

Perspectives

Digital technology, older age and caring

Scottish Older People's Assembly

A voice for older people



- HOME
- NEWS
- 2016 NEWSLETTERS »
- 2016 EVENTS »
- LINKS
- RESEARCH BANK
- ANNUAL REPORTS
- SOPA COMMITTEE
- NOTES FROM MEETINGS
- BLOG
- 2015 ASSEMBLY
- 2014 ASSEMBLY »
- 2013 ASSEMBLY
- ACTION NOTES

Welcome to SOPA



Scottish Older People's Assembly

SOPA exists to give a strong voice to older people about their concerns and experience of life in Scotland, and also raises issues about inequalities of age.

SOPA identifies issues that worry the older population and conveys messages from the grassroots direct to Scottish and Westminster Governments.

SOPA contributes to and supports policy that has a positive impact on later life and challenges when implementation falls short.

SOPA highlights successful volunteering where the voice and experience of older adults are making a difference across generations.

[Click here](#) to download the 2016 SOPA flyer update.

News Headlines

- Tom Berney: Q&A session in the Scotsman
- March 2016 Newsletter published
- Lack of social and emotional support undermining health
- Book a place at the Telehealthcare event
- Never Too Old to Help
- Poverty and Inequality in Scotland
- Campaign Update - Spiralling Funeral Costs

Who are the older people in SOPA?

- * Community groups, national campaigning groups, humanitarian groups, equality and minority groups and lifelong learning groups

SOPA – an umbrella organisation



A SOPA action point from the 2015 Assembly



- * Funded access to the internet and digital technologies through relevant supported services

Digital participation links to people's belief that being able to contribute, participate and engage is an important factor in the wellbeing of the older population.

Proviso: technology should be presented as the means to an end, not the end in itself.



Communication through the website

Joining an email list or downloading from www.scotopa.org.uk/2016newsletters.asp

HOME

NEWS

2016 NEWSLETTERS »

2016 EVENTS »

LINKS

RESEARCH BANK

ANNUAL REPORTS

SOPA COMMITTEE

NOTES FROM MEETINGS

BLOG

2015 ASSEMBLY

2016 Newsletters

Individuals can join an e-mail list and receive an copy of the newsletter. You do not join SOPA as such, as it is not a membership body but an umbrella organisation. It gathers a range of views from other organisations with an interest in improving the quality of later life. See the SOPA Committee page for associated groups that you may wish to join.

Scottish Older People's Assembly Newsletter
March 2016

Message from Chair Tom Berridge
Changes in Council budgets mean that the City of Edinburgh Council will no longer be providing core services support for SOPA. We are grateful for support and are glad that friends like you are willing to continue to work on our behalf. Change always brings some shocks, but with our committee's support we are now well on the way to addressing one programme, e.g. 'Menture' in a way that fits with the Scottish Government's period of 'budget' in the run up to the General Election, so we are not missing out too much to those of representatives, because we go on and we are doing some of our own work on 'Menture' and on 'Future-Ready'. The new Westminster budget, however, will be more substantial than other groups' financials for 'Menture'. Therefore we will be actively trying to increase our contacts in Westminster and with other sector's groups across the UK. More news will come.

SOPA Committee
Having the week April 2015 to April 2016 most committee members have played active roles in representing SOPA at the (staff face - campaign) staff meetings, disability, ethics and LGBT group meetings, 'Menture' meetings, work on 'Age and Inclusion', 'Citizenship' groups in the Parliamentary Committee Rooms, as well as high profile events such as SOPA's Scottish Parliamentary Reception in September, SOPA 2015 Annual Assembly, 'Living Well in Later Life' Conference for the Well-Living Engagement Team, Westminster Reception for SOPA and the 'Beyond Resources' Partnership group in London and the 'Well-Being Awards Ceremony'. In addition, Tom Berridge and others have given interviews for press, radio and TV and provided copy for newsletters.

Profile of new members
Go to the [Committee page](#) for full listing and web links to organisations.

Glenda Watt, North Ayrshire Elderly Forum, has been nominated in issues of social justice for most of his life. Since he returned to Scotland at the end of the war he has participated in the other committees of North Ayrshire. His business partners will only be able to witness business by working together. He states: "I have found SOPA to be particularly a very good engine for the work of later people. I hope it emerges as a truly representative voice inspiring others than all parties to listen and act on our concerns." He calls on all potential groups across Scotland to come together and back SOPA in what it is trying to achieve.

March 2016

Click on the image to download PDF of Newsletter. On this occasion Mailchimp was not able to be sent to your Inbox and you will have received a PDF file. Please report any problems. You will need to have [Adobe Acrobat Reader](#) installed to view.

In this issue:

- transitions underway to manage the shift from administration by Edinburgh Council. Note Glenda Watt's new email
- reports on research about increasing the chances of staying mentally and physically resilient in later life
- an update of activities and involvement of SOPA and colleagues in national events.

March 2016 Newsletter extract

No Laughing Matter - Come and find out why at the Strathclyde Ageing Network



On 3 May from 2.30 - 5.30 Strathclyde University are hosting an afternoon in the brand new Technology and Information Centre at 90 George Street, Glasgow (just a 6 minute walk from Queen Street Station or 3 minutes from High St.)

The event comprises Interactive demonstrations, a drinks reception and short talks. Come and find out about some of the work that's going on and how you could get

involved. Register at <http://www.engage.strath.ac.uk/event/280/>

Cross Party Group on Older People, Age and Ageing



SOPA is now the secretariat for this longstanding group. At the meeting on 9 March there were four main topics.

The Citizens Advice Scotland Report **'Fuel Poverty in Scotland: A review for the Scottish Government'**. CAS's previous work evidenced the

increasing number of Scots struggling to pay for basic funerals and the unacceptable situations many families

find themselves in when bereaved. This echoes what SOPA had found on its Campaign Trail and SOPA added its voice to the plea for intervention. The Scottish Government's new 'Arranging a Funeral' leaflet can be found at: <http://www.mygov.scot/arrange-funeral/>



Scottish Older People's Assembly Community

- Contact Us
- Like
- Message
- ...

- Timeline
- About
- Photos
- Likes
- More

- Search for posts on this Page
- 124 likes 0 this week
Marjory Kenny and Rosa Ardia
- Post reach of 396 this week
- See Pages Feed
Posts from Pages that you've liked as your Page
- Invite friends to like this Page

Status Photo/Video Offer, Event+

Write something...

Scottish Older People's Assembly shared MindMate's post.
Published by Val Bissland [?] · Yesterday at 20:05 ·

Living is thirsty work. Drink plenty!

www.facebook.com/scotopa/





Can technology help us age better?

We are exploring how technology might influence health and well-being. You can help!



A Tablet for Healthy Ageing

A supported intervention programme utilising tablet PCs and other technologies to improve the health and well-being of older adults

www.healthyageing.hw.ac.uk

[@Tab4HealthyAge](https://twitter.com/Tab4HealthyAge)



Scottish Older People's Assembly

Published by Val Bissland [?] · 2 April at 19:49 · 🌐

Tom Berney answers 5 questions posed by The Scotman. Click on link below - get involved and have your say. Post a comment online.



Q&A: Tom Berney, chairman of Scottish Older People's Assembly

Q If you had the power to change one thing in Scotland what would it be?

SCOTSMAN.COM



Scottish Older People's Assembly

Published by Val Bissland [?] · 31 March at 13:42 · 🌐

SOPA has made a new short video to show at the Telehealthcare event today in Edinburgh. In it Neil Primrose talks about the immense peace of mind for his family provided by Edinburgh Council's Community Alarm Telecare Service in his grandmother's house, allowing her to remain in her own home. Click below.



Telehealthcare

This video is about Telehealthcare

YOUTUBE.COM

www.facebook.com/scotopa/



'Telehealthcare for Older People' Event

HOLYROOD

Scotland's award winning current affairs magazine



Neil Primrose talks about the value of various gadgets installed in his grandmother's house which allow her to continue to live at home.



Perspectives from the Scottish Older People's Assembly (SOPA)

Digital technology, older age and caring

Not all older people are dependent. Being able to use technology for a purpose can lead to fuller, engaged lives as vibrant members of families and society.

Technology can keep older, frailer people learning and using their brains to maintain a level of independence that keeps them going as members of a family or community.

Val Bissland, Centre for Lifelong Learning,
University of Strathclyde - valbissland@gmail.com

