

Handout 3:

Action plan

Taking action on Voice and healthy longevity

What is the issue? What could be changed, expanded, or enhanced at the community level, however big or small, to improve older people's health and wellbeing?

Think about the enablers presented in the training, work and volunteering, social infrastructure, health and care systems. Consider the barriers to improving older people's health and wellbeing.

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Handout 3: Action plan *continued*

Who needs to be involved? Consider the issue you want to tackle and identify who needs to be involved. Identify a range of different stakeholders and why they should be involved.

What actions can be taken? Identify actions to improve health and wellbeing of older people at the community level. These could include intergenerational activities, awareness-raising campaigns, advocacy initiatives or working with local authorities and service providers.