

AgeWell: A Unique Care Model for Older People

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

Programme data collected from March 2018 - March 2022

age well
Live Well, Age Well

Enrollment

355 participants since
AgeWell project
launch March 2018

AgeWell Companions

19 Agewell Companions working
with participants across Meath

Demographic

Mean age of
83

62%
over 80
years old

35%
over 85
years old

69%
of participants
are female

Home visits

16034 visits triggering 2260 referrals
from AgeWell Companions
to the AgeWell Team

89.6%
of trigger
referrals (2,096)
were managed
internally by the
AgeWell team

Improved client wellbeing

36%

sustained increase in wellbeing in clients over 44 months

25%

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

Reduction in loneliness

25%

steady progress and record score maintained with the latest results (using UCLA Loneliness Scale)

The positive trend continues in Clients reporting of more emotional and informational support. At 44 months enrolled, our clients' score on average is almost **12% higher** than on enrolment.

Self-rated health

Self-Rated Health holding firm, considering the mean age of 84 years, who are in effect pronouncing their health maintained over the most recent 3 years of their advancing age

Physical activity

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

agewell
Live Well. Age Well

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

Sláintecare.

Proudly supported by