Inaugural Age Friendly University Conference

“Engaging Ageing”
2-3 Nov 2015
“It is not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams.”

Gabriel García Márquez
Why?
34%
Burden of disease in older people and implications for health policy and practice

- Ageism
- Poor preparedness of health systems
- Misplaced global health priorities
- Complexity of integrating care for complex multi morbidities

Clive James hopes the sum total of his work will have been useful to the world
"an age friendly city benefits everyone: children, the young, the old"
World Health Organization, Ageing and Health

Strategic Objectives 2016-2020

1. Fostering healthy ageing in every country
2. Aligning health systems to the needs of older populations
3. Developing long-term care systems
4. Creating age-friendly environments
5. Improving measuring, monitoring and understanding
Healthy Ageing

Intrinsic Capacity

Personal characteristics

Genetic inheritance

Environments

Functional ability

Intrinsic capacity

Health characteristics
- Underlying age-related trends
- Health-related behaviors, traits, skills
- Physiological changes and risk factors
- Diseases and injuries
- Changes to homeostasis
- Broader geriatric syndromes

Public-health framework for **healthy ageing**

Opportunities for public-health action across the life course

- **High and stable capacity**
  - Prevent chronic conditions or ensure early detection and control

- **Declining capacity**
  - Reverse or slow declines in capacity

- **Significant loss of capacity**
  - Manage advanced chronic conditions
  - Support capacity-enhancing behaviours
  - Ensure a dignified late life
  - Remove barriers to participation, compensate for loss of capacity

**Health services**

**Long term care**

**Environments**
Domains of functional ability

- Meet basic needs
- Learn, grow and make decisions
- Be mobile
- Build and maintain relationships
- Contribute
Meet basic needs
(financial, housing, personal)

1 in 5

Czech Republic, France, Hungary, Luxembourg, Netherlands and Poland

Local policies make a difference-

Goal - Housing that enables older people to be safe and comfortable regardless of age, income or capacity.

Personal poverty and neighborhood poverty.

Older women in OECD are 33% more likely to be poorer than men.

Increased risk of symptoms of depression.

The right to adequate housing is "the right to live somewhere in security, peace and dignity". "adequate privacy, space, security, lighting and ventilation, basic infrastructure and location with regard to work and basic facilities – all at a reasonable cost"
Autonomy, dignity, integrity, freedom and independence

The Adult Education Guidance Association of Ireland

- already in literacy programmes
- additional guidance on
  - personal development,
  - stress management
  - interview techniques
COMMUNITY ACQUIRED PNEUMONIA

Most frequent cause of death due to infection in Europe

9,000

€10.1b

20%


Movement in all its forms, whether powered by the body or a vehicle.
Strengthen what older people can do: Their capacity to move

- Reducing barriers
- Using assistive technologies
- Strengthening capacity to move
- Improving availability and accessible of transport
Functional exercise
Abilities to build and maintain relationships
Social relations are an important component of Healthy Ageing.
Loneliness and social isolation

Associated with decreases in health status and quality of life, are distinct characteristics and may have independent impacts on health.

Prevalence of social isolation in community-dwelling older people range from 7 to 17%; ~40% of older people report feeling lonely.
"You get isolated when you're homebound. But now I have a contact with the world again, and I'm developing interests I never knew I had."
~ Clarissa
“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

~ Albert Einstein
Ability to contribute
'As things stand, more than half the over-60 population are involved in some sort of formal and structured voluntary work.'

'A conservative estimate of the value of the voluntary work already done in caring and family maintenance alone by the over-60s is in the region of £50 billion.'
you feel overlooked? And undervalued?

Mmm. Do you think I'm being paranoid?

No. Not at all.

It's just that this is a very young, sexy, vibrant office.
Return on investment

Investment
- Health systems
- Long-term care systems
- Lifelong learning
- Age-friendly environments
- Social protection

Benefits
- Health
- Skills and knowledge
- Mobility
- Social connectivity
- Financial security
- Personal dignity, safety and security

Return
- Individual well-being
- Workforce participation
- Consumption
- Entrepreneurship and investment
- Innovation
- Social and cultural contribution
- Social cohesion

Prevent chronic conditions or ensure early detection and control

Reverse or slow declines in capacity

Support capacity-enhancing behaviors

Ensure a dignified late life

Promote capacity-enhancing behaviors

Remove barriers to participation, compensate for loss of capacity

High and stable capacity

Declining capacity

Significant loss of capacity
Align health systems to the older populations they now serve

- Develop and ensure access to services that provide older-person-centred and integrated care
- Orient systems around intrinsic capacity
- Ensure a sustainable and appropriately trained health workforce

Develop long-term care systems

- Establish the foundations necessary for developing a system of long-term care
- Build and maintain a sustainable and appropriately trained LTC workforce
- Ensure the quality of long-term care

Ensure everyone can grow in an age-friendly environment

- Combat ageism
- Enable autonomy
- Support Healthy Ageing in policies at all levels of government

Improve measurement, monitoring and understanding

- Agree on metrics, measures and analytical approaches for Healthy Ageing
- Improve understanding of the health status and needs of older populations and how well their needs are being met
- Improve understanding of Healthy Ageing trajectories and ....
Principles of an Age Friendly University

- To encourage the **participation** of older adults
- To promote personal and career development in the second half of life
- To recognise the **range of educational needs** of older adults
- To promote **intergenerational learning**
- To widen access to **online educational opportunities**
- To ensure that the university's **research agenda** is informed
- To increase the understanding of students of the **longevity dividend**
- To enhance access for older adults to the **health and wellness**
- To engage actively with the university's own **retired community**.
- To ensure regular **dialogue** with age-related organisations
### Periods of intrinsic capacity

<table>
<thead>
<tr>
<th>High and Stable Capacity</th>
<th>Declining Capacity</th>
<th>Significant Loss of Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk behaviors, emerging NCDs</td>
<td>Falling mobility, sarcopenia, frailty, cognitive impairment, dementia, sensory impairments</td>
<td>Difficulty in performing basic tasks, pain and suffering caused by advanced chronic conditions</td>
</tr>
</tbody>
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**Response from Age-friendly Universities**
Review and application of AFU principles

Measuring the impact of AFU networks

Building the AFU network

Time FOR ACTION
Summary

1. Healthy Ageing
   - Interplay between intrinsic capacity and environment
   - Active ageing is not excluded from the approach
   - Approach enables older people to do what they value.

2. Age-friendly Environments
   - Five domains of functional ability
   - Broader than AFCC
   - Functional and AFCC domains connect
   - Across sectors and disciplines

3. Age Friendly Universities
   - Built on a capability approach
   - Principles alone cannot be the change agent
   - World Report provides the space for action
   - Leadership is required
Knowledge impacts attitudes and decisions
IFA Vision

A world of healthy older people whose rights and choices are both protected and respected

Global point of connection and networks of experts and expertise to influence and shape age-related policy