

CARE OF OLDER PEOPLE

Medical advances and a greater understanding of how to maintain good health mean that more of us are able to enjoy the benefits of getting older. With longer life expectancy, though, come considerable challenges in social and health care. According to Age UK, more than two million people in England over the age of 75 live alone, and more than a million older people say they go for over a month without speaking to friends, neighbours or family.

Jubilee+ has conducted research into what churches are doing to care for older people. We found that church-based projects have a notable impact on the enjoyment, life skills and personal well being of the older people who participate. Read more about the findings of the [research report here](#).

In addition to our research report, in autumn 2016 we brought together a number of leaders of church-based projects caring for older people. If you would like to find out more, please [contact us](#).

Projects

Linking Lives UK

Linking Lives UK (formerly the Link Visiting scheme) aims to equip volunteers in your church to befriend and support anyone who is isolated or lonely and would benefit from receiving a regular visitor. A variety of other activities are offered too, such as courses on understanding computers and singing groups. www.linkinglives.uk

Younger 4 Longer

The *Younger 4 Longer* training course was developed by a Christian nurse to help churches provide a service to older people in their communities, which includes teaching exercise and promoting healthy lifestyles. www.younger4longer.co.uk

Parish Nursing

Local churches of any denomination can support people towards whole person healthcare through Parish Nursing. It includes giving moral support during a medical crisis, signposting people to where they can find support, praying for people, or simply listening. Churches can help to prevent hospital admissions by following up people who have been discharged, are at risk, or have early signs of health problems. They can also help to combat loneliness. www.parishnursing.org.uk

Faith in Later Life

Full of resources to encourage, equip, inform and inspire individual Christians and churches to play a part in ensuring that older people in every community can live fulfilled, productive and dignified lives. <https://faithinlaterlife.org/>

You can find our latest blogs, research and media on the issue of care of older people [here](#)...