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**World Health
Organization**

Healthy Ageing

An approach to helping older adults do
the things they value into older age

2 May 2017

Agenda



-
- 01** WHO's concept of *Healthy Ageing*
 - 02** Age-friendly Cities and Communities
 - 03** Long-term Care

01

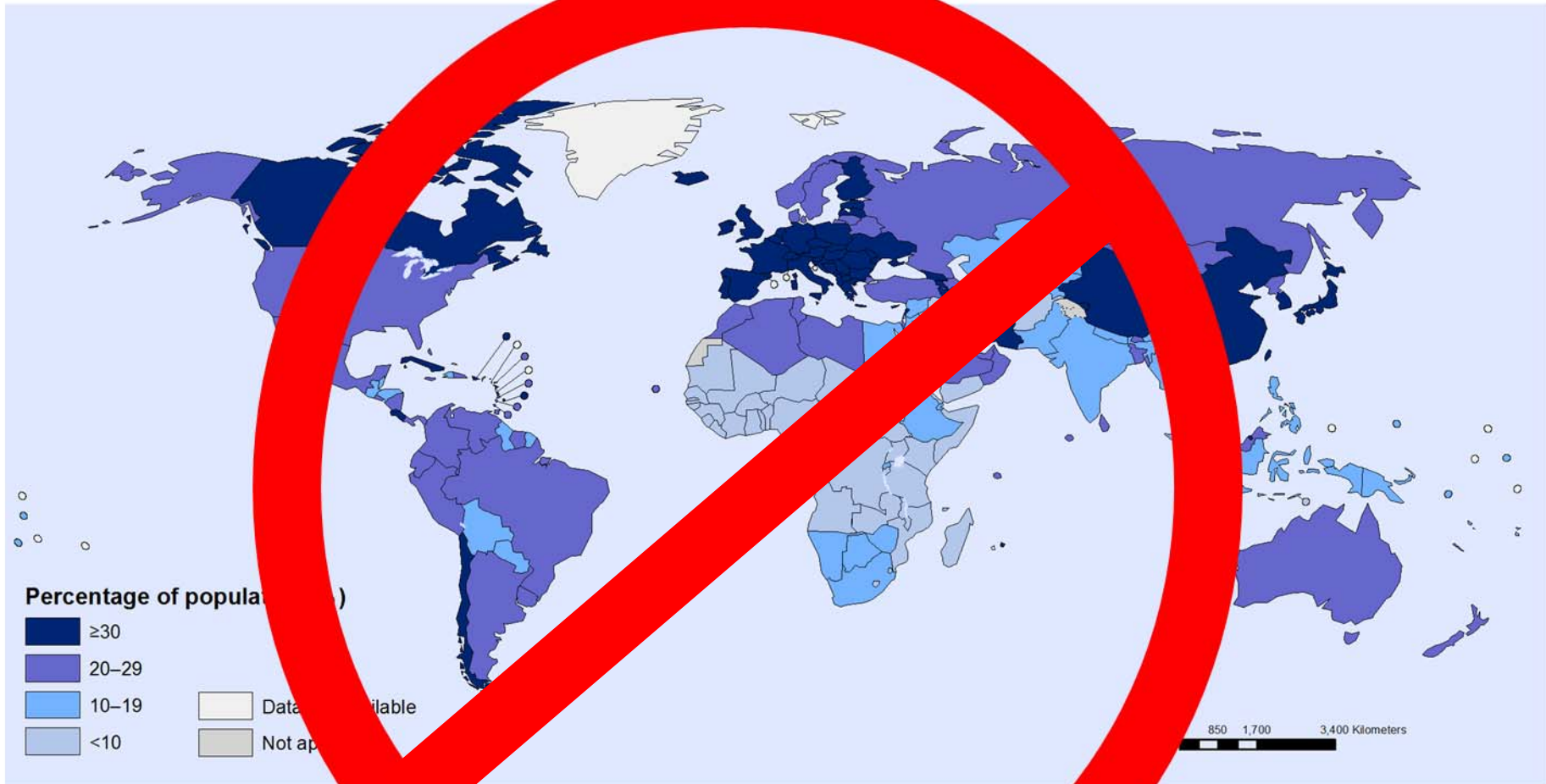


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What is Healthy Ageing?



Estimated population aged 60 years or older (2050)



The boundaries and names shown and the designation used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization
Map Production: Information Systems and Research (IER)
World Health Organization



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Source: *World report on ageing and health 2015*

▶ EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.



Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



Behaviours



Age-related changes



Genetics



Disease

ENVIRONMENT THEY LIVE IN



Housing



Assistive technologies



Transport

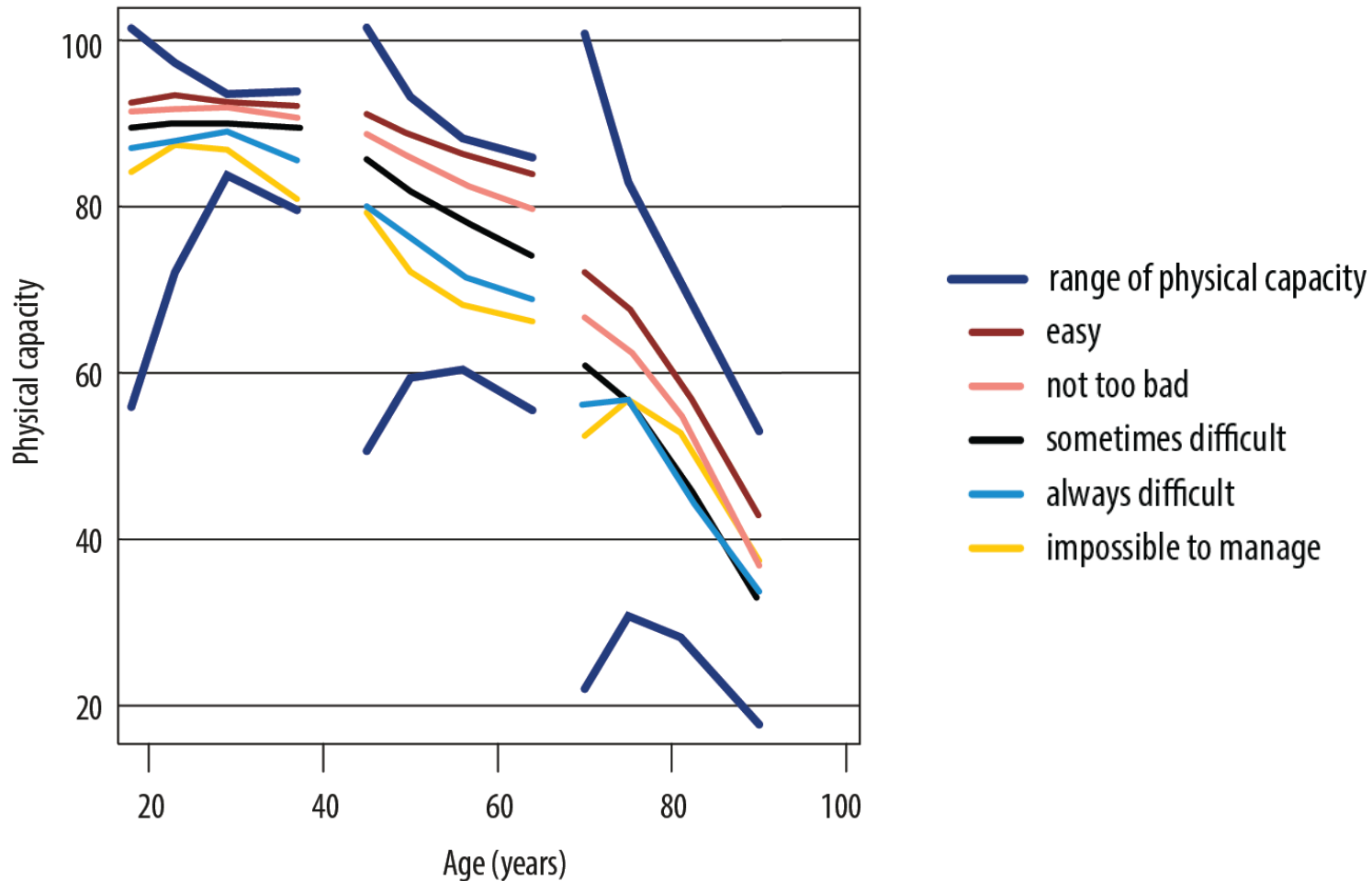


Social facilities

Physical capacity across the life course



As we get older, we get more diverse in our capacities

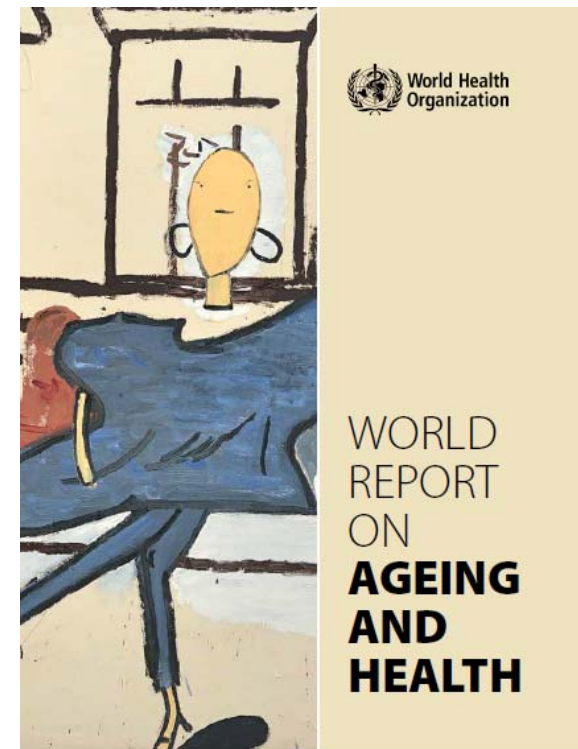


Source: *World report on ageing and health 2015*

World Report on Ageing and Health



"*Healthy Ageing* - the process of developing and maintaining the functional ability that enables wellbeing in older age."



Global strategy and action plan on ageing and health



1. Commitment to action on *Healthy Ageing* in every country
2. Developing age-friendly environments
3. Aligning health systems to the needs of older populations
4. Developing sustainable and equitable systems for providing long-term care (home, communities, institutions)
5. Improving measurement, monitoring and research on *Healthy Ageing*

Source: *Global strategy and action plan on ageing and health 2016 – 2020*

Functional ability



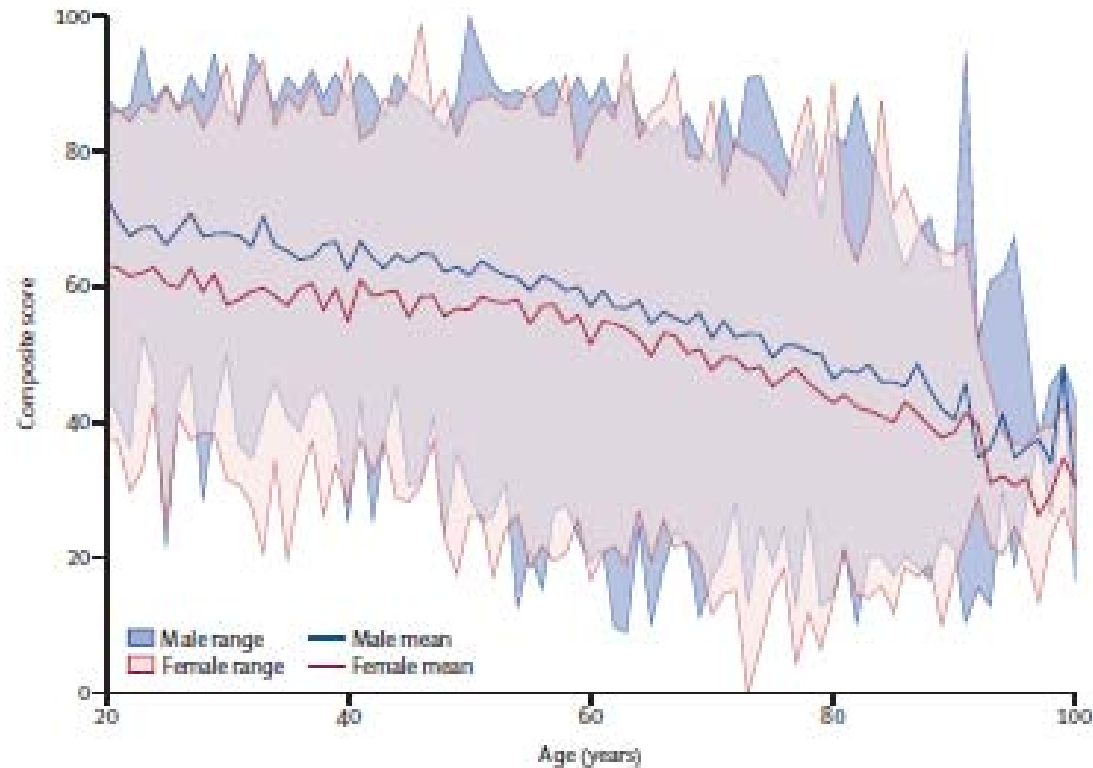
$$\text{Functional Ability} = \text{Intrinsic Capacity} + \text{Environment}$$

Source: *World report on ageing and health 2015*

People have very different intrinsic capacities at the same age

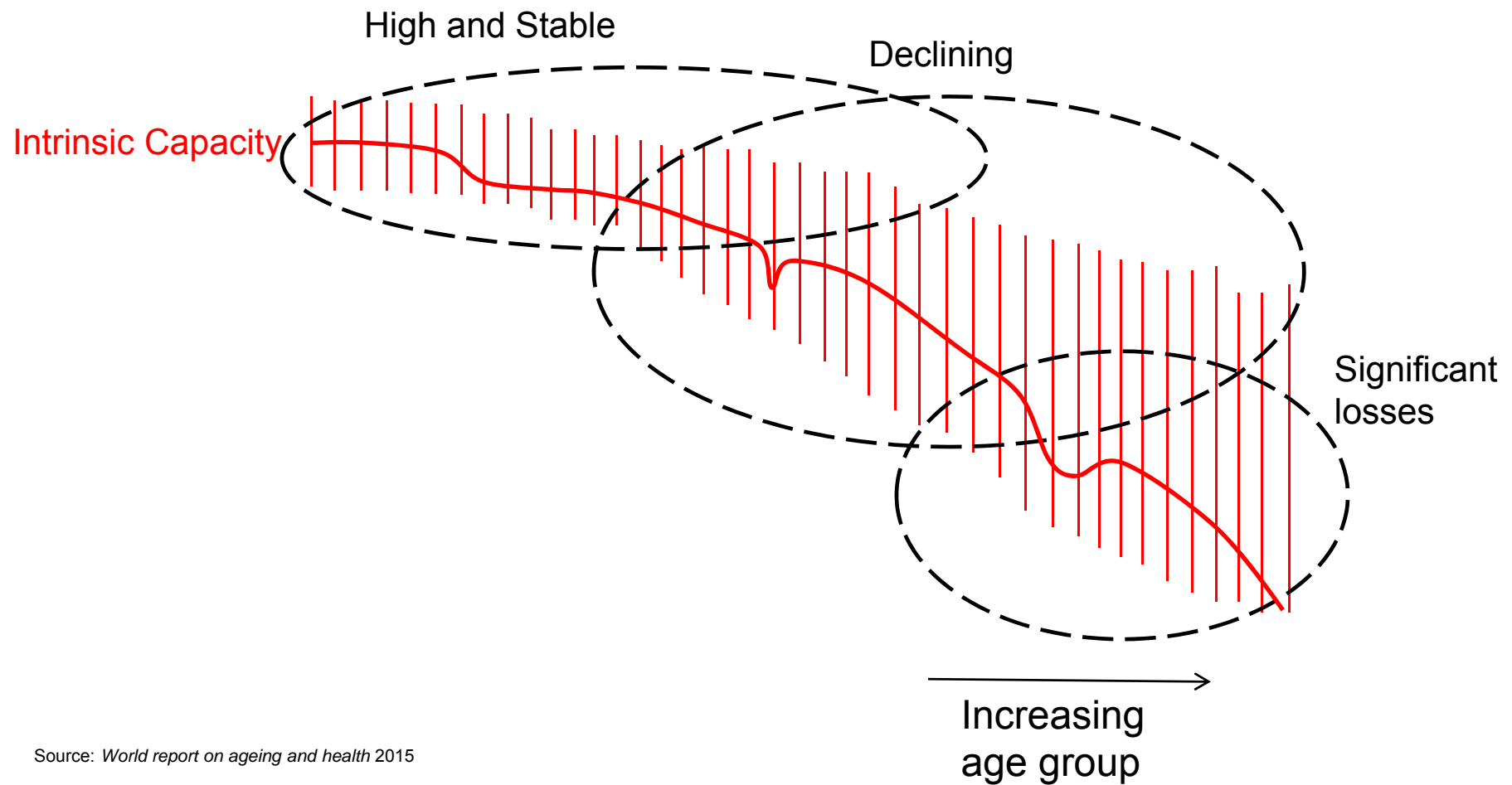


Range and mean of intrinsic capacity from the Study on adult health and AGEing (SAGE)



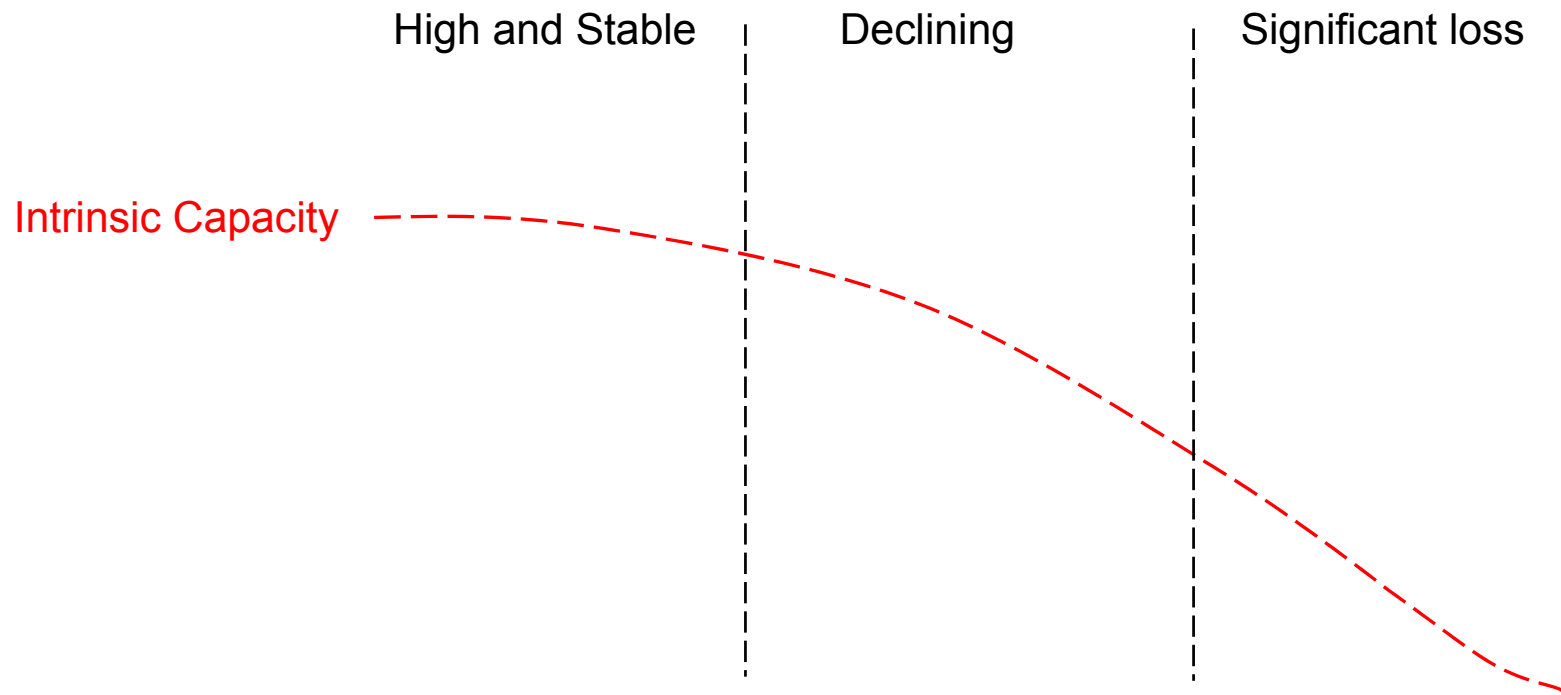
Source: Beard et al. *the Lancet* 2015

Populations in the second half of life



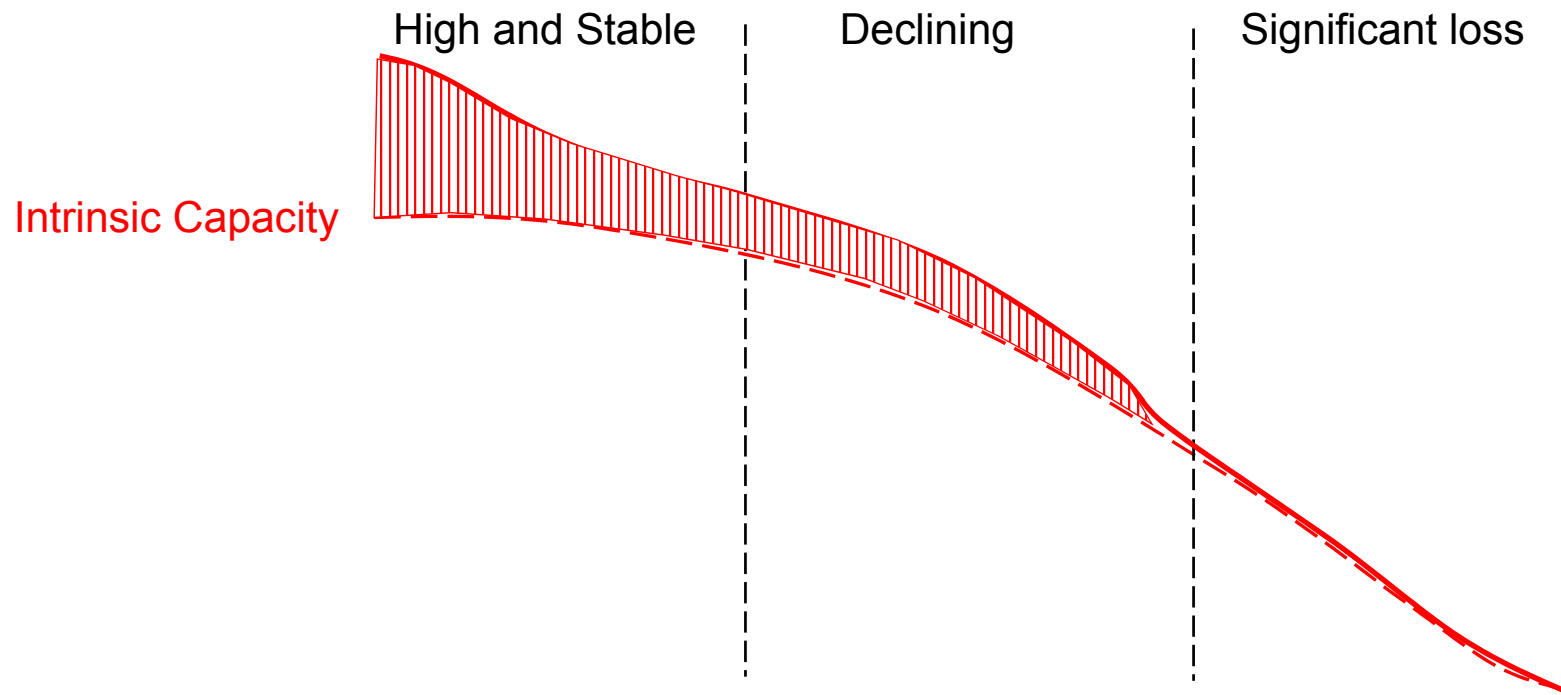
Source: *World report on ageing and health 2015*

Populations in the second half of life



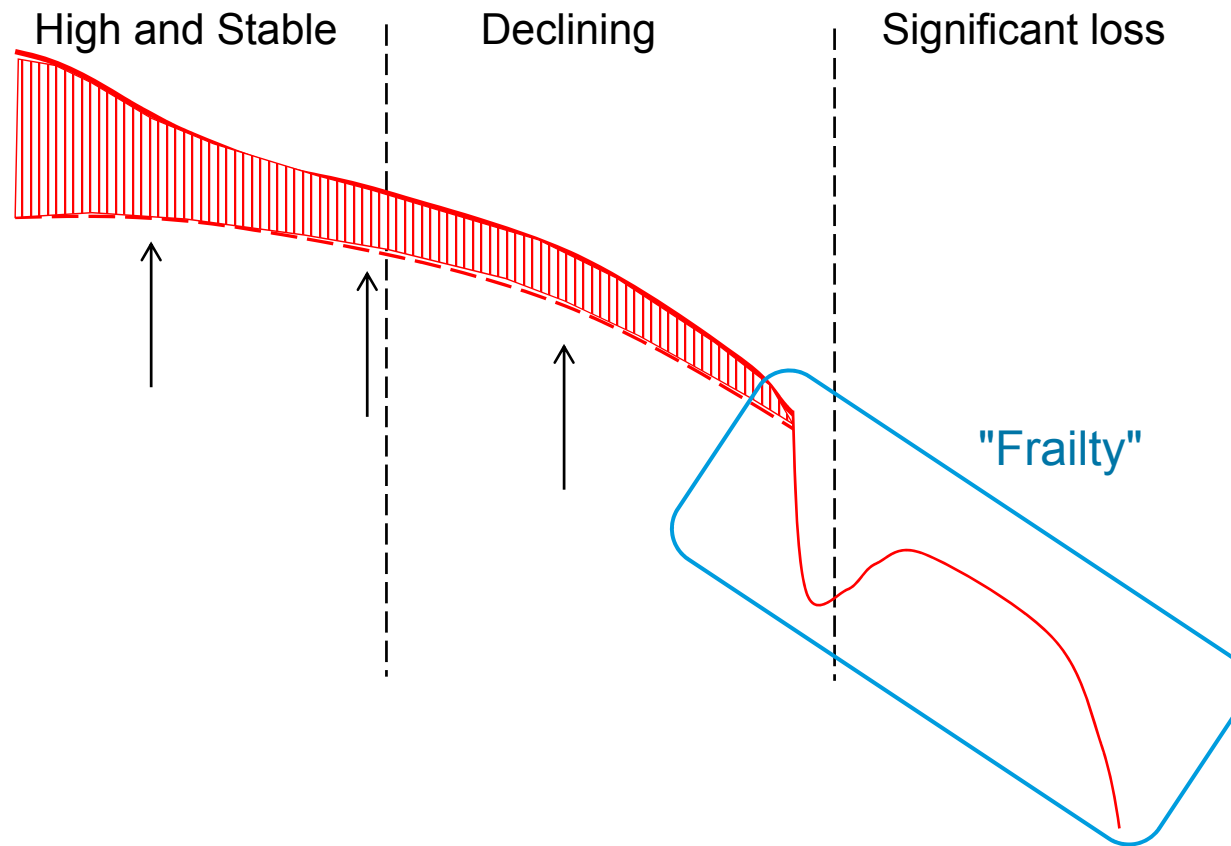
Source: *World report on ageing and health 2015*

Populations in the second half of life



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Populations in the second half of life



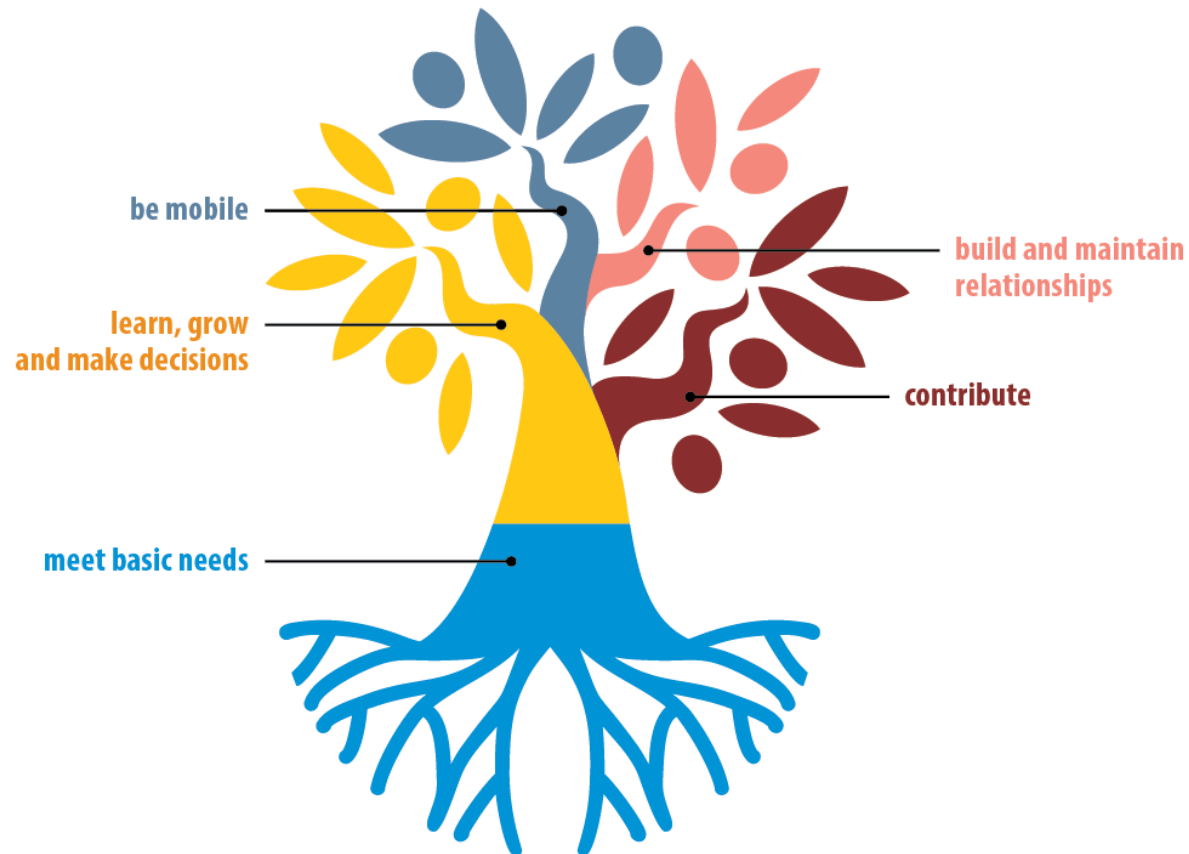
Source: *World report on ageing and health 2015*

02



Age-friendly Environments

Domains of functional ability

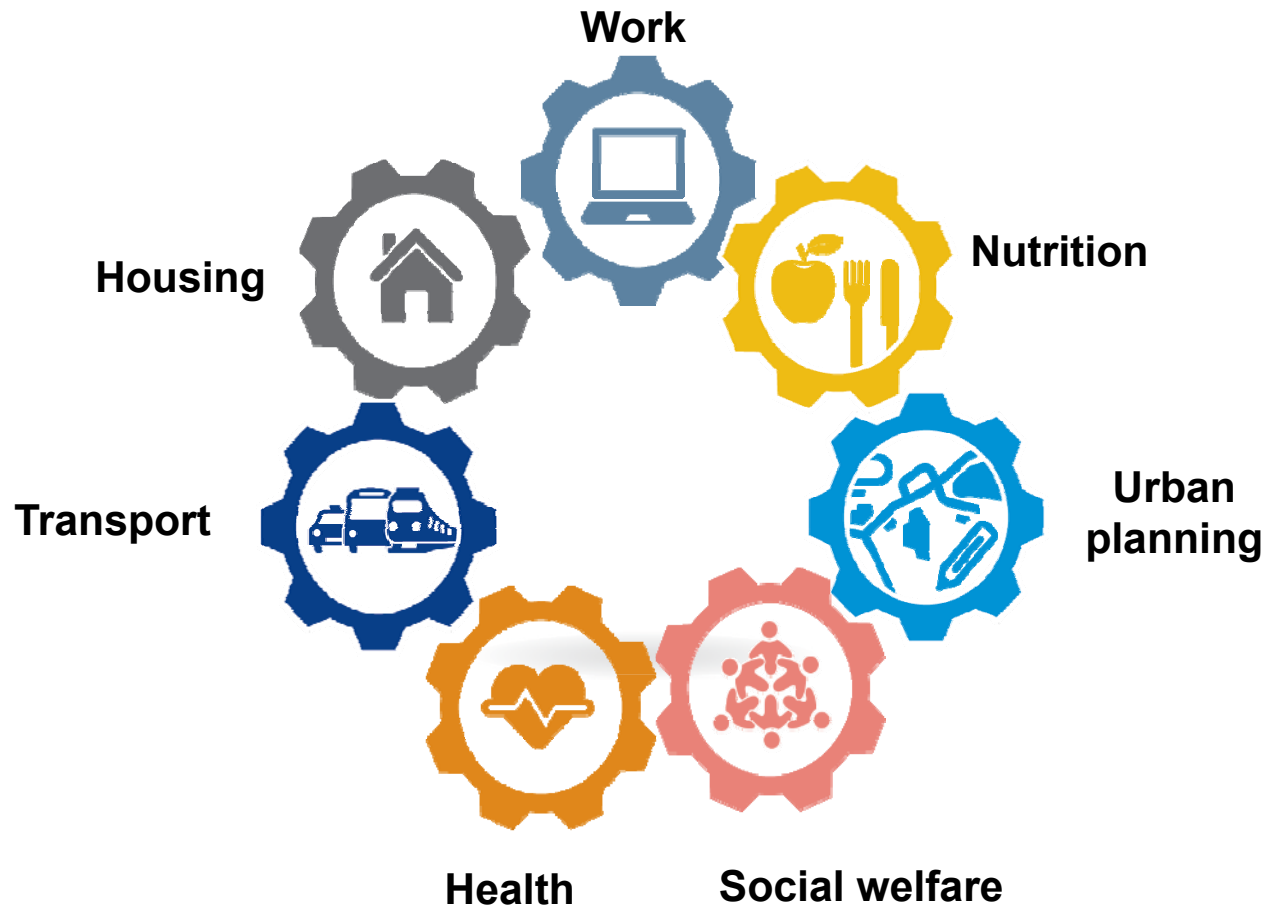


Source: *World report on ageing and health 2015*

An example of mobility



Different sectors need to work together



Source: *World report on ageing and health 2015*

WHO Global Network for Age-friendly Cities and Communities



- 450 cities and communities around the world... and counting
- Linked to national and regional networks
- Members commit to a cycle of continual improvement
- Key to membership is political commitment



WHO Global Network
for Age-friendly Cities
and Communities

03



Long-term Care

The goal of long-term care



**To maximize functional ability
that enables well-being in older
age**

What *is* Long-term Care?

The activities undertaken by others to ensure that people with or at risk of a significant ongoing loss of intrinsic capacity can maintain a level of functional ability consistent with their basic rights, fundamental freedoms and human dignity.

Aim: maintaining a level of functional ability



- ✓ Not only focusing on here and now but also on the **trajectory of functional ability**
- ✓ Not merely taking over, but **stimulating people to do as much possible themselves**
- ✓ Not only focusing on meeting older people's basic needs for survival, but also people's abilities **to move around, to build and maintain relationships, to learn, grow and decide, and to contribute to their communities**

Consistent with their basic rights, fundamental freedoms and human dignity



- ✓ People still '**have a life**'. They have the right and deserve the freedom to realize their continuing aspirations to well-being, **meaning and dignity**, also in the event of significant loss in intrinsic capacity.

Different types of Long-term Care systems



- ❑ Including **all settings** where LTC is provided: at home, communities, hospitals, care homes
- ❑ **Not per se complex** systems like the Netherlands and Japan
- ❑ **Different types** of systems: Emphasis on Family, Institutional, Family & Institutional
- ❑ Important: **Equitable, Effective, & Sustainable**

Establish equitable, sustainable, and effective long-term-care systems



- ❖ **Uphold human rights:** dignity, self-expression, choices
- ❖ **Enhancing capacity:** mental and physical capacities
- ❖ **Person-centered:** oriented around people's needs
- ❖ **Fair treatment of workforce:** social status and recognition
- ❖ **Shared burden:** shared across society
- ❖ **National governments responsible for stewardship**

Develop long-term-care systems

- Establish the foundation for a functioning system
- Develop the long-term care workforce
- Ensure the quality of long-term care



Investing in *Healthy Ageing* means creating a future that gives older people the freedom to live lives that previous generations could never have imagined.

Thank you.



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