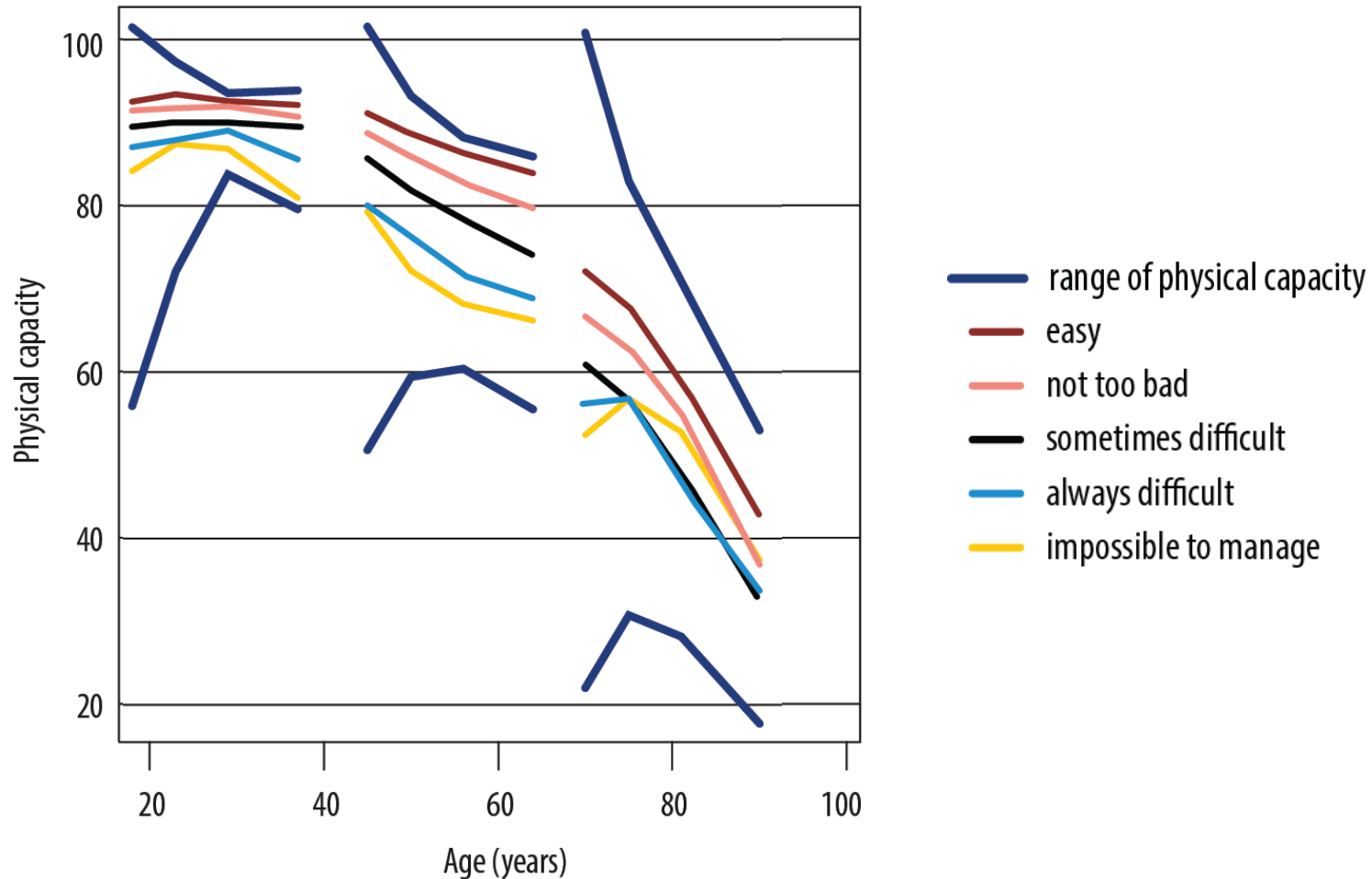




The Freedom of *Healthy Ageing*

Dr John Beard
Director, Ageing and Life Course

Physical capacity across the life course



World Report on Ageing and Health

"Healthy Ageing - the process of developing and maintaining the functional ability that enables wellbeing in older age."

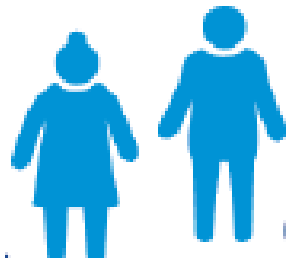


WORLD
REPORT
ON
**AGEING
AND
HEALTH**

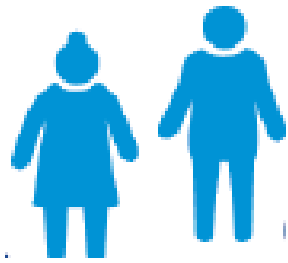
Functional Ability



Functional Ability



Functional Ability



Intrinsic Capacity

Functional Ability



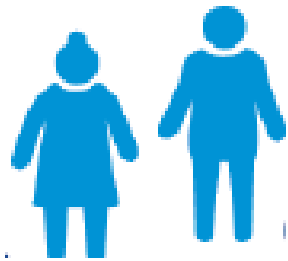
Intrinsic Capacity

Functional Ability



Intrinsic Capacity

Functional Ability



Intrinsic Capacity

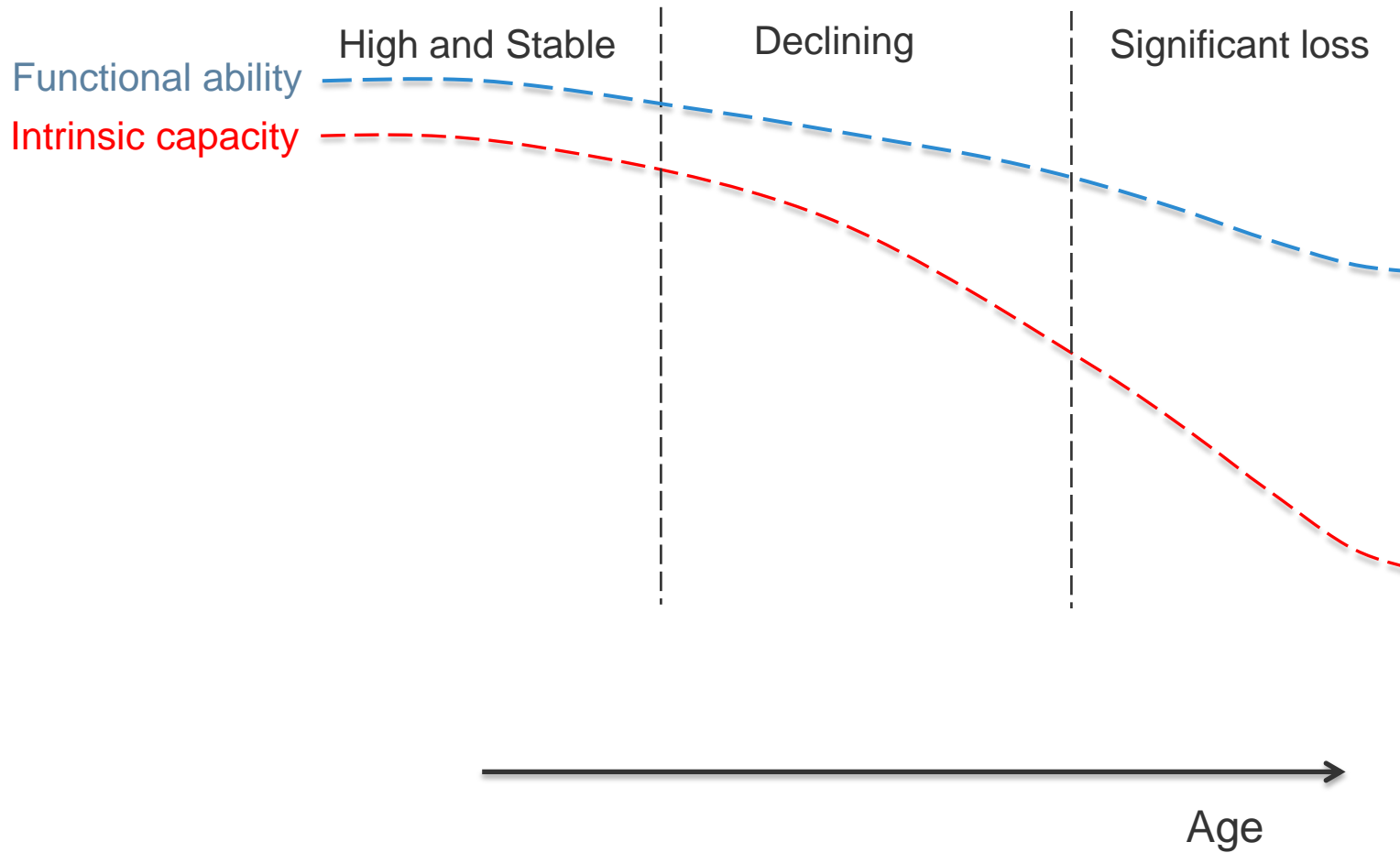


Functional Ability

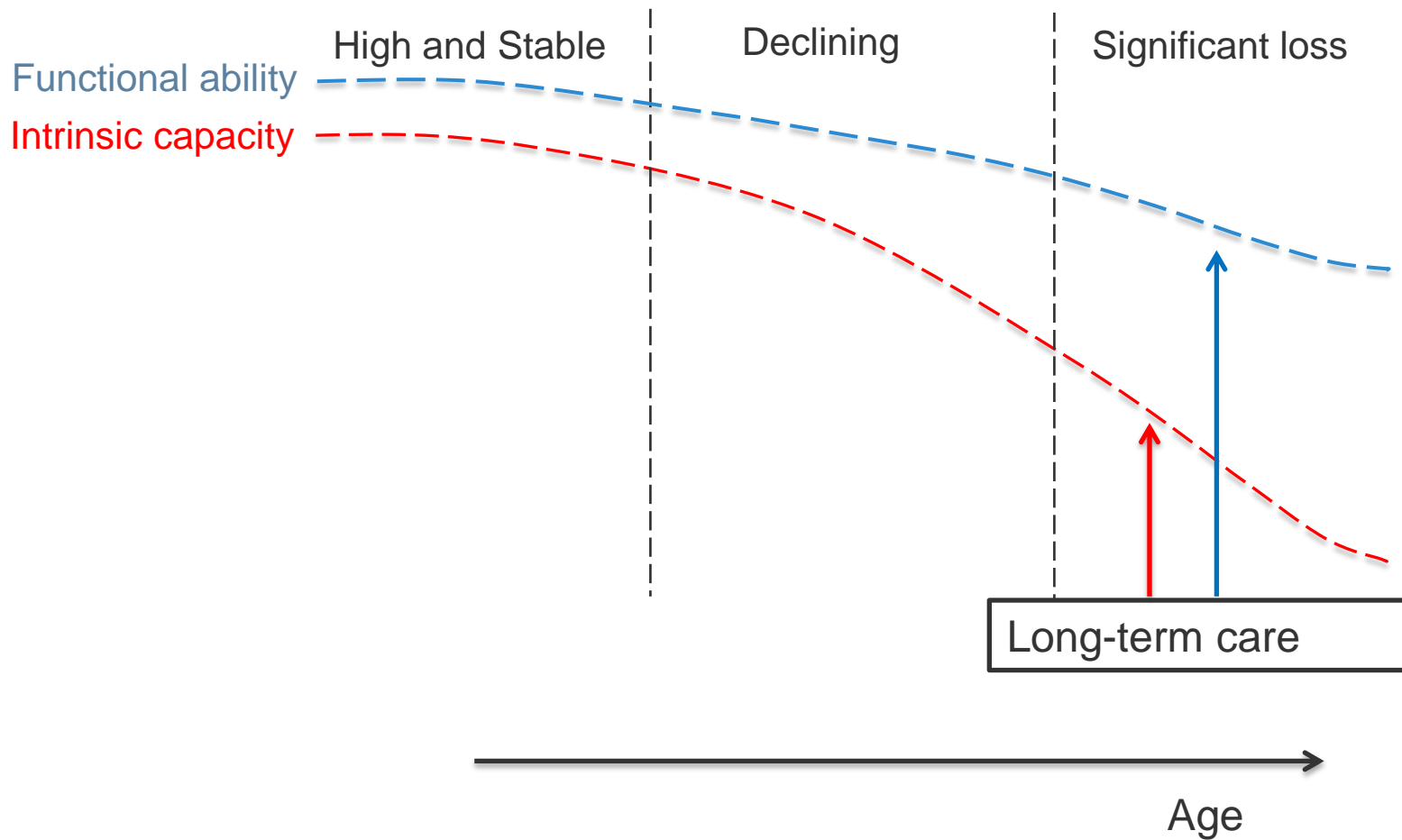


Functional Ability = Intrinsic Capacity + Environment

Long-term Care



Long-term Care





Global Strategy and Action Plan on Ageing and Health

VISION

A world in which everyone can live a long and healthy life

GOALS

- Five years of evidence-based action
- Establish evidence and partnerships necessary to support a Decade of *Healthy Ageing* from 2020 to 2030



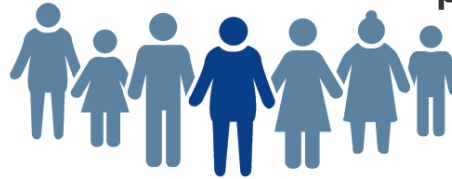
Global Strategy and Action Plan on Ageing and Health

- Commitment
- Age-friendly environments
- Re-aligning health systems
- Developing systems for providing long-term care
- Better measurement, monitoring and research

Strategies to build a LTC system

Person-centred

Enabling older people to "age in a place that is right for them"



Governance

Establish and continually improve the foundations for a **sustainable and equitable long-term care system**



Trained and supported caregivers



Build work force capacity and support caregivers

*Long-Term
Care
System*

Quality

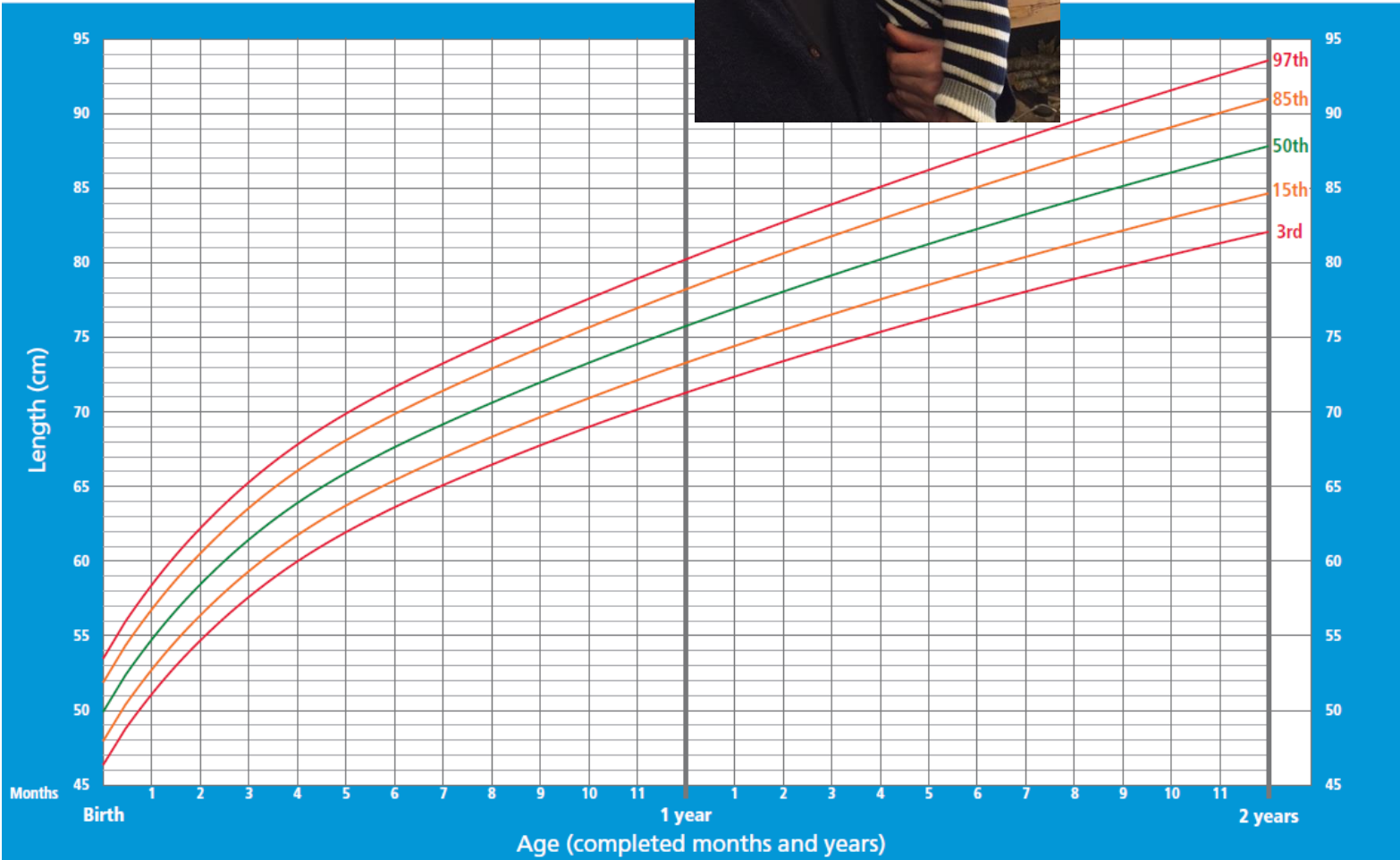
Ensure the quality of ability oriented care





Length-for-age BOYS

Birth to 2 years (percentiles)



Intrinsic capacity MEN





Priorities for action 2016-2020

- Guidelines on integrated person centred care
- Reframe language and conceptualisation
- Connect innovators
- Options for LTC systems in all resource settings
 - Home/ community/institution
 - Equitable/sustainable
 - Ability oriented
- Guidance on quality and continual improvement
- Indicators, data collection and accountability



Resources

Beard JR et al. The World Report on Ageing and Health: a policy framework for healthy ageing. *The Lancet* Published online October 29, 2015 [doi:10.1016/S0140-6736\(15\)00516-4](https://doi.org/10.1016/S0140-6736(15)00516-4)

The *World report on ageing and health*
<http://www.who.int/ageing/publications/world-report-2015/en/>

