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**THEMATIC ANALYSIS OF AGEING DATABASE**

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**How this list was created**

All sections of the EXCEL database of age links were explored. Web sites, blogs, publications, social media feeds etc were scanned. Emergent themes and keywords are captured below. It should be noted that – as with the database - the emergent list is very broad, by no means complete or exhaustive and subject to researcher bias.

**HEALTH:**

Health care challenges

Longer lives

Shrinking birth rates

Ageing populations

Physical activity

Dementia

Care system

Accessible

Keeping people healthy and active for as long as possible

Life expectancy

Long term illness

Disability

Quality of life

Falls

Mental health

Forgetfulness

Loss of precious memories

Inability to remember new experiences

Stereotype of the forgetful older person

Sensory impairment

Incontinence

Stroke

Dementia

“depression – its more common than you think”

“depression is much misunderstood”

flu prevention

“help protect yourself”

hearing aids

making a will

health inequalities

routine testing

societal factors

individual’s ability to engage with community

nutrition – preventable unnecessary burden

physical activity guidelines for older adults

neural degeneration

routine testing

rate of detection

care pathways

**CARERS AND CARING:**

Low level support

Welfare reform

Home care

Older carers

Wages gap

“no life of my own”

advice on caring

impact of health and wellbeing boards on patient and carer involvement

inquiry

human rights

care crisis

intimate care

practical things to do

juggling care with work

dealing with the rest of my family

changing roles

juggling your career

preparing for when caring ends

dealing with conflict within your family

**RETIREMENT:**

Age of retirement increases

Response to ageing

Increasing state pension age

Fun in the sunset years

Personal capacity to react to life’s transitions

Changing capabilities

A time to slow down

Understanding the older entrepreneur

Living beyond 100

Flexible working

Wider access to training programmes

Life planning

Approaches to retirement

**FUNDING :**

Fund care for older people

Unit costs

Improving value for money

Fairer care

Fit for purpose

Unsustainable

Align benefits with reformed social care funding

Improved assessment for carers

**PERSONAL FINANCES:**

Unable to plan ahead

Unable to protect against very high cost

Realistic need to make contributions

Means tested support

Boost your income

Concensus

Plan ahead

Ring fenced budgets

Impending crisis

worried about welfare reform

**HOUSING:**

extra care housing

buying retirement housing

intermediate care

retirement hotspots

the further people are from big centres the happier they are

unpopularity of city life amongst the over 50’s

up sticks and downsize

safe low crime neighbourhood

making a new start

peace and quiet

the older you are the more likely to be happy where you live

increasing demand for residential aged care

retaining independence

sharing homes

**ATTITUDES:**

Attitudes to ageing

Rethinking

Social burden

A drain on society

An embarrassment to be cared for

Active ageing

Continuing contribution

Ageing time bomb

Age-quake

Great to be grey

Older people want to carry on having something to contribute

healthy and productive for longer

Taking charge of their own death

Culture of respect

Over 50 is great and heading to 90 is even better

Ageism in the workplace

Valued able to make a contribution

Positive and inclusive approach

Old age – new thoughts

Challenging the stereotype of inexorable age-related cognitive decline

**COMMISSIONING**

Transition points

Information

mid-tech solutions

better involvement of users, service providers and third sector

move from tech to social innovation

family based and small scale ways of support

**SOCIAL NETWORKS AND WELLBEING**

loneliness

isolation

isolated and struggling

risk factor

social exclusion

place relationships first

targeting relationships and social ties

encourage families and communities to play more of a role

importance of local community

support

guide

empower

shared lives

keeping in touch

**TECHNOLOGY**

Connected society

Communication and collaboration technologies

High speed broadband to unleash wealth of talent

Empowering

Information society

Holistic

Cross sector approaches

Increase human engagement

Reduce constraints imposed by location

Smartphone apps

**BUILT ENVIRONMENT**

Improved street seating

Community toilet

Road safety

Driving in older life

Improving local bus journey experience

Homeshare

Getting out and about

Safe and secure at home

**GOVERNMENT POLICIES**

Keep warm keep well

Housing our ageing population

Dangers of vitamin d deficiency

Improving care environments for people with dementia

Personalisation

Hip fractures and dementia