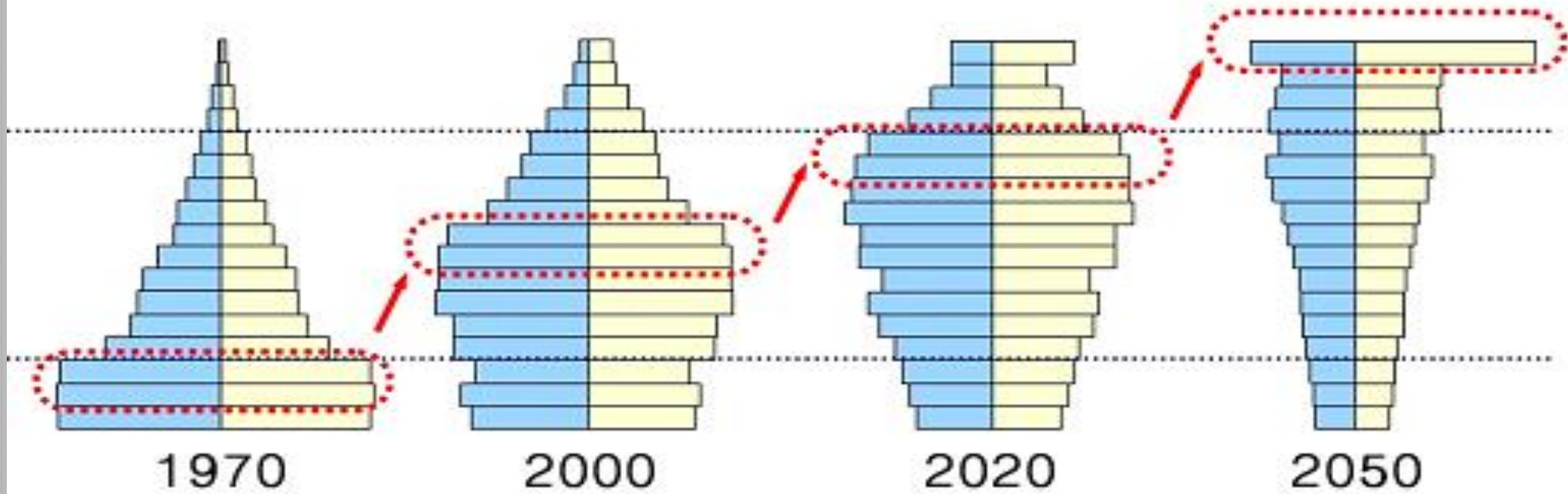


# Active Aging in Korea

Director, Donghee Han(Ph.D)  
Busan Healthy Family Support Center  
Research Institute of Science for Better Living of the  
Elderly  
Professor, HeeEun, Nam(Ph.D)  
Kosin University

- Population: Approaching 40 Million  
(4 Million over 65 years older)
- By 2050: Population over 65 years old  
will be 37%
- Birth 1955-1963: Baby boomers
- Booming aging issue in Korea
- Over 28% senior population in rural area now
- Vulnerable national pension systems for all  
older persons

## **Aging in Korea**



If we do not overcome low fertility ,  
 2050: 34,000,000, 2200: 800,000, 2300: 60,000, 2305: ?  
 (Yongtae Cho, 2005)





## 노후준비 노인층은 28.3%에 불과



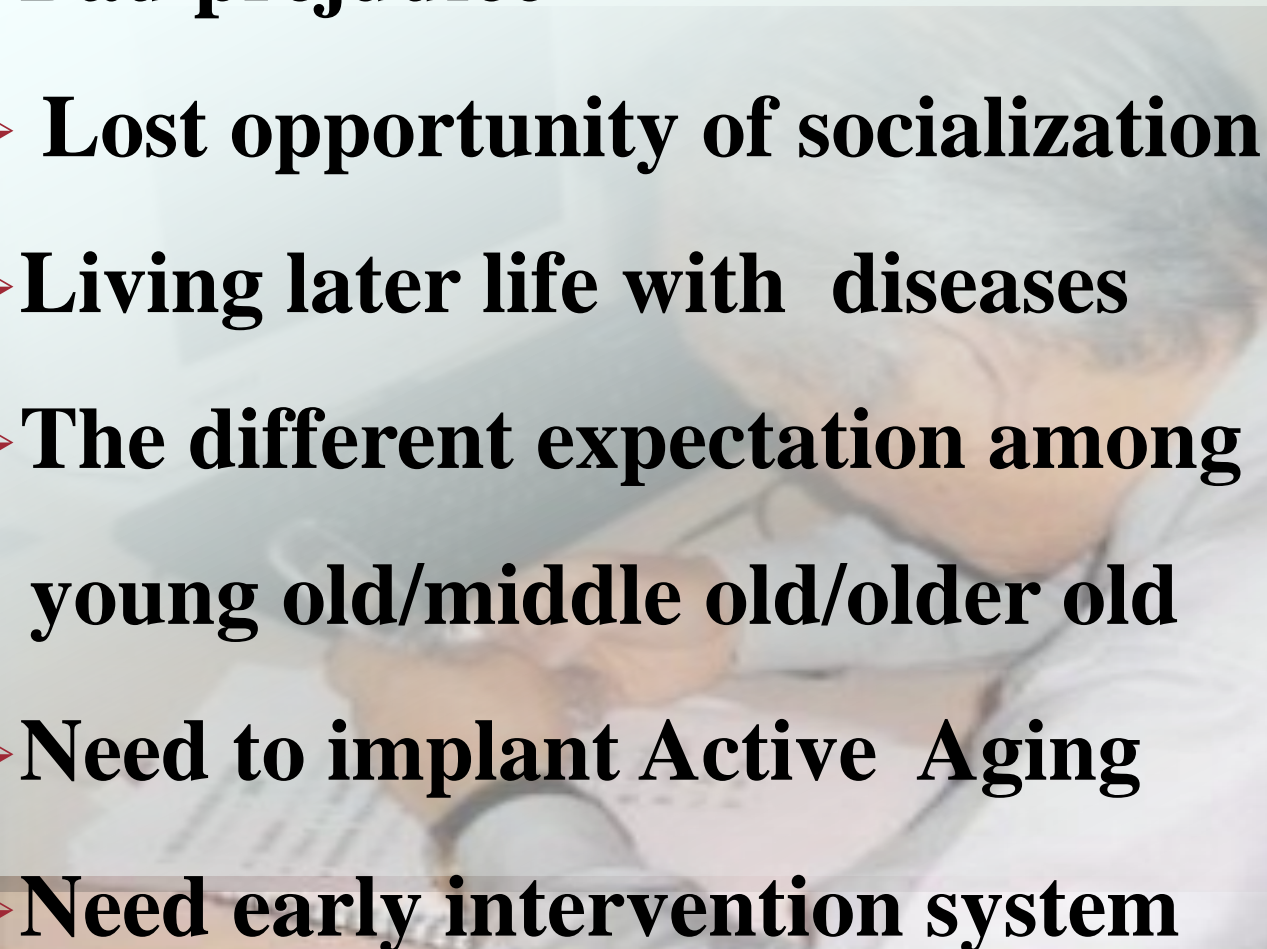
Only 28.3% Old Persons are prepared for their late life in Korea (Ministry of Health and Welfare, 2008)

### 사회적 의식 변화

- 노부모 부양
- 노후 생활비 마련



# Why We Need Active Aging Policy in Korea

- **Bad prejudice**
  - **Lost opportunity of socialization**
  - **Living later life with diseases**
  - **The different expectation among young old/middle old/older old**
  - **Need to implant Active Aging**
  - **Need early intervention system**
- 

People live longer and healthier lives than ever before and have also the potential to make important contributions to societies in old age. However older persons are often vulnerable to exclusion, marginalization and discrimination.

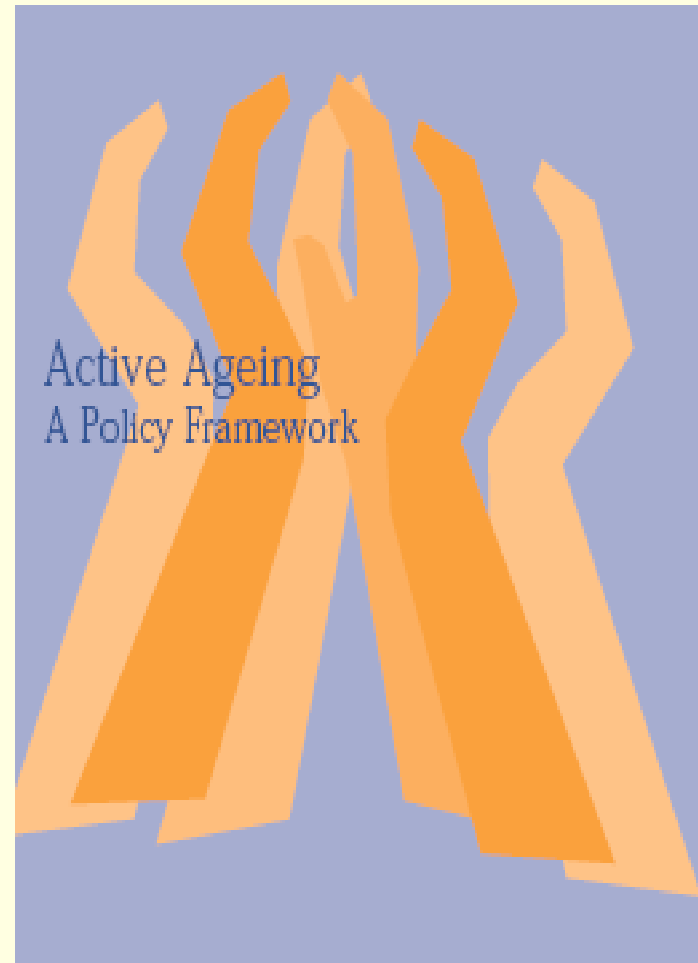
- Political empowerment of older persons
- Promoting labor market participation of older persons
- Promoting life-long learning and education for older persons



- Recognition of older persons as a consumer group with specific needs, interests and preferences
- Considering needs of older persons in housing, public transportation and cultural activities
- Fostering intergenerational relationship through positive media reporting and public image campaigns
- Promoting civil engagement of older persons and strengthening the role of volunteering (UNECE Policy Brief on Aging, 2009)

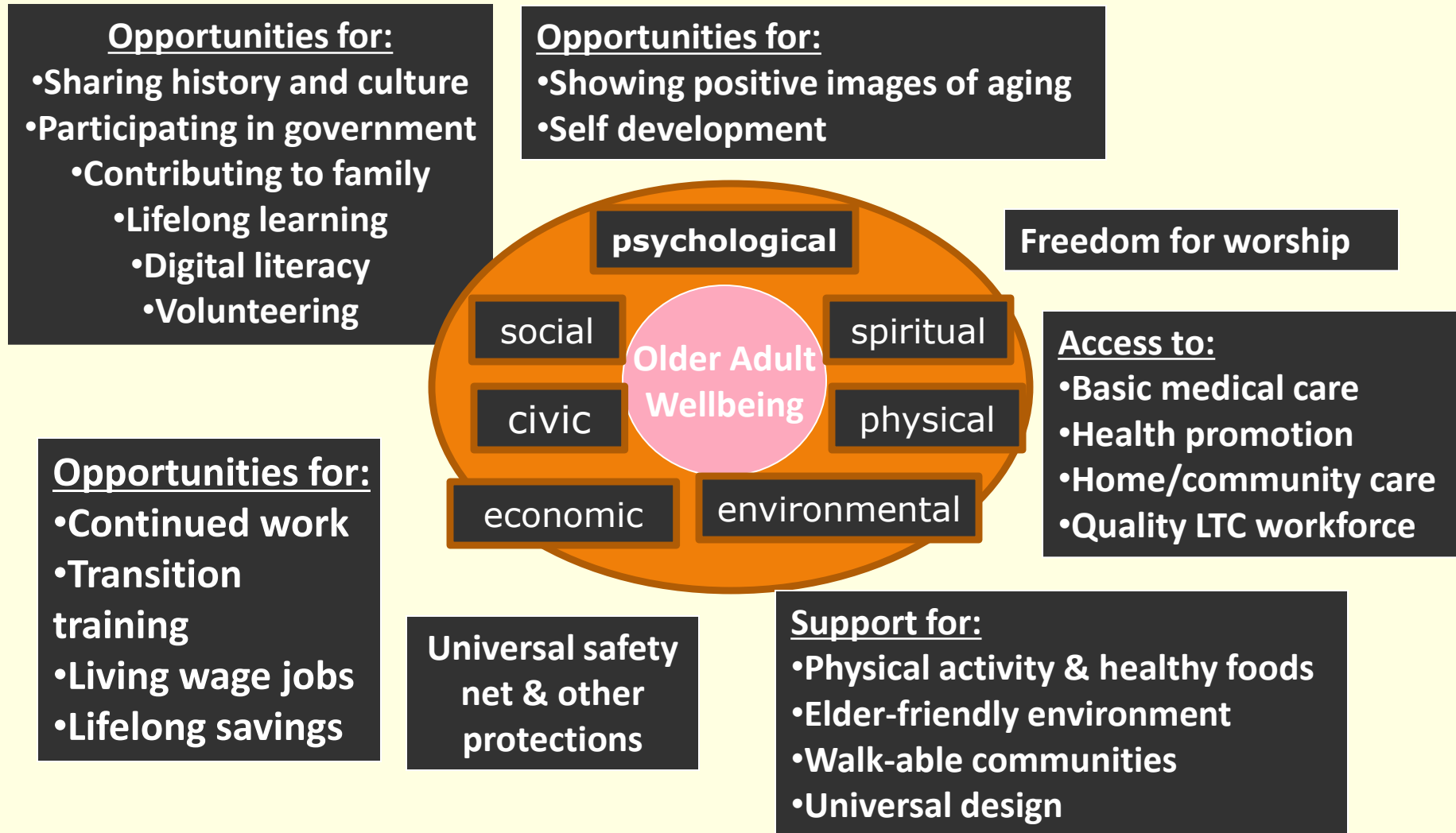
# What is Active Aging?

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





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





# Namhae Declaration

## May 2007

**Article 1** - We recognize the need to empower the elderly as social capital (not a burden).

- **Article 2** - We commit ourselves to helping to create age-friendly society, where healthy and active aging are secured.
- **Article 3** - We recognize the mutual relation between the healthy city and active aging.
- **Article 4** - We commit ourselves to integrate the elderly into society through digital aging, which prevents elderly exclusion from information and raises the quality of life.

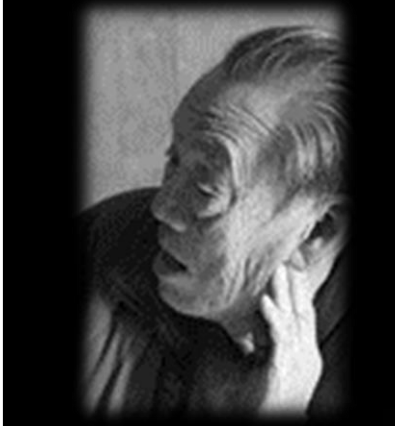
# Strategy for Active Aging in Korea

- Belong to ACAP Network
- Practice of Namhae Declaration
- Empowerment of Older Persons (Preventing elder abuse, Education for older persons)
- Developing Active Aging Course in University
- Developing Best Practice in Community
- Envisioning Active Aging by Education for Families and Seniors
- Showing Best Practices in Cyberspace
- Asking for Public Pledge in National Election for Active Aging

- Active Aging...



**students asked**



## Negative Image

Thoughts, Expression

Mind ----->

- Isolated
- Negative
- Unhealthy

## Positive Aging

- Participation
- Positive & Active Life
- Appreciative and Affirmative Mind
- Look Young
- Practice Active Aging

## Negative Aging

- Always frustrated
- Lost time & Helpless
- Depression & Anxiety
- Negative mind
- Unhealthy
- Without Meaningful Life







# Workforce for Older Persons by government

# Wellageing in cyberspace



Participation with works and experience, Contribution of community

## Education



## Volunteerism



**Both young students and old persons, both family and government should prepare various strategies for Active Aging**

wellageing.com

노인생활과학연구소  
**RISBLE**  
Research Institute  
of Science for the Better  
Living of the Elderly

액티브에이징  
**ACAP**  
Active Aging  
Consortium  
In Asia Pacific

디지털에이징  
**Digital  
@geing**

치매가족 자원정보망  
**DFSP**  
Dementia Family  
Support Program

노인과일  
**Workforce**

한국노인학대 방지정보망  
**KINPEA**  
Korean Information  
Network for the  
Prevention of  
Elder Abuse



Notice

world community grid.

Dynamic  
BUSAN

부산광역시 남구  
BUSAN METRO CITY SANG-GU

StyleWeb

# Active Aging in Cyberspace



## Internet Navigators



## Activities Navigator



**28 internet navigators;  
instructor, setting classes, study groups,  
incubator internet navigator, contribution**

wellageing.com

디지털에이징

- 노인생활 과학연구소
- 액티브에이징
- 디지털에이징
- 치매가족 자원정보망
- 노인 과 일
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- International Cyber Family
- 포토갤러리

사이버가족

Home > 사이버가족 > 사이버가족이야기

사이버가족 이야기


따뜻한 인터넷사랑이 오고가는 자유로운 이야기공간입니다.

번호	제목	성명	날짜	조회
348	크리스마스 카드 <b>HIT</b>	서정자	12-15	235
347	네비게이터 겨울 나들이 (6) <b>HIT</b>	김필희	12-10	285
346	액티브 에이징 종강을 하고서 ("노인의 올바른 식생활"에 대... <b>HIT</b>	차수영	12-08	216
345	액티브 에이징을 실천하기 위해 어르신들께서 노력해야하는 식생... <b>HIT</b>	최윤영	12-08	220
344	7조 발표자료 <b>HIT</b>	김상규	12-08	192
343	진정한 노인을 위한 사회는 무엇인가..고민해봅니다 (3) <b>HIT</b>	김상규	12-08	211
342	액티브 에이징수업을 마치면서... <b>HIT</b>	이혜지	12-07	187
341	액티브 에이징을 종강하면서...(기교과 김영광) <b>HIT</b>	김영광	12-07	204
340	마음은 젊음이다. (2) <b>HIT</b>	최동혁	12-07	209
339	액티브 에이징.. <b>HIT</b>	김효섭	12-07	183
338	액티브에이징 수업을 배우고난 후.. (1) <b>HIT</b>	장재현	12-07	199
337	액티브에이징 <b>HIT</b>	김서영	12-07	190
336	액티브에이징을 배우고 난 후.. <b>HIT</b>	김다은	12-07	184
335	액티브에이징을 통해서 ^^ <b>HIT</b>	박상욱	12-07	168
334	또한 액티브에이징이 우리 삶에서 실현되어야 하는 이유[7조장. ... <b>HIT</b>	조전탁	12-04	200

« 1 2 3 4 5 6 7 8 9 10 »

글쓰기 제목 and 검색

www.wellageing.com



<http://blog.naver.com/sansinyung>

당신은 어떤 노인이 되겠습니까?

김숙자 09-09-15 23:42

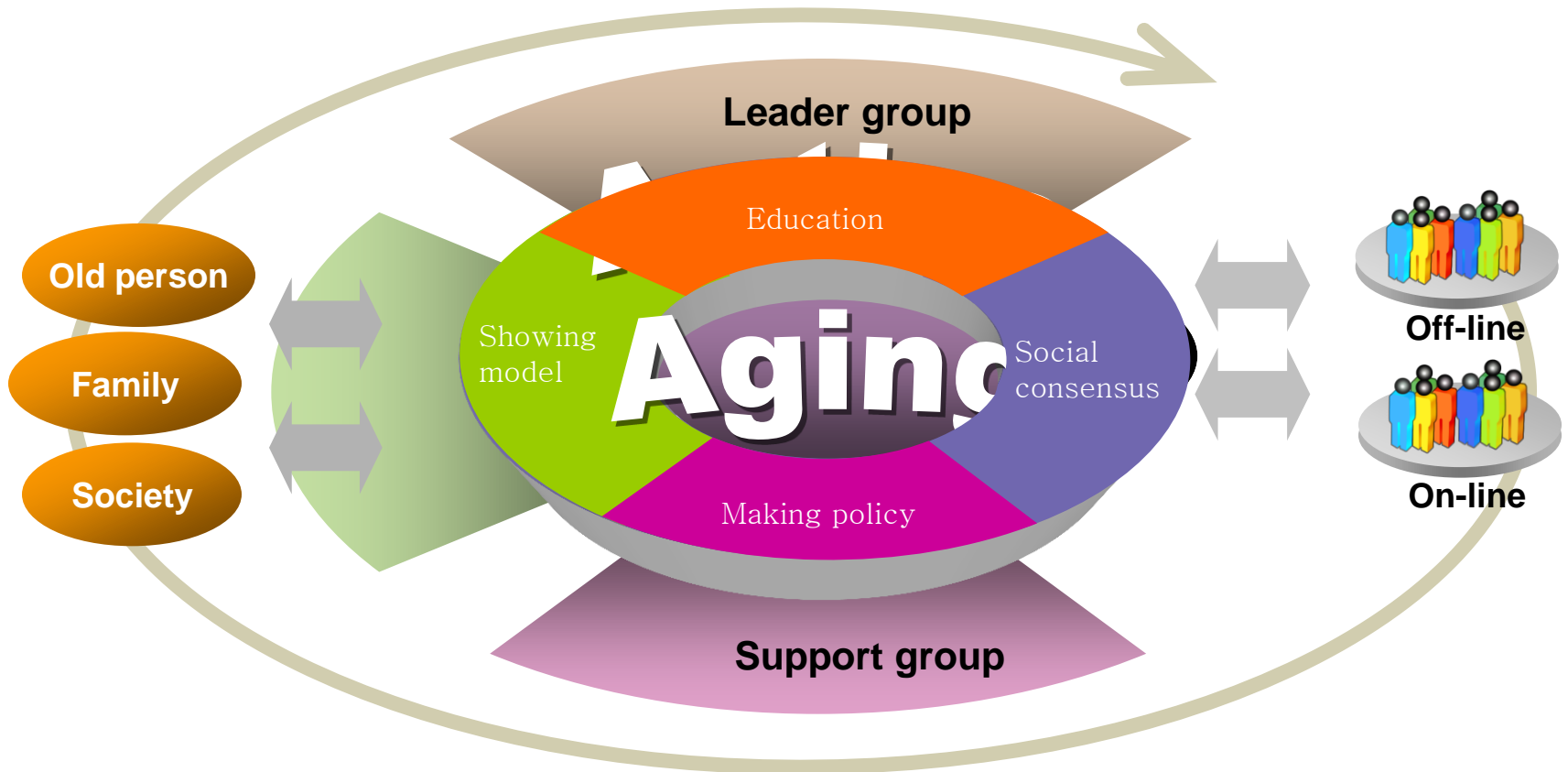
학생, 그럼으로 보아 옳다 아닙니다.  
우린 니를대로 봉사하며 배워가는 지혜로운 삶을 살고 싶습니다.  
아니 지금 그렇게 살고 있습니다. 좀 더 건취적이고 젊은이 못지않는 정열과 열정을 가지고  
모든 일에 적극적이지요. 젊은이들이 가지지 못한 경험이 한 몫 더 하는거지요.  
관심 가져줘서 좋~습니다. 화이팅!!

목록 > 이전글 < 다음글

노인생활과학연구소  
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If you have any questions or comments, please contact us :  
부산광역시 남구 대연동 1730-7번지 육화 BestBil 1-102호 노인생활과학연구소  
TEL. 051 624 5025 | FAX 051 624 5070

**Young students uploaded image of older persons and need of Active Aging in Cyber space and led discussion**

# **Active Aging**





- Better quality of life for older persons
- Increased social cohesion for society as a whole
- Achieving a society for all ages
- Integrated into society in many ways
- Social, political, economic participation
- Various infrastructure
- Education and civil recognition
- Workforce for older persons
- Promoting health
- Safety and aged friendly community
- Continual education and continual participation
- Healthy family relationship in late life

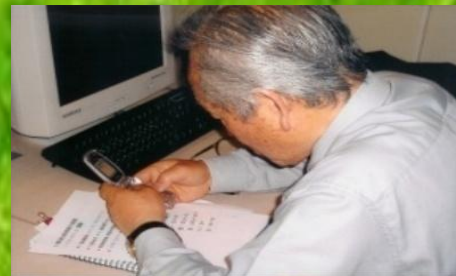
- **Building community network**
- **Developing education programs**
- **Developing policy for Active Aging**
- **Social consensus**
- **Practicing new model of filial piety**
- **Promote cyberspace for older persons**
- **Keep dignity and respect**
- **Building age friendly environment**

**Future Efforts for Active Aging**

# Active Aging Consortium in Asia Pacific

2010 Fukuoka Japan

2013 Seoul Korea



# Thank you