Healthy Ageing

Info Day AAL Programme

27 January 2021

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https://www.who.int/ageing/en/
Good Health Adds Life to Years
“Healthy Ageing” is the process of developing and maintaining the functional ability that enables wellbeing in older age.
What is Functional Ability?

Functional Ability = Intrinsic Capacity + Environment
How can we foster Functional Ability?

- High and stable capacity
- Declining capacity
- Significant loss of capacity

Functional ability
Intrinsic capacity
How can we foster Functional Ability?

- **Health services:** Prevent chronic conditions or ensure early detection and control, Reverse or slow declines in capacity, Manage advanced chronic conditions.
- **Long-term care:** Support capacity-enhancing behaviours, Ensure a dignified late life.
- **Environments:** Promote capacity-enhancing behaviours, Remove barriers to participation, compensate for loss of capacity.
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

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<th>WHAT</th>
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<tr>
<td>• Support educational and intergenerational activities to reduce ageism and foster intergenerational solidarity.</td>
<td>Using innovative solutions to foster connections between generations</td>
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<td>• Support programmes and policies / laws to reduce and eliminate ageism in various sectors, including health, employment and education</td>
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Ensure that communities foster the abilities of older people

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<td>• Support the <strong>development of age-friendly communities, cities and countries</strong> by connecting partners, facilitating information exchange and learning and sharing good practice.</td>
<td>Fostering social connections, mobility, learning and ability to contribute</td>
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<td>• Support <strong>inclusion of the voices of older adults</strong> in multisectoral and multi-stakeholder platforms, processes and dialogues.</td>
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Deliver integrated care and primary health services responsive to older people

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<td>Help to <strong>implement integrated care for older people</strong>.</td>
<td>Using innovation to foster integrated care</td>
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<td>Provide <strong>pre-service education and training</strong> in countries where there is a shortage of health care professionals and address gaps in training.</td>
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Provide access to long-term care for older people who need it

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<td>• Provide good-quality LTC that complies with national standards, guidelines and protocols.</td>
<td>Innovative assistive health technologies</td>
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<td>• Promote the development, production and availability of assistive and digital technologies and innovations that contribute to good-quality LTC.</td>
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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

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