

**DORSET PARTNERSHIP FOR
OLDER PEOPLE PROGRAMME (POPP)**

POPP WAYFINDERS

The POPP Wayfinder for Cerne Abbas Cluster is Ellis Ford Tel. 07825 264 346

Our brief is to provide **free, confidential and impartial information to older people** – the over-50s – to enable them to live as fulfilling lives as possible as they deal with the common challenges involved in growing older. The Programme is jointly financed by the NHS Dorset Clinical Commissioning Group (CCG) and Dorset County Council, and has adopted the National Service Framework for Ageing Well, which resulted in 8 themes being identified:

HOUSING
SOCIAL INTEGRATION
POSITIVE CONTRIBUTION
FEELING SAFE
FREE FROM DISCRIMINATION
FINANCIAL SECURITY
DIGNITY, CHOICE & CONTROL
GOOD HEALTH & MIND

It may be helpful to give examples of the information we carry under these broad headings, although in reality the headings overlap and we will research any query which a client raises. Please note that where **advice** is mentioned, Wayfinders do not provide the advice themselves: instead they will direct you to where the appropriate advice can be obtained.

HOUSING	<p>Disability aids: gadgets, handrails, stair-lifts, wet rooms and other home adaptations</p> <p>Personal call-alarms</p> <p>Garden/home maintenance</p> <p>Home safety concerns</p>
SOCIAL INTEGRATION	<p>Opportunities for support – befriending, lunch clubs etc.</p> <p>Carers' needs – support groups etc.</p> <p>Mobility issues – wheelchair accessibility, etc.</p> <p>Learning – e.g. computer tuition 1:1 at home, or in groups</p> <p>Public Transport – routes, timetables, card alerting driver to your disability, seniors' bus pass</p> <p>New Activities – cooking, gardening, art, reading groups, theatre, U3A, languages, singing, yoga, tai chi, Zumba...</p> <p>Access to Advice from a variety of specialised charities</p>
POSITIVE CONTRIBUTION	<p>Opportunities to do voluntary work</p> <p>Involvement in POPP</p>

FEELING SAFE	<p>Home security – door chains and locks</p> <p>Access to Police/PSCO service – Scams, <i>Crimestoppers</i></p> <p>Community Safety, Neighbourhood Watch</p>
FREE FROM DISCRIMINATION	<p>Ageism</p> <p>Ethnicity, Sexuality</p> <p>Role as Carer</p> <p>Education – reading, writing and Maths. for those who have missed out</p> <p>Disability</p> <p>Lifestyle</p>
FINANCIAL SECURITY	<p>Financial Information – Banking, Credit Union, debt counselling, income tax etc.</p> <p>Welfare Benefits entitlements– Attendance Allowance, Retirement Pension, Pension Credit, Personal Independence Payment etc.</p> <p>Pensions and financial advice</p>
DIGNITY CHOICE & CONTROL	<p>Direct Payments from Social Services</p> <p>Shopping – access to telephone/online ordering and deliveries of food, frozen meals and other goods</p> <p>Transport to services – community transport to doctor, dentist, optician, hospital, shops, lunch clubs</p> <p>Staying Put or Moving – access to advice about downsizing, moving into sheltered housing or care home</p> <p>Insurance for travel, home etc.</p> <p>Access to Information – Energy advice, grants for home insulation, new boilers, bulk heating oil cooperatives; odd-sized pairs of shoes; funerals, stopping mail after a death, bereavement counselling... to name a few examples</p>
GOOD HEALTH MIND	<p>Linked in with mental health services including access to lesser known therapies (see also below)</p> <p>Physical exercise (e.g. local groups)</p> <p>Linked in with Social Services including day-care</p> <p>Falls prevention</p> <p>Help with Medication and Eating</p> <p>Increased homecare – local care agencies</p> <p>Staying in own home with increased support</p> <p>What help to expect on discharge from hospital</p> <p>Referral to health professional – including newer therapies such as Steps to Wellbeing, and Life-Coaching for people coping with long-standing disabilities.</p>

