

# AGEING SOCIETY / HEALTHY AGEING

## **Family Societal Perspectives**

Prepared by,  
Maliga Wijesiri  
Dinithi Vidanage

General Sir John Kotelawala Defence University



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# Aims of the lecture

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**At the end of this lecture the student should be able to;**

Identify the concept of ageing

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Determine the demographic context of ageing society in SL

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Define the concept of 'Healthy ageing'

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Identify factors affecting healthy ageing

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Outline multidimensional model of healthy ageing

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Identify the impact of 'ageing' on families

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Outline challenges to achieve healthy ageing

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Describe the impact of caring for an elderly with neurodegenerative disease/s (ND) on the family caregivers

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# Lesson Plan in Brief

Concept of ageing

Demographic context of ageing – Sri Lanka

Definition - healthy ageing

Factors affecting healthy ageing

Multidimensional model of healthy ageing

How to achieve healthy ageing

Impact of ageing on families - challenges faced by families - SL

Impact of caring for an elderly with NDDs on the family caregivers

Role of the families towards caregiving for the elderly with NDDs



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# What is Ageing?

Ageing is a **natural process** that affects all **living organisms**

The total of all changes that occur in a person with the passing of time

Ageing is a process of deterioration of body systems



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# What is Ageing?

It,

- is a biological process that starts from the date of conception and goes on until the death
- is a global phenomenon
- Occurs due to changes in the physical, psychological and functional arenas of an individual
- This process can not be stopped or reversed.
- **But, quality can be altered - How??**



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# Types of Ageing

Chronological  
age

Functional  
age

Physiological  
age



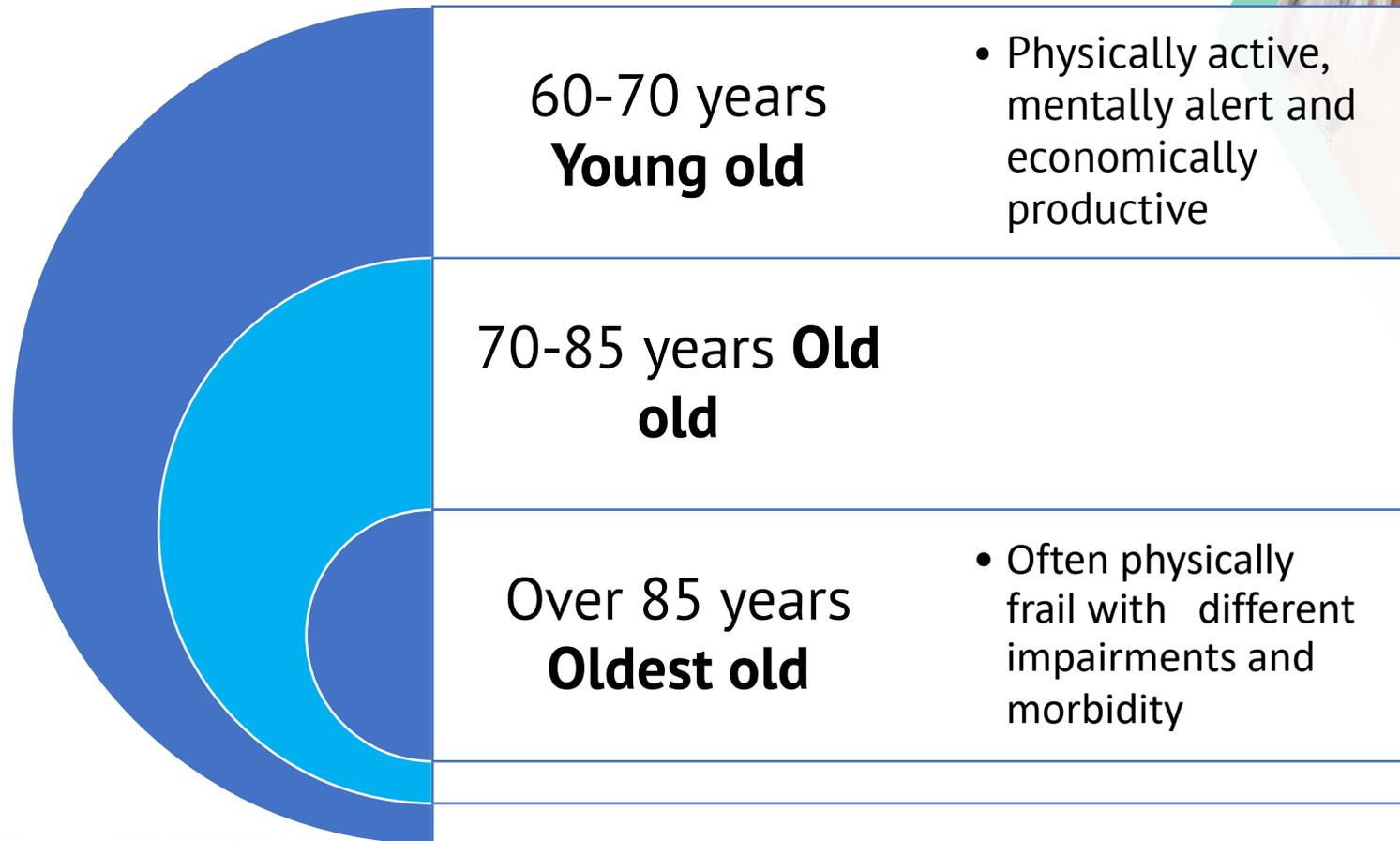
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# Segregation of Elderly Population



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# Demographics



Sri Lanka faced a rapid ageing population

- Declining death rate
- Increase life expectancy



The proportions of Population

- Elderly will double

2001  
9.2%

2031  
20.7%

- Children will be half

26.3%

16.1%

Declining fertility and mortality rates caused for the increase of aged dependency ratio

- The aged dependency ratio is expected to rise

2001  
14.3%

2031  
32.8%

2051  
51.2%

(Ministries of social services and health, Promoting ageing and health – the Sri Lankan experience, Vol.16, no.1, 2012)

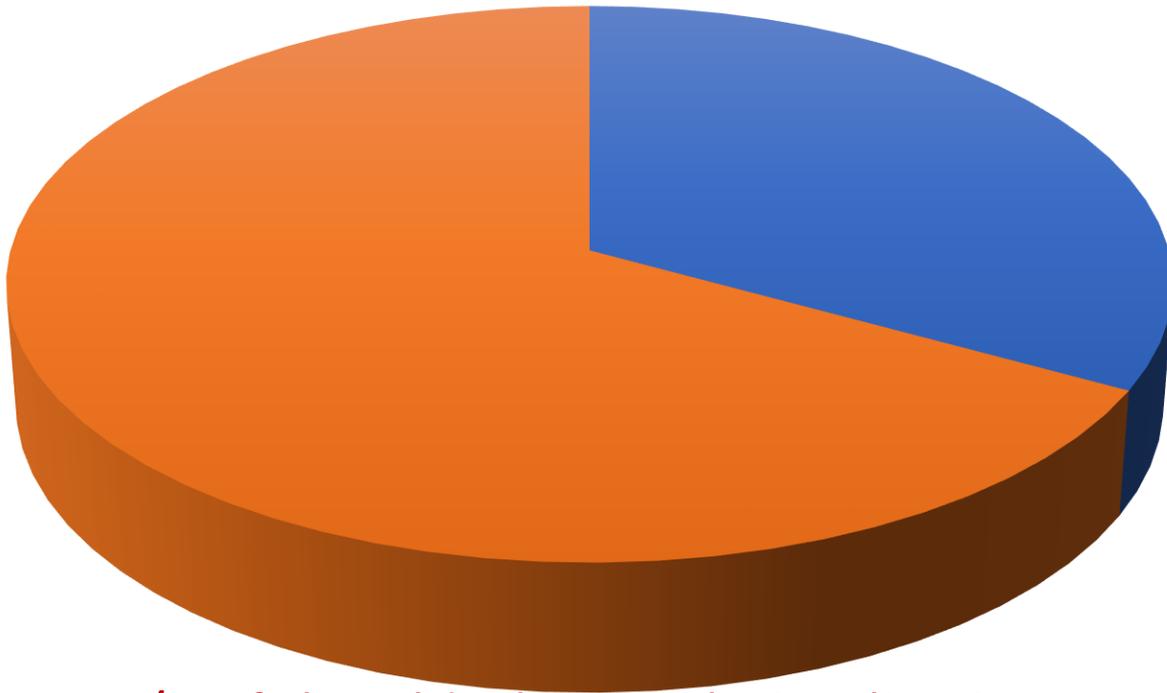


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# Demographics



**2/3 of the elderly population live in developing countries.**

Population is rapidly ageing in countries like,

- Japan
- Singapore
- Australia



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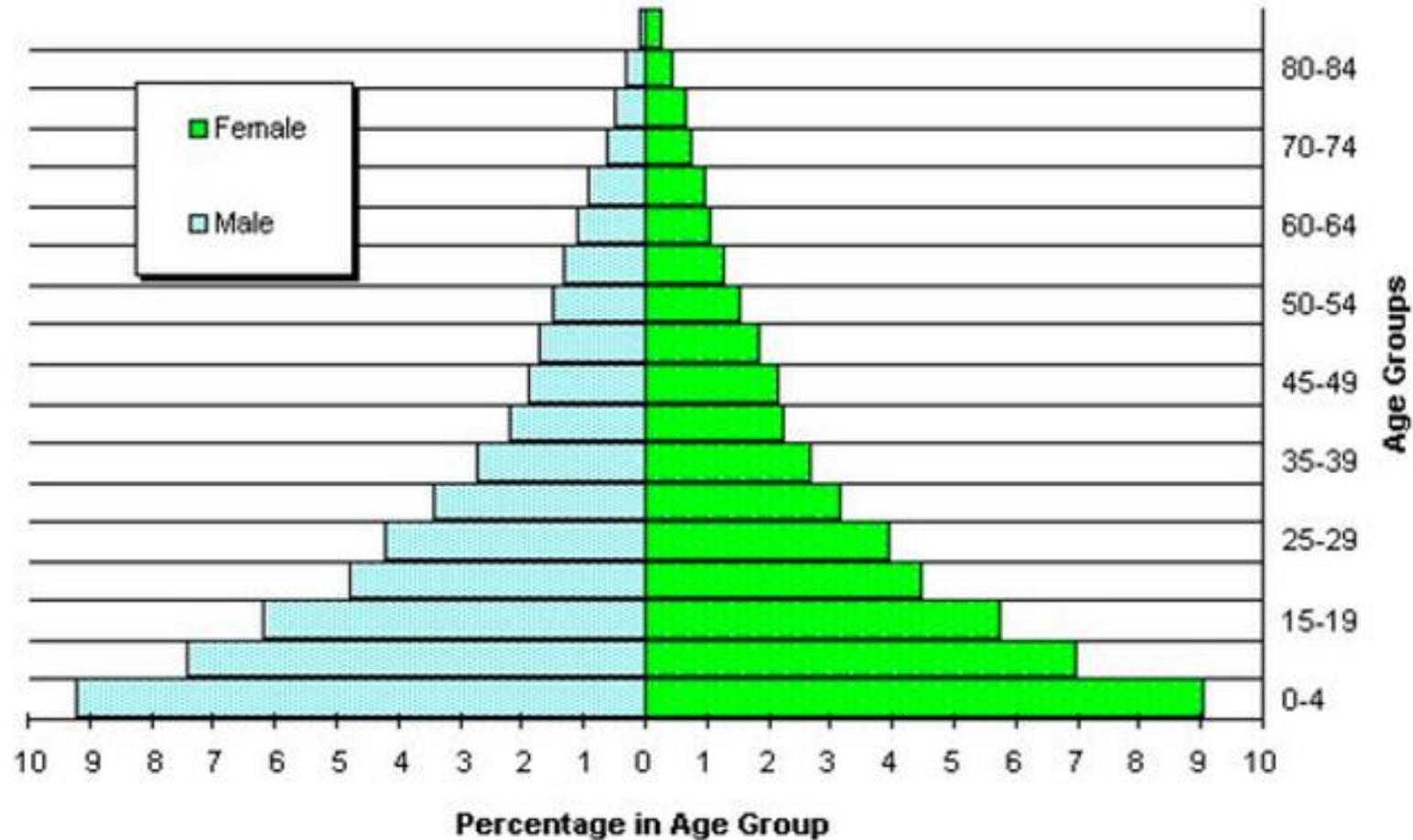
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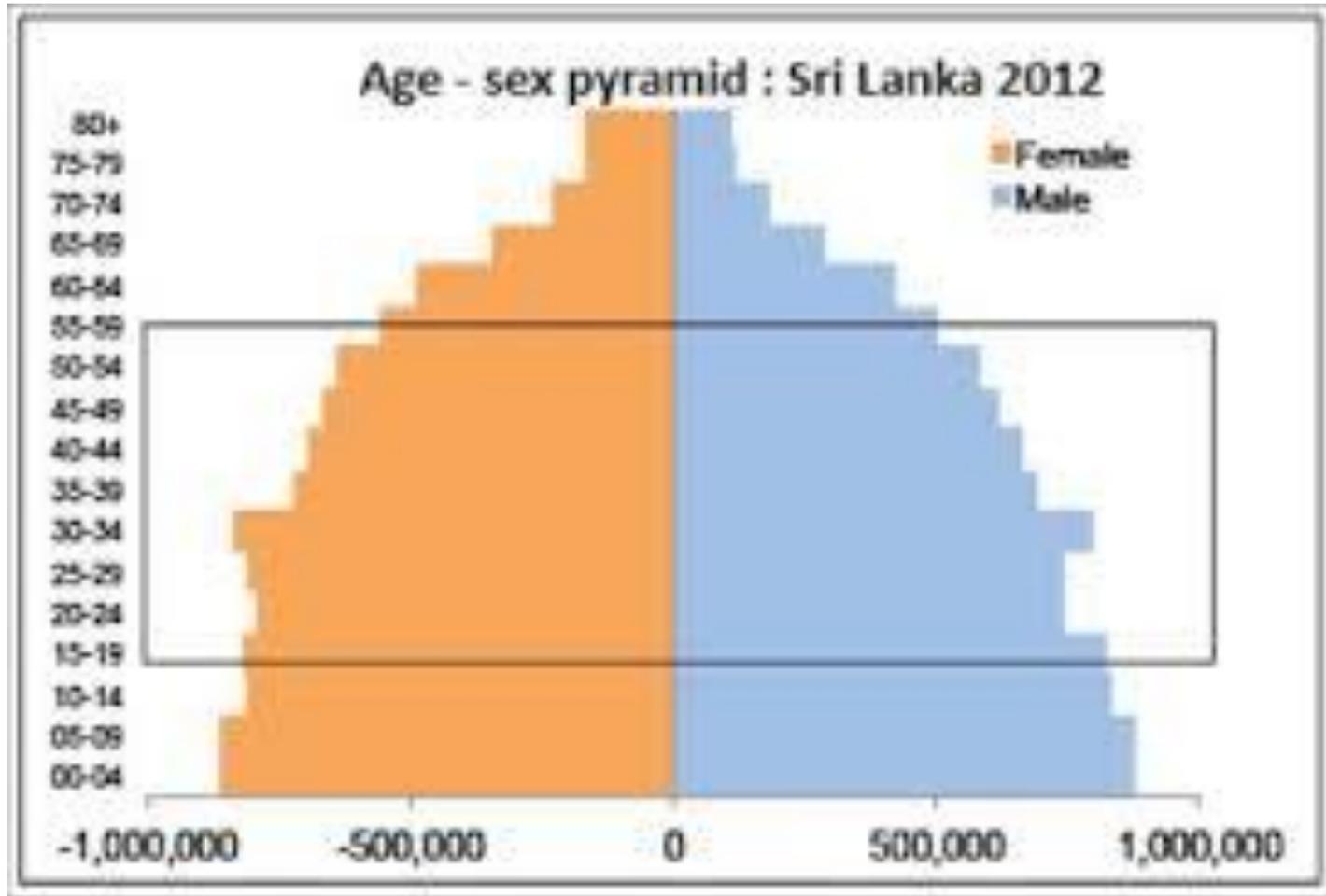
# Typical age pyramid



Population Pyramid for a Developing country



# Sri Lankan age pyramid



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# Definitions

## Healthy ageing

WHO defines healthy ageing as **“the process of developing and maintaining the functional ability that enables wellbeing in older age.”** Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to:

- meet their basic needs
- learn, grow and make decisions
- be mobile
- build and maintain relationships
- contribute to society

*(WHO, 2020)*

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# Healthy ageing

- To promote healthy ageing, it is necessary to focus:
  - Nutrition, dietary pattern
  - Economic conditions
  - Smoking, alcohol consumption
  - Activity level, exercises
  - Education



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# Modifiable and Non-modifiable factors

## Modifiable factors of healthy ageing



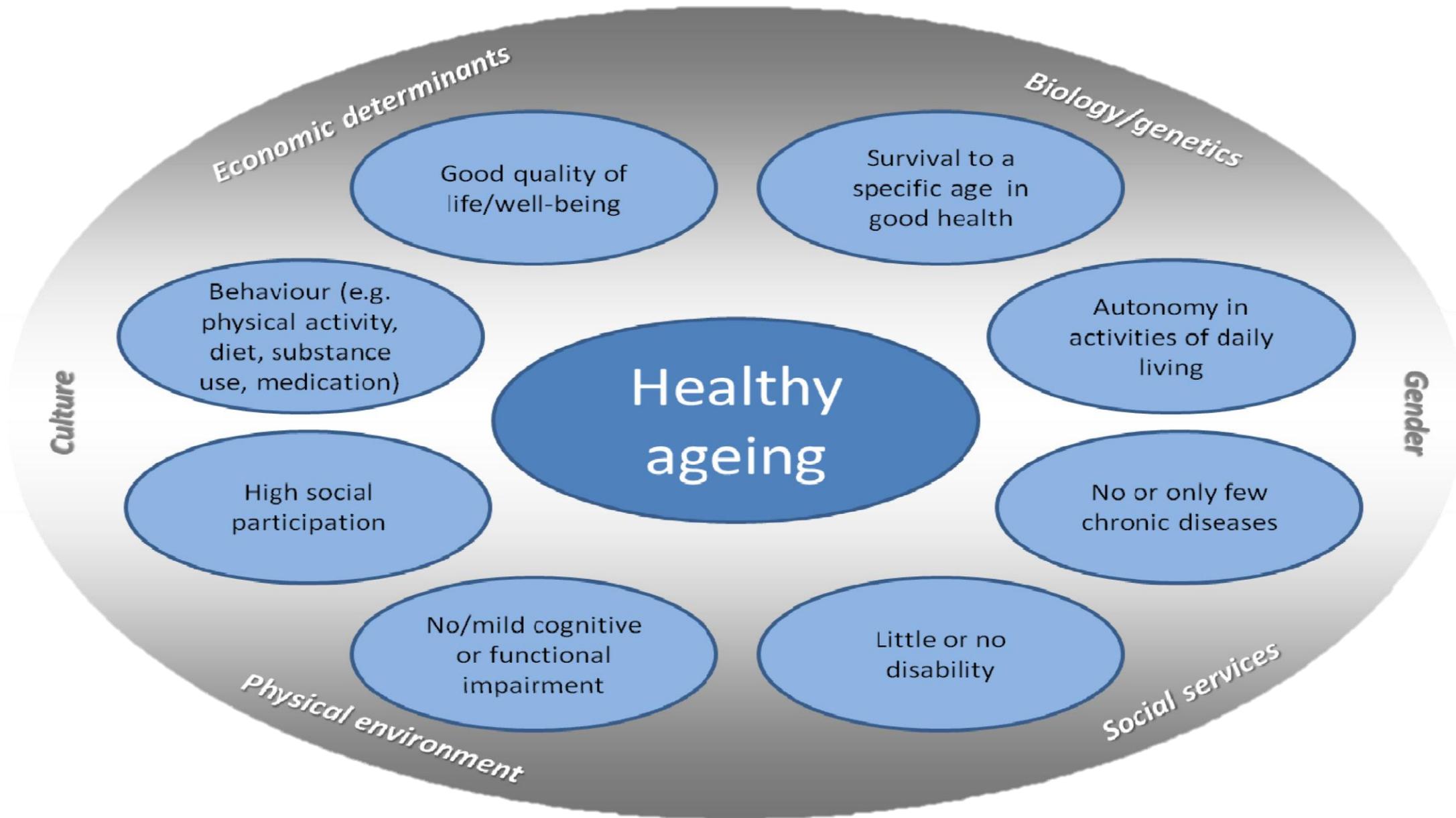
- Environment
- Economy
- Education

## Non-modifiable factors of healthy ageing



- Age
- Gender
- Genetics
- Culture



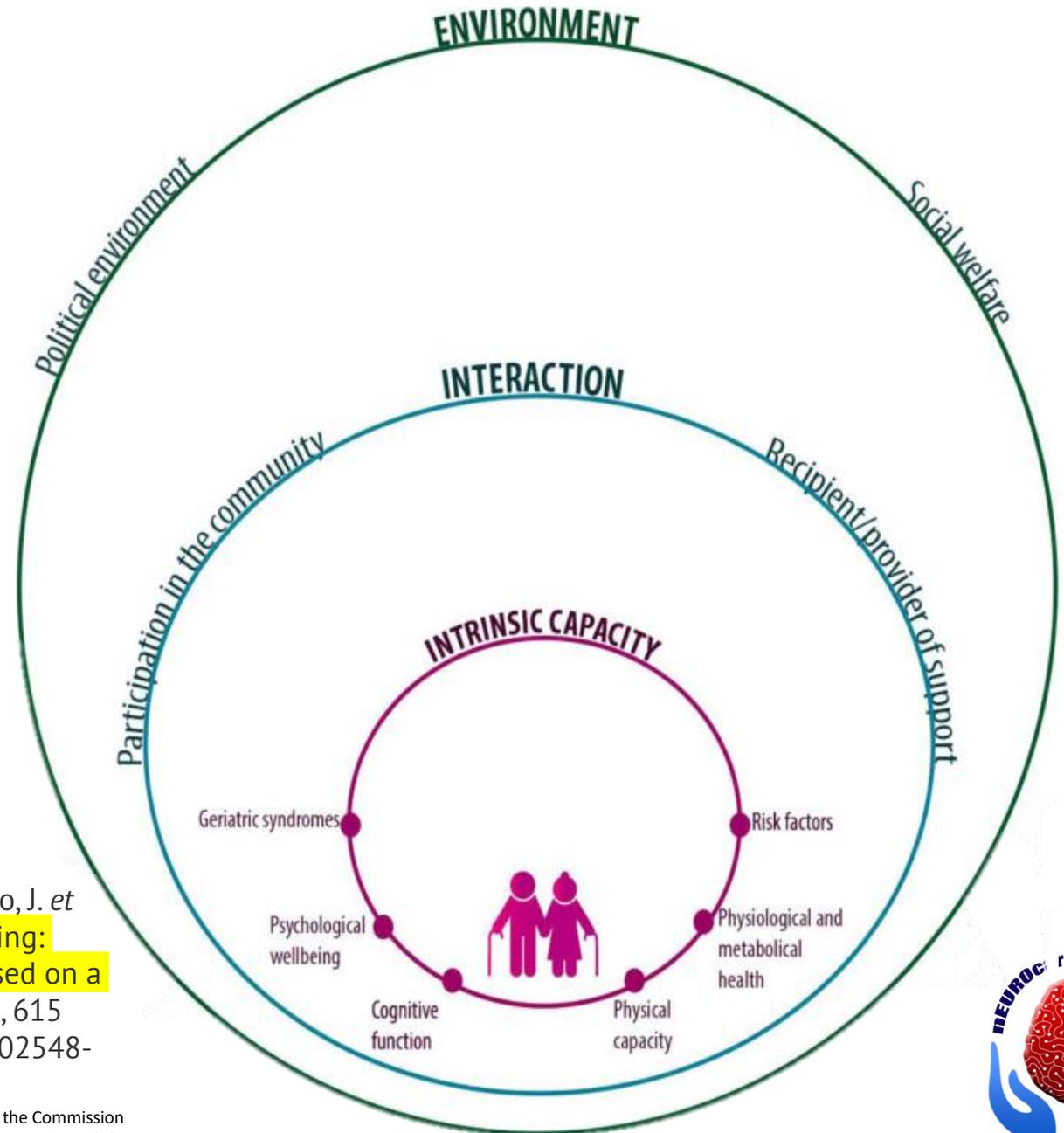


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# Multi-dimensional model of healthy ageing



Rivadeneira, M.F., Mendieta, M.J., Villavicencio, J. *et al.* A multidimensional model of healthy ageing: proposal and evaluation of determinants based on a population survey in Ecuador. *BMC Geriatr* **21**, 615 (2021). <https://doi.org/10.1186/s12877-021-02548->

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# Sri Lanka

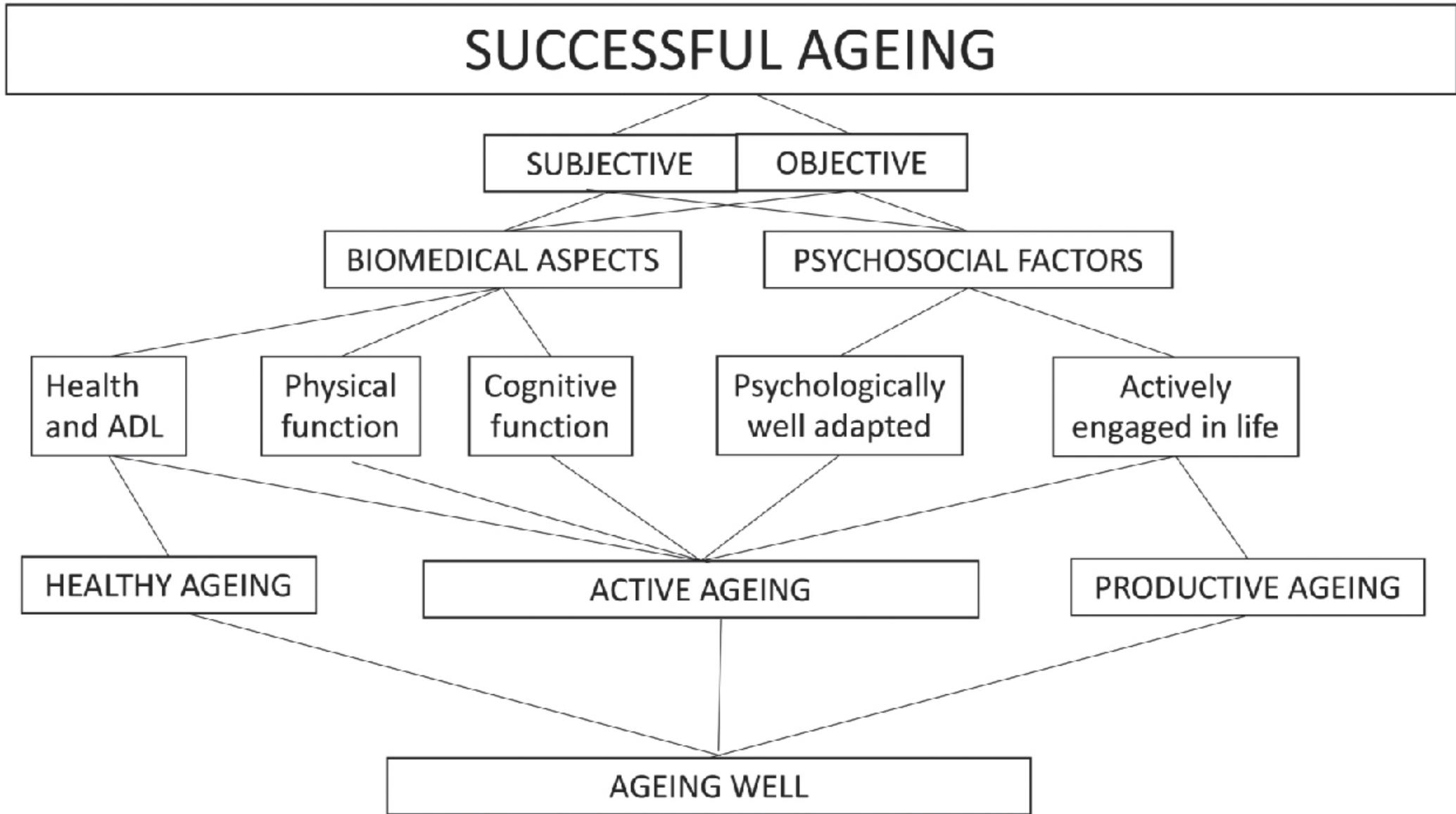
The healthy life expectancy in Sri Lanka is 67.0 years which, based on an overall life expectancy of 77.3 years, translates into 10 years of healthy life lost with increased morbidity and disability that may require specialized and comprehensive care (World Bank Blogs, 2021).



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# How do we achieve healthy ageing?

- Successful ageing has become an important concept to describe the quality of ageing
- It is a multidimensional concept, and the main focus is how to expand functional years in a later life span
- The concept has developed from a biomedical approach to a wider understanding of social and psychological adaptation processes in later life

*Annele, U., Satu, K.J., & Timo, E.S. (2019). Definitions of successful ageing: A brief review of a multidimensional concept. Acta Bio Medica : Atenei Parmensis, 90, 359 - 363.*



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# Summary of Challenges and Policy Recommendations



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# Challenges due to ageing

- Demands due to the Physical changes
- Care and services to address Mental changes
- Protection of rights and provide Social security
- Socio-economical problems
- Formal and informal care



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# Challenges of healthy ageing in Sri Lanka

- Retirement without pension in majority.
- Unavailability of social security system
- High poverty rates among the elderly
- Limited availability of elder care facilities (care homes, etc.)
- Limited multidisciplinary care at health sectors



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# Impact due to ageing

- ❑ Family is undergoing significant change in our society
  - Factors - Increasing divorce rates and single parenting
  
- ❑ Demographic changes affecting the family
  - Extended life spans are leading to more older family members
  - More people living with chronic conditions
  - Younger generations decrease in proportion to the older members
  - Increasing number of widows
  - The role of the women is changing.



# Impact of NDDs on families

- No available system to identify the elderly with NDDs – early detection
- Impact on quality of life of family members
- Strong impact on the physical, psychological and social health and well-being of the family members
- Economical burden
- Social interactions
- Safety issues



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# Promoting Healthy Ageing

- Improving the health status of older persons through health care services
- Providing accessibility of available health care for the elderly with NDDs
- Improving the socio-economic status of older people with NDDs by helping them to become more productive and facilitating the use of their skills through sensitization and training.
- Conducting direct and indirect health and social services
- Promoting social, health and economic aspects of healthy ageing



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