



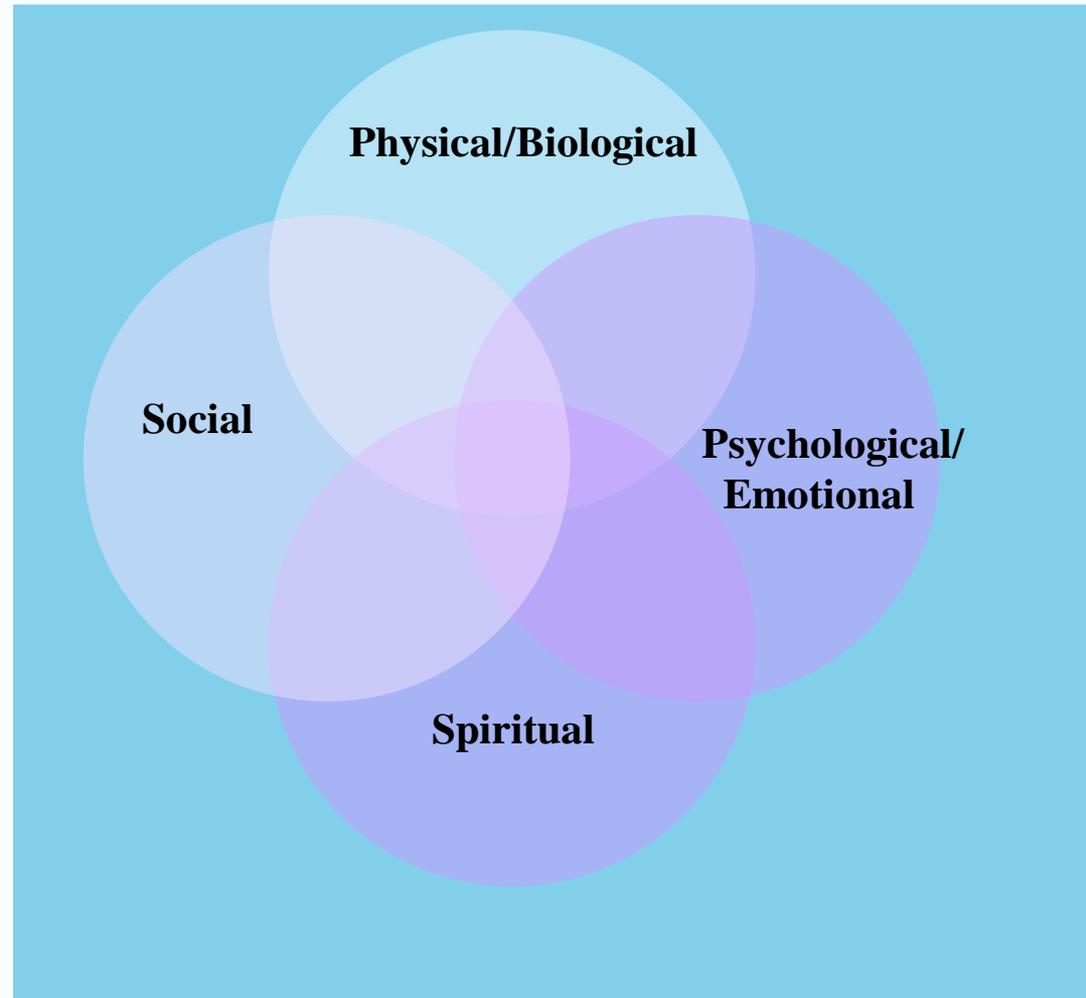
Caribbean Preparatory Meeting for the Fourth Regional Conference on Ageing

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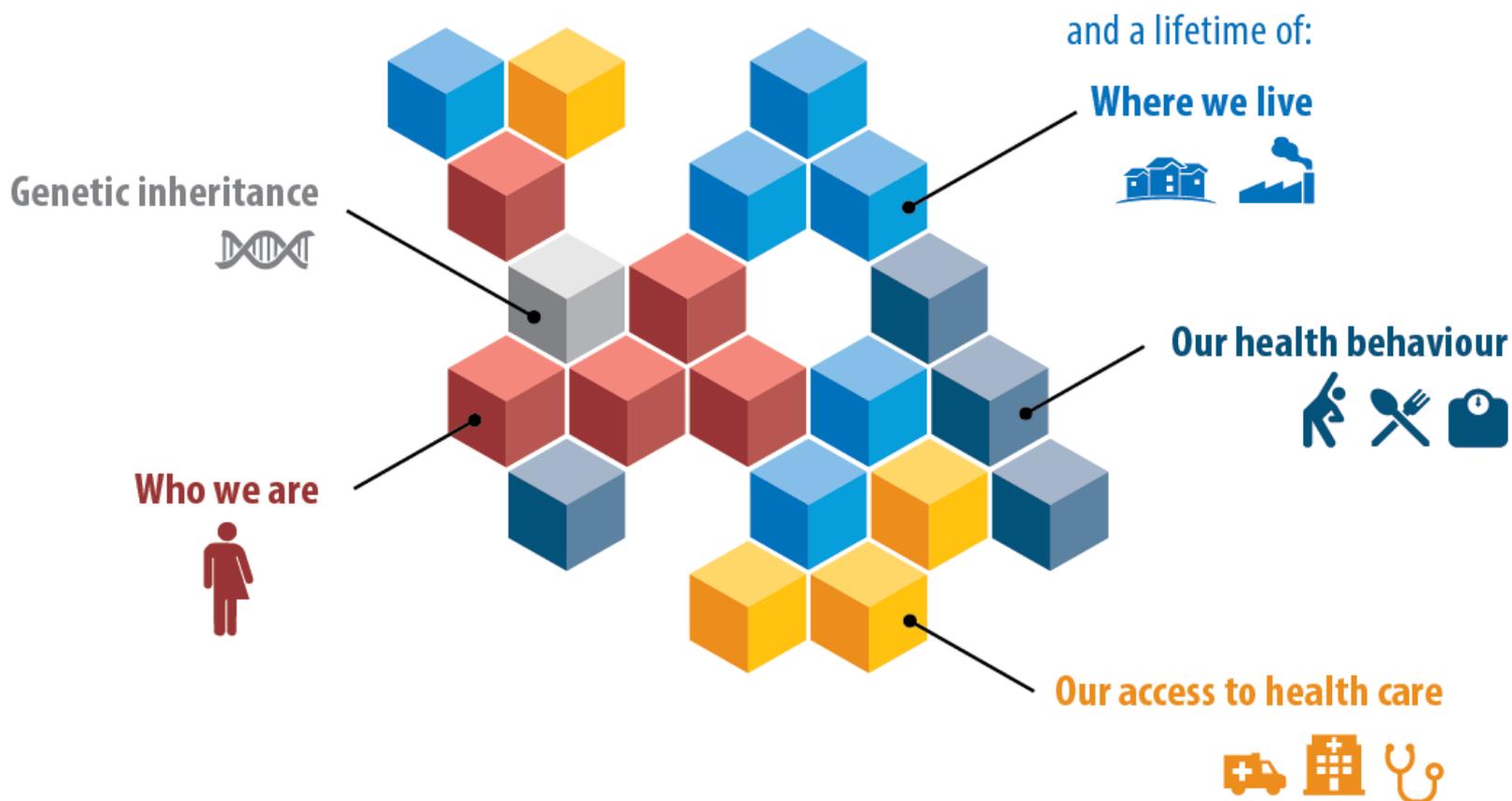
Ageing

- A lifelong process of change driven by genetics and the environment - particularly the social determinants



Health in older age is not random

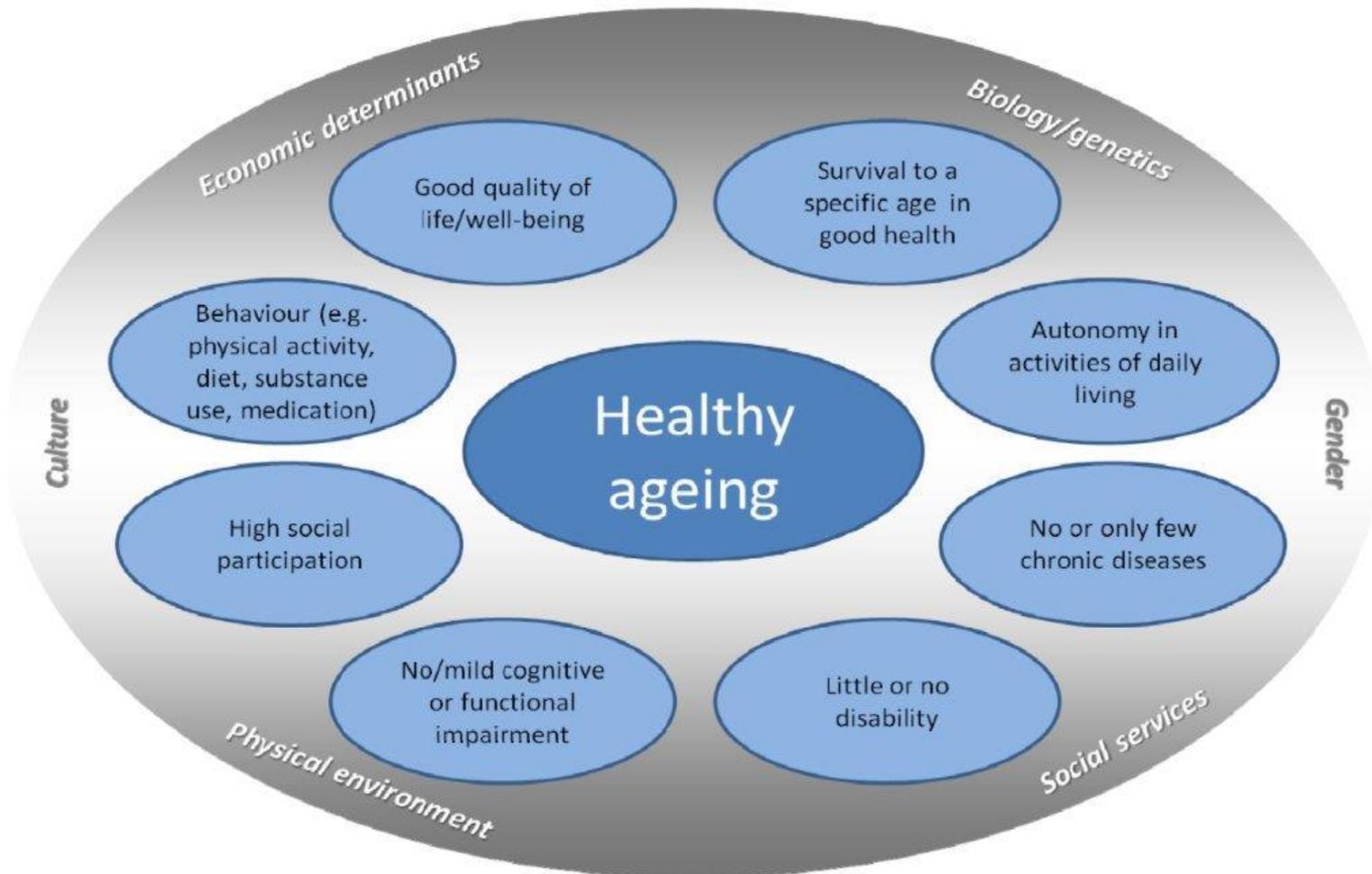
What makes us age differently?



Aspects of *ageing well*

- Active ageing is the process of taking advantage of all the opportunities to reach older ages functionally independent and self sufficient having self control and self awareness.
- Healthy Ageing is an important component of such a journey and has actions targeting all the components
 - Defined as the process of developing and maintaining the functional ability that enables wellbeing in older age
 - Much more than providing health services

Healthy Ageing



Healthy Ageing

- Begins at birth
- Needs an integrated approach with all other health, social and developmental programmes across the lifespan
- Diet and lifestyle choices impact health at all ages – the earlier good practices begin the better
 - Food choices
 - Physical activity
 - Smoking
 - Good examples coming out of some Caribbean countries in addressing these

THE GOAL:

Maximise
Functional
Ability



Key Concepts

- Healthy Ageing is relevant for everybody
- Functional ability
 - determined by the person's intrinsic capacity, relevant environmental factors, and the interaction between the two
 - Environmental factors include policies, systems, and services related to transport, housing, social protection, streets and parks, social facilities, and health and long-term care; politics; products and technologies; relationships with friends, family, and care givers; and cultural and social attitudes and values.

There is no “typical” older person



▶ EVERY OLDER PERSON IS DIFFERENT



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



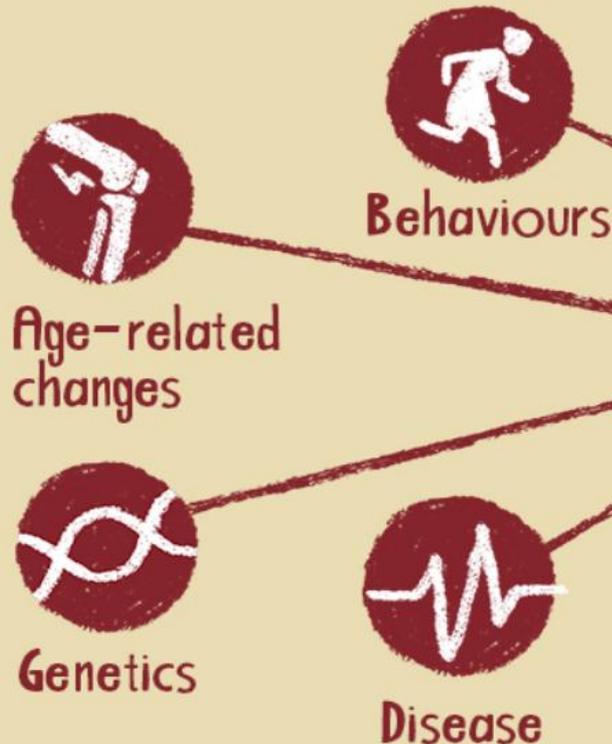
Some require full time assistance for basic everyday tasks.

Programmes need to address...

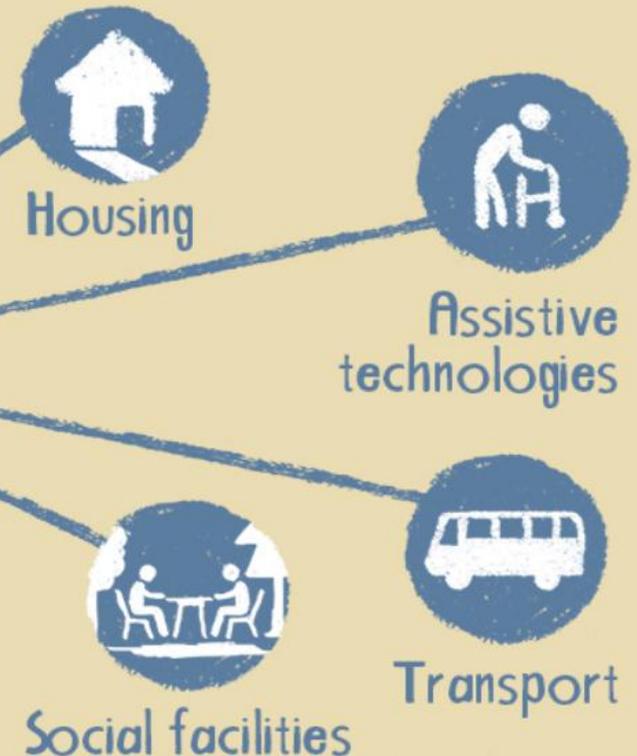
Health is crucial to how we experience older age.

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



ENVIRONMENT THEY LIVE IN



Guiding Principles of Healthy Ageing

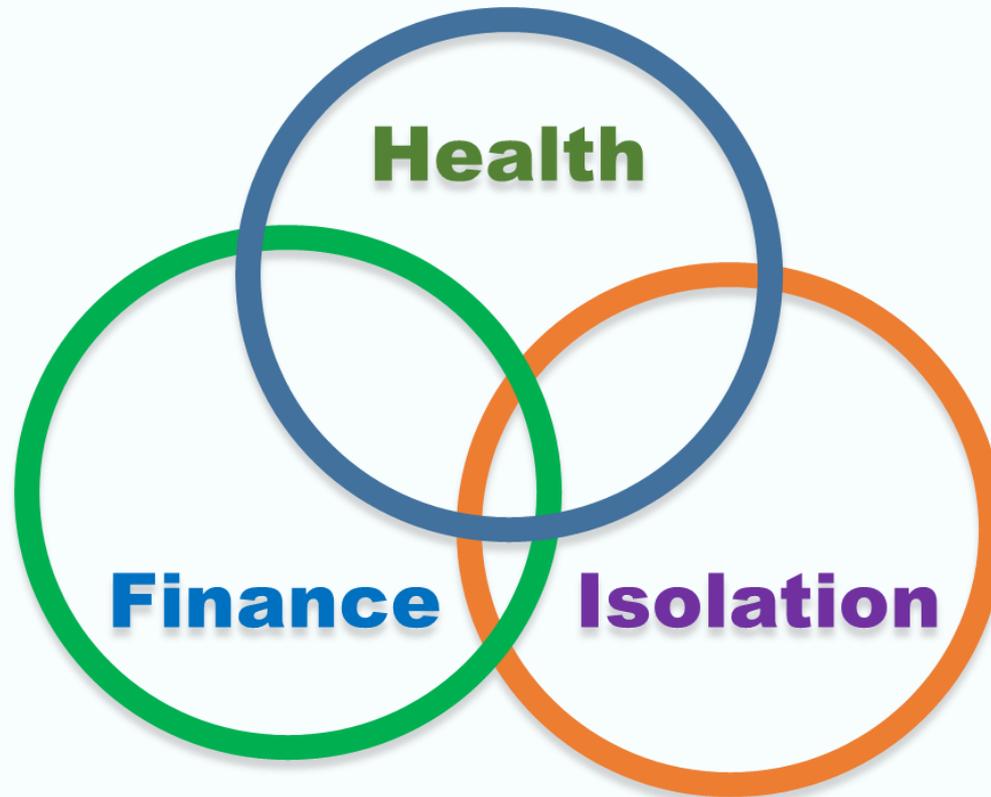
- Human rights, including the right that older people have to the best possible health and its accountable, progressive realization
- Gender equality
- Equality and non-discrimination, particularly on the basis of age
- Equity (opportunity to the determinants of healthy ageing that does not reflect social or economic status, place of birth or residence or other social determinants)
- Intergenerational solidarity (enabling social cohesion between generations).

Barriers to Healthy Ageing

- Outdated and ageist stereotypes
- Inadequate policies
- Lack of accessibility
- Inadequate or absent services
- Lack of consultation and involvement

Stressors

- Public Health Framework



- 2015 - WHO launched the programme of Healthy Ageing replacing the earlier “active ageing” programme. In reality it is a name change. Same mission
- The vision of Healthy Ageing is a Region in which everyone can live a long healthy life. It is a world that fosters functional ability promoted across the life course (WHO 2015)
 - where older persons experience equal rights and opportunity (WHO 2015)
 - It begins with support to the promotion of health of young people continues with activities targeting each age group with age specific messages

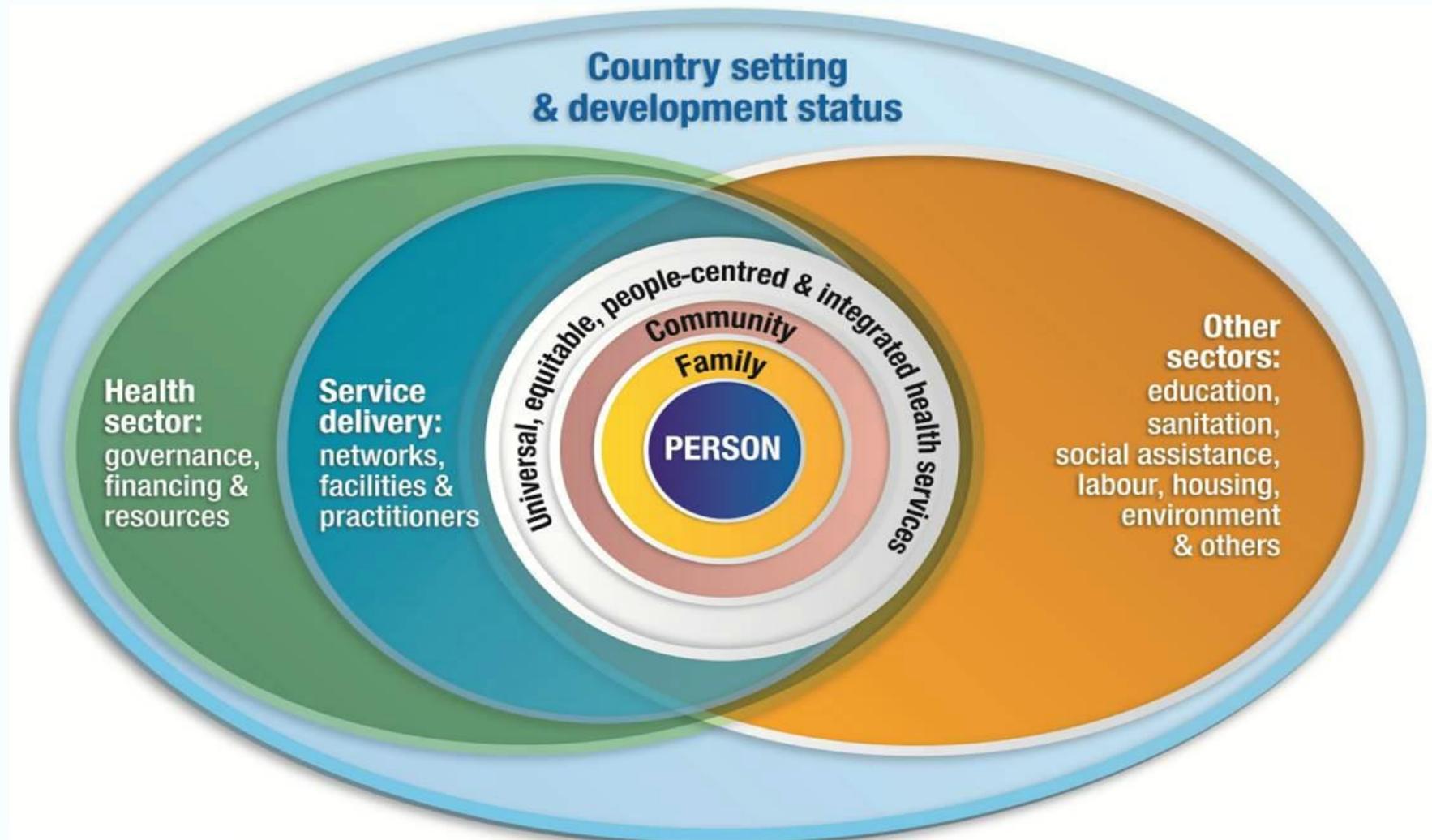
Strategic Objectives for countries

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

Strategic Objectives for countries

- Each country in the Region will need to identify what they can do with each objective given the local situation and resources
- The meeting document will help each country identify gaps and needs

Multi-sectorial Action



▶ 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



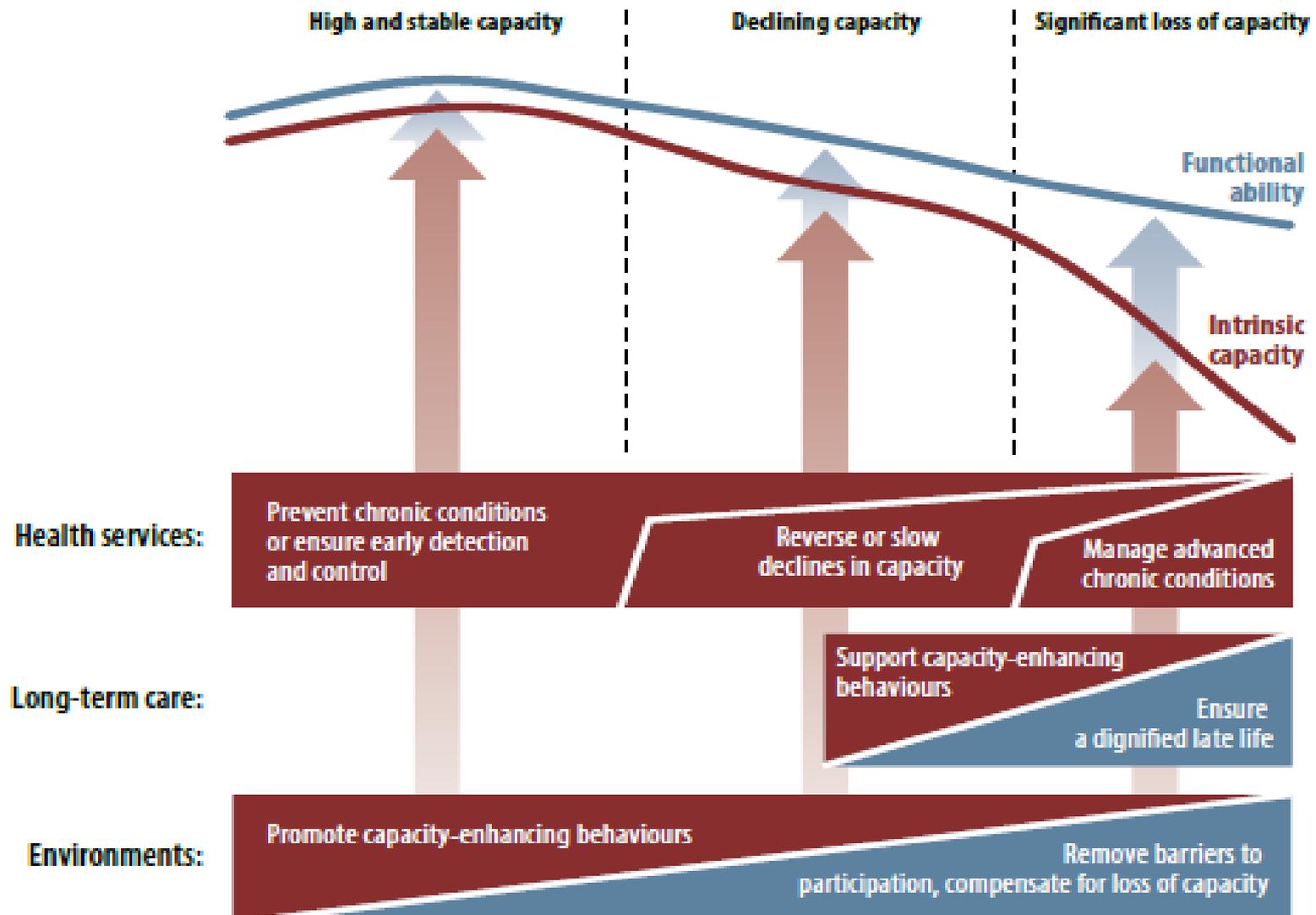
Development of systems for long-term care



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

the change has to start the process

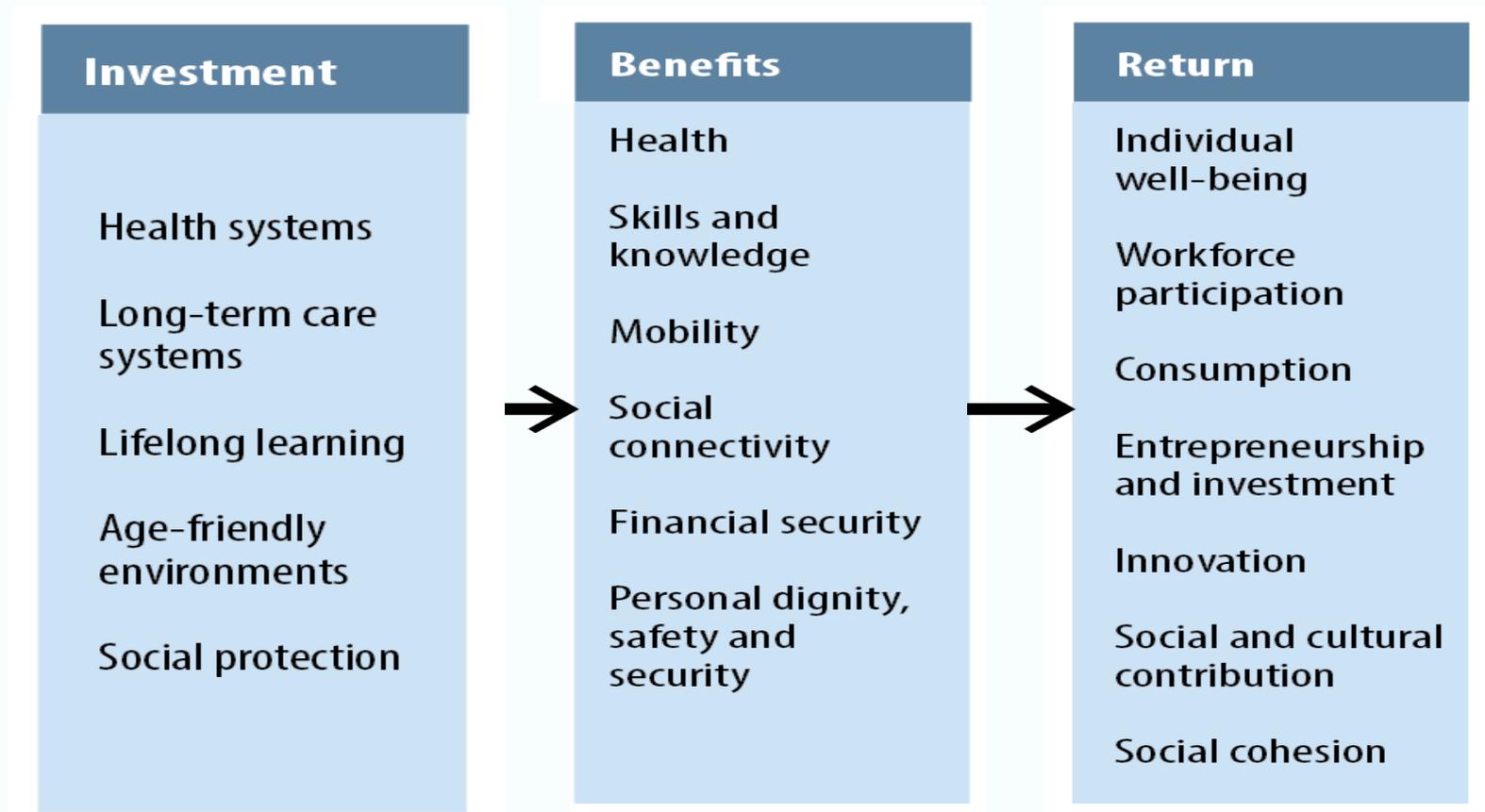
A public-health framework for *Healthy Ageing*: opportunities for public-health action across the life course



Multi-sectorial Action

- Policies which are cross cutting and not limited to health are needed to promote and encourage strategies to reinforce resilience and psycho-social growth
- Multi-disciplinary and horizontal (not vertical) integrated programmes especially between health & social services
- Clear role for NGO's and private sector
- Persons in poverty/low income often have low education and low health literacy as well as less access to health care. Active ageing promotes addressing all aspects.

Healthy ageing is an investment, not a cost



Four Main Actions

1. Align Health Systems

- Place older people at the centre of health care
- Shift the care focus from managing diseases to optimizing what people can do
- Develop the health workforce

2. 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

3. Develop Age-Friendly Environments

- Creating age-friendly environments requires collaboration and coordination across multiple sectors and with diverse stakeholders, including older people.
- Age-friendly environments promote health, remove barriers, and provide support for people experiencing losses in capacity
 - they can ensure older people age safely in a place that is right for them, are free from poverty, can continue to develop personally, and can contribute to their communities while retaining autonomy and health.

4. Improve Measurement, Monitoring, and Understanding

- Agree on metrics, measures and analytical approaches
- Improve understanding of the health status and needs of older populations
- Increase understanding of ageing trajectories and what can be done to improve them

Key Actions

- 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

Key Actions

- Fostering older people's autonomy
- Enabling older people's engagement
- Promoting multi-sectorial action
- Combat ageism

- **So why isn't it happening?**

- **Can it happen?**



Starting Point - Reframing the Discussion

- To date the conversation is at meetings like this – people already convinced of its importance but for most persons ageing is misunderstood
- The misconceptions create obstacles to practice & policies

How Does the Public Think?

- Very differently from the experts who assume ageing is normal, inevitable and part of development
- The public often views ageing as negative, associated with decline and therefore want to stay young and will pay money for products and programmes to do so.
- How do we get people and governments to be as willing to spend on programmes to promote healthy ageing?

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- We need a more productive conversation which disrupts the deep durable negative assumption and modelling of older persons as only persons with problems and who need services
 - Reframing means a life course approach beginning early to help persons understand ageing as a continual process.
 - A lack of public understanding will perpetuate the challenge.

Investing in *Healthy Ageing*

- creating a future that gives older people the freedom to live lives that previous generations could never have imagined.



References

- *World Report on Ageing and Health*. World Health Organization. 2015



“Youth is the gift of nature,
but age is a work of art”



Thank You

