

**Report to:** People Scrutiny Committee

**Date:** 24 September 2024

**By:** Chair of the Review Board

**Title:** Scrutiny Review – Healthy Ageing

**Purpose:** To present the outcomes of the Scrutiny Review and make recommendations

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***RECOMMENDATION:***

**The Committee is recommended to consider and endorse the report of the Review Board and make recommendations to Cabinet for comment and County Council for approval.**

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**1. Background**

1.1 The People Committee heard at its March 2024 meeting that a key priority for Adult Social Care and Health (ASCH) was responding to the needs of an increasing older population in East Sussex and that the Department would welcome scrutiny input into how preventative approaches could support people to age well in the county.

1.2 A Scoping Board was held in May 2024 which considered key demographic data for East Sussex, implications of an increasing older population for local services, research on preventative actions which support people to age well, and work currently underway within Public Health, and with partners, to promote and deliver healthy ageing initiatives and programmes. The Board concluded that whilst it was encouraged by the work underway, there were issues that could benefit from closer examination by scrutiny through a review.

1.3 The Scoping Board agreed to focus on the following areas, which were subsequently agreed by the committee as the basis for the scrutiny review:

- Supporting people to age well through physical activity;
- How more positive attitudes towards ageing can help people to age well; and
- How to maximise on the opportunities of having an older population in East Sussex.

**2. Supporting information**

2.1 The Scrutiny Review Board was comprised of Councillors Nuala Geary, Peter Pragnell, John Ungar and Trevor Webb. Councillor Ungar was appointed Chair of the Review Board.

2.2 The attached report (Appendix 1) contains the findings and recommendations of the Review Board. Copies of evidence papers listed in the report and other support documentation are available on request from the contact officer.

**3. Conclusion and reasons for recommendations**

3.1 The Committee is recommended to consider and endorse the Review Board's report for submission to Cabinet and County Council on 13 November 2024 and 3 December 2024 respectively.

**Councillor John Ungar**  
**Chair of the Review Board**

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