Are...

Older people from the Derry City and Strabane District area who support Age Friendly by informing service providers how to make their services more Age Friendly by:

- Engaging older people to find out what is important to them and act on it.
- Reviewing and assessing spaces & places.
- Setting priorities.
- Proposing solutions and actions.
- Monitoring Progress.
- Building on what works well and learning from each other.

## Age Friendly

Age Friendly communities support people to age safely, enjoy good health and participate fully in their communities.

### The Facts

By 2030 it is estimated that **25% of the local population will be over 65 years of age.**

By 2037 **over 65's will outnumber under 14's** for the first time.

## Case Study

Mighty Oaks carried out an Audit of the Central Library in Derry and the Strabane Library to determine whether or not they were Age Friendly.

A number of issues were identified e.g. not knowing who the staff were, removal of the front desk as a point of contact, heavy books on high shelves and lack of signage indicating toilets.

### Library services responded by:

- Ensuring names were visible on staff badges and that staff were clearly identifiable
- Increasing the number of signs
- Organising stock to make it more accessible for older people

**Highlighting that small changes can make a big difference!**