Contents

Preface vii

Acknowledgements ix

1. Adding health to years 3

Introduction 3
The context for action 4
The international legal and policy frameworks 4
Current public-health response – more of the same will not be enough 6
The challenges for policy development 7
Diversity in older age 7
The impact of inequity 8
Outdated stereotypes, new expectations 10
The world is changing too 12
Why act on ageing and health? 14
The rights of older people 14
Ageing, health and development 15
The economic imperative 16
Conclusion 18

2. Healthy Ageing *25*

What is ageing? 25
Ageing, health and functioning 26
A framework for action on ageing and health 27
Healthy Ageing 28
Trajectories of *Healthy Ageing* 31
A public-health framework for *Healthy Ageing* 32
Key issues for public-health action 34
Dealing with diversity 34
Reducing inequity 35
Enabling choice 35
Ageing in place 36

3. Health in older age **43**

Demographic and epidemiological changes 43
Population ageing 43
Why are populations ageing? 43
Are the added years in older age being experienced in good health? 49
Health characteristics in older age 52
Underlying changes 52
Health conditions in older age 57
Other complex health issues in older age 62
Intrinsic capacity and functional ability 64
Intrinsic capacity across the life course 65
Patterns of functioning in countries at different levels of socioeconomic development 66
Significant loss of functional ability, and care dependence 67
Key behaviours that influence *Healthy Ageing* 69
Physical activity 70
Nutrition 71
Key environmental risks 73
Emergency situations 73
Elder abuse 74

4. Health systems **89**

Introduction 89
Rising demand, barriers to use, poorly aligned services 89
Demand for health services 89
Barriers to use 91
Systems designed for different problems 93
Economic impact of population ageing on health systems 95
Responses 99
The goal: optimize trajectories of intrinsic capacity 99
Adapt interventions to individuals and their levels of capacity 100
Implement older-person-centred and integrated care 103
Align health systems 107
Conclusion 114

5. Long-term-care systems **127**

Introduction 127
The growing need for long-term care 128
Current approaches to long-term care 129
The long-term-care workforce: often undervalued and lacking support and training 129

Financing long-term care: it always has a cost 131
Care provision: outdated and fragmented 133
Responding to the challenge of long-term care 133
Moving towards an integrated system: a revolutionary agenda 134
General principles of an integrated system of long-term care 135
Enabling ageing in the right place 136
Building workforce capacity and supporting caregivers 136
Promoting integrated care through case management and broader collaboration 142
Ensuring sustainable and equitable financing 144
Changing mindsets about long-term care: a political and social challenge 146
Conclusion 147

6. Towards an age-friendly world **159**

Introduction 159
Ability to meet basic needs 160
Financial security, housing, personal security 161
What works in improving financial security 163
What works in ensuring adequate housing 165
What works in meeting the need for personal security 169
Abilities to learn, grow and make decisions 174
What works in fostering the abilities to learn, grow and make decisions 174
Ability to be mobile 179
What works to maintain mobility in older age 180
Abilities to build and maintain relationships 184
What works to build and maintain relationships 186
Ability to contribute 188
What works in facilitating the ability to contribute 190
The way forward 196

7. Next steps **211**

Introduction 211
Key areas for action on *Healthy Ageing* 213
Align health systems to the needs of the older populations they now serve 213
Develop systems for providing long-term care 215
Creating age-friendly environments 218
Improve measurement, monitoring and understanding 221
Conclusion 223

Glossary **225**

Index **233**