Decade of Healthy Ageing

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Working together to improve the lives of older people, their families and communities
The Decade of Healthy Ageing will build connections and collaborations

Central to every step is the close engagement with older people themselves
1. The Decade has been developed through multi-stakeholder consultations with the Members States, United Nations, civil society and other stakeholders.

2. The Decade was endorsed during the 73rd World Health Assembly by 194 Member States.

3. 2021 - 2030 has been declared by the UN General Assembly as the Decade of Healthy Ageing.
Action areas
- Change how we think, feel, and act towards age and ageing
- Ensure that communities foster the abilities of older people
- Deliver person-centred integrated care and primary health services responsive to older people
- Provide access to long-term care for older people who need it

Enablers
- Listening to diverse voices and enabling meaningful engagement
- Nurturing leadership and capacity building
- Connecting various stakeholders around the world
- Strengthening data, research, and innovation
AGEISM refers to how we think (stereotypes), feel (prejudice) and act (discrimination) towards others or ourselves based on age.
Opportunity: Join forces to create more age-friendly communities

1300 cities in 42 countries covering 280 million people
15 affiliates at regional, national and international level
Guidelines on Integrated Care for Older People (ICOPE)

**ICOPE Handbook**
Practical guidance for health and care workers on person-centered assessment and pathways in primary care

**ICOPE Implementation Framework**
Guidance for policy makers with scorecard for self-assessment on implementation readiness in system and services

ICOPE implementing countries in the South East Asia and the Western Pacific regions:
Thailand, Indonesia, Vietnam
Global overview on 10 progress indicators:
Where are we, what is the rate of progress, and are we on track?

<table>
<thead>
<tr>
<th>Progress indicators</th>
<th>2018</th>
<th>2020</th>
<th>Additional countries since 2018</th>
<th>Current rates of increase and expected year 194 countries will reach each indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of countries out of 194 responding “yes” to having reached each progress indicator</td>
<td></td>
<td></td>
<td></td>
<td>Two-year rate of increase (%), 2018-2020, At the current rate, all countries are projected to achieve indicator</td>
</tr>
<tr>
<td>Focal point on ageing and health</td>
<td>112</td>
<td>122</td>
<td>10</td>
<td>9% after 2030</td>
</tr>
<tr>
<td>Policy, strategy or plan aligned to healthy ageing</td>
<td>88</td>
<td>105</td>
<td>17</td>
<td>19% around 2027</td>
</tr>
<tr>
<td>Multi-stakeholder forum</td>
<td>88</td>
<td>102</td>
<td>14</td>
<td>16% around 2027</td>
</tr>
<tr>
<td>Contribution to each of the Decade’s priority action areas</td>
<td></td>
<td></td>
<td></td>
<td>Two-year rate of increase (%), 2018-2020, At the current rate, all countries are projected to achieve indicator</td>
</tr>
<tr>
<td>Legislation and enforcement against age-based discrimination</td>
<td>88</td>
<td>90</td>
<td>2</td>
<td>2% after 2030</td>
</tr>
<tr>
<td>Regulations to support access to assistive devices</td>
<td>37</td>
<td>59</td>
<td>22</td>
<td>59% around 2025</td>
</tr>
</tbody>
</table>
Knowledge for healthy ageing

Find and share knowledge that can improve the lives of older people, their families, and their communities.

Learn more ›

Start here
Healthy Ageing in the WHO Western Pacific Region
VISION
Healthier older adults in the Western Pacific Region are thriving and contributing in society

Turning Silver into Gold

1. Transforming societies as a whole to promote healthy ageing, based on understanding the implications of population ageing

2. Transforming health systems to address each individual’s lifelong health needs by providing necessary health and non-health services in a coordinated way

3. Providing community-based integrated care for older adults tailored to individual needs

4. Fostering technological and social innovation to promote healthy ageing

5. Strengthening monitoring and surveillance systems and research on older adults to inform programmes, services and policies

GUIDING PRINCIPLES
- Equity and gender
- Lifelong approach
- Multisectoral approach
- Future-oriented
- Leveraging existing assets

Enable social return
Support healthy ageing
Research, monitoring & evaluation
Healthy Ageing in the WHO South-East Asia Region
Regional Framework on Healthy Ageing (2018-2022)

Guiding Principles

- Rights of Older People
- Gender Equality
- Reducing Inequities
- Ageism
- Age-friendly Primary Health Care
- Long-term Care
- Adopting a Multidisciplinary and Multisectoral Approach
Healthy Ageing in South-East Asia Region

Strengthening human resources
- Training package for Frontline Health Workers
- Training package for Long Term Care
- Manual for primary care physicians
- Manual for Nurses
- Integrated Care for Older People
- Integrated Care for Older People (ICOPE)

Strengthening person centred care
- Introduction of ICOPE to Member States
- Demonstration of ICOPE in clinical setting
- Documenting and strengthening long term care practices
- Mapping mitigation measures during the pandemic
Challenges of ageing in large countries

- Documentation and strengthening of long-term care
- Introduction of ICOPE to Member States & piloting in five member countries
- Development of human resources in Healthy Ageing

Achievements

- Yogyakarta Declaration 2012
- Regional Strategy for Healthy Ageing (2013-2018)
- Regional Framework for Healthy Ageing (2018-2022)
- Adoption of Decade of Healthy Ageing (2021)
Thank you