

# Challenges and Opportunities of longer lives – the global picture

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# Part 1

## Longer lives

### Thoughts to guide us

What kind of old age do we expect for ourselves, our families and for those around the world?

How can we achieve our expectations?

# Acknowledging Challenges of Ageing

- The process of growing old - '*the external signs of ageing*' – physical changes
- Policy driven by chronological definitions (60 , 65 plus); retirement, housing, work, limits to payments (eg pensions), health provision
- Feelings – being tired, unable to work, feeling old, a 'burden,' 'I feel the same but look old to others'
- Not being taken into account – changing roles
- Expectations – grandchildren care, care of older family

# The conflicting narratives of ageing - burden or contribution?



# Recognising and acting on Ageism

- **Stigma**
- **Invisibility**
- **Fear of ageing**
- **Medicalisation of death**
- **Age discrimination in the labour market, education, health provision, housing, income security**
- **Unreported violence**
- **Poverty**
- **Human rights**



# Affirming our human rights:

“As we get older, our rights do not change.

As we get older we are no less human and should not become invisible”



Archbishop Desmond Tutu 2015



# Part 2

## Longer lives - the global picture

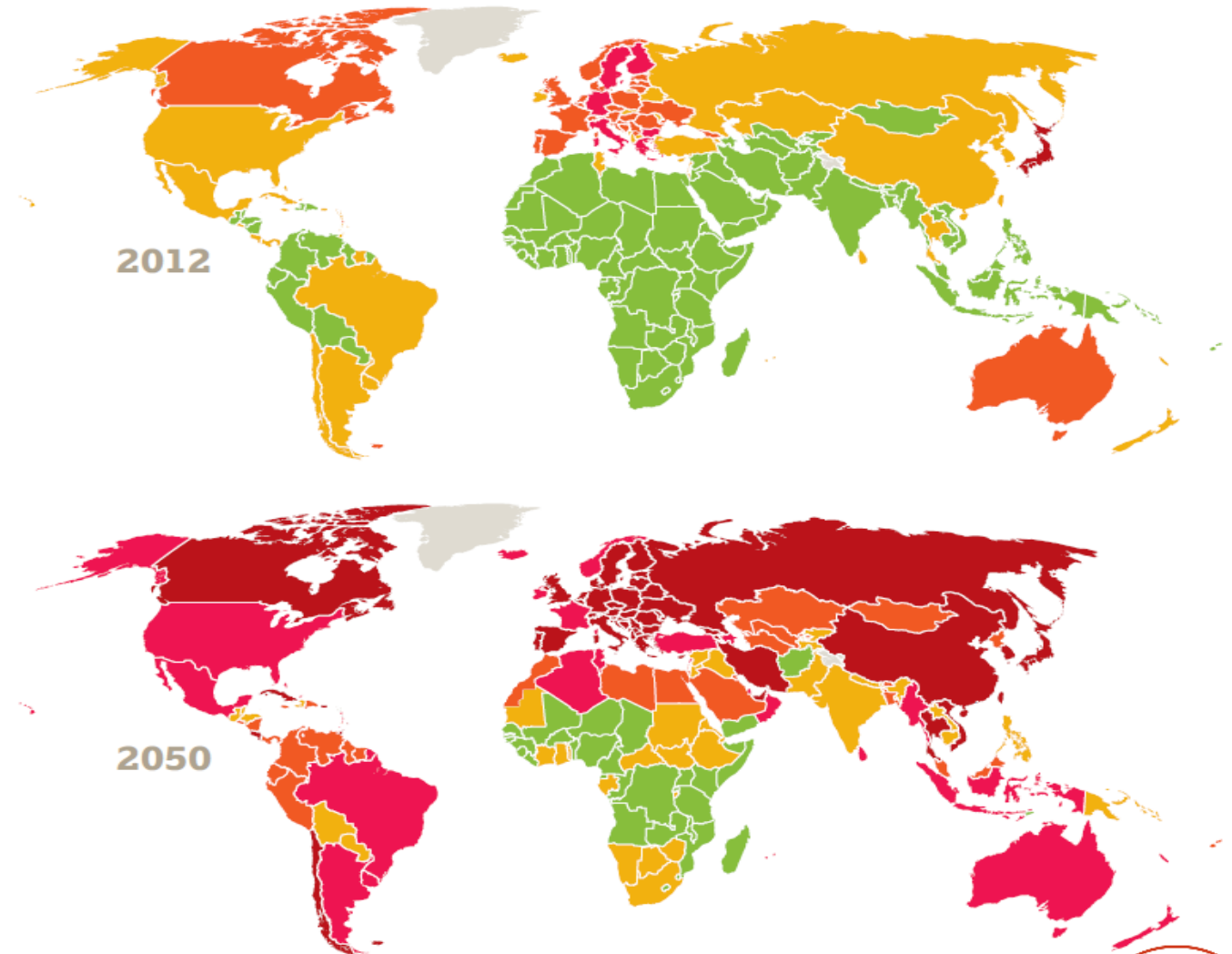


# Ageing around the world

**Figure 1: Proportion of population aged 60-plus in 2012 and 2050**

The proportion of the world's older population will rise dramatically over the next decades.

- 0-9%
- 10-19%
- 20-24%
- 25-29%
- 30+%
- No data

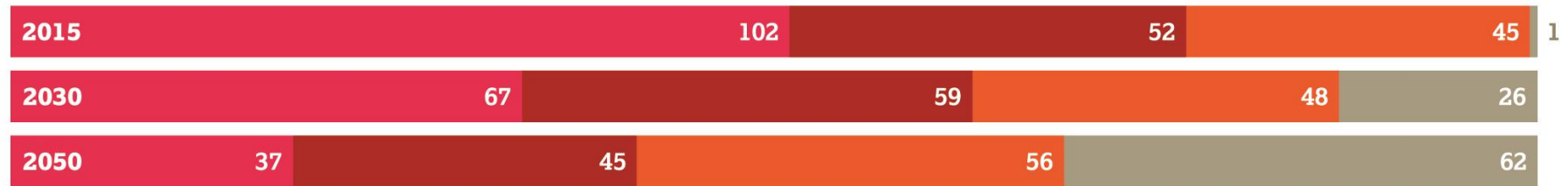


Source: UNDESA Population Division, Population Ageing and Development 2012, Wall Chart, 2012

Note: The boundaries shown on this map do not imply official endorsement or acceptance by the United Nations



# Speed and scale of population ageing



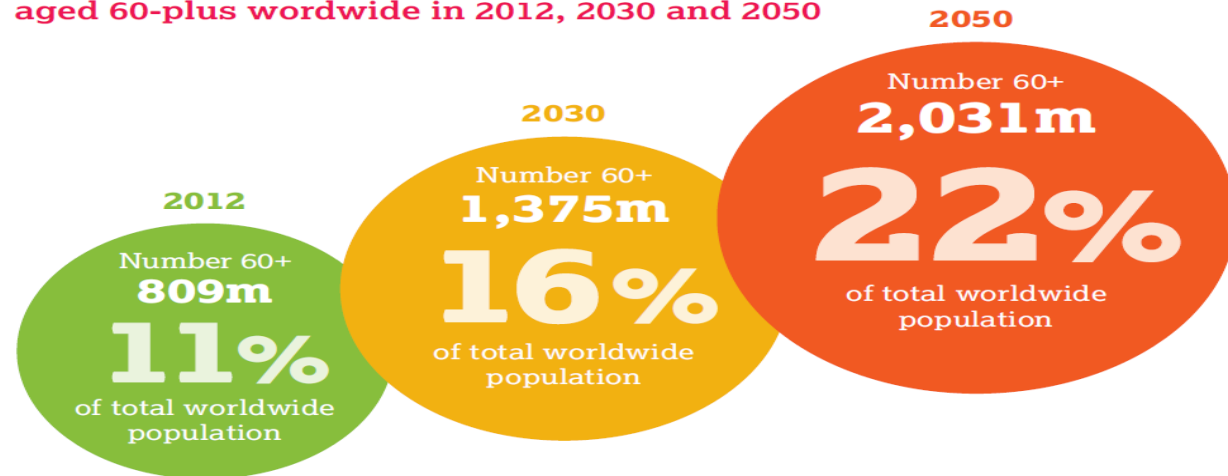
**Young societies**  
Less than 10 per cent of population aged 60 and over

**Ageing societies**  
10-19 per cent of population aged 60 and over

**High-ageing societies**  
20-29 per cent of population aged 60 and over

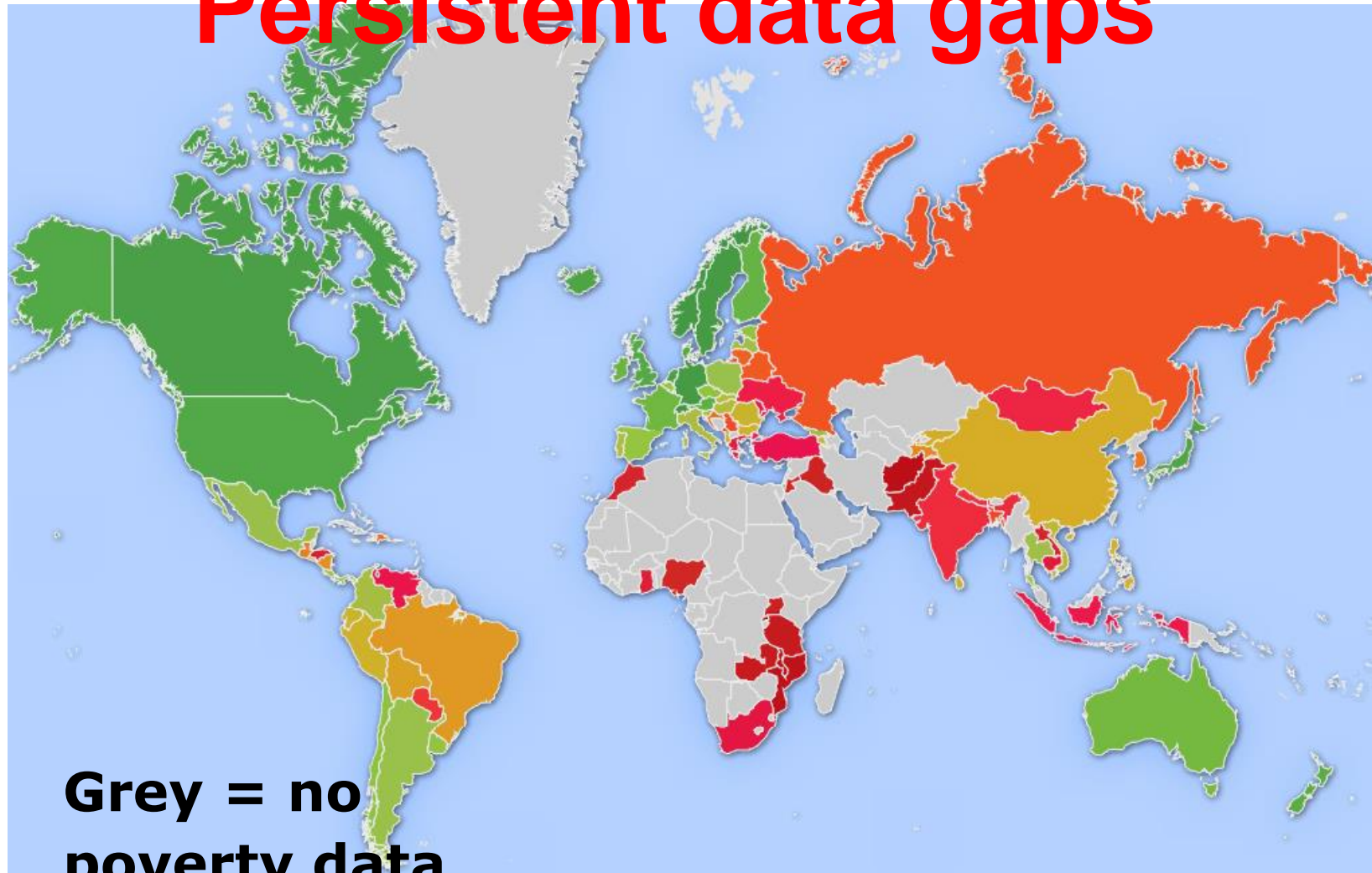
**Hyper-ageing societies**  
30 per cent or more of population aged 60 and over

Figure 2: Number and proportion of people aged 60-plus worldwide in 2012, 2030 and 2050



Source: UNDESA Population Division, Population Ageing and Development 2012, Wall Chart, 2012; UNDESA Population Division, World Population Prospects: the 2012 Revision, 2013

# Persistent data gaps



**Grey = no  
poverty data**

# Longer lives - opportunities

Global

Regional

National

Local

Individual



# Policy considerations

- **Extend capabilities of individuals and communities**
- **Lifecourse approach to policies**
- **Inclusive and intergenerational planning**
- **Ageing reflected in global, regional and national data, policies and budgets**
- **Multisectoral, transdisciplinary approach**
- **Participation and visibility of older persons**
- **Income security for all**
- **Quality of life – housing, health, education**
- **Choice – independent living, transport**
- **Safety**



# Using existing frameworks on ageing for policy formulation

UN Principles for Human Rights of older persons - 1991

- **Independence**
- **Participation**
- **Self fulfilment**
- **Care**
- **Dignity**

Madrid International Plan of Action on Ageing (MIPAA) 2002

- **Older Persons and Development**
- **Advancing Health and Well-being into Old Age**
- **Ensuring Enabling and Supportive Environments**

# Case example of a national policy promoting demographic dividends (Georgia)

Underlying principles – a life course approach to longevity and promoting intergenerational solidarity

- 1<sup>st</sup> dividend – enhancing capabilities of the younger generation – education, health, training, reducing unemployment, quality of jobs
- 2<sup>nd</sup> dividend – enhancing opportunities for the older generation ; inclusion, participation, health and wellbeing, age friendly environments, education, employment, social protection

# Evidence and data: example of Multiple Indicator on Ageing (MISA) survey tool, to date used in Malawi, which covers

- Family and living arrangements
- Living environment
- Income
- Assets
- Employment and work
- Food security and hunger
- Abuse of older persons
- Health and well-being
- Access to healthcare services
- Social protection
- Care giving

# Responding to ageing via the 2030 Agenda and the 17 Sustainable Development Goals

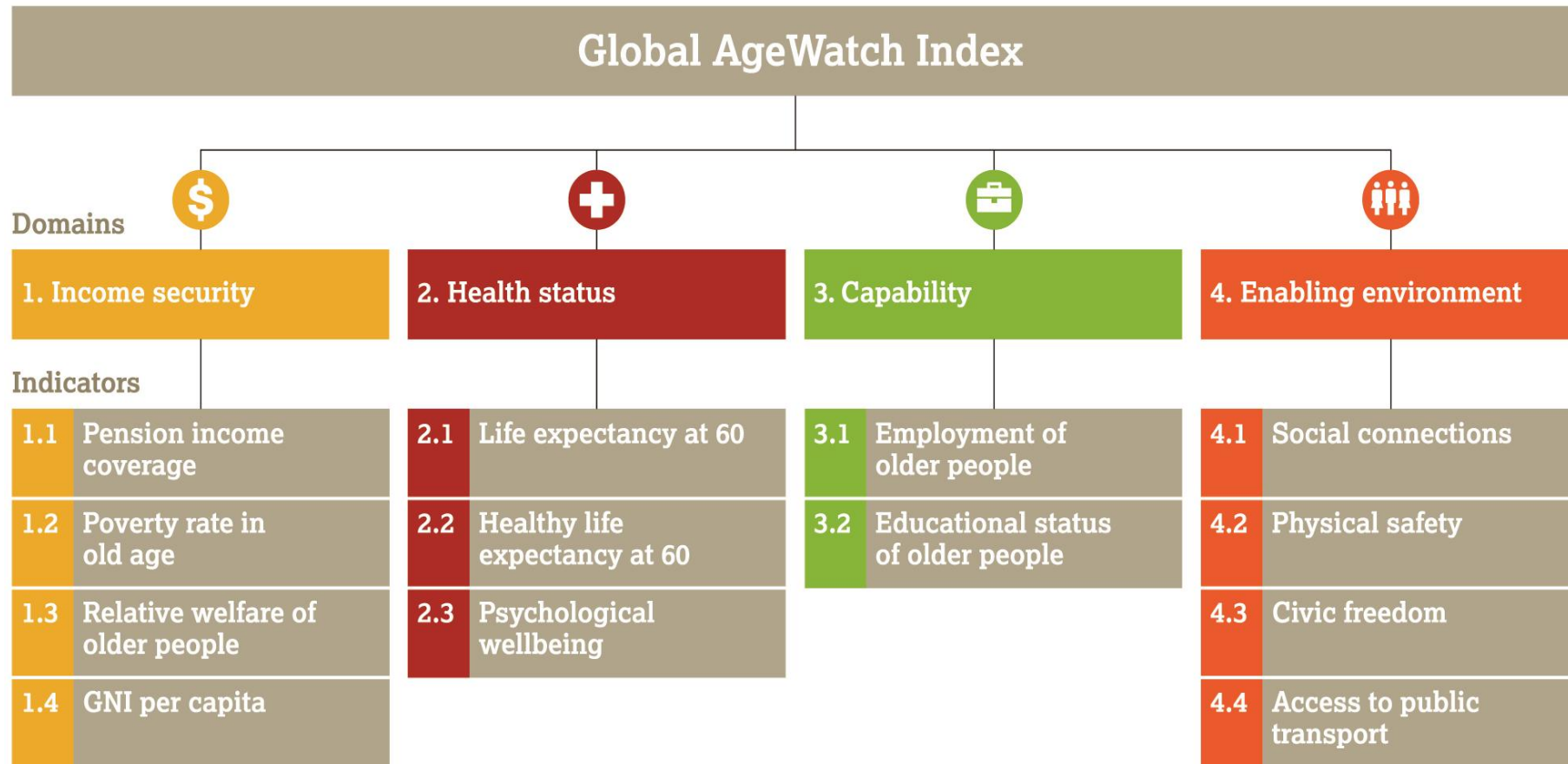
**Core principles: Leave No One Behind, Universality and Human Rights; 15 Goals have specific mentions of age, older persons and references to all and 'all ages'.**

**2019 reports to focus on Goals 4, 8, 10, 16 and 17**





# Responding to older peoples concerns using comparable data from international databases: The Global Age Watch Index – 4 domains and 13 indicators



<http://www.helpage.org/global-agewatch/>

# Active Ageing Index

<https://statswiki.unece.org/display/AAI/I.+AAI+in+brief>



Active Ageing Index




**AAI**






**22 indicators**

**4 domains**

OVERALL INDEX

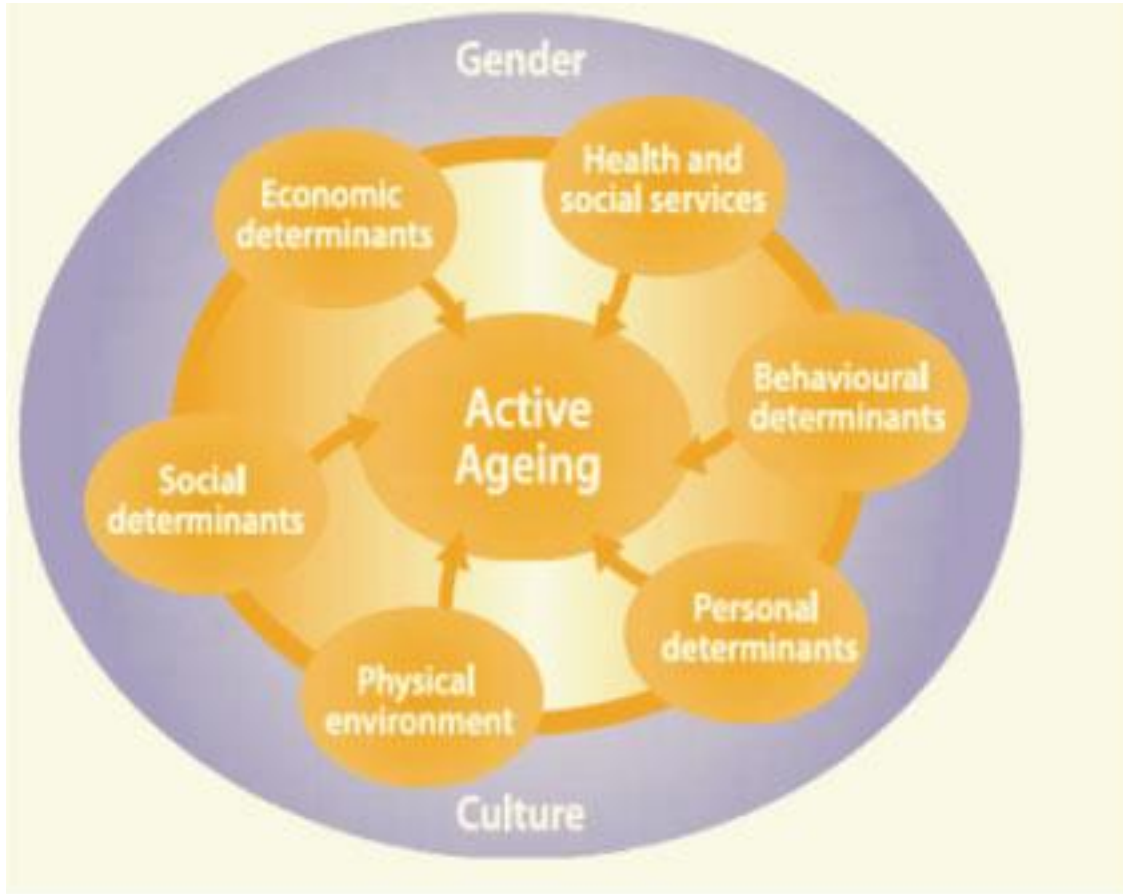
DOMAINS

INDICATORS

 <b>Active Ageing Index</b> The Active Ageing Index (AAI) is a tool to measure the untapped potential of older people for active and healthy ageing across countries. It measures the level to which older people live independent lives, participate in paid employment and social activities as well as their capacity to actively age.			
 <b>Employment</b>	 <b>Participation in Society</b>	 <b>Independent, Healthy and Secure Living</b>	 <b>Capacity and Enabling Environment for Active Ageing</b>
Employment Rate 55-59	Voluntary activities	Physical exercise	Remaining life expectancy at age 55
Employment Rate 60-64	Care to children and grandchildren	Access to health services	Share of healthy life expectancy at age 55
Employment Rate 65-69	Care to older adults	Independent living	Mental well-being
Employment Rate 70-74	Political participation	Financial security (three indicators)	Use of ICT
		Physical safety	Social connectedness
		Lifelong learning	Educational attainment
Actual experiences of active ageing			Capacity to actively age




# Using life course approaches; eg for health



Source: WHO 2001, Active Ageing a Policy Framework


Fig. 2: Determinants of ageing.


**AGEING and HEALTH** 

Between 2000 and 2050, the number of people aged 60 and over is expected to double. In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.

► **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** **ENVIRONMENT THEY LIVE IN**


 Behaviours  Housing


 Age-related changes  Assistive technologies


 Disease  Social facilities  Transport

► **WHAT IS NEEDED FOR HEALTHY AGEING**

 A change in the way we think about ageing and older people

 Creation of age-friendly environments

 Alignment of health systems to the needs of older people

 Development of systems for long-term care

Healthy Ageing... being able to do the things we value for a long as possible #yearsahead





# Investing in intergenerational living



BEALESGELBER CONSULT  
Inclusive Social Development





# The way forward for ageing well

- Accountability to older people
- Support for organising
- Calling out ageism
- Giving visibility and voice
- Leaving No Older Person Behind
- Participation
- Data
- Funding
- Capacity
- Coordination
- Intergenerational approaches

