

Active Ageing Consortium Asia Pacific



Bulletin

December 2014 - January 2015

From the President



Prof. Kathryn Braun,
Hawaii

Welcome to this edition of the ACAP Bulletin. We hope you enjoy stories from our members with examples of our work in active aging.

As we pause to reflect on the end of another year, I urge you to remember the “active aging” role models in your life.

One of my role models is my father. He turned 90 in August, and he continues to be active. For example, for the past year, he has been the 24-7 caregiver for my stepmother. He cared for her through her long illness. Only in the last months did he invite nurse aides and hospice workers. My stepmother died at home in her own bed in November. As a widow, he is a bit sad. But he also has time to swim again, a sport he's done for decades. Here (on your right) is a photo of him from 2009 after swimming 1,500 miles in the pool near his apartment!

May you embrace your own “active aging!” This will help you thrive as an individual and enhance your ability to contribute to family and community.

All my best wishes for 2015.



From the Editor



Dr. Dong Hee Han
South Korea

Warm greetings! We welcome you to read the December issue of ACAP Bulletin. We received a good number of articles and announcements, and therefore I extend appreciation to all those who contributed to this publication.

Indeed many ACAP members are actively participating in various national and international ageing related forums with meaningful contributions. Sharing with us these experiences, reports, and announcements through this bulletin enriches our consortium with knowledge and awareness.

We look forward to receiving more articles for our next bulletin. It is also my hope that you will find interesting reports and information as you read this issue. Thank you!

Resilient Communities for Active Aging: 12th ASEAN-Japan High Level Officials Meeting on Caring Societies

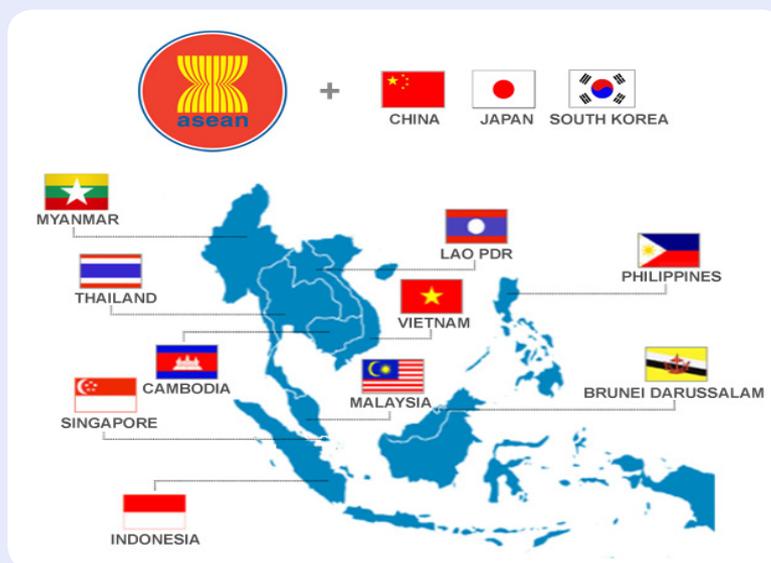


By Dr. Takeo Ogawa
President, Asia Ageing
Business Center

ASEAN Secretariat reported “Resilient Communities for Active Aging.” And ASEAN will endorse Post-2015 Health Development Agenda. It focuses on healthy lifestyle in order to achieve health potential of ASEAN Community and to promote well-being for all ages. In the Healthy Lifestyle aspect, active ageing will be incorporated.

JICA presented its basic direction for contributing to active ageing by sharing Japan’s past and current experiences and lessons. It also shared ways of learning mutually for the common challenges in ageing society (for example, integrated care in the community, and sustainability in finance and human resources). Therefore, JICA will provide Study Program on Aging, Policy Recommendations (LTC system, Model Services, and Training Programs of Care Workers and Coordinators).

Participants agreed on the recommendation, which is include capacity building of care workers, and techno-aid. It also states that: Recognizing and acknowledging that aging is a common challenge posing the ASEAN+3 countries, continue to cooperate in the areas of, such as, policy dialogue, technical cooperation, and human resources development aiming at strengthening collaborative and inclusive efforts and constructing a sustainable network. We all therefore have a greater opportunity for contribution and participation.



Active ageing in diversity: A New Zealand experience



Dr. Hong-Jae Park
Senior Lecturer, The
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Ageing happens to all of us, but active ageing does not necessarily happen to everyone! Some older people face a range of challenges with ageing, while others are enjoying a health and active later life in old age. Ideas and debates associated with active (positive) ageing are controversial and constant in New Zealand.

Not surprisingly, active ageing was the main theme that many presenters addressed at the New Zealand Association of Gerontology Conference in September 2014. Here, I would like to share with you a brief snapshot about older people in New Zealand and the nation's positive ageing strategy for this population. (In New Zealand, the term 'older people' is more commonly used than 'older adults', 'older persons' or 'the elderly' in formal documents because it seems to be more general and less discriminatory).

Like other developed nations, New Zealand faces a very challenging time in the history of health and social care as its population is rapidly ageing. Older people make up a significant proportion of the New Zealand population. The increase in life expectancy is the key factor that leads to this ageing phenomenon, along with improvement in mortality at all ages. Declines in the fertility rate further contribute to the ageing population outlook. The "Post-World War 2 baby boom" cohort, generally regarded as the impetus for the rapidly ageing population, also contributes towards many social implications.

Turning 65 is a 'down-to-earth' milestone in New Zealand. Currently, it is the age at which people are eligible for government-funded universal superannuation (non-means-tested pension). Despite the fact that there is no official retirement age in New Zealand, this age requirement of superannuation entitlement sends a strong message that people are defined indiscriminately as 'older people' when they reach the age of

65. The 2013 Census shows that 607,032 people were aged 65 or over (14.3 per cent of all New Zealanders). The number of older people is expected to more than double between now and 2050, making up one-quarter or more of all New Zealand residents. Specifically, the number of people aged 85 and over (oldest-old group) is expected to more than quadruple, from 73,317 in 2013 to approximately 300,000 in 2050.

Diversity forms part of the nature of the ageing population in New Zealand. Within the group of older people, individuals vary widely in terms of age, gender, socio-economic status and health conditions. As in most societies, New Zealand's women live longer than men by an average of four years. Men aged 65 in 2013 are expected to live another 14 years (until age 78.8 years at death) while the life expectancy of women aged 65 in 2012 was 18 years more (with an expected age of 83 years at death). This results in fewer men than women among older New Zealanders. For example, the 2013 census data show that 46 per cent of older people were men, while 54 per cent were women in this age group. Females outnumbered males in the group of those aged 85 years and over (64.3 per cent). Interestingly, life expectancy varies significantly among different ethnic groups.

Like other age groups, older people in New Zealand are mainly divided into five major ethnic groups: European, Māori (the indigenous people of New Zealand), Pacific, Asian and other populations. In the 2013 census, most older people identified themselves as European (over 83 per cent). The number of Māori older people is relatively small at 32,184 (approximately 5.4 per cent) although Māori occupied 14.9 per cent of the total population in 2013. Only 5.3 per cent of the Māori population were aged 65 and over, a factor related to the lower age quartile for life expectancy among this group (average of 72 years in 2012). A similar pattern is seen in the Pacific population (people whose origins are from Samoa, Tonga, Niue and other smaller islands). Older people in this group consisted of only 2 per cent of all Pacific Islanders in the 2013 Census.

New Zealand has seen the numbers of Asian residents almost double since 2001, with the largest overseas-born communities from China, India, the Philippines and Korea. The number of Asian older people increased to 27,312 (5.8 per cent of all Asians in 2013), and this increase will continue in the next decades. Other ethnic groups consist of people who identify with the Middle Eastern, Latin American or African ethnic groups. These populations are relatively younger than any other ethnic groups, which will continue until the first generation of these groups reach old age categories.

Living standards for older New Zealanders are slightly higher than those of the population as a whole. Old age poverty is below the average of Organisation for Economic Co-operation and Development (OECD) countries. Socio-economic positions, however, vary among older New Zealanders; the levels of income and wealth are significantly different among subgroups. A majority of older New Zealanders remain heavily dependent on New Zealand Superannuation. That is, approximately 40 per cent of superannuation recipients have no other income, while for the next 20 per cent, the taxable pension accounts for 85 per cent of their income. In addition, various types of social assistance under the Social Security Act 1964 are also given to some older people.

There include several important initiatives that have been implemented to provide support and care for older people, and at the same time, promote positive ageing (active ageing) in New Zealand. (The term 'positive ageing' is commonly used in New Zealand. I do not prefer this term, however, because it seems to reflect some negative and patronising views of ageing and older people).

The 2001 New Zealand Positive Ageing Strategy is the main initiative that directs social services and programmes for older New Zealanders. The primary aim of this strategy is to provide a framework for developing social policy for older people, through

monitoring and reviewing the actions of central and local government authorities across the nation. This strategy consists of 10 goals which guide policies and programmes to improve opportunities for older people to participate in their communities in ways they choose. The strategy's focus on 'positive' ageing and participation emphasises the promotion of mental health beyond treatment and intervention into mental illnesses or disorders among older people.

The 2002 Health of Older People Strategy is particularly pertinent to mental and physical health care for older people in New Zealand. The strategy aims to provide a framework for developing an integrated approach to health and disability support services for older people. The main focus of this strategy is on improving health care programmes and promotion actions for older people which is mainly conducted by the Ministry of Health and local district health boards across the country. The strategy also seeks to ensure that service-providers work closely with older people's whanau (family in Maori), carers and communities at all times.

Here, I have briefly summarised what's going on in New Zealand in relation to its population ageing and positive ageing initiatives. From a social work perspective, I would believe that active ageing (positive ageing) is a matter of human rights and social justice. Not only is active ageing a goal, but it is also a process of change and justice. We need serious conversations about inequality or oppression (such as ageism), and should create change in a way that promotes the human rights and dignity of older people at individual, family, community and societal levels.



Mongolia: Report of the Month for Promoting the Health of Older People

Written By:
Ayush Batzorig
Foreign Relations,
National Gerontology Center



The United Nations called for member states to celebrate the 2014 International Day of Older Persons under the theme “Leaving No One Behind: Promoting a society for all”.

Under this theme and in scope of the “Month for Promoting the Health of Older Persons” commissioned by order number 356 of the Minister for Health in 2013, the National Gerontology Center of Mongolia successfully organized nationwide activities to promote the health of older persons during this last month of October.

These included:

1. Demonstration activity promoting the successful experiences and best practices in “Healthy Ageing and Health of Older Persons” from government and non-governmental organizations as well as individual people
2. Promoting the International Day of Older Persons to the general population via public media and social network
3. Giving directives and receiving reports from health organizations regarding the “Month for Promoting the Health of Older Persons”
4. Trainings on specialized medical service for elders
5. Geriatric doctors and nurse training
6. Organized the 7th national symposium on “Ageing and public health”
7. Organized a campaign to improve home-care for elders

On the 1st of October, to start-off the month, the National Gerontology Center collaborated with the Ministry of Health and the World Health Organization to promote public participation in “Healthy Ageing and Health of Older Persons” and share some of its success stories and best practices to the general population.

The event was attended by the Minister for Health N.Udval, representative of the

World Health Organization in Mongolia doctor Soe Nyunt-U, director of the National Gerontology Center R.Oyunkhand, official in charge of older people from the Ministry of Population Development and Social Protection A.Nemekhbaatar, officials from the Ministry of Health and 500 representatives of older people from all parts of the nation.

The event was held at the Ministry of Health and showcased 20 posters promoting best practices in “Healthy Ageing and Health of Older Persons” from 16 organizations and the healthy and active ageing experience of 3 elders. These include:

- “Elder volunteer training” of the National Gerontology Center
- “Home care service” of the National Gerontology Center
- “Information distribution” activity of the Ulaanbaatar Elders Union
- “Activities of distributing laws about older people” of the Mongolian Free Elders Union
- “Healthy elder – Active life activity” of the Tuv Province Elders Union
- “Buman nars” elder’s recreation center of the Selenge province health center
- “Elder volunteer activity” of the Aminjargalan family health center
- “Geriatric cabinet activity” of the Khan-uul district health center
- “Age-friendly health service” of the Munkhsunderel family health center
- “Independent elders” activity of “REHTUS” company
- “Elder care service” of the National Elderly Care Development Center
- “Day care center” of the Bat-Ulzii soum health center of Uvurkhangaï province
- “Teachings from elders” activity of Bulgan province health center
- “Exercise for elders” activity of Dornod province health center
- Humanitarian activities by “GO HELP” organization
- “Vacation for elders” by “Ikh Tamir” resort
- “Home care service and traditional physical therapy” by “Gegeeleg Buyantai Uils” NGO

The healthy and active ageing experience of 3 elders:

- Jargal Dagva
- Mygmar Tseyen
- Panidjunii Darjaa

The 17 activities were awarded certificates of “Best Practice in Healthy Ageing and Health of Older Persons” and the 3 elders were given the honor “Promoter of Healthy Ageing”.

The organizations and individuals involved with the best practices as well as attending older people were highly satisfied with the event.



Geriatric doctor T. Dolgormaa introducing her geriatric cabinet to elders



500 representatives of older people from all parts of the nation attended the event

16th Australian Computer Conference for Seniors Convened in Sydney

The Australian Seniors Computer Clubs Association (ASCCA) representing over 150 clubs across Australia convened its 2 day - 24 session Annual Conference in Sydney on November 19 and 20, 2014. Topics covered ranged from usable tips for genealogy research, computer security, new applications and new laptop computers to discussions of long term predictions. Some of the mindboggling predictions related to the eventual creation of the "Internet of Everything".

Cullen Hayashida from Hawaii's Kapiolani Community College opened the second day of the conference with his presentation on "Creating a Community for all Ages: Unleashing the Power and Potential of Active Older Adults and Boomers". Nan Bosler, President and organizer of the ASCCA conference sees computer training for seniors as a way to prepare older adults for the 21st Century and to keep them physically active, mentally fit and socially engaged. More information regarding ASCCA and the conference can be found at www.ascca.org.au.



Cullen Hayashida (right) with Nan Bosler, President and organizer of the ASCCA conference.

Korean TV interviews ACAP members in Hawaii

A Korean TV, KBS-Busan, visited Hawaii and interviewed several ACAP members. The TV crew led by reporter Kye-ae Kim, met with ACAP's President, Prof. Katheryn Braun, for an interview regarding ageing in the US. KBS also interviewed Dr. Cullen Hayashida of Kapiolani Community College, Roy Katsuda, the Exec Director of Hale Mahaolu-senior complex, and Tony Krieg of Hale Makua Health Services.

The TV station is in the midst of making a documentary on comparative ageing issues around the world. The three-series documentary will be on air in Korea from December 24th.



Cullen Hayashida and two seniors in a picture with KBS-Busan crew in Hawaii.

Results From The Perception and Attitudes Towards Ageing and Seniors Survey (PATAS) by Council for Third Age (“C3A”)



Soh Swee Ping (in photo)
and Nink Pussayapibul,
Singapore

While discussions on ageing previously centred on dependency ratios and healthcare infrastructure, there has been a growing attention to the other aspects of growing old, such as its social and emotional dimensions. There has also been a move in recent years to rethink the construct of ageing and frame it in a more positive way.

In 2013, the Council for Third Age (C3A) commissioned the Institute of Policy Studies (IPS) at the Lee Kuan Yew School of Public Policy, National University of Singapore to conduct a study to understand the perception and attitudes towards ageing among seniors who were between 50 to 74 years old. The Perception and Attitudes towards Ageing and Seniors survey (PATAS) was conducted to provide data on the experience of ageing and the kinds of social engagements that seniors were involved in and amenable to.

The survey results delve into respondents' beliefs about achieving successful ageing — what it constitutes how it can be achieved and respondents' appraisal of their preparation to age successfully. We also documented respondents' experience of age in terms of quality of life, integration within the community and their experience and attitudes towards ageism. Perceptions about lifelong learning and employability, especially what motivates older persons to consider such pursuits, were also reported.

There was a high level of consensus on what senior respondents believed constituted successful ageing. Being happy, healthy, physically active, financially independent, and having close friendships were very highly endorsed. Most respondents believed that family support, information about what to expect as one ages, and information on how to take care of their health and ensure sufficient savings would help them to age successfully.

In terms of their experience of ageing, most respondents were optimistic. Eight in 10 respondents felt confident that their needs would be taken care of as they aged. They also enjoyed a good quality of life with nearly 70% indicating that they often looked forward to each day; and rarely or never having felt that things were out of control in their lives. Most seniors reported that they had people in their social network who could provide them with a range of assistance. Most of their social activities tended to be with their families, with considerably less involvement in community activities. Respondents were generally positive that those who were older were well respected in society and they seldom experienced prejudice or discrimination because of their age.

Respondents were motivated to engage in lifelong learning so that they could better manage everyday life and keep up with changes. Seniors were also motivated to learn so they could understand themselves and others better. While attitudes were generally positive about the benefits of lifelong learning, there was comparatively less awareness and participation in lifelong learning programmes.

There was much consensus among seniors that working after retirement was positive. Around 90% of respondents agreed that continued employment would help them stay financially independent, socially connected, make friendships, give them a sense of self-worth and enable an active and productive life. Voluntary work was viewed by about eight out of 10 respondents as a good way to stay socially connected, and lead a meaningful life. However, less than half of the respondents reported that they would consider volunteering in the next few years.

Perhaps the one key highlight from this study is how positive survey respondents are about growing old. In terms of public policy, the challenges are now focused on how to actively engage older Singaporeans so that the third age can be reconstructed to reflect their tremendous potential for involvement in the community. For full report, please click on the link: <http://www.c3a.org.sg/patas>

For more information about Council for Third Age (C3A), please visit our "C3A Portal" at www.c3a.org.sg.

Silver Infocomm Wellness Ambassador (SIWA) appointment



SILVER INFOCOMM WELLNESS AMBASSADOR (SIWA) 2014

On Sunday, 28th September 2014, I was awarded the SIWA at ITE East in Singapore. SIWA is a collaboration between the People's Association (PA) Active Ageing Council and Infocomm Development Authority (IDA) of Singapore to appoint IT - savvy active agers to encourage active ageing and lifelong learning in the community. I thank from the bottom of my heart to **NTUC U Live** and **Miss Carolyn Yeo** for nominating me to receive this award. I am proud to belong to an awesome organisation as **NTUC U Live**. The event was graced by the **Guest-of-Honour, Dr Yaacob Ibrahim, Minister for Communications and Information (MCI)**.

See the difference when the front row squats. The initiative was taken by the Minister, Dr. Yaacob Ibrahim. The entire audience in the auditorium applauded and the remaining VIPs also did the same followed by the front SIWA appointees. Change to be effective begins at the top and cascades down. We noticed a creative, brilliant and spontaneous gesture and movement by the Minister.



ACAP congratulates Kathirithamby Ramakrishnan (from Singapore) for his appointment as the Silver Infocomm Wellness Ambassador (SIWA). Keep it up!

ACAP Updates



To submit abstract or register please contact: **AGG 2015 Congress Secretariat**
PICO Building, 10 Soi Lasalle 56, Sukhumwit, Bangna, Bangkok 10260 Thailand,
Tel: +662 7487881 Fax: +662 7487880, Email: info@iaggchiangmai2015.com



For more information visit:
<http://www.wcha2015.com/>

Call for Proposals – Deadline Dec. 1st

Consider submitting a proposal for the upcoming conference, Intergenerational Action on Global Scale. We are seeking proposal that will enhance the intergenerational field's capacity for developing programs and policies that benefit individuals of all ages, strengthen families, and build more cohesive and caring communities throughout the world. This premier event will convene an international audience of practitioners, advocates, caregivers, researchers, students, retirees, managers and administrators. Learn more from <http://wp.me/P2LZUo-c&>

Early bird registration is ongoing (\$325 for full conference including action projects.)



PLEASE NOTE

Our email address:

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Active Aging Consortium in Asia Pacific
**Deadline for submitting articles
for February issue:**

January 20th, 2015



Learn more about the magazine

<http://www.c3a.org.sg/realstars>