

# Torbay Public Health Annual Report

## 2025/26



### Healthy Ageing

	<h4>Introduction</h4>
	<p>Our public health annual report this year is about staying healthy as we get older.</p>
	<p>In Torbay, men live to be about 78 years old.</p>
	<p>In Torbay, women live to be about 83 years old.</p>
	<p>As we get older, it is important to look after our health and fitness.</p>

	Being Lonely
	<p>In Torbay, 1 in 3 people over the age of 65 live on their own.</p>
	<p>Being lonely can make us less fit and healthy.</p>
	How can we help?
	<p>We can help people get to know each other so they feel part of their community.</p>
	Work and volunteering
	<p>Having a job or volunteering is important. Paid work can help people pay their bills and stay active.</p>
	<p>Work and volunteering can also help people to make friends.</p>

	<p>It can be hard for older people to find work and volunteering.</p>
	<p>How can we help?</p>
	<p>It is important to make sure work and volunteering welcome older people.</p>
	<p>Being a Carer</p>
	<p>In Torbay, 1 in every 9 people is a Carer.</p>
	<p>Being a Carer is good, but it can also be difficult sometimes.</p>
	<p>How can we help?</p>
	<p>Torbay has a plan (strategy) to help Carers.</p>

	Having a safe home
	<p>It is important to have the right home to live in when people get older.</p>
	<p>Torbay has a lot of problems with housing.</p>
	How can we help?
	<p>We will work with the Torbay Citizens Assembly to make sure older people are included in talks about housing.</p>
	Getting older
	<p>Getting older can be good. Older people have a lot of skills and knowledge. In many countries older people are very respected.</p>

	<p>Older people sometimes get treated less well than younger people. They may suffer discrimination because of their age.</p>
	<p>How can we help?</p>
	<p>We can make sure we treat older people with respect and dignity.</p>
	<p>We can make sure we talk positively about older people and use 'Age Friendly' words.</p>
	<p>Transport</p>
	<p>Good transport is important because it helps people stay well and healthy.</p>
	<p>Some older people find it hard to get out and about.</p>

	How can we help?
	<b>We will work with the Torbay Citizens Assembly to make sure older people are included in talks about transport.</b>
	Using technology
	Some older people use technology to book appointments, shop and chat with other people.
	Some older people do not use technology and find it very difficult.
	How can we help?
	It is important to help people with technology and to make sure they can also get services on the phone or face to face.

	Planning for old age
	Staying healthy and well can begin at any age!
	How can we help?
	<p>It is important to keep our brains and body active.</p> <p>It can help to join a 'Live Longer Better' programme.</p>

