

Focusing on Opportunities: Active Ageing



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What is Active Ageing?

Definitions by:

- Organization for Economic Co-operation and Development (OECD)
- European Union (European Commission)
- World Health Organization (WHO)

OECD (2000)

Active Ageing is the capacity of people, as they grow older, to lead productive lives in society and in the economy.

European Commission (1999)

Active Ageing is about adjusting life practices to the fact that we live longer ... it means adopting healthy life styles, working longer, retiring later and being active. Promoting active ageing is about promoting opportunities for better lives, not about reducing rights.

WHO (2002)

Active Ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as we age.

Three pillars of a policy framework for Active Ageing



How does Active Ageing relate
to:

Commitment 4: Strengthen
Social Protection

Commitment 7: Promote overall
health of the population

Policy Objectives of Commitment 4

- Prevent poverty and provide adequate benefit levels
- Adapt social protection systems to demographic changes
- Establish regulatory frameworks for occupational and private pensions
- Pay attention to social protection of women and men

The Opportunities for Policy in an Aging Society: Can we do it?

- Encourage working longer
- Raise the statutory retirement age and make retirement more flexible
- Ensure public pensions are adequate for those who do not have the opportunity to build adequate retirement savings accounts and envisage age-related “social” pensions

The Opportunities for Policy: Can we do it?

- Ensure protection against mismanagement and other market failures endangering retirement savings
- Pay special attention to the needs of women in retirement
- **END AGE DISCRIMINATION!!!**

Policy Objectives of Commitment 7

- Promote health and wellbeing over the entire life course by mainstreaming health through intersectoral policies
- Ensure equal access to health and social services including long-term care for persons of all ages
- Ensure appropriate financing of health and social services
- Enable people to make healthy choices

WHO Conceptual Underpinnings: Determinants of Active Ageing



Basic Health Indicators

Country	% of pop. 60 plus	Life	Life	Adult	
		Expectancy Birth (Male)	Expectancy Birth (Female)	Mortality Rate ¹ Male	Mortality Rate ¹ Female
Czech Republic	19.6	73	79	161	69
France	20.9	76	83	132	60
Kazakhstan	11.4	56	66	424	187
Latvia	22.3	66	76	300	115
Russian Federation	17.3	59	72	485	180
Canada	17.5	78	83	91	57

¹ Male Female Adult Mortality Rate (probability of dying per 1000 between age 15 and 60)

Selected Countries in UN/ECE Region: from World Health Report 2006

The Opportunities for Policy Change: Can we do it?

- Debunk myth that investments in health promotion and prevention for older people are too late in life and not cost effective
- More attention to “environmental and social ” factors and their influence on older people’s well-being
- Switch from the acute care to a chronic care paradigm
- Ensure PHC providers are familiar with the basics of geriatric care

Long-term care: new directions?

- Long-term care (LTC) is not just for older persons
- LTC is needed only by a minority and disability rates may be declining
- Promising models exist for financing: social insurance model in Germany and community-based models in Nordic countries
- Biggest challenge: linking family, health care and social services while respecting individual choice

REMEMBER!!!

The demand for health care in an aging population depends ultimately on the health status of the older citizens and **NOT** simply on age!!!