

Making Healthy & Active Ageing Policies for Psychosocial well being for all ages

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Global Ageing

Characteristics of Global Ageing

- Global Ageing is resulted from longer lives and declining birth rates → inevitable, sustainable with individual responsibility & collective effort, +ve orientation
- Noncommunicable diseases become the prevalent diseases, which are expensive to treat, long-lasting, and they often cannot be cured → emphasizes in health promotion, compression of morbidity, +ve acceptance
- Evidences show that levels of physical activity and social participation such as life long learning, volunteering and continual employment → better health condition (objective and subjective), +ve action

→ Growing old is an issue for all ages
 → healthy & active ageing

Healthy & Active Ageing- A World Trend

- Noncommunicable diseases can be prevent by early promotion of **healthy lifestyles** and other preventive measures throughout the life course (i.e. from birth to death)
- Healthy Ageing is the key** for a country development as good health in the older population saves money, freeing it up for other needs.
- Active Ageing** is the **life long** and continuing process of optimizing opportunities for **health, participation and security** (the three pillars) in order to enhance quality of life as people age.
- It emphasizes **interdependence** and **intergenerational solidarity**, which leads to autonomy and independence as one grows older

Healthy Ageing as a life orientation & Active Ageing as policy actions

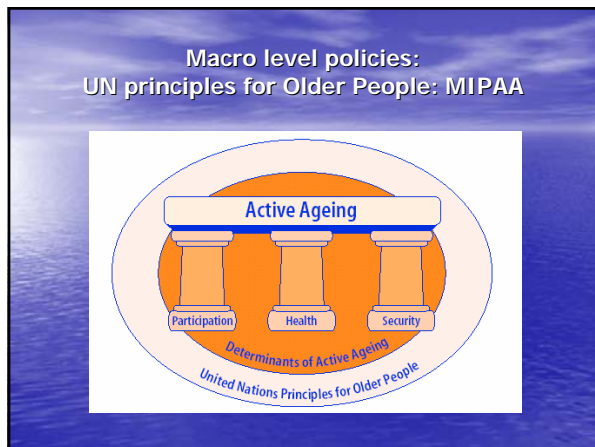
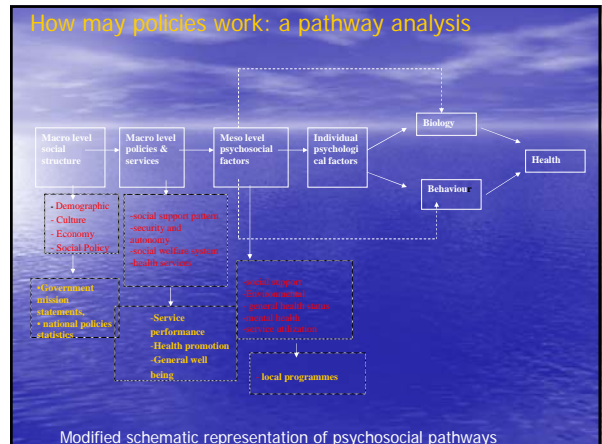
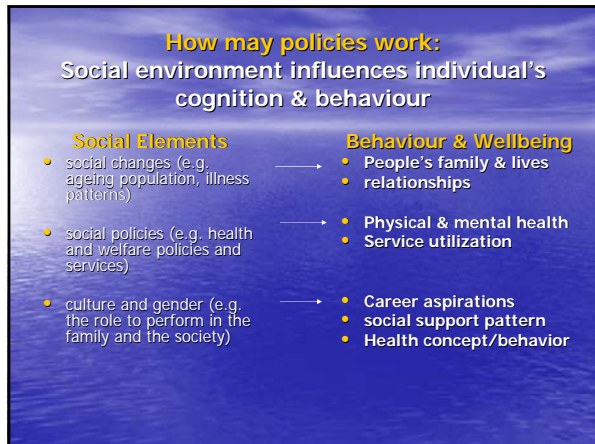


Policies creating new culture, negating against old mind-set

- Healthy life styles:** anti-smoking, exercises and balanced diet
 - Positive image of the older person:** able, independent, resources for community
 - Active ageing campaigns:** life long learning, work engagement (paid or voluntary), cross-generations programmes promoting **Independence, participation, care, dignity & self-fulfillment**
- a caring community for all ages is built on **healthily aged individuals** (i.e. with health and psychosocial well being) with **active participation in community**

Policy foundations for active ageing





Shanghai Implementation Strategies after MIPAA

Ageing & Development	Health & Well-being	Enabling supportive Environments	Implementation & Monitoring
<ol style="list-style-type: none"> The challenges & mainstreaming ageing Protection & security Poverty Integration & participation Positive image Employability & workability The concerns of older women 	<ol style="list-style-type: none"> Life course perspective on ageing Quality of life at all ages Quality health & Long-term Care Health care financing 	<ol style="list-style-type: none"> Older Persons & the families Social services & communities support, Housing & Living environment Non-discrimination caregivers Older consumers 	<ol style="list-style-type: none"> National Mechanisms Cooperation: Gov't, NGOs' & other sectors Regional & inter-gov't cooperation Research

How do we know policies are working? appraisal/mapping against SIS

Indicators: instrumental & outcomes

- The availability, scope and converge or programmes, and policies to address the issues of rapid population ageing in HK

Sources of data:

- Reports of government, NGOs, private/state owned enterprises, Official statistics, community programmes, stake holders focus groups etc

Policy indicators (for SIS)

	4 Areas	16 Directions	65 Key actions	Programme activities
Level	National policy		District and local (Programmes)	
Indicators	<p>Mainly Instrumental indicators at macro level</p> <p>e.g. ageing profiles, age & gender focused statistics, national policies and strategies</p>	<p>Instrumental & Outcome indicators at meso level</p> <p>e.g. Health promotion, family support, life long education e.g. Number of programmes, total expenditures for programmes, number of participants served, successful & less successful factors, qualitative feedbacks from stakeholders, needs of older people, quality of life of older people of the community as a whole</p>	<p>Mainly Outcomes indicators at programme level</p> <p>e.g. good and bad, key successful factors for the programmes (projects), programme impacts on programme participants & other stakeholders eg. Workers running the programmes, & expected final outcomes (e.g. empowered older persons participating in local elections)</p>	

