P02 / Actualizing a Decade of Healthy Ageing

Topic : OTHER

Chair : Alyssa Brierley (Toronto Metropolitan University)

Second Chair : Samir Sinha (University of Toronto)

GENERAL OBJECTIVES, RESEARCH QUESTIONS AND SCIENTIFIC RELEVANCE

Across the globe, countries are experiencing a huge demographic shift. The number of adults aged 60 years and older is expected to increase in higher-income countries from 302 million to over 366 million between 2019 and 2030, whereas the number of children aged 14 and younger is expected to decrease from 211 to 202 million.[1] By 2050, a striking 1 in 5 people globally will be aged 60 years and older.[2]

Although governments have known for decades of this changing population curve, little has been done to support the growing population of older adults. Many countries continue policies and programs that were developed with a much younger population in mind.

It is for the aforementioned reasons that the United Nations (UN) endorsed the action plan titled the UN Decade of Healthy Ageing 2021-2030 (“The Decade”).[3] As the World Health Organization’s Decade of Healthy Ageing Baseline Report states, “the Decade commits WHO and the UN to 10 years of collaboration and action. It brings together governments, civil society, international agencies, professionals, academia, the media and the private sector to collaborate in improving the lives of older people, their families and their communities.”[4]

The objective of this panel is to explore how nations can both critically and optimistically think and act to help make each country a better place to grow up and grow old.

The associated research question is “In what way(s) can countries restructure policies to address challenges and increase opportunities associated with an ageing population over the next 10 years?”

Topics the panel can explore include (but are not limited to):

1. Alignment of health systems to meet the needs of an ageing population, including but not limited to providing access to appropriate, high-quality long-term care, palliative and end-of-life services, and access to appropriate care providers

2. Ageism, elder abuse, and social isolation

3. Creation of age-friendly communities, physical environments and spaces to meet the needs of an ageing population

4. Supporting older adults to engage in wellness and prevention activities that enable healthy ageing
5. Ensuring older people and their caregivers are enabled to participate in informed health decision-making and advance care planning
6. Challenges facing unpaid caregivers of older adults and how best to support them
7. Supporting older adults to remain independent and engaged citizens through a concerted effort to strengthen existing and future savings opportunities

[1] United Nations Department of Economic and Social Affairs, Population Division (2022). World Population Prospects 2022: Summary of Results. UN DESA/POP/2022/TR/NO. 3
[2] World Health Organization. (2020). Decade of healthy ageing: baseline report.
[3] ibid
[4] ibid

CALL FOR PAPERS

The “Actualizing a Decade of Healthy Ageing” panel will accept papers with the objective of exploring how nations can both critically and optimistically think and act to help make each country a better place to grow up and grow old.

The papers must answer the research question: “In what way(s) can countries restructure policies to

address challenges and increase opportunities associated with an ageing population over the next 10 years?”

The papers may focus in on what a country has done successfully to achieve this goal already, or what countries need to do. It may focus on one country in particular, be comparative in nature, or provide more general observations and recommendations.

The papers can answer the aforementioned research question by addressing themes including but not limited to:

1. Health system changes required to meet the needs of an ageing population
2. Policy changes to addressing ageism, elder abuse, and social isolation
3. Enabling the creation of age-friendly communities, physical environments and spaces through innovative policies
4. Policy reform to ensuring the population is supported to engage in wellness and prevention activities that enable healthy ageing
5. Policy reform to ensure older people and their caregivers are enabled to participate in informed health decision-making and advance care planning
6. Policy changes required to ensure unpaid caregivers and older adults are supported in the workplace
7. Policy reform that ensures the financial security of older people

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Session 1

Tuesday, June 27th 13:30 to 15:30 (POD372)

Narratives of people with dementia living at home as a touchstone for quality

Milan Keulen (Erasmus University Rotterdam)

(Virtual) A new era for long-term care in Southern Europe? Understanding policy change and stasis of long-term care policies

Celestina Valeria De Tommaso (Università degli Studi di Milano)

A Roadmap for Enabling a Promising Future for Long-Term Care in Canada

Ashley Flanagan (Toronto Metropolitan University)

Samir Sinha (University of Toronto)

It’s Time to Unleash the Power of Naturally Occurring Retirement Communities in Canada

Madison Brydges (Toronto Metropolitan University)