

# AgeWell: A Unique Care Model for Older People

**third age**  
Responding to the Opportunities  
and Challenges of Ageing in Ireland

**age well**  
Live Well, Age Well

Programme data collected from March 2018 - April 2020

## Enrollment

**253** participants since  
AgeWell project  
launch March 2018



## AgeWell Companions

**24** Agewell Companions working  
with participants across Meath



## Demographic

Mean age of  
**82**

**68%**  
over 80  
years old

**38%**  
over 85  
years old

**75%**  
of participants  
are female

## Home visits

**5508**  
visits triggering 895 referrals  
from AgeWell Companions  
to the Third Age Team



**6%**  
of triggers (48)  
needed to be  
escalated to  
primary care  
teams

## Improved client wellbeing

**40%**

sustained increase in wellbeing in clients over 18 months

**25%**

of clients were at risk of poor wellbeing at the start of the programme

**0%**

dropping to no clients at risk after an average of 18 months in programme

## Reduction in loneliness

**75%**

relative reduction in loneliness after 18 months in the programme (using UCLA Loneliness Scale)

**30%**

increase in social and emotional support

## Self-rated health

**21% ↑**

The proportion of clients reporting their health as "good or excellent" on the SRH scale increased from 74% to 95%

## Physical activity

**8-17% ↑**

clients reporting they were "moderately or vigorously active" and "as active or more active" than their peers increased overall from 82% and 73% respectively to 90%

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AgeWell is dedicated to supporting people as they age, improving well-being and health and creating nurturing communities for older adults