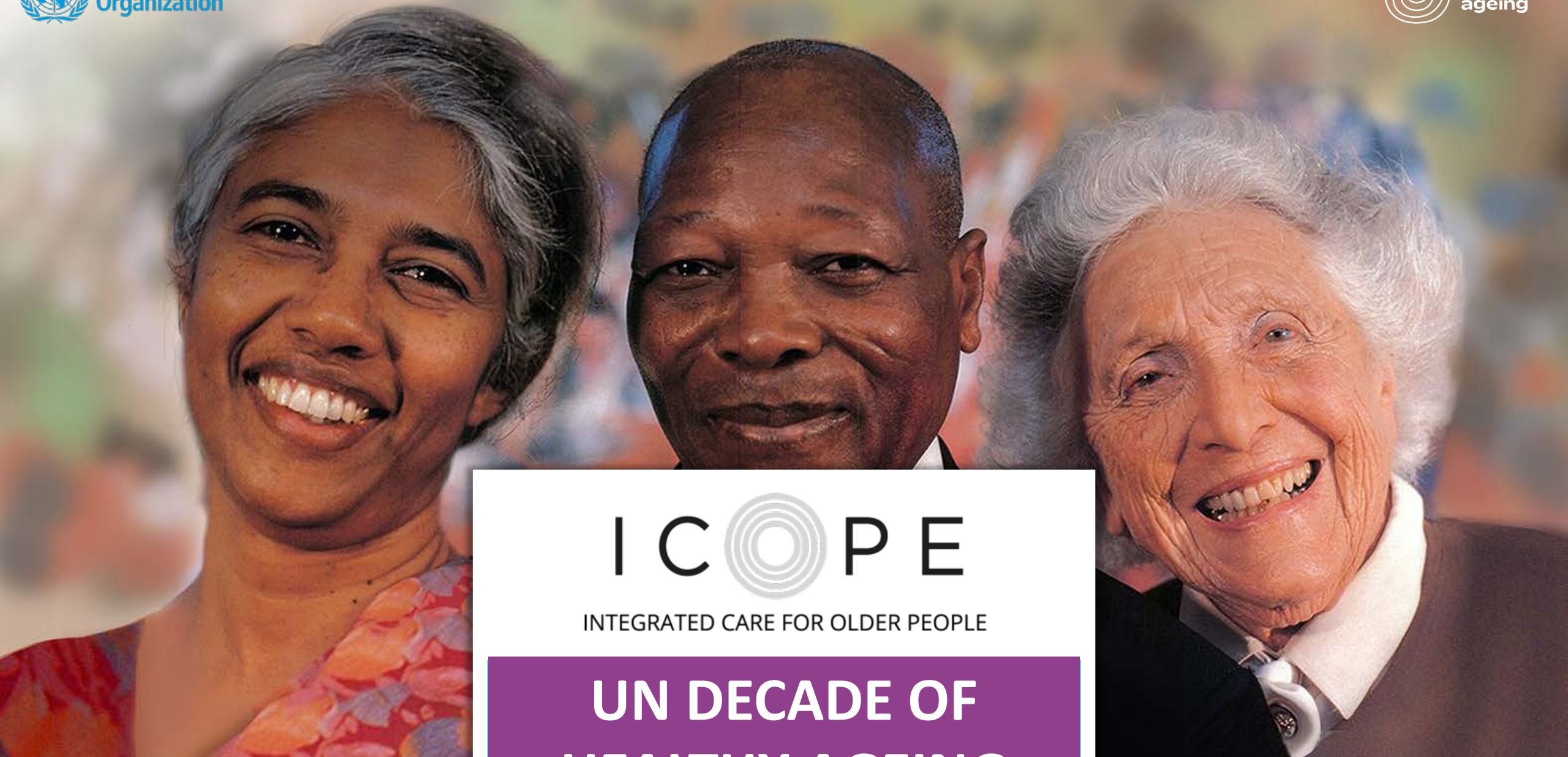






ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

UN DECADE OF
HEALTHY AGEING

Objectives

By the end of this module, you will:

- Understand the vision of the United Nations (UN) Decade of Healthy Ageing (2021–2030).
- Know the WHO framework of healthy ageing and its components.
- Understand the opportunities brought by global ageing if we adequately prepare.
- Know the Action Areas and Enablers of the UN Decade of Healthy Ageing.

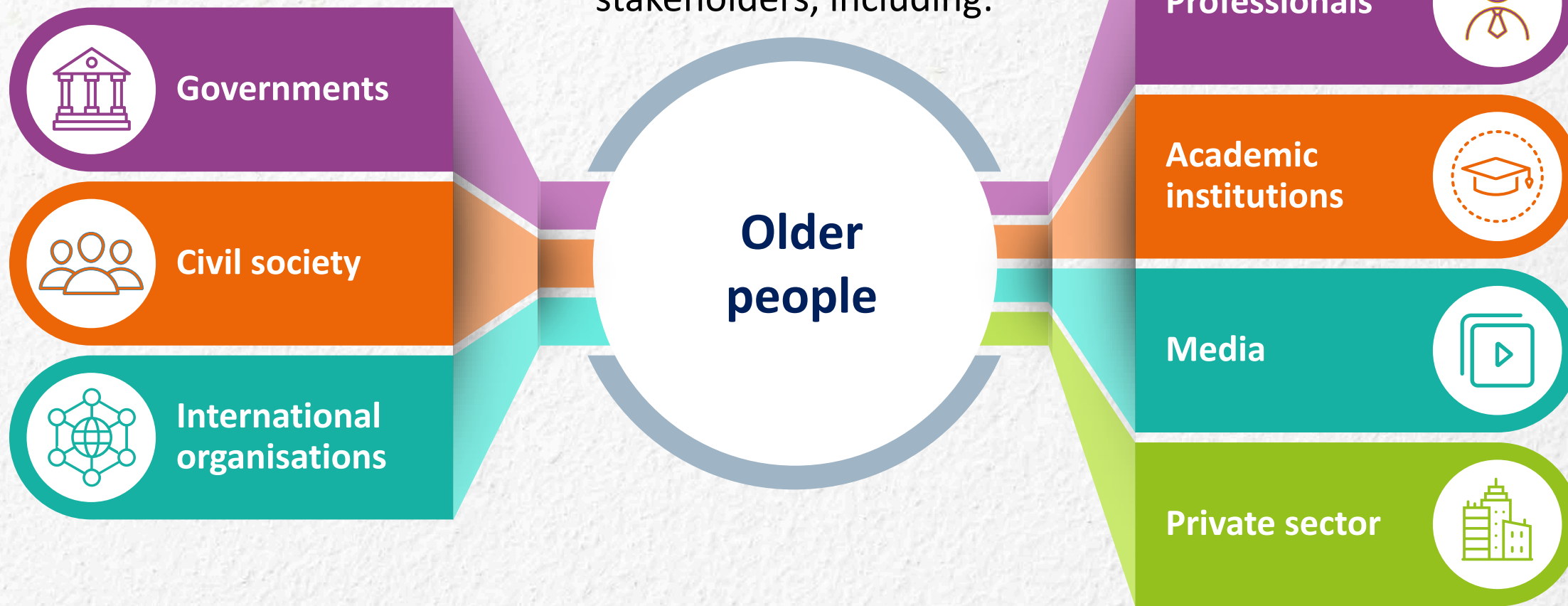


Adding Life to Years



UN Decade of Healthy Ageing (2021–2030)

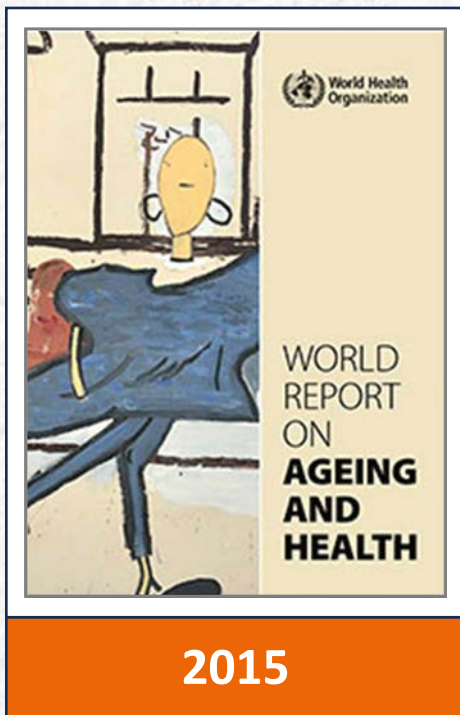
A global collaboration that will bring together diverse sectors and stakeholders, including:



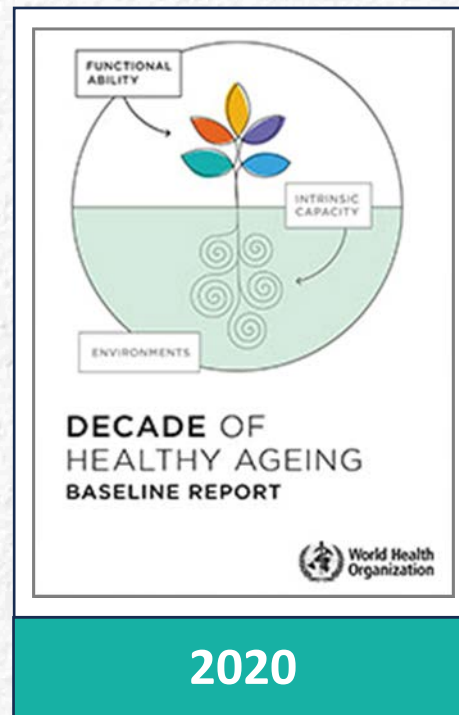
2021–2030: A unique opportunity to work together to transform the world to be a better place to grow older

Healthy Ageing

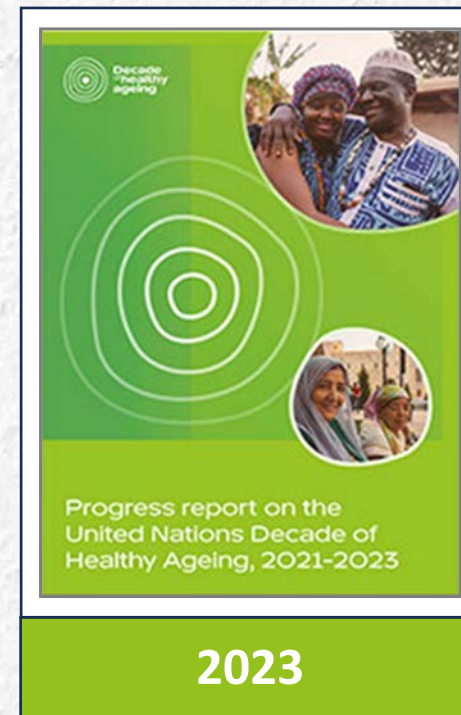
“Healthy ageing is the process of developing and maintaining the functional ability that enables well-being in older age.”



<https://apps.who.int/iris/handle/10665/186463>



<https://apps.who.int/iris/handle/10665/338677>



<https://www.who.int/publications/i/item/9789240079694>

Components of Healthy Ageing

The health-related attributes that enable people to be and to do what they have reason to value.

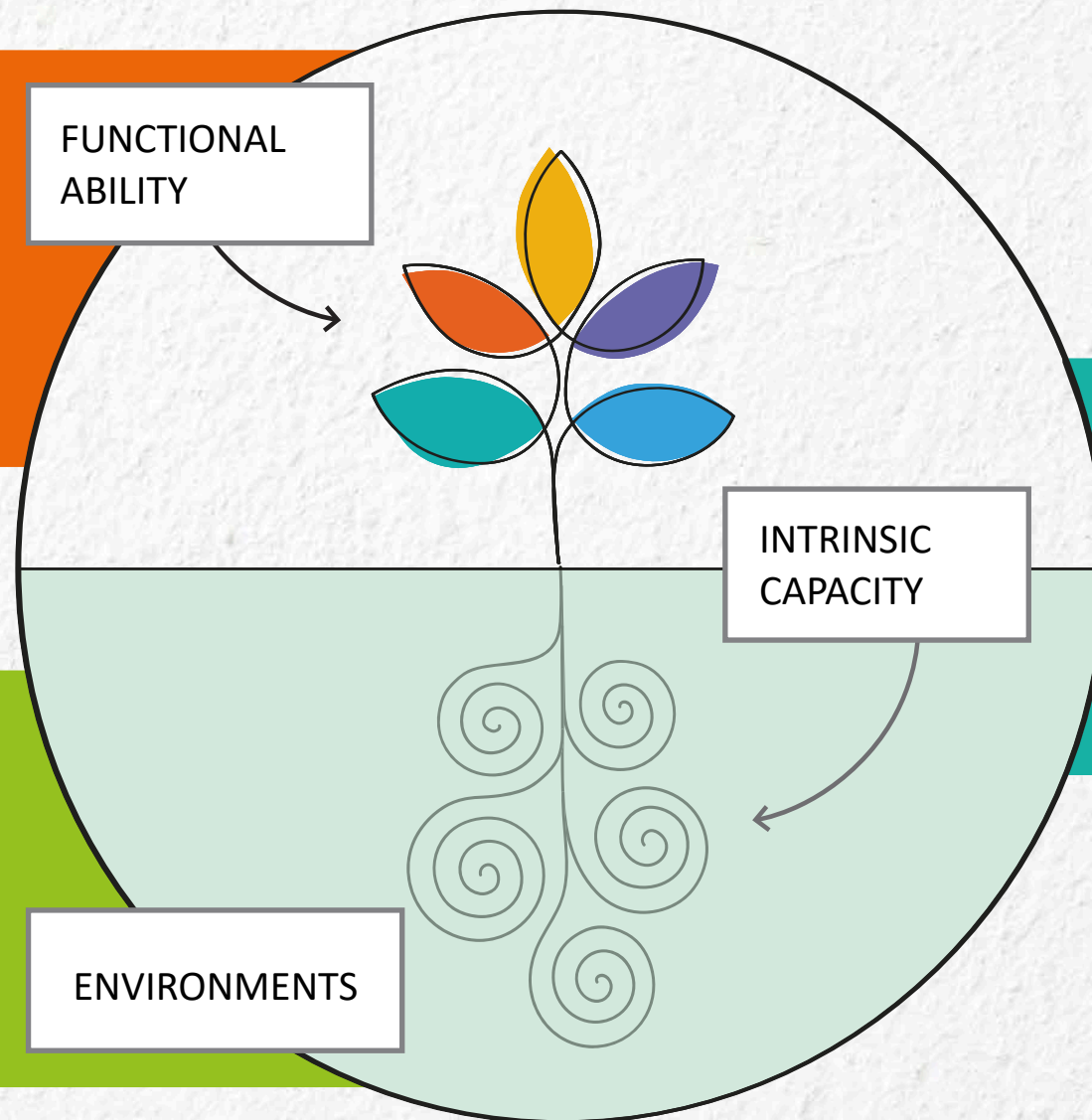
FUNCTIONAL ABILITY

All the factors in the extrinsic world that form the context of an individual's life.

ENVIRONMENTS

INTRINSIC CAPACITY

The composite of all the physical and mental capacities of an individual.

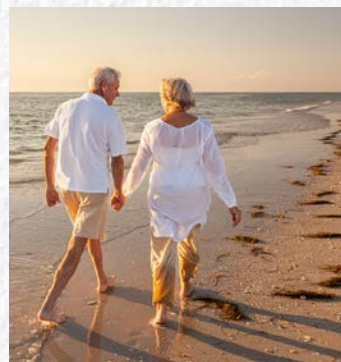


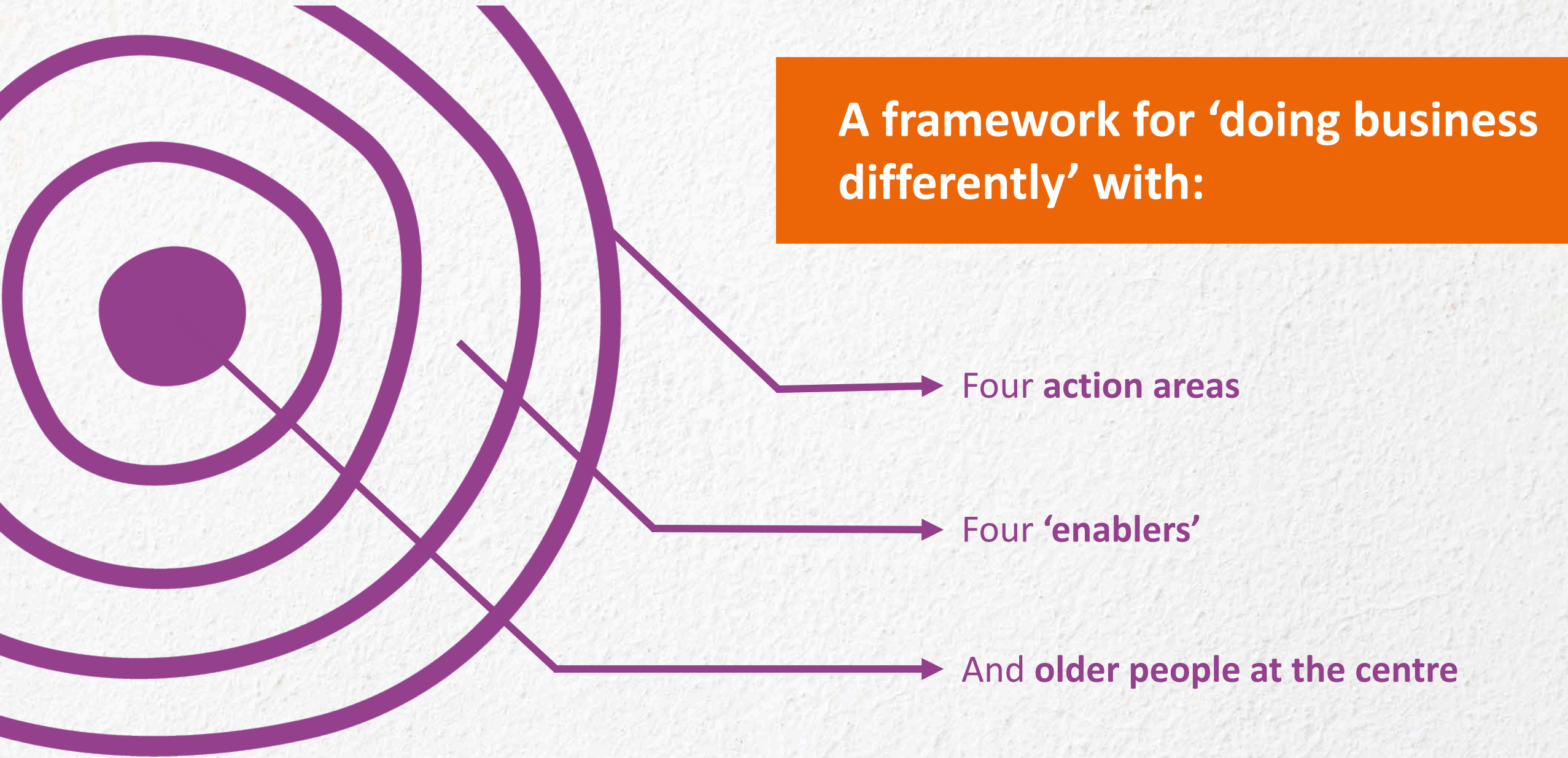
Challenges in Responding to Population Ageing

“There is no “typical” older person.”

Biological ageing is only loosely associated with person age in years.

Some older persons have physical and mental capacities similar to many younger individuals. Other persons may experience physical and cognitive declines prematurely.





Decade Action Areas



Action Area 1. Combatting Ageism

Change how we think, feel and
act towards age and ageing.

Decade Action Areas



Action Area 2. Age-friendly Environments

Ensure that communities foster the abilities of older people.

Decade Action Areas



Action Area 3. Integrated Care

Deliver person-centred integrated care and primary health services responsive to older people.

Decade Action Areas



Action Area 4. Long-term Care

Provide access to long-term care for older people who need it.

Decade Enablers

The UN Decade calls for four 'enablers' to be integrated in the effort to bring a transformative and positive change for older people. These include:

Build capacity and nurture leadership to take appropriate action integrated across sectors.

Listen to diverse voices and enable meaningful engagement of stakeholders – especially older people's.



Connect stakeholders around the world to share and learn from the experiences of others.

Strengthen data, research and innovation to accelerate implementation.

Summary

- Member States have declared 2021-2030 as the UN Decade of Healthy Ageing, a global collaborative initiative to create a world in which all people can live long, healthy lives.
- An individual's ageing depends on their functional ability, intrinsic capacity and environments.
- Biological ageing is no longer defined by a person's age in years.
- The UN Decade of Healthy Ageing action plan defines four action areas and four enablers essential to achieve its vision.

Summary

- The four action areas are: combatting ageism, age-friendly environments, integrated care and long-term care.
- The four enablers are: enable meaningful engagement of stakeholders, build capacity and nurture leadership, connect stakeholders around the world and strengthen data, research and innovation.
- The action areas and enablers are interlinked: action must be taken in all of them to transform the world to be a better place to grow older.