



The Whiteley
Foundation for
Ageing Well

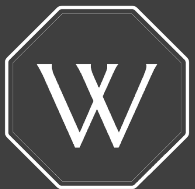
Almshouse Research: Ageing Well

5th June 2019

Dr Alison Armstrong

Research – how it can benefit us all

- Gather evidence to
 - Improve the lives of Almshouse residents and staff
 - Make positive operational change
 - Contribute to knowledge about ageing well in place
 - Influence policymakers
- Opportunities for involvement
 - Cohort of residents to guide research activities
 - Meaning and purpose



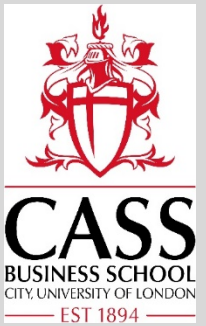
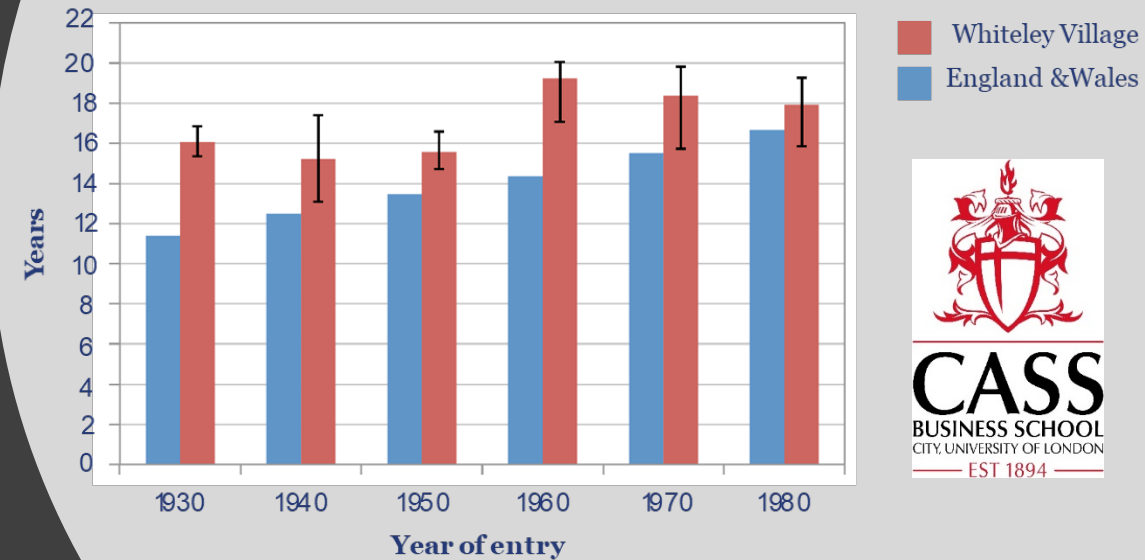
Whiteley Village, Walton-on-Thames, Surrey

Longevity

- Historically, Whiteley Village residents have lived longer than similar non-residents
- Women entering in the 1960s lived 4.9 years longer
- Reduces or removes longevity inequality between high and low socioeconomic groups



Female median life expectancy at 67 with 90% confidence intervals

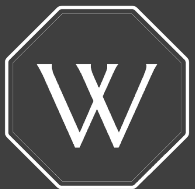


Full report available:

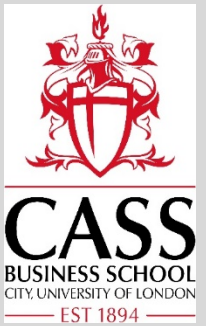
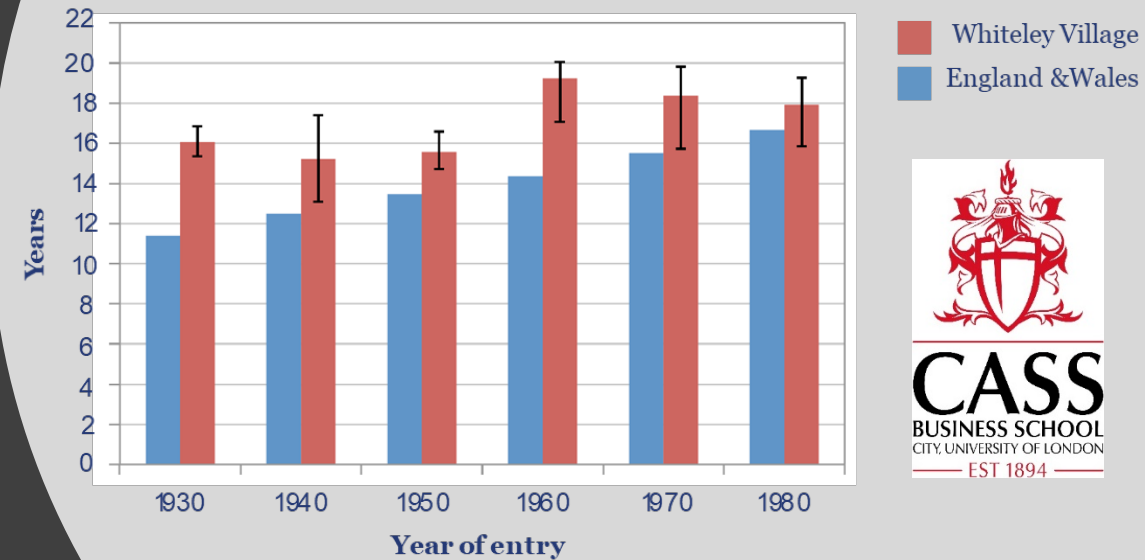
[http://whiteleyvillage.org.uk/wp-content/uploads/CASS_ILC-UK - Does Living in a Retirement Village Extend Life Expectancy - Web_version.pdf](http://whiteleyvillage.org.uk/wp-content/uploads/CASS_ILC-UK_-_Does_Living_in_a_Retirement_Village_Extend_Life_Expectancy_-_Web_version.pdf)

Questions

- Why do Whiteley Village residents live longer?
- Are more years good years?
- Does this apply to other Almshouses covering longer periods of history?



Female median life expectancy at 67 with 90 % confidence intervals



Full report available:

[http://whiteleyvillage.org.uk/wp-content/uploads/CASS_ILC-UK - Does Living in a Retirement Village Extend Life Expectancy - Web_version.pdf](http://whiteleyvillage.org.uk/wp-content/uploads/CASS_ILC-UK_-_Does_Living_in_a_Retirement_Village_Extend_Life_Expectancy_-_Web_version.pdf)

Living in Whiteley Village

“Driving down the avenue of trees when I first came here, I can’t tell you, and the beautiful buildings, I felt I was coming home, I just felt such joy. I’m proud to live here”

“I’m safe here, I’m secure, people know me and look out for me. Knowing that gives me such peace, and to my children too. They know Mum’s OK”

“There’s things going on. You can lead a quiet life if you want to, but me, I get involved in lots of things”



Diane Garrard

Do other Almshouse residents live longer?

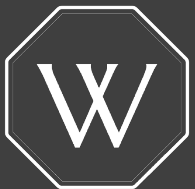
- Phase I: Do other Almshouse charities hold comparable data?
- Thank you for your contributions. Please take part if you haven't done so
- Phase II: If so, we can conduct analyses to understand longevity across Almshouses more generally



Freda Hodgson

Other projects we are running

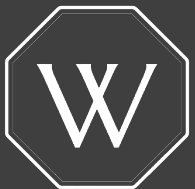
- Psychosocial Impact of Transitions in Retirement
- You, Me, and the Big D: Dementia Awareness Training
- Whiteley Longitudinal Study
- Resident Life History Collection
- Health monitoring technology



Whiteley Village, Walton-on-Thames, Surrey

Other Almshouse research

- New Almshouse development
- Sharing good practice
- Technology, healthcare & well-being
- Designing for community
- Link with local Age UK branches



Anglia Ruskin University & Age UK



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Thank you

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