

FUTURE LIVES

HHD u3a Future Lives section was established in response to an initiative by the National u3a which shares information and resources to **inspire, influence and inform** members about ways in which we can improve our later lives. How can we add life to our years, and maintain our independence and quality of life for as long as possible?

The HHD u3a Future Lives Planning Group, in line with the national organisation, aims to challenge attitudes and break down physical barriers that limit and restrict people as they get older. We aim to consider the factors and circumstances that impact on mental and physical healthy ageing and to provide a safe space for people to discuss these and gain access to relevant information. Further information contact Jenny hhdu3amem@gmail.com.

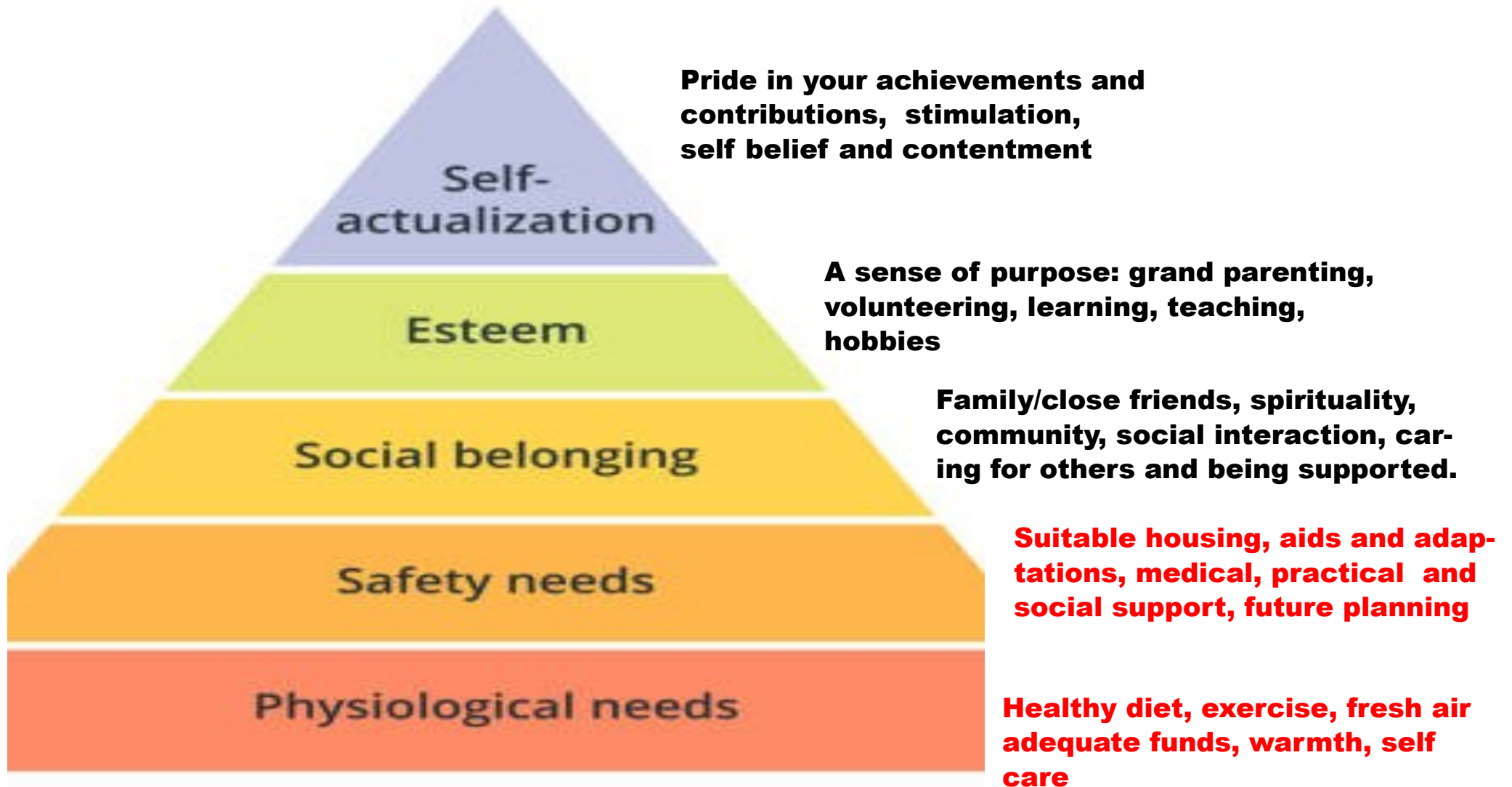
While we believe that belonging to the u3a can contribute to our social well being (see Maslow triangle below) we are sometimes reluctant to spend time thinking about our future lives, and putting the necessary plans in place to ensure that our basic needs for safety and well being will be adequately met as we age.

HHD u3a have so far run two sessions on Wills and Power of Attorney, one on Later Life Planning, and one offering information about local resources available to provide practical support with common problems of ageing. Our next event will be a session on Housing options for Later Life—watch out for booking details..

Useful information and resources on many of the issues can be found on the national u3a site:

u3a - [u3a - Future lives](#)

Maslow's Hierarchy of Needs for Older People



Useful Resources

Information and Advice

Healthy eating [Helping older people to eat well when they have a poor appetite](#)

Research on ageing from the university of Birmingham [The Secrets of Ageing Better | Future Lives | u3a UK](#)

Staying Active [Exercise Advice for Over 60s | Age UK](#)

Making a will [Making a will - all you need to know | Age UK](#)

Power of Attorney – [Setting up a lasting power of attorney \(LPA\) | Age UK](#)

Dementia—differences between dementia and normal old age memory loss [Do I have dementia? | Alzheimer's Society](#)

How to get a Dementia diagnosis [Dementia assessment with your GP | Alzheimer's Society](#)

Specialist Dementia assessment and scans [Tests and scans to diagnose dementia | Alzheimer's Society](#)

Supporting someone with Dementia [The psychological and emotional impact of dementia | Alzheimer's Society](#)

Advice for Carers [Advice for carers downloadable information guide | Age UK](#)

Planning Future Care [What is a living will \(advance decision\)? | Age UK](#)

Accessing Social Care [Help finding and arranging social care for the elderly | Age UK](#)

Planning for Later life [Planning Ahead: a guide - Information Now](#)

Local Resources



Freephone 08000191310

- *Benefits and money advice
- *Volunteer support for 6 weeks after hospital discharge
- *Help with cleaning, shopping laundry and gardening
- *Information to reduce social isolation
- *Carers' support
- *Digital support

The NHS logo, consisting of the letters "NHS" in white on a blue rectangular background.



Ring the surgery. 01273 834388 An NHS professional will:

Offer a listening ear and help for problems like

- *Loneliness, loss of motivation, unable to drive
- *Bereavement, loss of sight or hearing
- *Depression or anxiety

W. Sussex Council/NHS/

Prevention

Assessment

TEL: 0330 222 4222

Teams

- *Check your general health and well being and advise accordingly
- *Help you maintain independence
- *Help you keep your home secure and warm
- *Help you access aids and adaptations for your home