



# ACTIVE AGING IN ASIA PACIFIC

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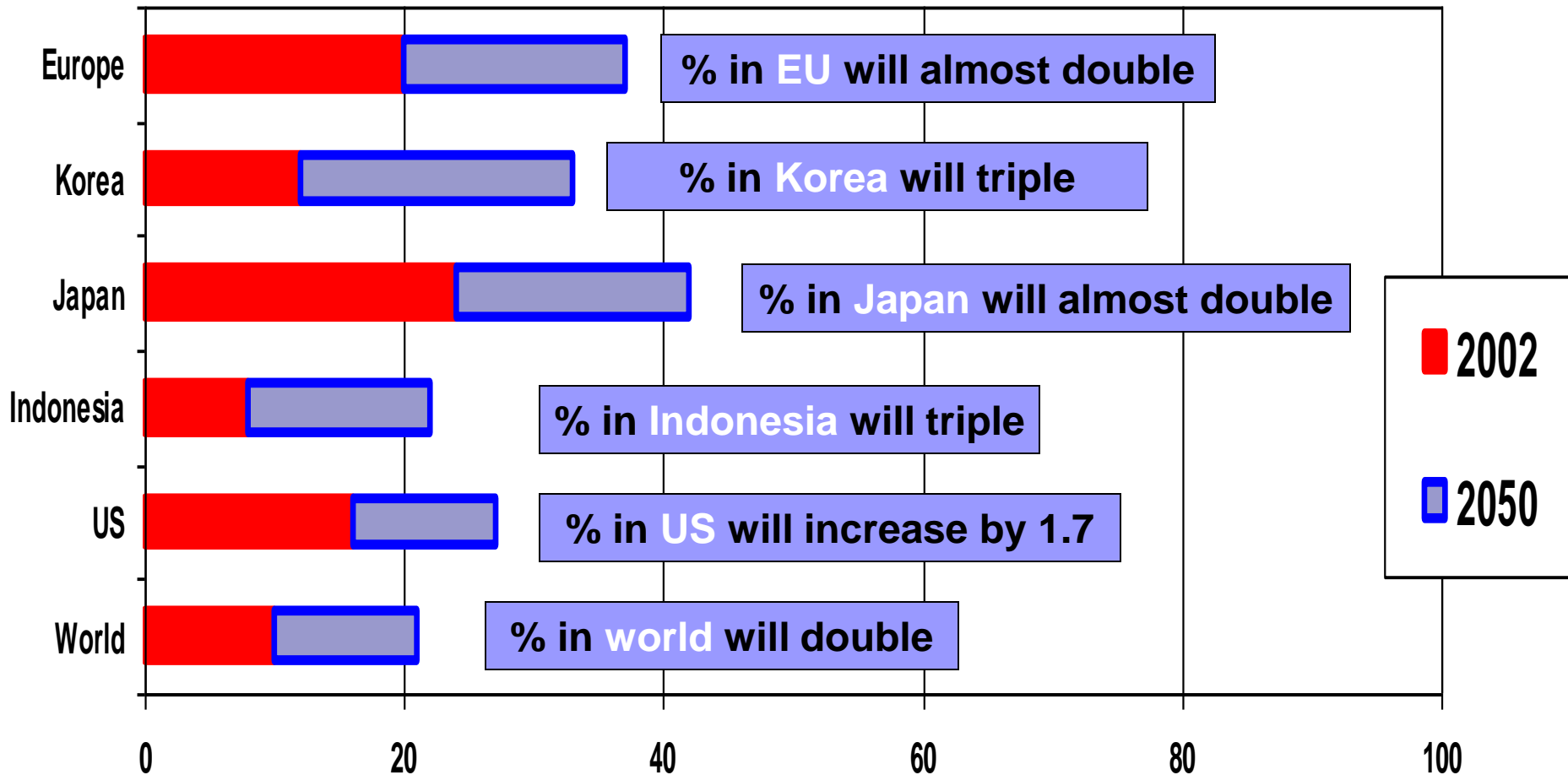
Donghee Han, PhD and Hee Uen Nam, PhD, Kosin Univ, Busan, Korea



# Speakers

- Kathryn L. Braun, DrPH, University of Hawaii, Honolulu, USA
- Tribudi Rahardjo, PhD, Universitas Indonesia, Jakarta, Indonesia
- Takeo Ogawa, PhD, Kumamoto Gakuin University, Kumamoto, Japan
- Donghee Han, PhD and Hee Uen Nam, PhD, Kosin Univ, Busan, Korea

# Percent of population 60+ will double or triple in many regions (UN 2002)



# Reasons for Population Aging

- Declining mortality in Asia-Pacific
  - Health, wealth, safer environments
- Declining fertility
  - Below “replacement” in many East-Asian countries
- Low in-migration
  - More leaving
  - Fewer coming

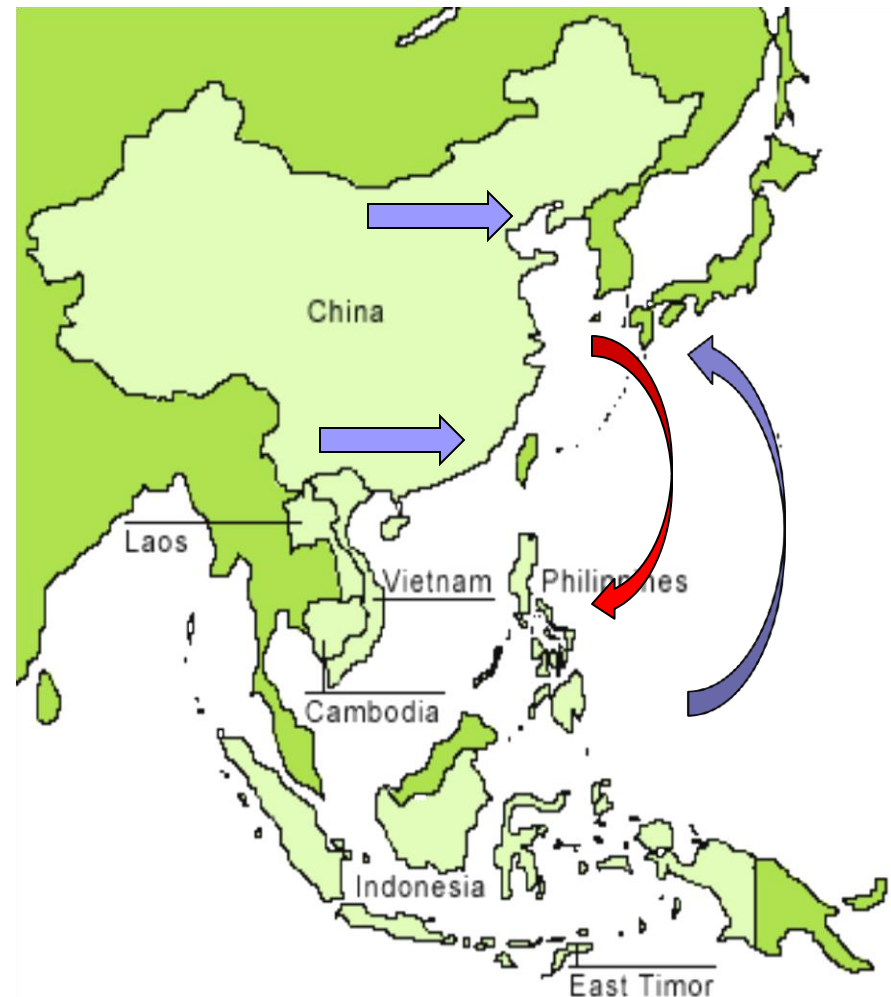


# Number of working-age people (age 15-64) for every person 65+ is decreasing.

	2002	2050
Europe	1 😊 ----- 4 😊😊😊😊	1 😊 ----- 2 😊😊
US	1 😊 ----- 5 😊😊😊😊😊	1 😊 ----- 3 😊😊😊
Japan	1 😊 ----- 4 😊😊😊😊	1 😊 ----- 1 😊
Korea	1 😊 ----- 9 😊😊😊😊😊😊😊😊😊	1 😊 ----- 2 😊😊
Indonesia	1 😊 ----- 13 😊😊😊😊😊😊😊😊😊😊😊😊😊😊😊	1 😊 ----- 4 😊😊😊😊

# Aging-related immigration within Asia

- Women from Indonesia, Vietnam, Philippines to Japan and Korea to provide eldercare (as workers and wives/mothers)
- Retirees from wealthier Asian nations moving to the Philippines and other less-rich countries for retirement and long-term care



# Implications



1. **More elders**, but fewer “working adults” to pay pensions.
2. **If older people need help**, there are fewer young people to take care of them.
3. Populations of Japan and Korea are decreasing.

# Rich vs. Poor Economies

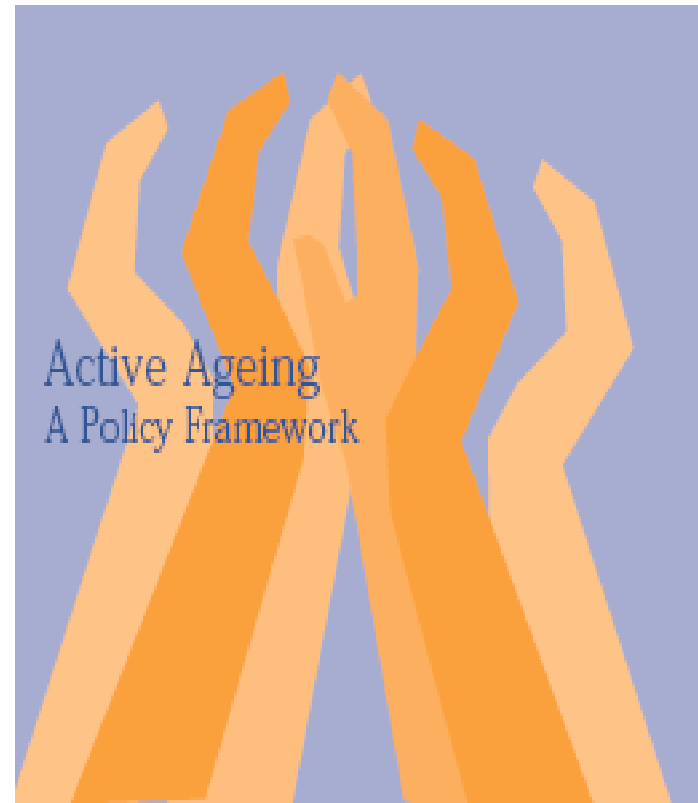
- Very few countries can afford an EU-type system, with high pensions and extensive services
- Many Asian countries are “getting old before getting rich.”
- Must build on family-care systems and consider elders as resources.





# Active Aging

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



World Health Organization  
2002 Policy Framework

# Paradigm shift!

- We can no longer think of elders as “non-contributors”
  - 50 is the new 30
  - 60 is the new 40
  - 70 is the new 50
  - 80 is the new 60

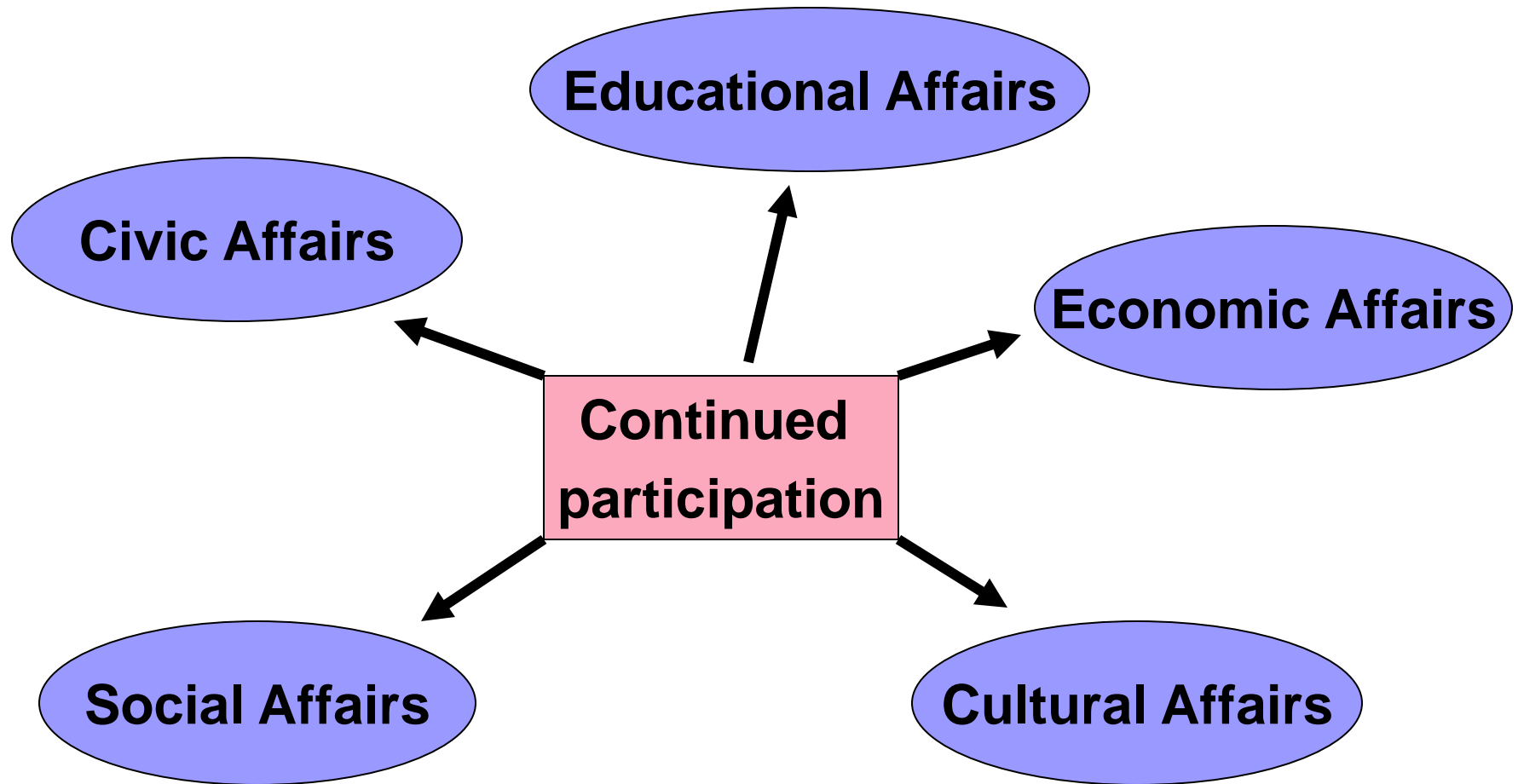


# Active aging means we must consider elders as a resource, not a burden

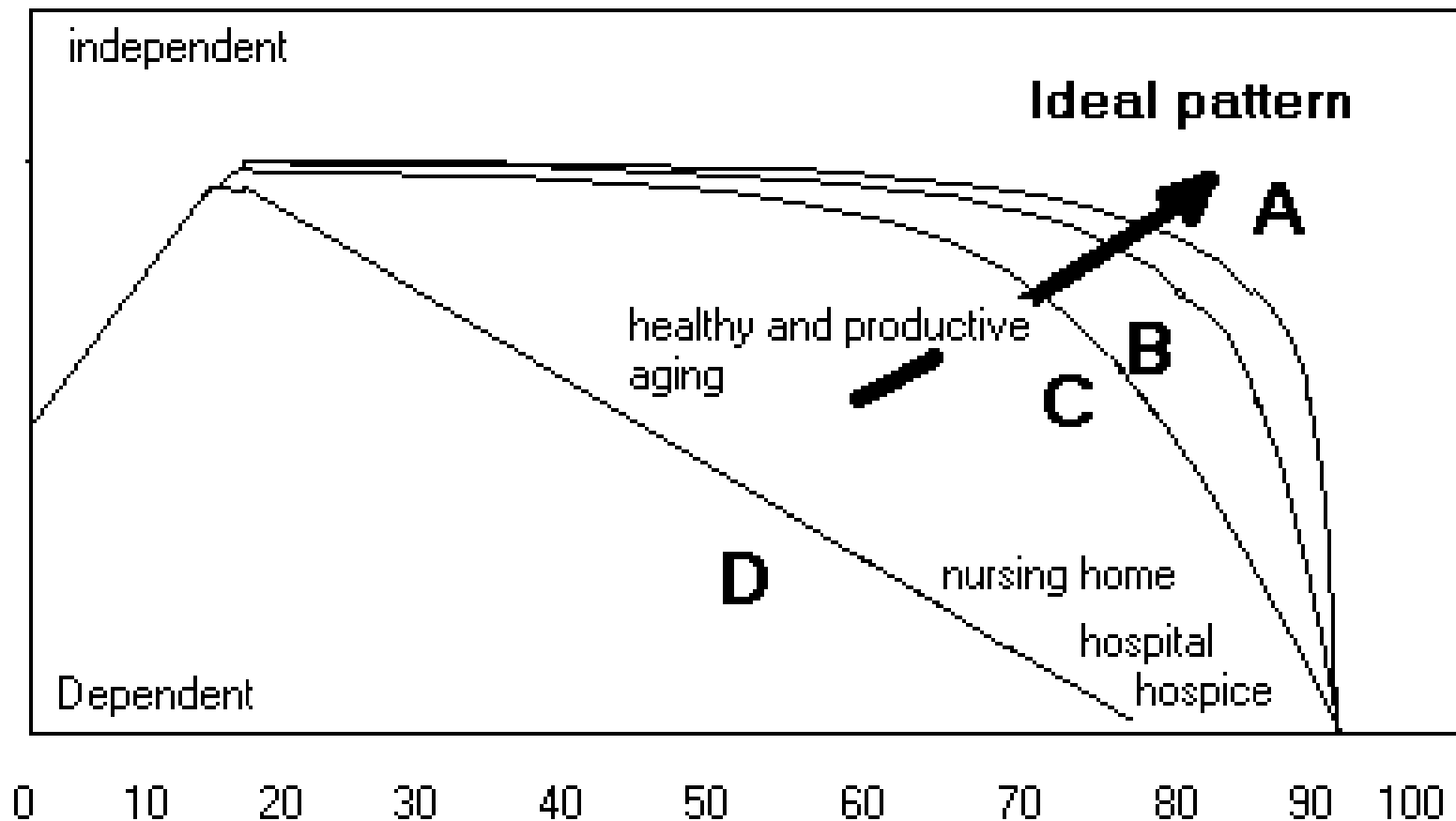
- Elders are a resource:
  - To families
  - To communities
  - To society



Active Aging means we must encourage and support elders to participate in life.

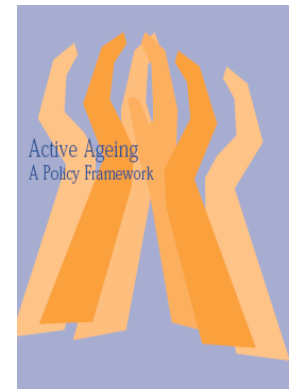


# Active Aging means we must stay healthy until death.



# Who is responsible for Active Aging?

- Individuals are responsible to stay healthy, engaged, and involved.



- BUT Social policies must...  
“encourage and balance personal responsibility (self-care), age-friendly environments, and intergenerational solidarity” (WHO)

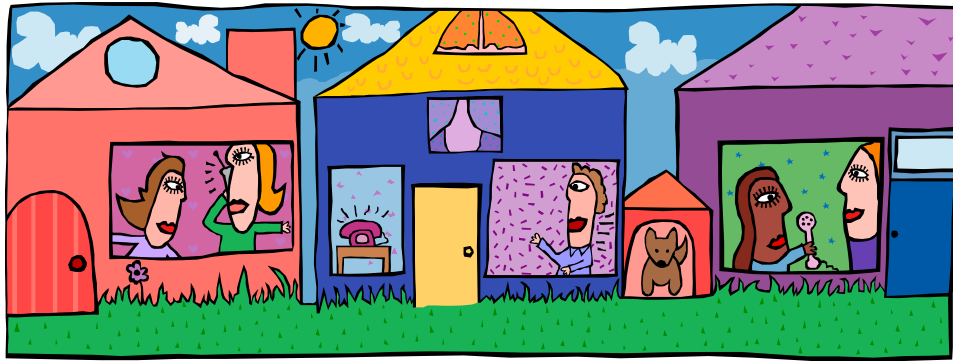
# To fully engage, elders must be healthy

- Individuals must eat right, exercise, avoid smoking, and so forth



- Policies and programs must support healthy aging and access to preventive care.

# To be productive, elders must have a basic standard of living



- Living wage jobs
- Pension safety net
- Safe & accessible housing, allowing multigenerational living
- Universal healthcare

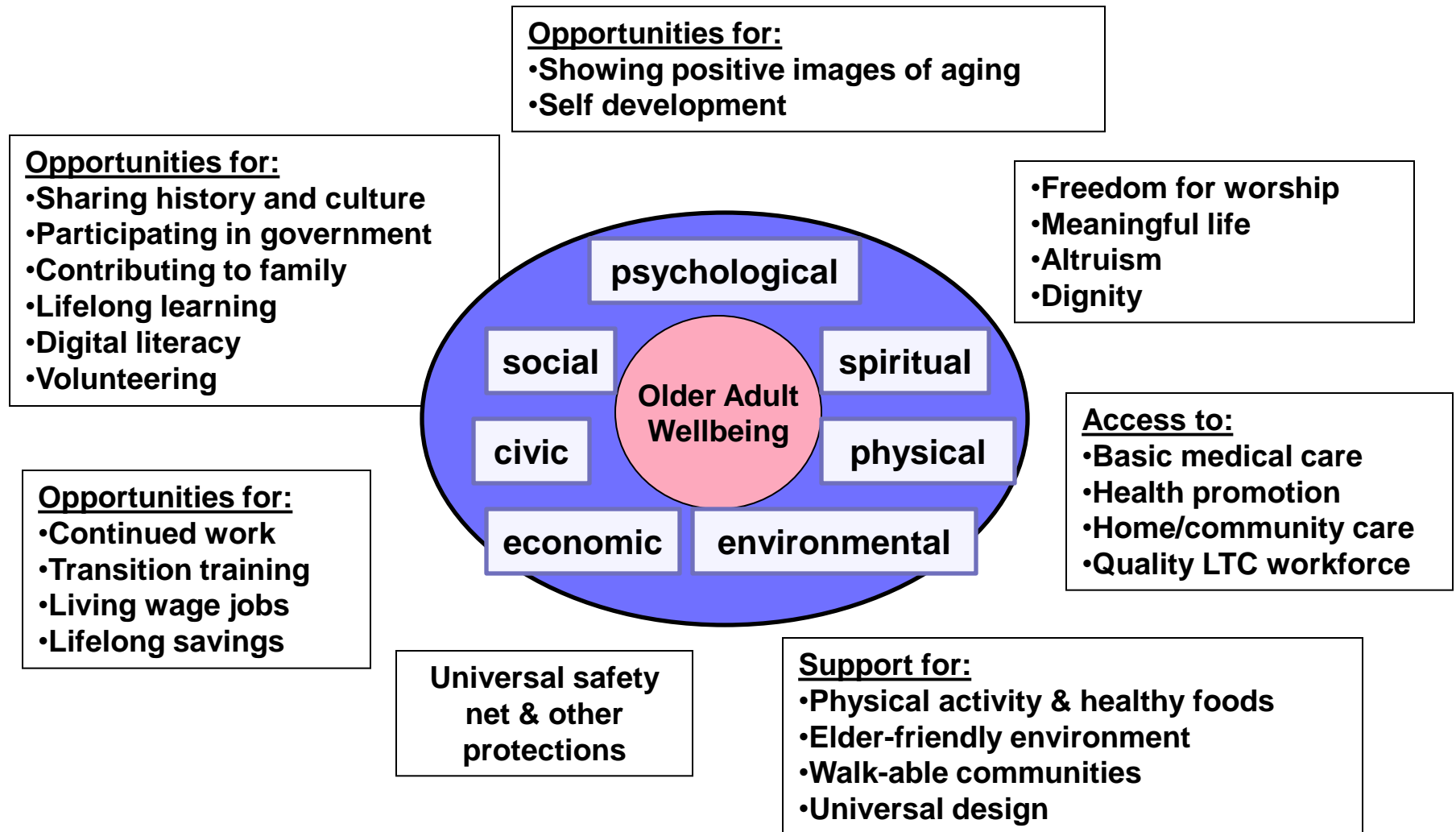


# To be accepted as contributors, elders must have opportunities to participate.



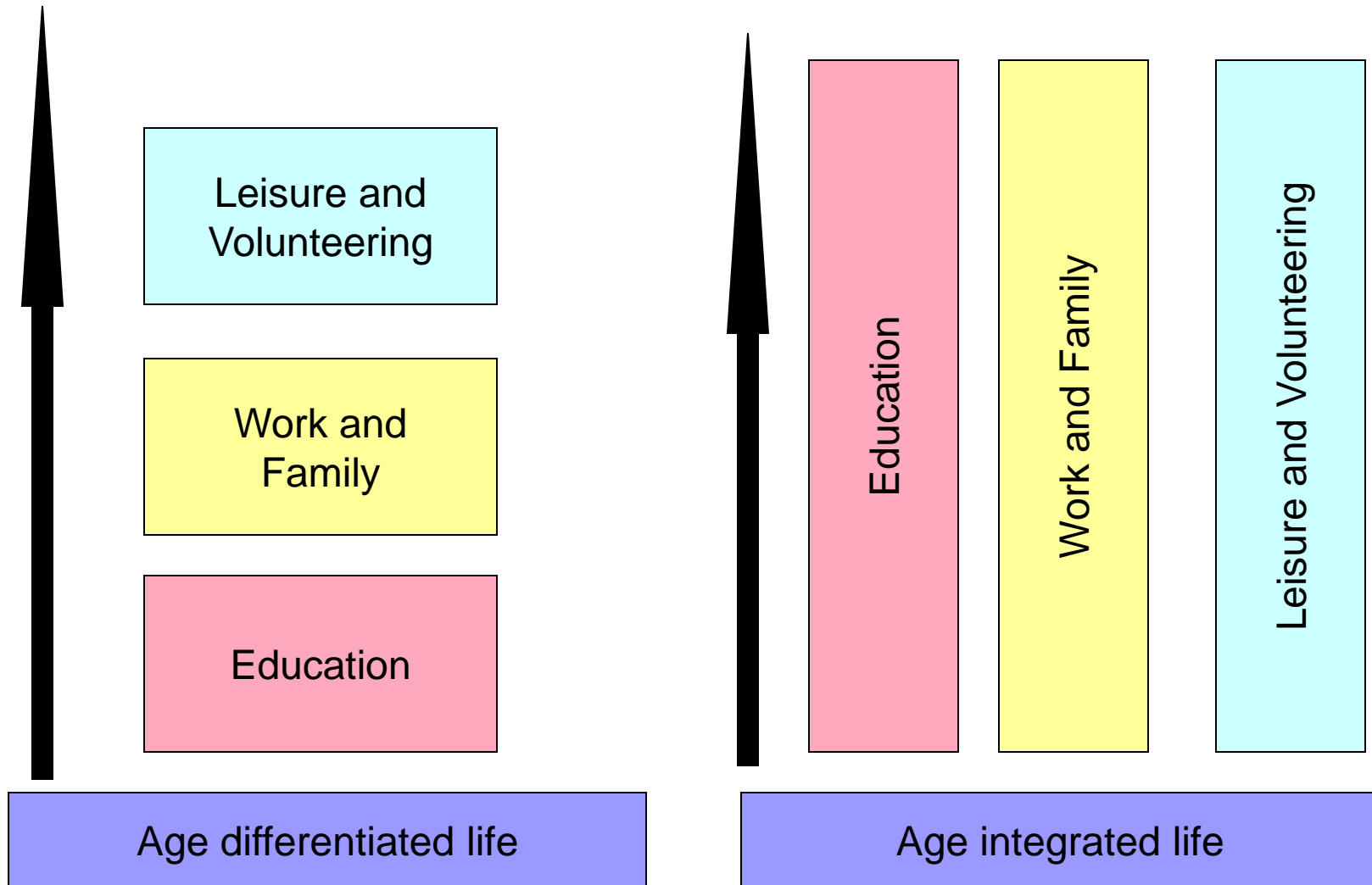
- Opportunities and rewards for volunteering
- Forums to share cultural knowledge
- Job retraining
- Digital literacy
- Voice in government

# ACAP's Schema for Active Aging as Individual, Family, Community & Social Policy Partnership



**Social Policy Environment**

# Matilda White Riley – An age-integrated life for Active Aging



# Tenets of Active Aging

- Individuals and families must prepare for old age and adopt positive health practices for long life.
- Social policy must make healthy choices easy choices.
- Societal norms should encourage and reward participation of elders in work, education, volunteering and family life

Elders must be **ready** and **allowed** to contribute intellectual, social, cultural, economic, and other resources.

# Active Aging Consortium Asia Pacific (ACAP)



**Mongolia**

**Canada**

**S. Korea**

**Nepal**

**Japan**

**USA**

**China**

**Hong Kong**

**Hawaii**

**Malaysia**

**Singapore**

**Indonesia**



# ACAP Mission

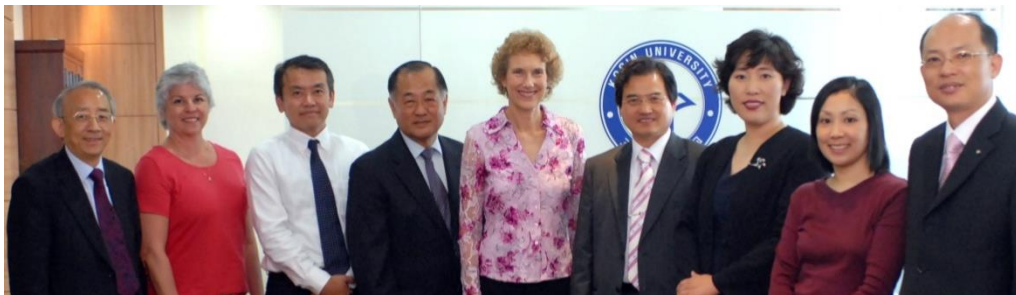
- The mission of ACAP is to provide a forum in Asia Pacific for the sharing of research, policy ideas, and best practices for Active Aging.
  - We support gerontologists in the region to increase local awareness of Active Aging
  - We contribute to the global exchange of Active Aging ideas through our website and through local, regional, and international conferences.



# ACAP Benefits

- No dues! (but also no staff)
- Website, with new postings 3-4 times a year, showing best practices from ACAP members.
- Listserve
- Conferences and conference participation

# Conferences in Fukuoka, Honolulu, Namhae, Jakarta, & presentations in Beijing, Paris, Melbourne





# Fukuoka 2010 Active Aging Conference in Asia/Pacific



- October 29-31
- Towards Age-friendly Communities
  - Share best practices from the region
  - Learn about programs and policies in Japan.



Dr. Takeo Ogawa, Chairperson  
Implementation Committee  
2001 Fukuoka Active Aging Conference  
Emeritus Professor, Kyushu-University  
Professor, Kumamoto University



## Next up:

- Dr. Tri Budi Rajardjo – Aging trends in Indonesia
- Dr. Takeo Ogawa - Social Marketing for Demographic Onus Era
- Dr. Donghee Han and Dr. Hee Eun Nam – Active Aging in Korea