

Engage with Age – Theory of Change: March 2023



The challenge: Older people in Belfast face difficulties that include: loneliness and isolation; deficiencies in health and wellbeing; barriers to community engagement; obstacles influencing decisions that affect their lives.

Engage with Age Mission: Engage with Age seeks to empower older people to live happy, healthy, independent and connected lives.

Needs: Engage with Age takes a community development/ strengths-based approach to empower older people to address their own needs, achieve their own goals, and to build active and stronger communities.

Resources: Older people's groups and forums, communities of individual older people, development/ management staff, trustees, volunteers, funding, relationships with partner agencies, community facilities, accumulated knowledge and methodologies.

Activities: Aligned to our aims, activities: reduce isolation/ loneliness; empower older people to improve health; support older people's groups and forums; empower older people to influence matters that affect them.

Outputs: Programmes include East and South Belfast health programmes; capacity building; group activities and befriending for lonely isolated older people; advocacy; dementia friendly campaigns; arts and creativity work.

Short-term Outcomes: Increased social connections/ reduced loneliness; Improved health/ wellbeing; Groups and forums are sustainable/ strong; Older people have been listened to and have shaped decisions.

Longer-term outcomes: Older people empowered: to have improved wellbeing; create active and stronger communities. (EWA vision) Older people are respected, valued, included, listened to, actively involved shaping the world.

Infrastructure/ assets: Connected age sector; partnership work; research base; lived experience; communications.

Impact: Deliver services, monitor engagement; evaluate using surveys, interviews, case studies/ observations; report impact annually; refine, adjust strategies, repeat.