



# Age Friendly Ceredigion





# How do we go about it?

- Where are we now?
- Where do we want to go?
- How do we get there?
- Who needs to be included?

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# Do you think your community is Age Friendly?



- Can we all get out and about?
- Can we all do the things we want to do?
- Can we all lead healthy and active lives?
- Can we all access information?
- Can we all make our voices heard?

# What changes would make your community more Age Friendly?



- Think about your self score
- What changes could have a wider impact?
- Agree on an action plan

# Agree on an action plan

## Contact details

Carers and Community Support



Team

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Carers and Community Support