

# Live life to the full

Helping people over 50 to  
stay active, healthy and well

**Keeping safe  
at home**

**Help with  
your retirement**

**Healthy Living**

**Managing your  
money**

# Introduction

Thank you for picking up this booklet.

“Living life to the full” is a Kirklees publication. It has been produced to help you:

- find the information you need to help you ‘live your life to the full’
- explore opportunities you might not be aware of, and
- prepare you for new horizons as you get older.

The good news is that people over 50 will soon be in the majority. That means being part of a whole generation of people who are hoping for many more years to do the things you have not got round to doing yet. Today’s older people are challenging preconceptions about ageing and are staying healthier, more active and remaining in paid and unpaid work for longer.

The bad news is the less you do to stay active and healthy, the more you increase your chance of an unhealthy lifestyle. However, real life experience tells us there is every chance of improving your health at all stages of your life, even if you already have health problems.

We want to help you to take responsibility for your own well-being – so that you can enjoy a longer life which is fulfilling and active. In order to do this we want to give you information so you can make more informed life choices.

This booklet gives you some suggestions about how you can do this. It explains what help you might need to manage your own safety, security and health and provides useful information to help you feel confident in your own home and make the most of living in Kirklees.

The information in this booklet has been produced with you in mind. However, we recognise there are many other organisations in Kirklees who can give you information and advice on how to live a full and happy life – far too many to mention – but we hope you find this booklet useful and interesting as a starting, and future reference point.

We welcome your comments and suggestions by using the form on page 74.

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Cabinet Member for Adult Services  
Kirklees Council

## Background to this publication

This publication has been produced as part of achieving our vision for older people. It supports Kirklees Council and their partners' aim to improve the quality of life for older citizens living in Kirklees.

Many older people are already enjoying life to the full, making the most of opportunities of age and making a positive difference to their families and communities. A longer life is a blessing - where the extra years should be fulfilling and active.

However, because people are living longer, the challenges of the future mean we need to give people support to 'age well'. This includes helping people to remain healthy, active and independent for as long as possible so they are able to contribute to society for as long as they can.

The key outcomes we want for all older people in Kirklees are described in the vision document, 'Living Life to the Full' and include:

- improved health and well-being
- improved quality of life
- making a positive contribution
- exercise choice and control
- freedom from discrimination or harassment
- economic well-being
- personal dignity

A full version of the Kirklees Vision for Older People "Living life to the full" is available at [www.kirklees.gov.uk/visionforolderpeople](http://www.kirklees.gov.uk/visionforolderpeople) or by calling 01484 223259.

## Using website addresses

Not a computer person? Why not make this your chance to learn?

There are lots of places across Kirklees where you can use a computer for free or for little cost, such as one of our 25 libraries, or at a Neighbourhood Learning Centre. All are in accessible buildings, and there is help available if you are new to computers.

There is special help for people with disabilities too. You can also join a course especially for older people.

For more information please call Kirklees Council, Tel: 01484 221000. Please see section 5 for information on learning.

