Strategies for Successful Ageing

Ageing Facts

Between 2015 and 2050, the number of people aged 60 years and over is expected to increase from 900 million to 2 billion. From 2012 to 2050, the proportion of people aged 60 years and over is growing faster than any other age group.

Even in developing countries, older people die of non-communicable diseases such as Heart Disease, Stroke, Lung Disease, Cancer, Diabetes, and more from infectious or parasitic diseases.

80 years +

On average, women live six to eight years longer than men.

The number of people aged 80 years or older will almost quadruple between 2000 and 2050 to 395 million.

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Key Messages

Successful ageing focuses on three core areas:

- Personal Development
- Managing Your Health
- Staying Involved

STRATEGIES: WEEK 1

Reflect on your ageing experience

- Think about how you define old age.
- Challenge your perceptions of ageing.

Enable personal choice and control

- Recognise whether your environment supports healthy behaviours.
- Stay involved in your community and seek opportunities for inter-generational engagement.

Challenge ageism

- Consider how older people are represented and treated.
- Reflect on whether you impose limits on yourself through self-ageism.

What is old? "Typical" older person.

Ageism is the discrimination on the basis of age. This can happen to a person of any age.

Health

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.