



Healthy Ageing

For MO





WHAT IS AGEING?

- Incremental universal phenomenon comprising of gradual loss of cells leading to deterioration of organ functions in a human body.
- Aging is an irreversible, unstoppable, time-dependent process that is neither detrimental nor good but should be assessed in the individual context, which would permit an individualized intervention to adjust the process to optimize functioning in the aging body.





AGE RELATED CHANGES IN HUMAN BODY

- Age related alteration affects across the elderly population and their body function diminishes
- Ageing is not a “disease” but the elderly population are more susceptible to various diseases due to diminished immune responses and poor regenerating capacities.
- It is important for a caregiver to understand the age-related changes in the human body which will further help in meeting their needs



WHAT IS HEALTHY AGEING?

- The process of developing and maintaining the functional ability that enables wellbeing in older age
- Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person's ability to:
 - meet their basic needs
 - learn, grow and make decisions
 - be able to roam around/ be mobile
 - build and maintain relationships
 - contribute to society

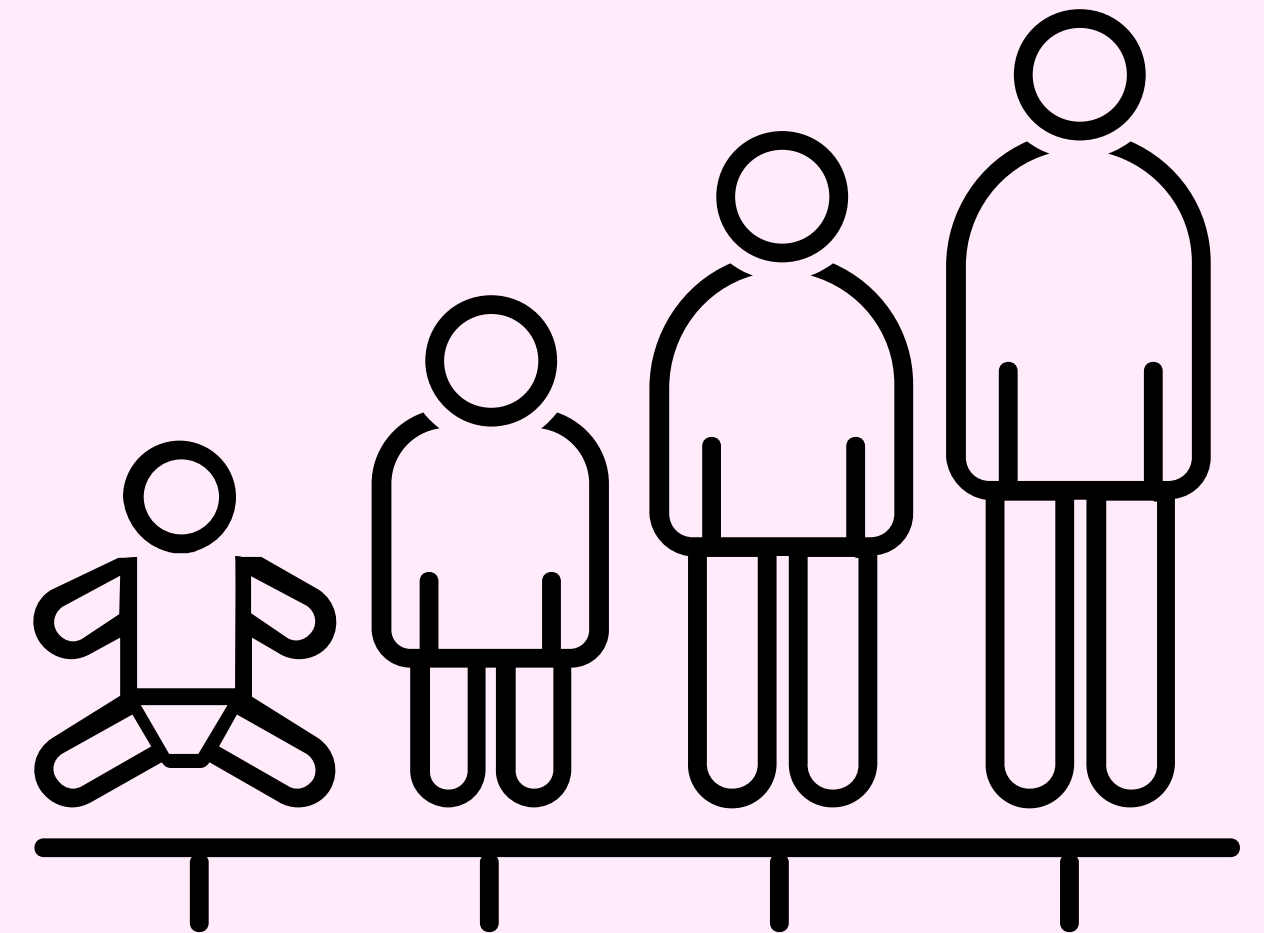




- Functional ability of an individual is made up of the interaction between his/her intrinsic capacity and the environment in which a person inhabits.
- Intrinsic capacity means all the mental and physical capacities like their ability to walk, think, see, hear and remember.
- This capacity changes with the presence of diseases, injuries and age-related changes. In the elderly, the intrinsic capacity is often reduced.
- Environment includes the home, community and broader society, and all the factors within them.



- The factors are the environment, people and their relationships, attitudes and values, health and social policies, the systems that support them and the services that they implement.
- For elderly, it is important to have an environment where in they can feel comfortable and accepted.



CONCEPT OF HEALTHY AGEING

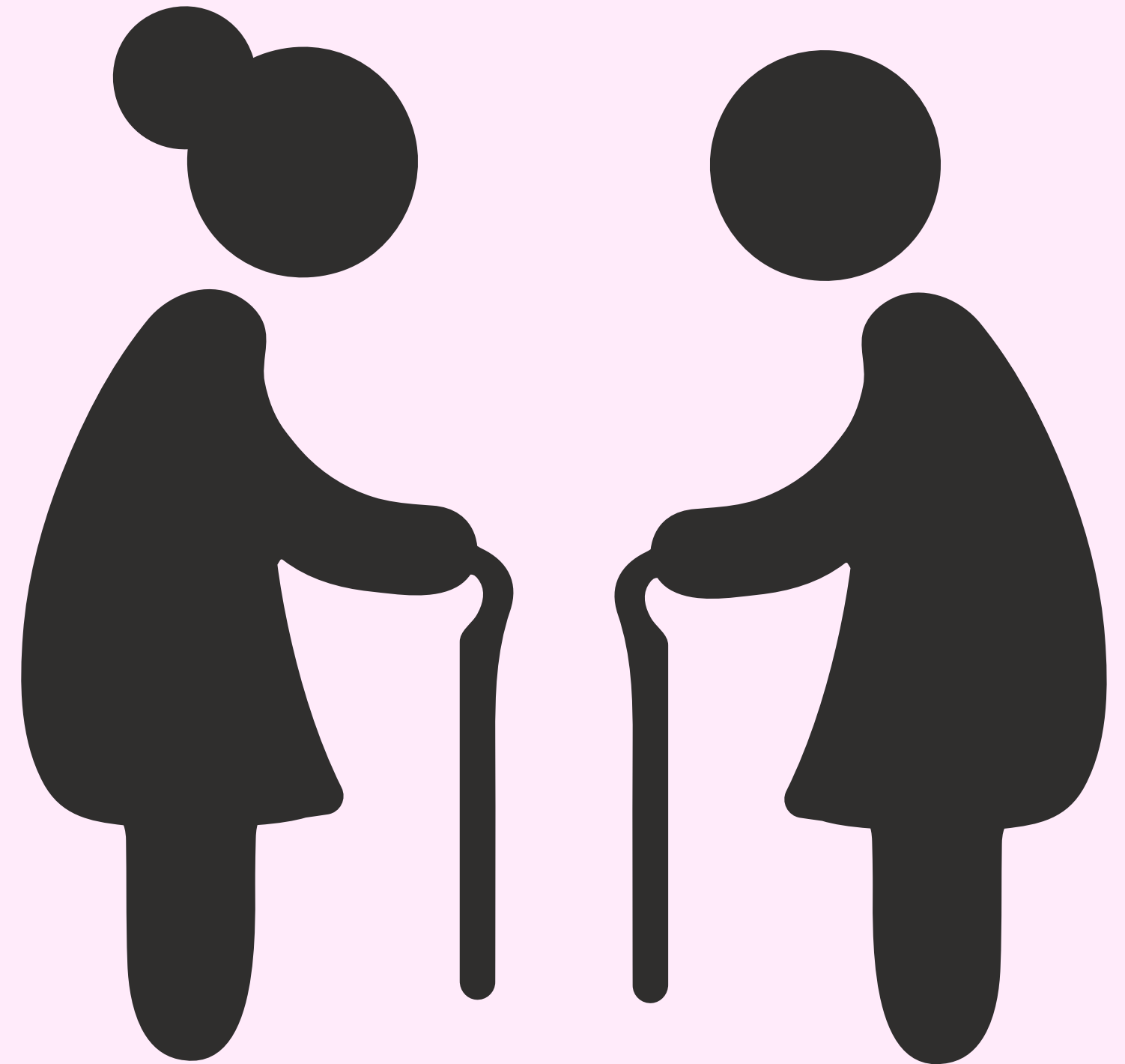


Healthy Ageing is the process of developing and maintaining the functional ability that enables well-being in older age.

- Low probability of disease & disease-related disability (good health)
- High cognitive and physical functional capacity (mobility & autonomy)
- Active engagement with life (psycho-social interaction with functional autonomy)

Factors adversely influencing healthy ageing:

- Physical inactivity
- Malnutrition
- Substance use /abuse
- Smoking tobacco
- Social disruption
- Economic dependence
- Environmental emergency situations
- Elderly abuses



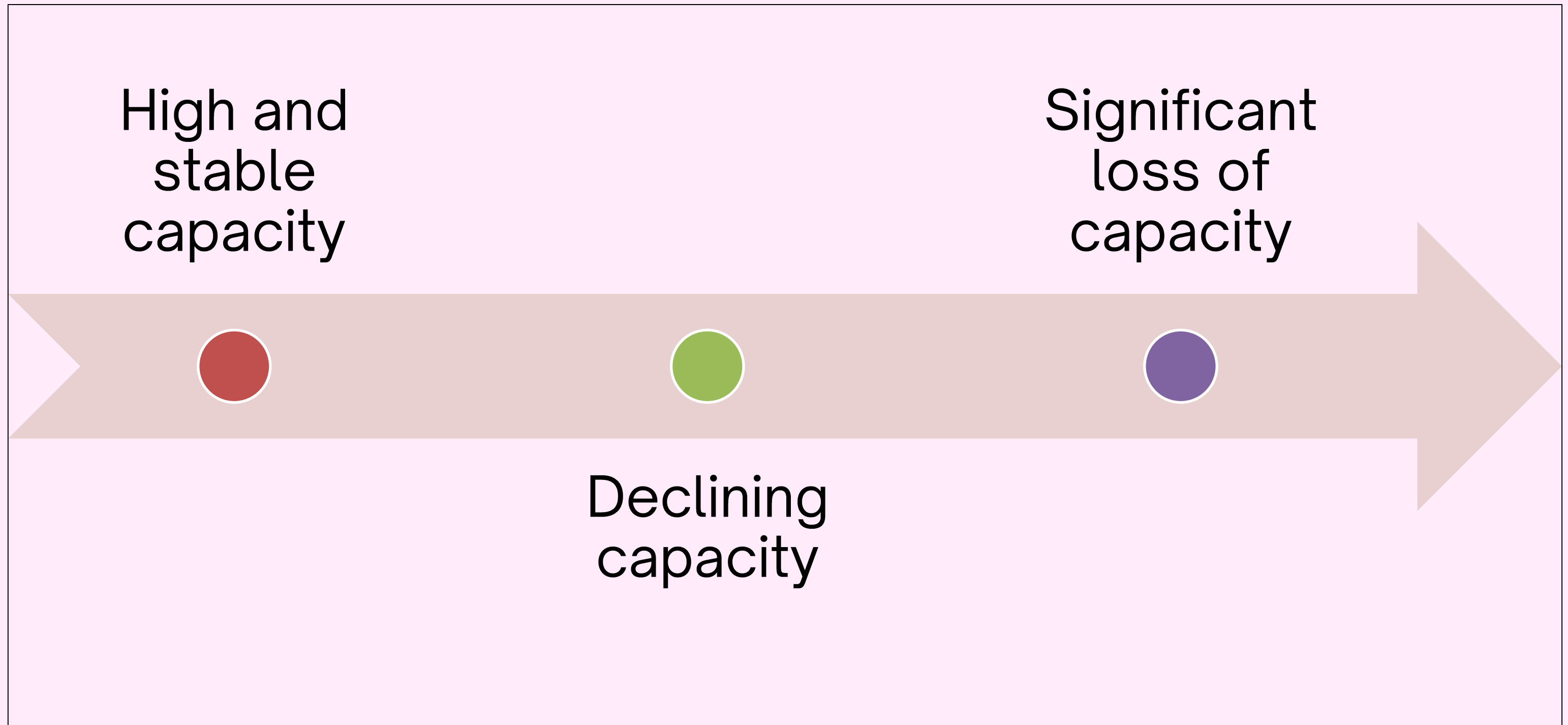


TRAJECTORIES OF AGEING

- Functional ability is determined by a person's intrinsic capacity and environmental factors and aging changes. i.e.
 - Motor, sensory and cognition, sexuality, immune & skin functions
 - Older people suffer from multi-morbidity, frailty, urinary incontinence, falls, etc.
- Deterioration of functional ability is reflected as inability to;
 - Move around, build and maintain relationships,
 - Meet their own basic needs, learn, grow and make decisions,
 - Contribute to the society



Trajectories of Ageing: There are 3 possible outcome of health while ageing





RATIONALE FOR ACTION

Why act on ageing and health

- Rights of older people
- Ageing and health development
- Economic imperatives

Things important to older people

- A role or identity
- Relationships
- The possibilities of enjoying
- Autonomy
- Security
- Potential for personal growth



HEALTHY AGEING - STRATEGY

Commitment to Action

- Establishing national frameworks towards Healthy Ageing
- Strengthening national capacities to formulate evidence-based policy
- Combating ageism

Align Health System to the need of the older people

- Orienting health systems around intrinsic capacity and functional ability
- Developing and ensuring affordable access to quality older person-centred and integrated clinical care
- Ensuring a sustainable and appropriately trained, deployed, and managed health workforce

Develop Aged Friendly Environment

- Fostering older people's autonomy
- Enabling older people's engagement
- Promoting multisectoral action



Strengthen Long Term Care

- Establishing and continually improving a sustainable and equitable long-term-care system
- Building the long-term care workforce and supporting informal caregivers
- Ensuring the quality of person-centred and integrated long-term care

Improve measurement, Monitoring and Research

- Agreeing on ways to measure, analyze, describe, and monitor Healthy Ageing
- Strengthening research capacities and incentives for innovation
- Building and synthesizing evidence on Healthy Ageing



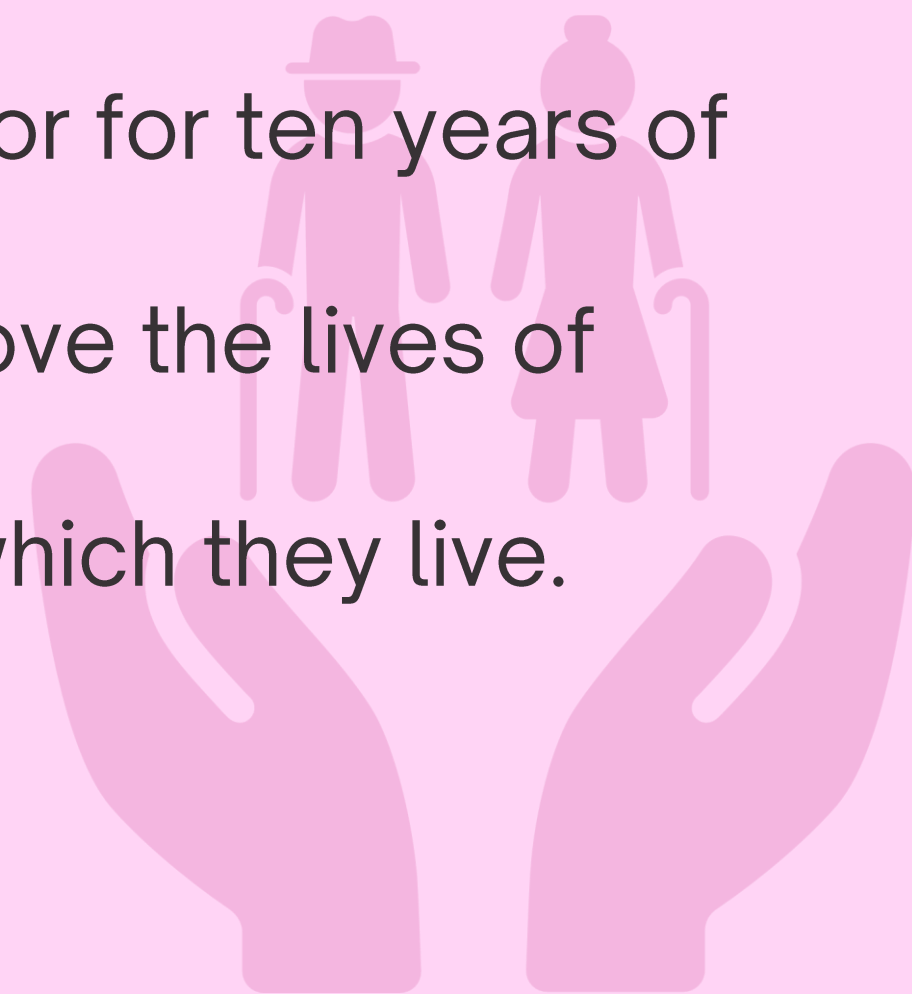


PUBLIC HEALTH FRAMEWORK

| Capacity | Health System | Long Term Care System | Environmental Modifications |
|------------------------------|---|-------------------------------------|---|
| High & stable capacity | Early detection, prevention and control of chronic conditions | | Promote capacity enhancing behaviours |
| Declining capacity | Reverse or slow the decline in capacity | Support capacity enhancing behavior | |
| Significant loss of capacity | Manage advanced chronic conditions | Ensure dignified late life | Remove barriers to participation, compensation for loss of Capacity |

DECADE OF HEALTHY AGEING 2020-2030

- The Decade of Healthy Ageing (2020-2030) is an opportunity to bring together the governments, civil society, international agencies, professionals, academia, media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.





Relevance to Sustainable Development Goals:

Goal 1 – No Poverty

Goal 2 – Zero Hunger

Goal 3 – Good health and Wellbeing

Goal 4 - Quality of Education

Goal 5 – Gender Equality

Goal 8 – Decent Work and Economic Growth

Goal 9 – Industry, Innovation and Infrastructure

Goal 10 – Reduced Inequalities

Goal 11 – Sustainable Cities and Communities

Goal 16 – Peace, Justice and Strong Institutions

Goal 17 – Partnerships for the Goals

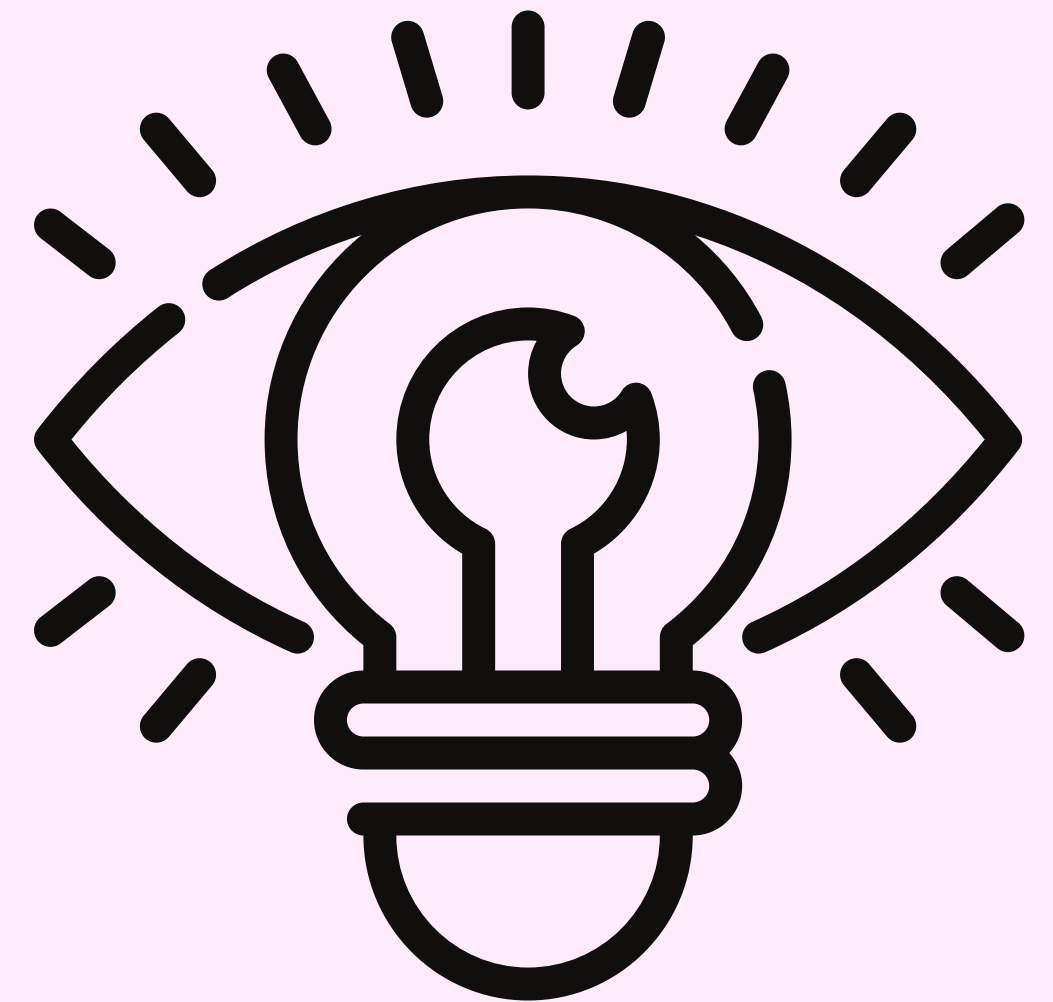


SUSTAINED ACTION AND VISION

- Why we need concerted sustained action?
 - Longer lives: at 60 years of age the expected life span is 22 years and the number of older people by 2050 will be 300 million in India
 - Adding life to years: there are lots of opportunities to keep good health while ageing and thus adds life to years
- There is need for Decade of Healthy Ageing (2020-2030), to shift ageing from challenges to opportunity



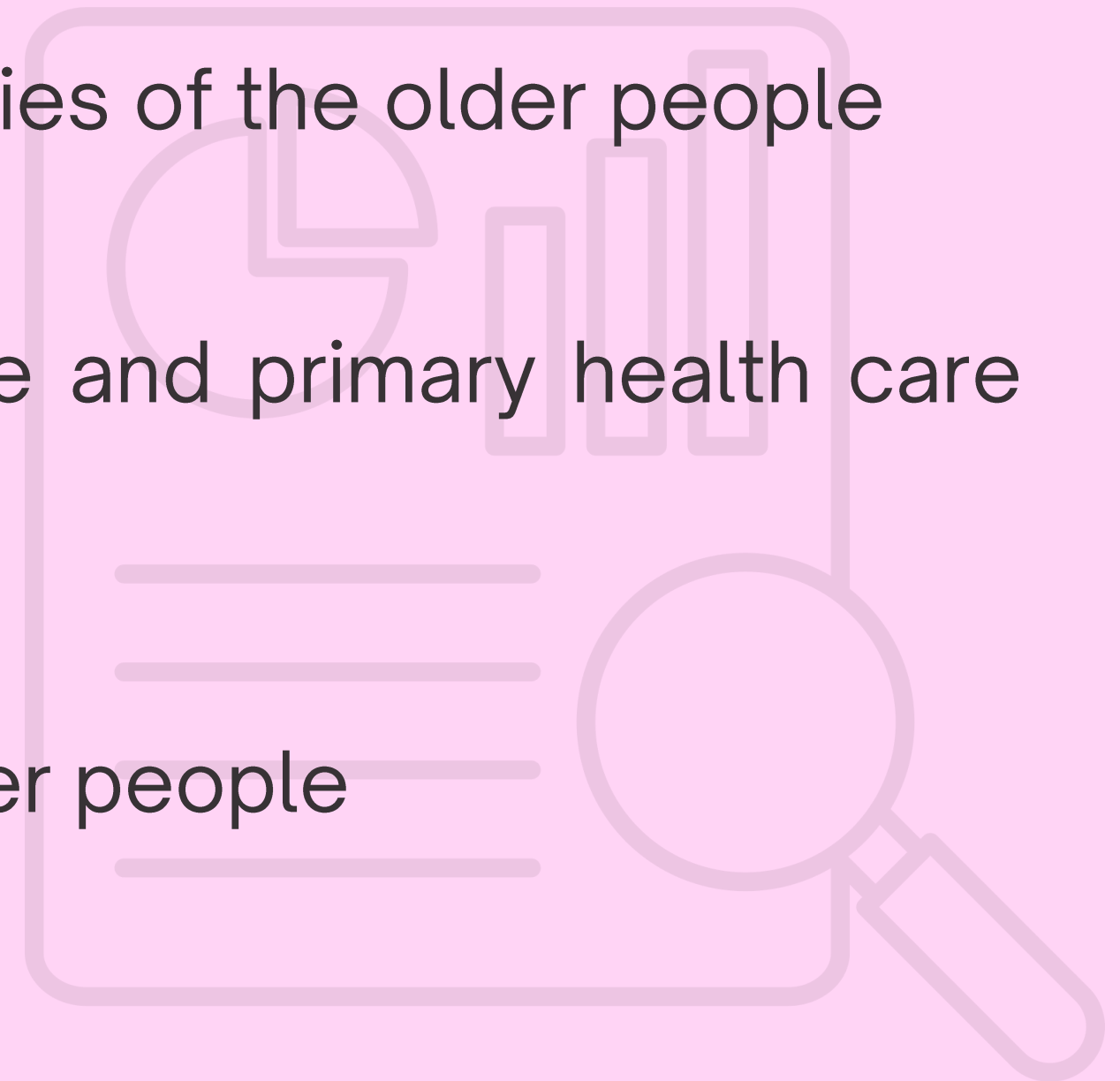
- Vision, principles & added values:
 - Solid foundation – plan of action is based on WHO strategies on ageing and health. It is based on Madrid International Plan of Action on Ageing
 - Vision – vision is a world in which all people can live long, healthy lives. It is linked to three priorities of Madrid International POA and reflected in the SDGs to leave no one behind
 - Added Values – Decade of action can increase the significance of an issue, create urgency to act, and generate transforming a change





- Areas for Action:

- Change – how we think, feel and act towards ageing and health
- Ensure that communities foster the abilities of the older people
- Deliver a person-centric integrated care and primary health care services to older people
- Provide access to long term care to older people



OPPORTUNITIES & AREAS OF ACTION

- Decade of health ageing provide opportunities for
 - Fostering Healthy Ageing – Integration of health social care and age friendly environment and reap benefits of better health, nutrition, skill, knowledge and social connectivity, personal and financial security and dignity.
 - Harness Technology – Science, medical, assistive technology and digital initiatives.
 - Engage Societies – Engagement with groups, communities, private sector in policy and programmes design and delivering services.

CHANGE AND MEASURING SUCCESS

Partnership for Change

- Collaborative, multi-sectoral, and multi-stakeholder partnering
- Listen to the diverse voices and engage older people
- Nurturing leadership and building capacity for appropriation
- Connecting various stakeholders
- Strengthen data, relating to search and innovation



Understanding, measuring success together-

- Take stock of vision and action areas
- Build on indicators of progress of strategy
- Extend other policies instruments to involve older people
- Link to 4 enabler of voice & engagement, leadership & Capacity building, and research & innovation



WAY FORWARD

- Comply with WHO strategies on healthy ageing
 - Complete preparedness (2016-2020)
 - Decade of healthy ageing (2020-2030)
- So, where we stand
 - The population ageing will continue, and so the consequences. If we are sluggish, it can lead to a disaster OR If we are concerned, it can become an opportunity, but it all depends on how well we are prepared for it



Thank You

