



INTEGRATED CARE FOR OLDER PEOPLE



Decade  
of healthy  
ageing

# UN DECADE OF HEALTHY AGEING

## Facilitator Guide: Module 01



WHO / Blink Media - Juliana Tan

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## Contents

|                                                     |    |
|-----------------------------------------------------|----|
| Introduction to the Guide.....                      | 3  |
| Iconography .....                                   | 3  |
| Module 1: UN Decade of Healthy Ageing.....          | 5  |
| UN Decade of Healthy Ageing.....                    | 6  |
| Learning Objectives .....                           | 7  |
| Adding Life to Years .....                          | 8  |
| UN Decade of Healthy Ageing (2021–2030).....        | 9  |
| Healthy Ageing .....                                | 10 |
| Components of Healthy Ageing .....                  | 11 |
| Challenges in Responding to Population Ageing ..... | 12 |
| Framework.....                                      | 13 |
| Decade Action Areas .....                           | 14 |
| Decade Enablers .....                               | 18 |
| Summary.....                                        | 19 |

## Introduction to the Guide

Welcome to the Facilitator Guide for the WHO Integrated Care for Older People (ICOPE). This guide serves as a roadmap for the facilitators, helping them navigate through the session while ensuring that key topics are covered and participants are engaged. It may also include tips, potential challenges and suggested ways to handle different situations that may arise during the session.

## Iconography

The following icons are used in the Facilitator Guide to indicate the type of content being presented.

| Icon                                                                                | Action             | Description                                                                                                 |
|-------------------------------------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------------------------------|
|    | Session Title      | Indicates the name of the session being conducted.                                                          |
|    | Session Objectives | Lists the learning objectives to be achieved.                                                               |
|    | Timing             | Indicates the duration of the session or activity.                                                          |
|    | Show               | Indicates the slide to be presented.                                                                        |
|   | Say                | What to say or explain while facilitating. It will contain the recommended script/ answers to be discussed. |
|  | Ask                | Ask the participants a question and encourage them to respond.                                              |
|  | Do                 | What to do to facilitate an activity or provide guidance to learners.                                       |
|  | Play               | Indicates a video clip to be presented.                                                                     |

## Session Structure

This facilitator guide is organised according to the way you will present the material on each slide:

- **Show** – The slides
- **Say** – This is a scripted narrative outline for you.
- **Ask** – Questions to prompt dialogue with and among the participants
  - The dialogue associated with the questions should take between 5 to 10 minutes. However, you will need to use your best judgement about the time to dedicate to the question-and-answer sessions. Some sessions may last longer.
- **Do** – Prompts you to do an action

Keep in mind that this Facilitator Guide is only a roadmap. You are expected to apply your voice and experience to make this tool work for you. The ‘Say’ sections are simply indications; you can use them as a script when you feel the need to, but you can and should adapt it to suit your natural training style. Add

your own personal touch and personality to every training, while being careful to stick to the session objectives.

A key component of successful face-to-face training is establishing trust and rapport with your learners. Use your own good judgment to assess the attitude and cultural sensitivities of the people in your workshop. Adapt your training techniques and approach accordingly.

You are going to be great at conducting this training.

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## Module 1: UN Decade of Healthy Ageing

|                                                                                   |                     |                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Session Title:      | <b>UN Decade of Healthy Ageing</b>                                                                                                                                                                                                                                                                                                                                                              |
|  | Timing:             | 10 min                                                                                                                                                                                                                                                                                                                                                                                          |
|  | Session Objectives: | <ul style="list-style-type: none"> <li>• Understand the vision of the United Nations (UN) Decade of Healthy Ageing (2021–2030).</li> <li>• Know the WHO framework of healthy ageing and its components.</li> <li>• Understand the opportunities brought by global ageing if we adequately prepare.</li> <li>• Know the Action Areas and Enablers of the UN Decade of Healthy Ageing.</li> </ul> |

## UN Decade of Healthy Ageing

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**Time: 10 min**

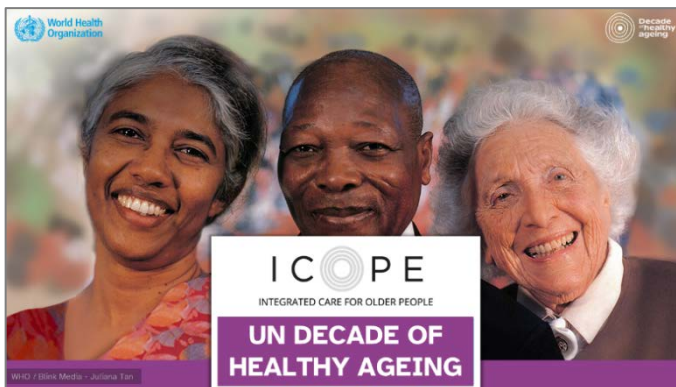


**Do:**

- *Formal welcome*
- *Introduction of facilitator*



**Show:** Slide 2



**Say:**

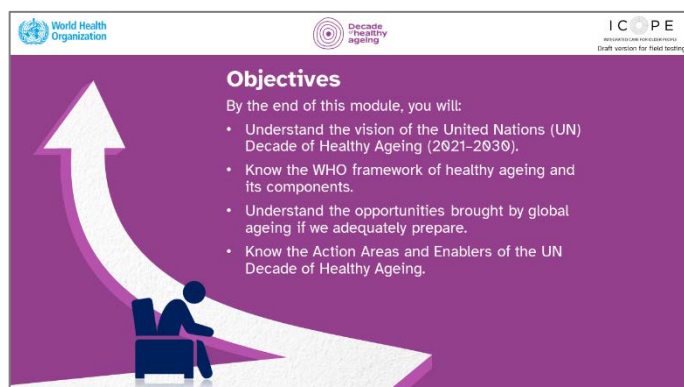
Welcome to the module on the United Nations Decade of Healthy Ageing. In this session, we will cover the following.

- The vision of the United Nations Decade of Healthy Ageing vision.
- The World Health Organization framework of healthy ageing.
- Opportunities from global ageing.
- The Action Areas and Enablers of the UN Decade of Healthy Ageing.

## Learning Objectives



**Show:** Slide 3



**Say:**

Now let us look at the learning objectives for this module. By the end of the module, you will be able to:

**Understand the vision of the United Nations (UN) Decade of Healthy Ageing (2021–2030).**

We'll explore the overarching vision set forth by the UN for promoting healthy ageing for this decade.

**Know the WHO framework of healthy ageing and its components.**

We'll delve into the framework established by the World Health Organization (WHO) for healthy ageing, exploring its various components and how they contribute to promoting health and well-being among older individuals.

**Understand the opportunities brought by global ageing if we adequately prepare.**

We'll have an overview of the opportunities presented by the global phenomenon of population ageing, highlighting the potential benefits and challenges associated with demographic shifts and how proper preparation can maximise positive outcomes.

**Know the Action Areas and Enablers of the UN Decade of Healthy Ageing.**

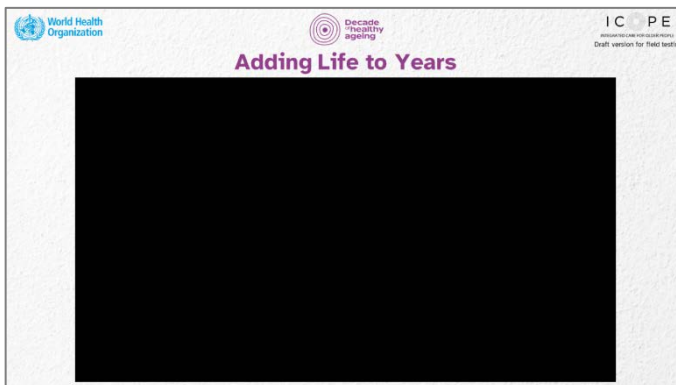
Finally, we'll discuss the specific action areas and enablers identified in the Plan of Action of the UN Decade of Healthy Ageing, focusing on the strategies and resources needed to achieve its objectives effectively.

## Adding Life to Years

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**Show:** Slide 4



**Say:**

Let's watch a video that presents the vision of the UN Decade of Healthy Ageing.



**Play:**

Adding life to years



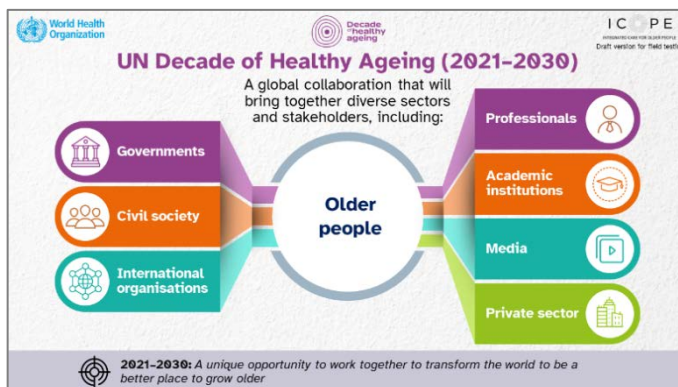
**Say:**

The key message of this video is clear: the UN Decade of Healthy Ageing is about creating supportive environments and healthcare systems that enable individuals to thrive as they age. By focusing on quality of life over quantity of years, we aim to ensure dignity and meaning for all, regardless of age. Together, we can transform societal attitudes towards ageing and make every year count. Let's reflect on how we can contribute to this important initiative in our own communities.

## UN Decade of Healthy Ageing (2021–2030)



**Show:** Slide 5



**Ask:**

*What do you think it takes to create a world where growing older means living better? Take a moment to consider how diverse sectors and stakeholders can collaborate to make this vision a reality.*



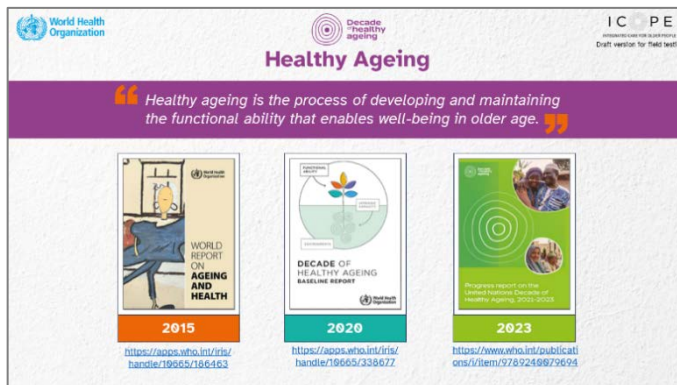
**Say:**

Let us explore a global collaboration aimed at transforming the world into a better place to grow older. UN Decade of Healthy Ageing brings together a wide range of sectors and stakeholders, including governments, civil society, international organisations, professionals, academic institutions, media and the private sector. Spanning from 2021 to 2030, it presents a unique opportunity for us to work together towards this common goal.

## Healthy Ageing



**Show:** Slide 6



**Ask:**

What does healthy ageing mean to you?



**Say:**

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

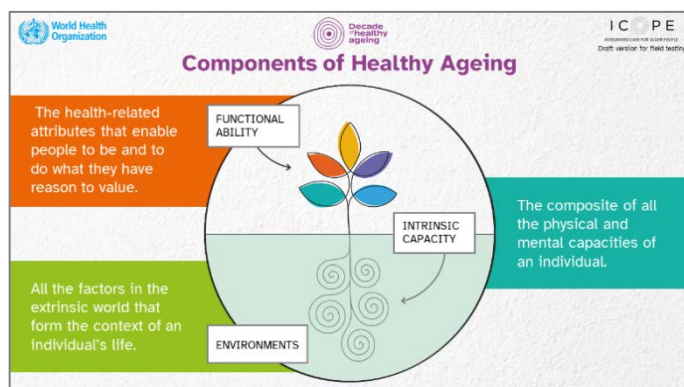
To explore further and deepen your understanding of healthy ageing, here are some reference links.

1. [World report on ageing and health](https://apps.who.int/iris/handle/19665/186463)
2. [Decade of healthy ageing: baseline report](https://apps.who.int/iris/handle/19665/338677)
3. [Progress report on the United Nations Decade of Healthy Ageing, 2021-2023](https://www.who.int/publications/i/item/9789249679696)

## Components of Healthy Ageing



**Show:** Slide 7



**Say:**

Let's delve deeper into the concept of healthy ageing by breaking down its three key components: functional ability, intrinsic capacity and environment.

1. **Functional Ability:** This refers to the health-related attributes that enable individuals to be and to do what they have reason to value. It encompasses various aspects of physical and mental well-being that allow individuals to carry out daily activities and participate in social and cultural activities. Functional ability combines the intrinsic capacity of the individual, the relevant environmental characteristics, and the interactions between the individual and these characteristics.
2. **Intrinsic Capacity:** This represents the composite of all the physical and mental capacities of an individual. It includes factors such as locomotor, cognitive, sensory, psychological, and metabolic capacities, which contribute to a person's overall ability to function independently and maintain well-being.
3. **Environment:** The environment encompasses all the factors in the extrinsic world that form the context of an individual's life. This includes physical, social, economic and cultural elements that can either support or hinder an individual's functional ability and intrinsic capacity.

By addressing factors related to intrinsic capacity and environment, we can work towards enhancing the quality of life and functional ability for older adults and fostering a society where ageing is embraced and celebrated.

## Challenges in Responding to Population Ageing



**Show:** Slide 8

**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.

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**Say:**

Let's take a moment to reflect on the diverse faces of ageing depicted in this slide. As you can see, there is no 'typical' older person. Ageing is a highly individualised experience and biological ageing is only loosely associated with a person's chronological age.

Some older individuals possess physical and mental capacities that are comparable to those of younger individuals, defying conventional expectations. On the other hand, some may experience physical and cognitive declines prematurely.

## Framework



**Show:** Slide 9



**Say:**

Let's take a moment to examine the significance of the 'Decade of Healthy Ageing' logo. The logo represents a framework for doing business differently with four action areas that form the concentric rings in the logo and four enablers that are represented by the gap between the rings and older people at the centre signifying focus and priority given to them.

## Decade Action Areas

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**Show:** Slide 10



**Say:**

Let's explore the first action area: Combatting Ageism. This calls for a fundamental shift in our attitudes and perceptions towards age and ageing. It's about challenging stereotypes, biases and discriminatory practices that undermine the dignity and value of older individuals. By changing how we think, feel and act, we can create a more inclusive and age-friendly society.



**Show:** Slide 11



**Say:**

Next, let's delve into Action Area 2: Age-friendly Environments. This focuses on creating communities that support and empower older individuals to thrive. It's about ensuring that neighbourhoods, services and policies accommodate their needs, promoting independence and inclusion. By fostering age-friendly environments, we can enhance the functional ability of older adults and build communities that are vibrant, inclusive and accessible to all.

**Show:** Slide 12**Say:**

Let's now turn our attention to Action Area 3: Integrated Care. This involves delivering person-centred integrated care and primary health services that respond effectively to the needs of older individuals. We need to move from a reactive, disease-oriented approach in the delivery of care towards a preventive and comprehensive model able to better capture the diverse priorities of the individual.

**Show:** Slide 13**Say:**

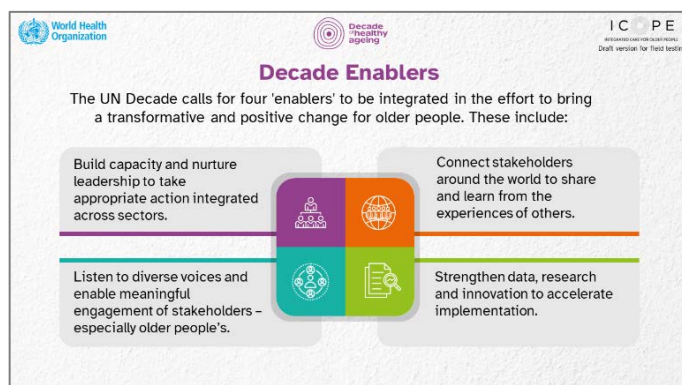
Lastly, we have Action Area 4: Long-term Care. This focuses on ensuring access to essential long-term care services for older individuals who require them. It's about establishing support systems and resources to meet the diverse and evolving needs of older adults as they age.

Please be aware that long-term care does not here refer to a specific type of facility or setting (e.g., nursing home). Long-term care includes the activities aimed at ensuring “that people with or at risk of a significant ongoing loss of intrinsic capacity can maintain a level of functional ability consistent with their basic rights, fundamental freedom and human dignity”.

## Decade Enablers



**Show:** Slide 14



**Say:**

This slide shows the four 'enablers' crucial for driving transformative change during the UN Decade. These are key elements that will integrate efforts to bring about positive outcomes for older people:

1. **Listening to Diverse Voices:** This involves actively engaging stakeholders, particularly older individuals and valuing their input and perspectives. By ensuring meaningful participation, we can better understand their needs and aspirations, shaping policies and programmes that truly address their concerns.
2. **Building Capacity and Leadership:** It's essential to develop the skills and leadership capabilities necessary to drive action across various sectors. By nurturing leadership and building capacity, we empower individuals and organisations to effectively implement initiatives that benefit older people.
3. **Connecting Stakeholders Globally:** Collaboration is key. By connecting stakeholders worldwide, we create opportunities to share knowledge, best practices and lessons learned. This global exchange fosters innovation and enables us to learn from each other's experiences, ultimately strengthening our collective efforts.
4. **Strengthening Data, Research and Innovation:** Data-driven decision-making is critical for driving progress. By investing in research, innovation and data collection, we can better understand the needs of older people, allocate the available resources, and measure and monitor the effectiveness of the implemented strategies. This enables us to accelerate progress and achieve meaningful outcomes during the Decade.

By integrating these four enablers into our efforts, we can pave the way for transformative and positive change for older people worldwide.

## Summary



**Show:** Slide 15 and 16

**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.



**Do:**

*Go through the slides and recap the points discussed during the session.*