

Info Day AAL Programme

27 January 2021 Dr Vânia de la Fuente-Núñez

https://www.who.int/ageing/en/

Good Health Adds Life to Years

What is *Healthy Ageing*?

"Healthy Ageing" is the process of developing and maintaining the functional ability that enables wellbeing in older age.

What is Functional Ability?



How can we foster Functional Ability?



How can we foster Functional Ability?





Decade of Healthy Ageing

Decade of Healthy Ageing

A participatory, concerted and sustained global effort, centered around the voices, rights, abilities and needs of older people



4 action areas to make a real difference to lives

- 1. Changing how we think, feel and act towards age and ageing
- 2. Ensure that communities foster the abilities of older people
- 3. Deliver integrated care and primary health services responsive to older people
- 4. Provide access to long-term care for older people who need it

4 enablers to help partner for change

- 1. Voice and engagement of older people, families, communities
- 2. Nurturing leadership and capacity building
- 3. Connecting stakeholders
- 4. Data, research and innovation



Changing how we think, feel and act towards age and ageing

WHAT

- Support educational and intergenerational activities to reduce ageism and foster intergenerational solidarity.
- Support programmes and policies / laws to reduce and eliminate ageism in various sectors, including health, employment and education

USING INNOVATION

Using innovative solutions to foster connections between generations

Ensure that communities foster the abilities of older people

WHAT

- Support the development of age-friendly communities, cities and countries by connecting partners, facilitating information exchange and learning and sharing good practice.
- Support inclusion of the voices of older adults in multisectoral and multi-stakeholder platforms, processes and dialogues.

USING INNOVATION

Fostering social connections, mobility, learning and ability to contribute

Deliver integrated care and primary health services responsive to older people

 Help to implement integrated care for older people. Provide pre-service education and training in countries where there is a shortage of health care professionals and address gaps in training. 	WHAT US		USING INNOVATION
in countries where there is a shortage of health	•		Using innovation to foster integrated care
	•	in countries where there is a shortage of health	

Provide access to long-term care for older people who need it

WHAT

- **Provide good-quality LTC** that complies with national standards, guidelines and protocols.
- Promote the development, production and availability of assistive and digital technologies and innovations that contribute to good-quality LTC.

USING INNOVATION

Innovative assistive health technologies

Platform for the Decade of Healhy Ageing

The Platform is a collaborative and democratic online space where all relevant knowledge can be found, shared and produced by all stakeholders.

Co-produced with Governments, civil society, older persons, academics and businesses, it will be launched when the UN Decade is adopted.





https://www.decadeofhealthyageing.org/

Thank you

Dr Vânia de la Fuente-Núñez Technical Officer World Health Organization