

ICOPE

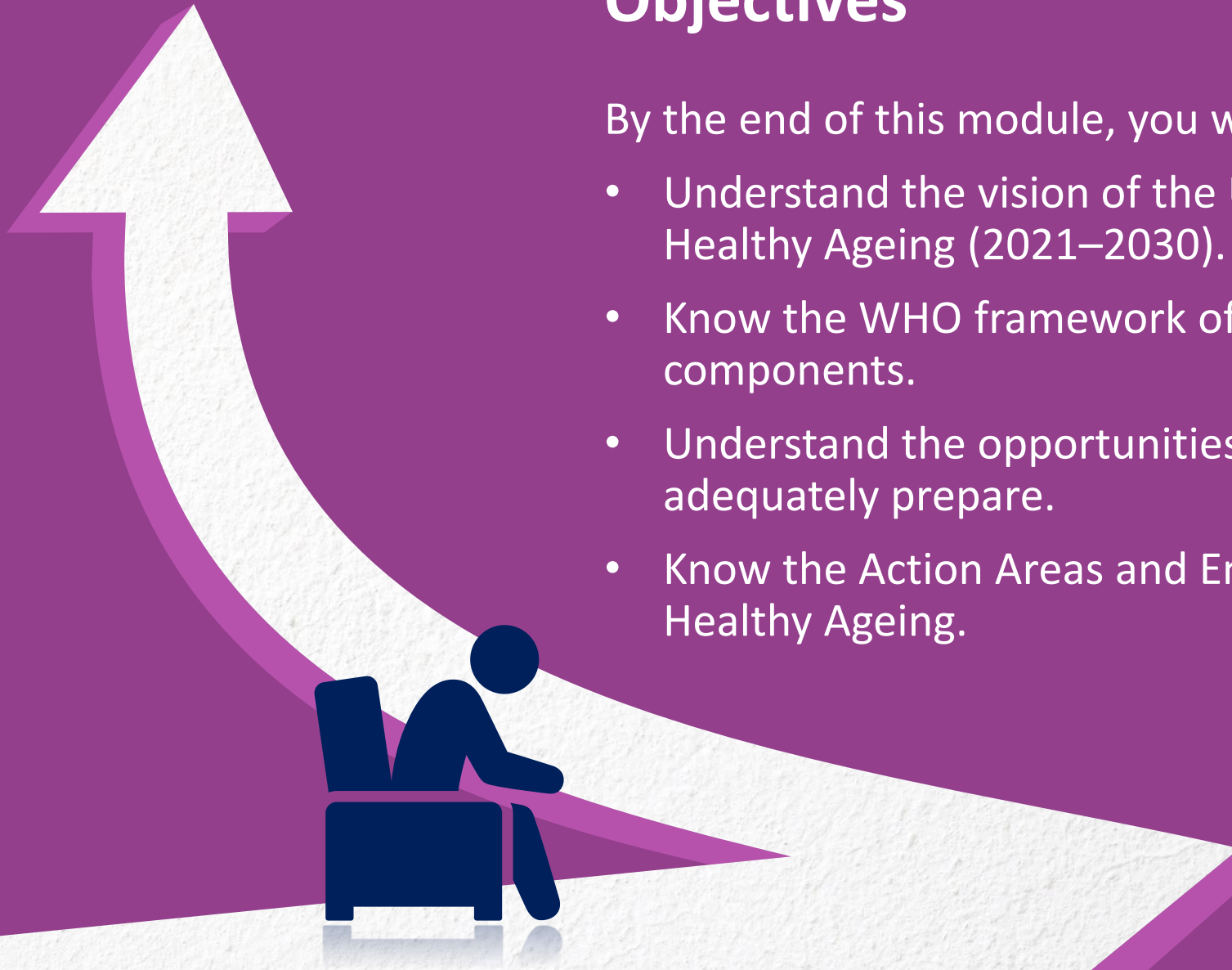
INTEGRATED CARE FOR OLDER PEOPLE

UN DECADE OF
HEALTHY AGEING

Objectives

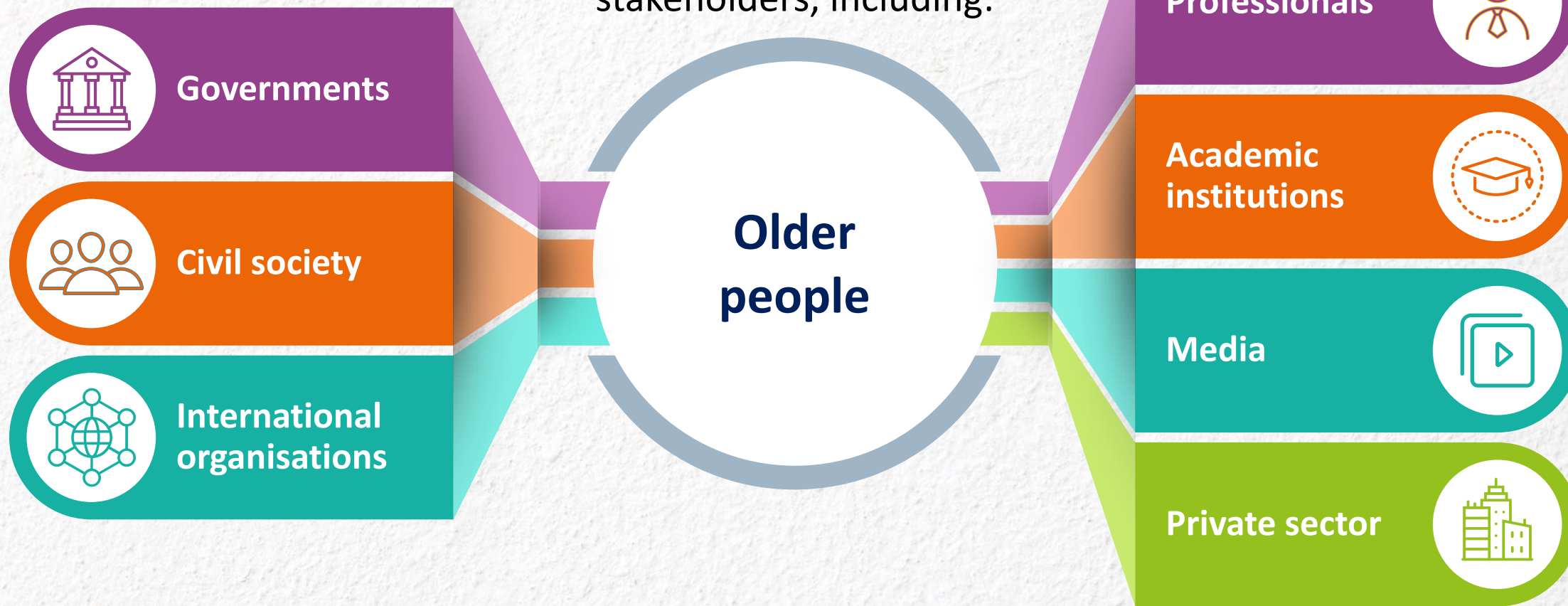
By the end of this module, you will:

- 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.



UN Decade of Healthy Ageing (2021–2030)

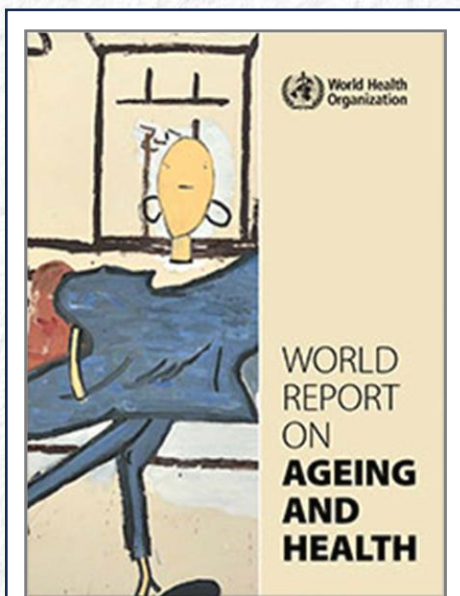
A global collaboration that will bring together diverse sectors and stakeholders, including:



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

Healthy Ageing

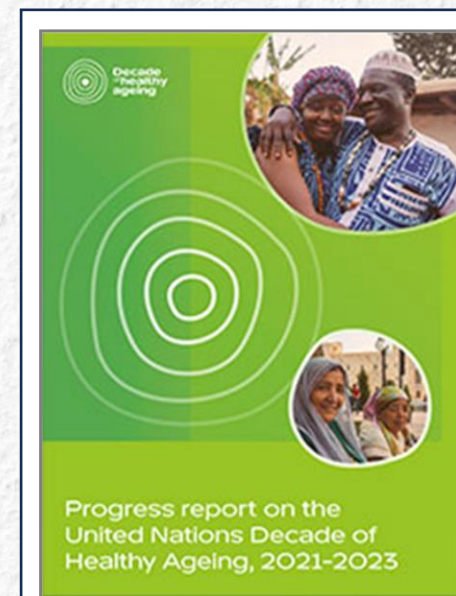
“ Healthy ageing is the process of developing and maintaining the functional ability that enables well-being in older age. ”



2015



2020



2023

Components of Healthy Ageing

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

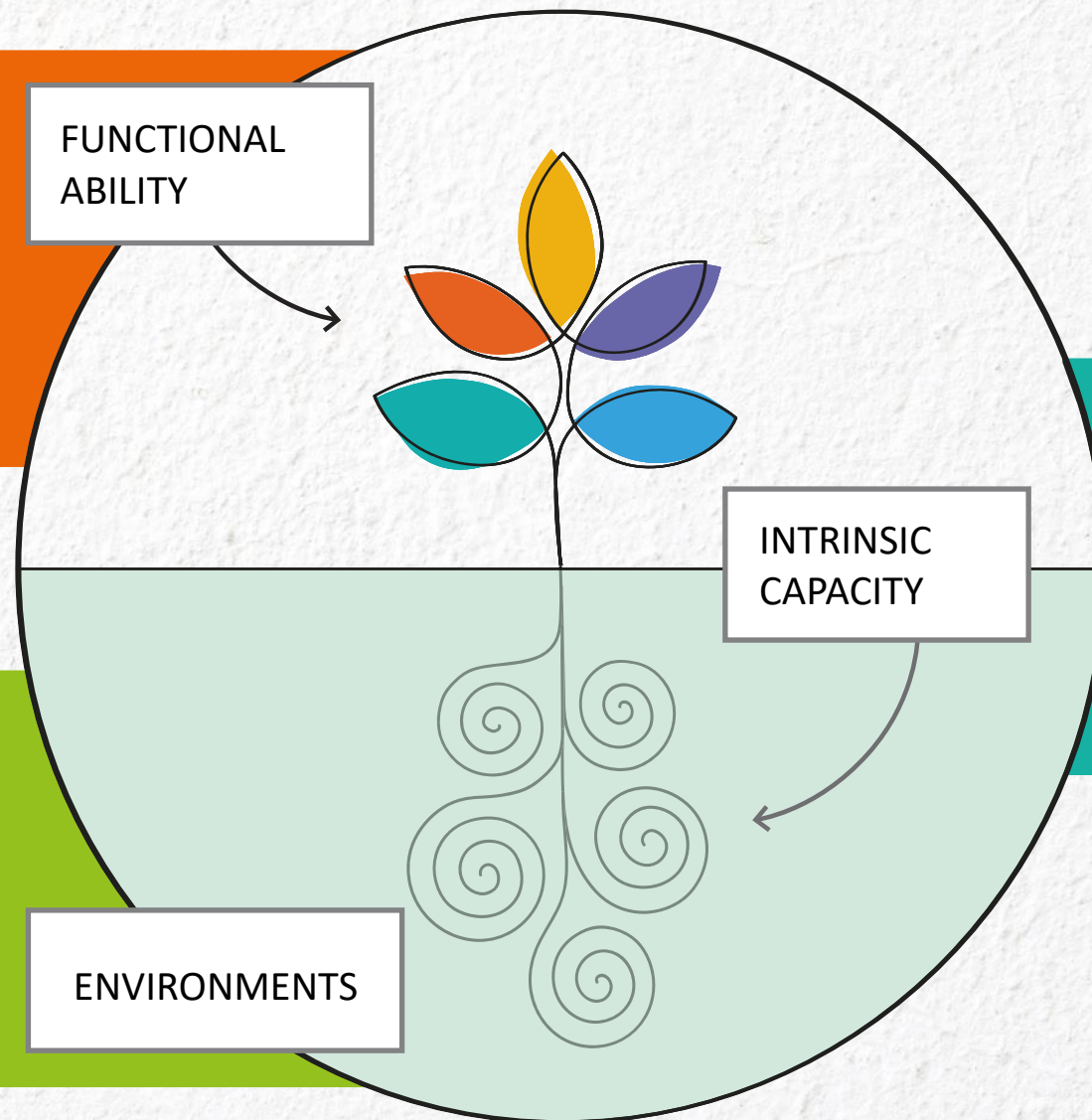
FUNCTIONAL
ABILITY

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 a person's age in years. Some older individuals have physical and mental capacities similar to many younger people, while others may face early physical and cognitive declines.





A framework for 'doing business differently' with:

Four **action areas**

Four **'enablers'**

And **older people at the centre**

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.



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



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



Strengthen data, research and innovation to accelerate implementation.



Summary

- Member States have declared the years 2021 to 2030 as the UN Decade of Healthy Ageing, a global collaborative initiative aimed at creating a world where everyone 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 chronological age.
- The UN Decade of Healthy Ageing action plan defines four action areas and four enablers essential to achieving 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 interconnected; action must be taken in all of them to transform the world into a better place for people to grow older.