



## **Health & Wellbeing**

**What people need to have good physical and mental health and how they adjust to changes in their health.**

What does health and wellbeing mean to you?

What contributes to good health and wellbeing?

What might need to change to improve your health and wellbeing?



## **Housing**

**Having available, accessible and affordable housing.**

Are you satisfied with your current housing situation?

What housing options would you like to be available to you?

How easily could you access alternative housing options if you needed them?



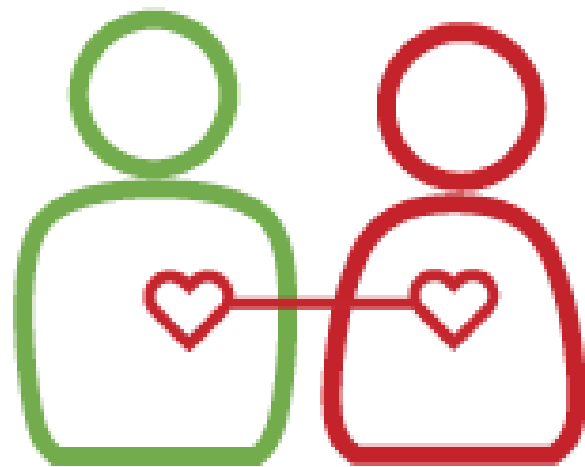
## **Environment**

**Being able to easily access outdoor spaces.**

Are you able/unable to access local outdoor spaces?

What do you like/dislike about your local environment?

What might you change about your local environment if you could?



## **Relationships**

**Being in touch with family or friends.**

Are you happy with your existing relationships with family or friends?

Is isolation ever a problem and would you like help to avoid feeling lonely?

How do you go about meeting people?



## **Communities**

**Living together and supporting each other in resilient communities.**

What communities are important to you?

Are they geographically based or focused on culture or interests?

Are there any positive or negative aspects of the communities you live in?



## **Social Attitudes**

**Promoting respect for people of all ages.**

Do you feel that you are treated with respect and dignity?

Do you ever face being treated with a lack of dignity or respect?

What needs to be done to ensure people are treated fairly, with respect and dignity?

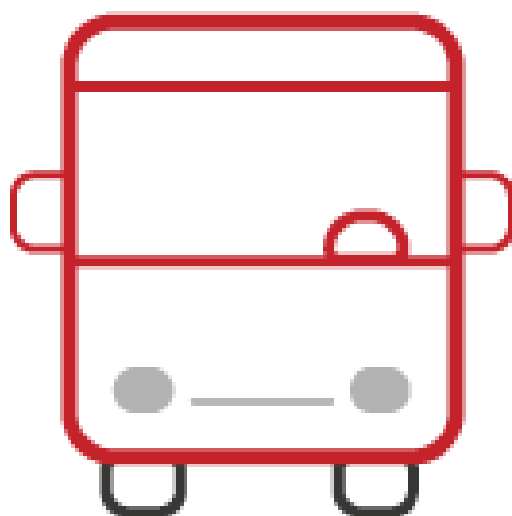


**Independence**  
**Maintaining independence, freedom and choice.**

Do you feel able to make decisions about your day to day life?

Do you feel you have enough information or support to make decisions about your own life?

What kinds of support or information would you need? And where would you seek it?



## **Travel**

**Being able to get around  
(once COVID restrictions ease).**

How easy do you find getting  
around your local area?

How easy do you find it to travel further  
afield (nationally or internationally)?

What do you need to help  
you to travel more easily?





## **Services**

**Access to local services  
if they are needed.**

Do you have access to  
good quality local services?

Are there any services that  
you think need improving?

Would you like any help  
or support to access local services?



## **Work & Retirement**

**Being employed if you want to be, and being able to retire when you want to.**

Do you currently work, and do you want to work?

Could/did you retire when you wanted to?

What opportunities exist to support older people to continue working?



## **Money**

### **Having enough money.**

Do you feel you have enough money or income?

What concerns, if any, do you have about money?

Are there any forms of support or information you would like to access regarding money?



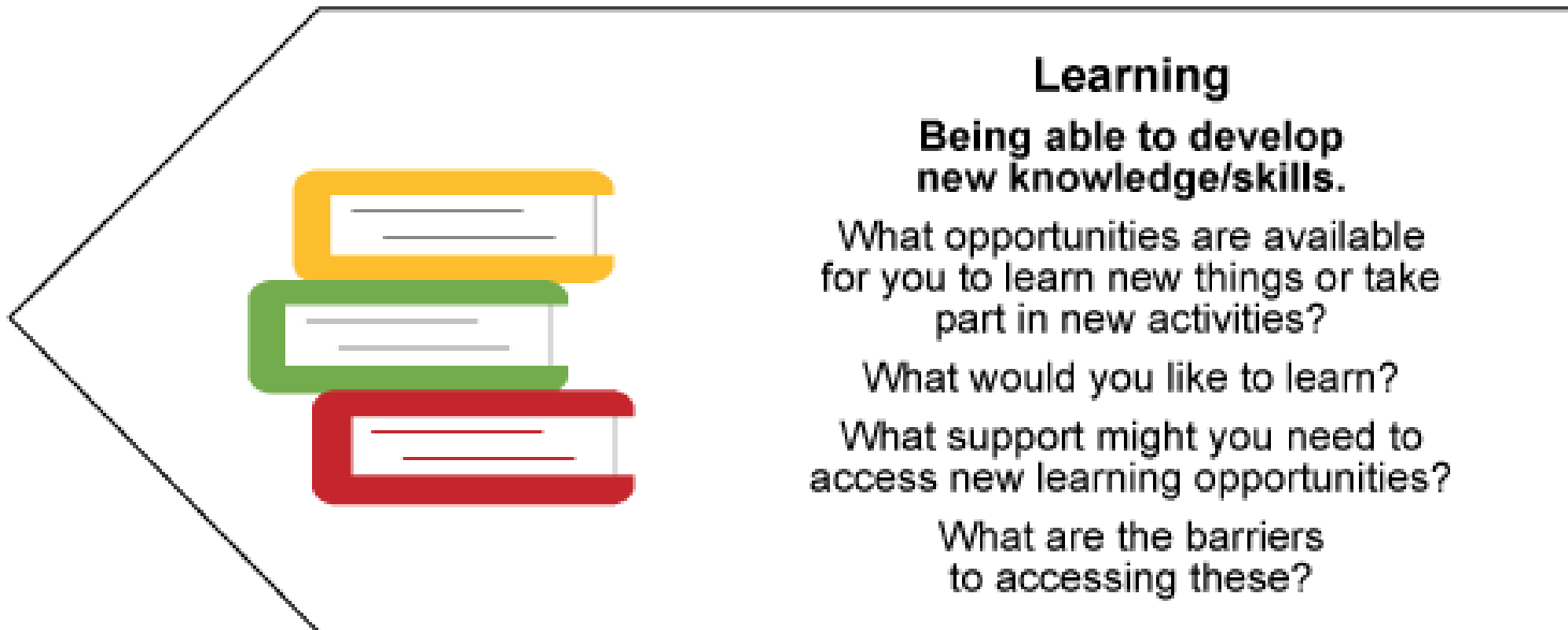
## **Volunteering**

**Having opportunities to volunteer  
in your local community.**

Do you take part in any volunteering  
activities?

Do you have opportunities to volunteer  
available to you if you wanted them?

What may stop you from volunteering?



## **Learning**

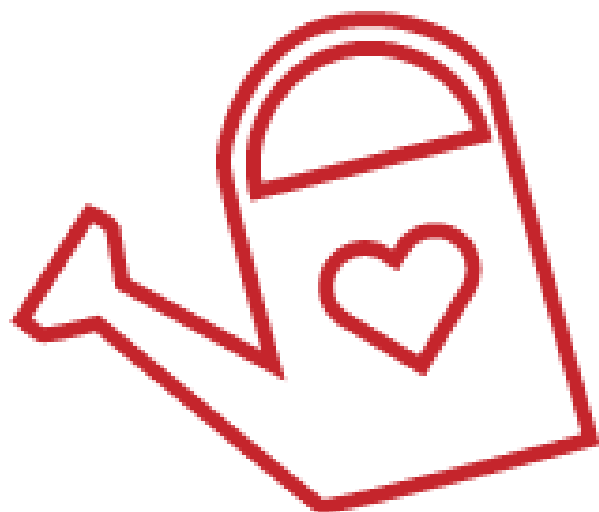
**Being able to develop new knowledge/skills.**

What opportunities are available for you to learn new things or take part in new activities?

What would you like to learn?

What support might you need to access new learning opportunities?

What are the barriers to accessing these?



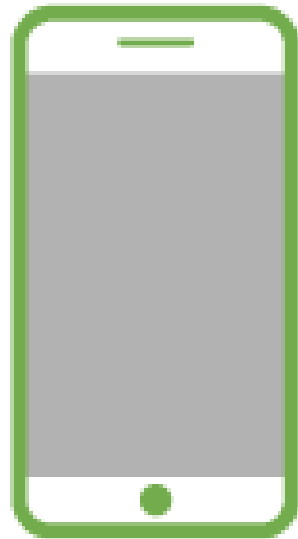
## **Hobbies & Activities.**

**Being able to take part in hobbies,  
pastimes or leisure activities.**

What hobbies or activities  
do you enjoy?

What opportunities do you  
have to take part in these  
hobbies or activities?

Do you need help or support to  
take part in hobbies or activities?



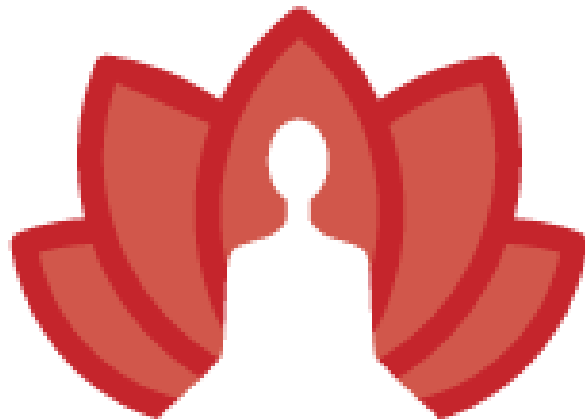
## **Technology**

### **Using technology in everyday life.**

How do you feel about using technology (e.g. the internet, smart phones etc.) in your everyday life?

Are there digital ways in which to communicate with people that you'd like to explore?

Would you like any support to use new technologies?



## **Belief Systems & Spirituality**

**Expressing religious or ethical beliefs and spirituality.**

Are religious, ethical or spiritual beliefs an important part of your quality of life?

How might religious, ethical or spiritual beliefs contribute to your quality of life?

Are there any things that affect your ability to follow/practice these beliefs?



## **Preparing for End of Life**

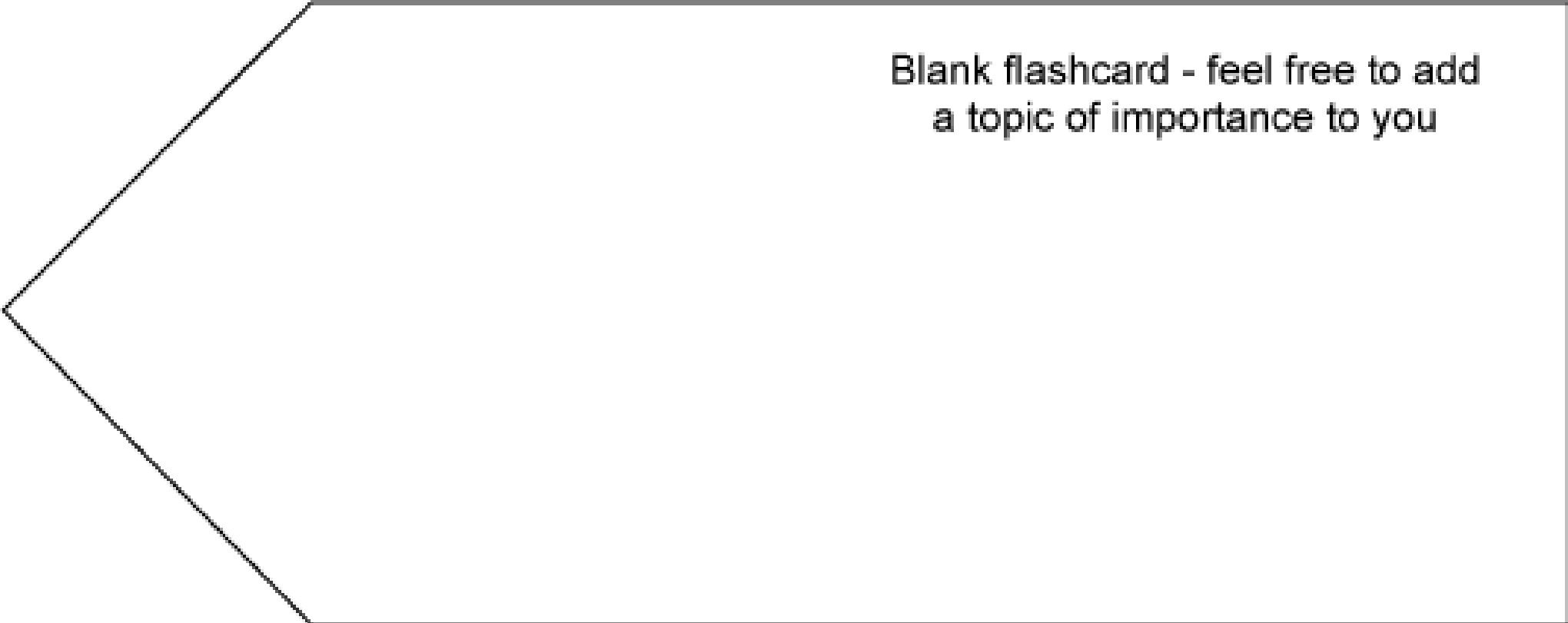
**Making plans and ensuring your wishes are known.**

Are you at ease having made a will, and settling power of attorney?

What sort of things do you want/need to plan for?

Would you like help, assistance or support to plan for end of life?





Blank flashcard - feel free to add  
a topic of importance to you