

# SHETLAND'S LOCAL PLACE PLANS

## Leaflet 12 - An Ageing Well in Place Perspective

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### Why should we think about ageing well in place?

Supporting older people to live well in their communities helps maintain independence, dignity, and social connection. Planning decisions about land and buildings can influence accessibility, safety, health, and the ability to remain active and engaged.

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### How does ageing well in place affect land use and buildings?

- Housing design affects mobility, comfort, and safety
  - Proximity to services and transport supports independence
  - Vibrant public spaces can reduce isolation and encourage activity
  - Community infrastructure can support care, socialising, and wellbeing
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### Key concepts:

**Accessible Design:** Homes and public spaces that support mobility and safety

**Age-Friendly Communities:** Places that support older people's needs and preferences

**Local Services:** Easy access to healthcare, shops, and social spaces

**Intergenerational Spaces:** Environments that encourage interaction across age groups

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### What does this look like in Shetland?

- **Remote areas** may lack nearby healthcare or support services
  - **Long winters and poor weather** increase the need for warm, accessible homes
  - **Community halls and leisure centres** often support older people's activities
  - **Transport challenges** can lead to isolation or missed appointments
  - **Digital exclusion** may affect access to services and social connection
  - **Rising dementia rates** require thoughtful design and community support
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### Things to think about when planning land and buildings:

- Are homes designed for ageing in place (e.g. step-free access, good insulation)?
  - Is there access to healthcare, shops, and social spaces and activities nearby?
  - Are public spaces safe, welcoming, and easy to navigate?
  - Are there transport options that enable older people to stay independent in their own homes?
  - Can buildings support community care, social activities, or respite?
  - Are older people involved in shaping local spaces and decisions?
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## Examples:

- Retrofit homes with insulation, ramps, and accessible bathrooms
  - Provide benches, lighting, and shelter in outdoor spaces
  - Design community hubs with flexible space for older people's groups
  - Support and co-ordinate transport options for appointments and social events
  - Include dementia-friendly design features (e.g. clear signage, quiet areas)
  - Offer digital support and shared access in community buildings
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## For information and support:

- [Social Care and Health – Shetland Islands Council](#)
- [Age Scotland | The Scottish Charity for Older People](#)
- [Voluntary Action Shetland](#)
- [Dementia Scotland](#)
- [Alzheimer Scotland - Home](#)
- [Housing to 2040: strategy and supporting documents - gov.scot](#)