

The Loneliness Strategy: Improving Mental Health and Wellbeing for the Elderly

This event will take place in Central London, Zone 1. Venue is to be announced | Thursday 29 August

10.15 Registration & Morning Refreshments

11.00 Chair's Introduction

11.05 **Reviewing Policy and Guidance Regarding Loneliness, Mental Wellbeing and Social Isolation in the Elderly**

- A connected society: existing policy and guidance regarding older people's wellbeing
- The Loneliness Strategy: what to expect when transforming health and social care
- Looking to the future for wellbeing and community for the elderly

Preventative Approaches to Tackling Loneliness, Mental Wellbeing and Social Isolation

- Mental health and wellbeing: building on current effectiveness of early intervention and prevention strategies
- Comparing the effectiveness of different forms of intervention in improving the wellbeing and quality of life of lonely older people
- The role of housing: exploring innovative housing solutions to improving mental wellbeing, health and social care for the elderly
- Good practice examples of approaching sensitive issues such as dementia

13.15 Networking Lunch

14.00 **Promoting Social Connectedness and Utilising Social Prescribing**

- Assessing the role of technology in promoting maintaining independence, promoting communication and improving wellbeing among the elderly
- Good practice examples of engaging with different age groups and creating a cohesive community
- Reducing stigma and challenging expectations around age and older people
- Promoting active ageing, socialising and communication through collaborative working
- A multi-agency approach to constructing social prescribing schemes

15.30 Chair's Summary & Event Close

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Please note that all speakers and the agenda are subject to change without notice. For more information contact Customer.Services@westminster-briefing.com | 020 7593 5657