

Our Impact – Results to June 2025

Supporting Older People to Live Well

AgeWell is a community-based programme supporting older people to remain connected, active and supported as they age. Through regular home visits, trusted relationships, and early identification of emerging needs, AgeWell helps older people maintain wellbeing and independence.

This page highlights the key outcomes from the AgeWell Programme in Meath, covering the period from its start in **2018 to June 2025**.

Improved Wellbeing

We use the **WHO-5 Wellbeing Index**, an internationally recognised measure of mental wellbeing.

What we see:

- Clients experience an **almost 22% improvement in wellbeing** within the first four months of joining AgeWell
- Average scores increase from **15.11 at baseline to 18.38 at first review**
- Wellbeing continues to improve over time, trending up to **19.56**
- Overall, there is an **8.3% upward trend** in wellbeing across the full lifespan of the programme

Why this matters:

These improvements are particularly significant because clients are ageing throughout their time in the programme. Despite this, wellbeing not only improves — it stays improved.

Consistent Results Over Seven Years

When we look at all wellbeing reviews across each calendar quarter since 2018:

- Wellbeing scores have improved by **11% overall**
- Average scores increased from **17.39 to 19.35**
- This improvement is consistent year after year

Importantly, **clients experience the same early wellbeing boost regardless of when they joined** — whether in 2018 or as recently as 2024.

Loneliness: Holding Steady as People Age

Loneliness is measured using the **UCLA Loneliness Scale**, which runs from 0 (not lonely) to 6 (very lonely).

- AgeWell clients have an average age of **84**

- As people age, it is normal for loneliness to increase due to bereavement and loss
- Across individual reviews, loneliness scores rose slightly (from 3.94 to 4.49)

However, when we look at the **overall picture across calendar quarters**:

- Loneliness has **improved by 9%** since the programme began
- Average scores reduced from **4.24 to 4.04**

What this tells us:

AgeWell helps protect against increasing loneliness at a population level, even as clients grow older.

Strong Improvements in Social Support

Social support is measured using the **MOS-8 Support Scale**, which reflects both actual support and how supported people feel.

Results:

- A **40% improvement** across the first 19 review points
- Average scores increased from **23.63 to 26.35**
- When viewed across calendar quarters, support scores rose by **9.9%** (from 23.22 to 25.52)

This improvement reflects the impact of regular companionship, trust, and consistent follow-up by AgeWell volunteers.

Health Perception Remains Stable

Clients are asked to rate their own health over time.

- Scores normally sit between **2.5 and 3.0**
- Over 19 review points, scores remained stable and slightly improved
- Trendline increased from **2.69 to 2.83**

Why this is important:

Maintaining health perception is a positive outcome in an ageing population, where decline would normally be expected.

Increased Physical Activity

Clients consistently report higher levels of physical activity as they remain in the programme.

- Activity levels improved from **77% to 87%** across midline reviews
- Across calendar quarters, activity rose from **75% to 82%**

- Improvements continued despite the impact of COVID-19 restrictions

This reflects growing confidence, motivation, and engagement in daily life.

Hospital and A&E Visits

Understanding hospital usage helps us assess how well people are being supported in the community.

- By the end of 2023:
 - **109 of 462 clients** had experienced a hospital or A&E visit
- By mid-2025:
 - A further **51 clients** had a hospital or A&E visit

AgeWell continues to develop this area of measurement to better understand long-term health system impact.

What This Means

Across seven years, the evidence shows that AgeWell:

- Improves wellbeing quickly and sustainably
- Helps reduce loneliness at population level
- Strengthens social support networks
- Encourages physical activity
- Supports older people to live well in their own homes

Small, consistent actions delivered by trained volunteers and supported by smart use of data are making a real and lasting difference in older people's lives.