



## The *GETTING TOGETHER* project

UWS UNIVERSITY OF THE  
WEST OF SCOTLAND

In Scotland the number of people aged 65+ is increasing. Although many people are now living longer and healthier lives, research shows that loneliness is a common problem. The benefits of participation in community life are well known, and it has been suggested that a community based support system which promotes wellbeing is required.

NHS  
Lanarkshire

**Aim:** To identify and engage with older people (65+) living in the community who do not access services for a variety of reasons and, by working with volunteers (aged 50+), identify potential health or social problems, look for solutions, and promote wellbeing through social inclusion.

### Method

**Participants:** The project aims to recruit 12-20 volunteers aged 50+ and twenty older people (65+) approximately half living in rural areas and half in urban areas.

**Procedure:** Volunteers, who will receive relevant training, will be matched with older people engaging with the project by the Project Coordinator. Volunteers will visit the older people in the community over a period of six months, gathering information relating to health and well being and any issues of concern. This information will be fed back to the project co-ordinator who will identify appropriate local resources and, through the volunteers, facilitate access where possible. Care will be taken to listen to what the older person wants rather than match them to available activities.

**Location:** The study will be carried out in both North and South Lanarkshire. We are aware that there are a number of initiatives already supporting older people. Our aim would be to avoid areas where there is adequate provision.

**Outcomes:** This exploratory project will assess the potential of using a variety of ways of identifying and supporting isolated older people (65+), and seek to identify and address the particular challenges encountered in rural and urban areas. The findings will be of use in the development of a sustainable model of support. A report will be available and feed back events held for project participants, volunteers, and all relevant stakeholders.

Better  
Government  
for Older People  
In South Lanarkshire

Voice  
of  
Experience  
Forum

The project has been funded by the West of Scotland Research and Development Consortium (WoSRaD).

Further information can be claimed from:

Dr Pauline Banks  
T: 01698 283100 ext 8557  
E: [pauline.banks@uws.ac.uk](mailto:pauline.banks@uws.ac.uk)

Yvonne Simpson  
T: 01698 283100 ext 8501  
E: [yvonne.simpson@uws.ac.uk](mailto:yvonne.simpson@uws.ac.uk)  
Mobile: 07547745748

School of Health, Nursing & Midwifery,  
University of the West of Scotland,  
Hamilton. ML3 0JB

