

1st
WORLD
CONGRESS ON HEALTHY AGEING

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www.healthyageingcongress.org

Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health
Organization

Over the past four days we have experienced the opinions and beliefs of many people from diverse backgrounds, countries and disciplines

What are the paradigm shifts that are necessary to allow healthy ageing?

How to use the projected demographics to effect policy that in turn respects the rights of all the people?

How we must value the accumulation of lifelong experience and learning and capitalize on this very large and measurable asset bank?

We know from the evidence based research what is “right” in terms of understanding the variables in ageing from

- Biological
- Attitudinal or Behavioural, and
- Lifestyle perspectives

We now need to be creative and develop new frameworks, infrastructure and programmes that accommodate needs of people as they age.

Examples include regimes such as the OKINAWA Way; use of traditional medicines in combination with culturally based medicines; adjust the workplace both logistically and environmentally.

There needs to be more emphasis on wellness,
meaningful occupation, opportunity and
choices for people as they age or is it mature.

We must emphasize the need for Universal Design- this benefits the whole community and therefore allows seamless experience rather than adapting environments which again create labels and subgrouping of people and possible discrimination.

Global demographics are essential for macro
planning

- they need to be translated into localised
context.
- Ageing in place in Canada and Australia is very
different to other countries particularly if they
are still developing.

Cultural and political values vary from country to country and priorities of governments are the barriers to change.

Personal Reflections

- Planning the next phase
- My age, my experience, my values
- My quality of life and the adjustments I need to make

Not how old you are but how well you do.
The external factors that influence how well you do
include:

- Financial considerations
 - Health management
 - Appropriate housing
 - Ease of mobility
 - Sense of purpose
- Having a spiritual foundation
 - Being connected
- Maintaining intergenerational relationship

WORKSHOP CONSIDERATIONS

How do we convert the body of evidence into action?

When should we commence mapping our futures? (Ref Dr John Beard, WHO)

Who do we need to influence?

Can we affect change across generations as traditional family and community support structures are rapidly diminishing?