Well-being in Ageing Societies: Perspectives from China, Germany and Japan

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Vorsitzende der BAGSO
Visions for the Ageing Societies

1. **The demographic change**

2. **Well-being in Ageing Societies**

3. **Active Ageing - challenge and chance for individuals and societies**
in China, Japan and Germany: more and more people are getting older and older (+)

It does not only count how old one will be but how one will get old

It is not only important to add years to live but also to add life to years.

Our life expectancy is dependent from our life style – We have to do everything for a healthy ageing, for well-being in ageing societies!
Population is growing older

Population change in

China:
- 2000  1.275,1 Mio., median age  30,0 J
- 2025  1.470,8 Mio., median age  39,0 J
- 2050  1.462,1 Mio., median age  43,8 J

Germany
- 2000  82,1 Mio., median age  40,1 J
- 2025  78,8 Mio., median age  48,5 J
- 2050  70,8 Mio., median age  51,4 J

Japan:
- 2000  127,0 Mio., median age  41,2 J
- 2025  123,8 Mio., median age  50,5 J
- 2050  109,2 Mio., median age  53,1 J

Quelle: UN (2002), World Population Ageing 1950-2050
POPULATION AGEING and URBANIZATION are the global trends in the 21st century.

In 2007 over half of the population lives in cities. 2030 about 60% of the population will live in cities.

Both trends are occurring at a faster rate in developing countries.

*(Globas Age-friendly cities: WHO, 2007)*
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Percentage of population aged 65 and over

- **in the year 2000**
  - less than 10%
  - between 10% and 19.9%
  - more than 20%

- **in the year 2050**
  - less than 10%
  - between 10% and 19.9%
  - more than 20%
The global population is growing, but Europe, especially Germany, is expected to decrease dramatically; and the population of Japan is decreasing, too-

Europe will become the oldest continent in the world due a continuous rise in mean life expectancy and a decreasing birth-rate.
Visions for the Ageing Societies (2000, 2025, 2050)

### Percentage of people 60 years and older

<table>
<thead>
<tr>
<th>Year</th>
<th>China</th>
<th>Germany</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1950</td>
<td>7.5%</td>
<td>14.6%</td>
<td>7.7%</td>
</tr>
<tr>
<td>1975</td>
<td>10.1%</td>
<td>20.4%</td>
<td>11.7%</td>
</tr>
<tr>
<td>2000</td>
<td>19.5%</td>
<td>23.3%</td>
<td>23.2%</td>
</tr>
<tr>
<td>2025</td>
<td>29.5%</td>
<td>38.1%</td>
<td>35.1%</td>
</tr>
<tr>
<td>2050</td>
<td>42.3%</td>
<td>42.3%</td>
<td></td>
</tr>
</tbody>
</table>

**Country:**
- **China**
- **Germany**
- **Japan**

![China Flag](image)
![Germany Flag](image)
![Japan Flag](image)

**Source:** UN (2002), *World Population Ageing 1950-2050*
Percentage of people 80 years and older

Visions for the Ageing Societies

Quelle: UN (2002), World Population Ageing 1950-2050
Number of people 90 plus and 100 plus in Germany

<table>
<thead>
<tr>
<th>Year</th>
<th>über 90 Jahre</th>
<th>über 100 Jahre</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>501300</td>
<td>10000</td>
</tr>
<tr>
<td>2020</td>
<td>1047000</td>
<td>44000</td>
</tr>
<tr>
<td>2050</td>
<td>2100000</td>
<td>114700</td>
</tr>
</tbody>
</table>

Quelle: UN (2002), World Population Ageing 1950-2050
Number of citizens in Germany, which celebrated their 100. birthday (2012: 6255)

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Quelle: Bundespräsidialamt
Ageing has many faces:

There is the competent and wise senior, who is able to manage his own life.
Ageing has many faces:

There is the ill, helpless and dependent senior, who needs help and support.

There are many interindividual differences in the ageing processes between people of the same chronological age.
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Percentage of competent, independent living (blue), ambulant care (green) and living in Homes for the Aged (red)

(Percentage of the population in Germany 80 years and older)
Percentage of people who need care in different age-groups (2011)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unter 15 Jahre</td>
<td>0.6%</td>
</tr>
<tr>
<td>15-60</td>
<td>0.5%</td>
</tr>
<tr>
<td>60-65</td>
<td>1.8%</td>
</tr>
<tr>
<td>65-70</td>
<td>2.8%</td>
</tr>
<tr>
<td>70-75</td>
<td>4.8%</td>
</tr>
<tr>
<td>75-80</td>
<td>9.8%</td>
</tr>
<tr>
<td>80-85</td>
<td>20.5%</td>
</tr>
<tr>
<td>85-90</td>
<td>38.0%</td>
</tr>
<tr>
<td>über 90 Jahre</td>
<td>57.8%</td>
</tr>
<tr>
<td>Insgesamt</td>
<td>3.1%</td>
</tr>
</tbody>
</table>

Quelle: Statistisches Bundesamt, Pflegestatistik 2011
More and more women in Germany don’t have children

1950 Geborene: 11%

1960 Geborene: 21%

1965 Geborene (Schätzung): 33%
One person **75 years and older** in relation to younger persons in Germany

Quelle: Destatis 2009, Schätzung aufgrund der 12. koordinierten Bevölkerungsvorausberechnung
1. The demographic change
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The **Global AgeWatch Index** (2013) compiled by **HelpAge International** and supported by the **United Nations Fund for Population and Development** ranks 91 countries based on four domains – income security, health status, employment and education, and enabling environments for an ageing population.

“The global Age Watch Index is the first global index to rank countries according to the social and economic wellbeing of older people”
"Wellbeing" is defined by "objective measures"

1. Income security
2. Health status
3. Employment and education
4. Enabling environment
Wellbeing in ageing societies

13 different indicators

1. Income security (4 indicators):
   (Pension income coverage, Poverty rate in old age, Relative welfare of older people, GDP per capita)

2. Health status (3 indicators):
   (Life expectancy at 60, Healthy life expectancy at 60, Psychological wellbeing)

3. Employment and education (2 indicators):
   (Employment of older people, Educational status of older people)

4. Enabling environment (4 indicators):
   (Social connections, Physical safety, Civic freedom, Access to public transport)
### Global AgeWatch index of wellbeing of older people (overall rank of 91 countries)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Income</th>
<th>Health</th>
<th>Employment</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sweden</td>
<td>(8, 7)</td>
<td>5</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Norway</td>
<td>(3, 13)</td>
<td>1</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Germany</td>
<td>(9, 6)</td>
<td>6</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>The Netherlands</td>
<td>(4, 18)</td>
<td>11</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Canada</td>
<td>(26, 2)</td>
<td>9</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Switzerland</td>
<td>(28, 1)</td>
<td>12</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>New Zealand</td>
<td>(43, 3)</td>
<td>7</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>USA</td>
<td>(36, 24)</td>
<td>2</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Iceland</td>
<td>(15, 9)</td>
<td>18</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Japan</td>
<td>(27, 5)</td>
<td>10</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>China</td>
<td>(66, 51)</td>
<td>40</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>
But, is this „wellbeing“?

„older people in poorer countries often have better lives on average in several key respects than those in somewhat richer ones“ (p.3 Global Age watch Index)
What means wellbeing, life-satisfaction, - and which are their correlates?

There are many psychological studies, analyzed by ADAMS 1971 and THOMAE 1980 (p.288) . They found more than 60 correlates, including health (objectively assessed and perceived health), SES, income, degree of social participation, perceived extension of life space, family relationships, availability of transportation, close personal relationships, opportunities to select goals and achieving goals, sexual enjoyment, social activity and others. The „feeling of being needed“ has a high correlation to the perceived „quality of life“ in old age.

There is a very complex network of variables related to wellbeing and life-satisfaction in old age. Subjective measures, the perceived situation seems to be very important.
The degree of life satisfaction was very high, also in the group of centenarians (Rott, 2013) which had health problems and a reduced mobility and were not rich. Most of them were happy, to be still alive.

Also BINKERT (Insa-Studie 2012) found in the age group 80+ the highest life satisfaction by 90% of the people, the lowest one of only 63% in the group of 50-59 years old persons. The most unhappy persons were found in the age group 30-39 years (18%), followed by the 50-59 years old with 16%. (p.29)

Data of the „Deutsche Alterssurvey“ (2010) also show a very high degree of life satisfaction (51%, 58%, 65%) and a high degree (42%, 37%, 33%) and a correlation with educational level. So were dissatisfied 7% of people with the lowest education, 5% with middle and only 3% with higher education.
Visions for the Ageing Societies

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Population ageing: “the successful measures are those which enable and increase older people’s participation in the labour market and in social and family activities. By these, and by additional means of access to healthcare, security and lifelong learning, it is commonly agreed that older people are empowered to live independent, healthy and secure lives.”

(Active Ageing Index; European Center Vienna, March 2013; Germany has rank 9 from 27 European countries)
Healthy aging is to be defined

- not only by the absence of diseases
- not only by psychophysical and psychosocial wellbeing (WHO-Definition)
- Healthy aging includes the ability to cope adequately with stress, health-problems, limitations and handicaps and to continue an enjoying life –
Visions for the Ageing Societies: Active Ageing

Health and well-being do not decrease with increasing age,

But you can find health only there, where you are fighting for them every day

(Viktor v. Weizsäcker)
Prevention:
The importance of physical, mental and social activities well as healthy nutrition must be made clear from childhood on.

It is also necessary to maintain a high degree of physical, social and mental activity in men and women during the years of adulthood.
PHYSICAL ACTIVITY is a prerequisite for healthy ageing.

Age-determined physical changes – such as functional impairment of the organs, changes in the motor-system and muscular-system as well as changes in the respiratory organs are similar to the effect of lack of exercise.

The young physical inactive individual seems to be old-
Just as the old but active individual seems to be young.
Visions for the Ageing Societies: Active Ageing

Mental activity is a prerequisite of healthy ageing, too.

Many studies have found, that mentally more active people, individuals with a higher range of interests, a father reaching future time perspective and a greater number of social contacts reach old age with greater feelings of psycho-physical wellbeing.

Cognitive activity is essential for healthy ageing.

Elderly persons must be given mental tasks; they must be challenged to mental activity. Reduction in mental activity can speed up the process of ageing.

Functions, which are not used, are decreasing
Visions for the Ageing Societies: Active Ageing

Challenges for gerontologists, geriatricians, medical doctors, psychologists and politicians

What can we do to ensure healthy aging?
To prevent illness and disability?

A healthy life-style already begins in childhood:

- healthy nutrition,
- physical and mental activity and fitness
- the developing of a bright range of interests
- and to cope with stress situations.
Ageing does not necessarily mean a decline of skills and abilities; the ageing process can be influenced by the person, by the life-style, but also

by promoting and age-friendly living environment

Barrier-free buildings and streets, secure neighbourhoods enhance the mobility and independence of elderly people, but also of people of all age-groups.
The Vienna- Conference (1982), the Madrid- Conference (2002) and the Leòn- Conference in 2007 on problems of ageing also discussed the image of the aged, their competencies, potentials and human capital, but also their problems and the necessity to adapt the environment to this growing group of the elderly.

The WHO has created a model-programme of “age-friendly cities”.
With increasingly poor health the environment, ecological factors, gains more influence.

**Very often ecological variables** (housing situation, rural or urban environments, transportation system etc.) will determine the degree of dependency. Favourable ecological conditions extend the life space, unfavourable may result in a restriction and a loss of abilities and skills.

Often an adaptation of the home to the specific needs of a person will contribute to more independence of a handicapped elderly
In order to realize active ageing, to prevent frailness and care dependency, we need also a "preventive environment".

On the one hand
• barriers needs to be recognized and removed,

On the other hand
• the living environment needs to be arranged in a way that may motivate physical, mental and social activity.
Cities also must provide the **structure and services** to support residents' well-being and productivity.

Older people are not a homogeneous group: the individual diversity increases with age, determined by the biography, the lifestyle **and external social, environmental and economic factors**.
Visions for the Ageing Societies: Active Ageing

Challenges for gerontologists and geriatricians and politicians:

Teaching the people to do everything for a healthy, competent and active ageing! Prevention und rehabilitation are very important!

To convince the responsible persons in the community for city planning to realize this change, the ageing population; they have to adjust the buildings, the traffic etc. to an aging society.

Also the branch of tourism has to realize the population change. Tourists of to-morrow will be tourists of 70, 75, 80 years and older!

To create an environment that is acceptable and human for all ages, also for the elderly, is the challenge of our time. This also needs to be emphasized more in research, teaching and every day practice.
Visions for the Ageing Societies: Active Ageing

Transportation is a key for influencing active ageing:

being able to move within the city
determines social and cultural participation

- the construction of travel buses (high and narrow steps)
- low floor buses are helpful for the aged, for family with little children (Kinderwagen) and people with bicycles
- bus-stations on the right place? Do they have seats (with armrest for getting up) in the waiting stations
- are bus-terminals and railway-stations easy to get in?
- the informations-system and the ticket-self-service
- the parking situation: enough space? Not too dark?
Visions for the Ageing Societies: Active Ageing

It is necessary to enable the society to meet the demographic change!

To change their attitude toward the aged, to create a more positive image;

- to change something in the environment (city-planning, traffic system, to secure a greater mobility);

- architects and designers need to adjust to an aging world.

Industry and factory have to realize the aging society and change some of their products to guarantee elderly people an independent life and social participation.
A policy for the aged, however, should not be determined only by the question:

„What can we do for the aged?“

It also should be asked:

„What can the aged do for the society?“

Integration and participation of the elderly are a prerequisite for the quality of life of the elderly, for their own health and productivity; – but it is helpful also for the society.
To see the elderly as a resource

- In our fast ageing world, older people are increasingly playing an important role – by volunteering work, transmitting experience and knowledge, helping their families with caring responsibilities - or in paid work.

- These contributions can only be ensured if older persons enjoy good health and if societies consider their needs.

(\textit{WHO: Age friendly cities, 2007})
“The participation of older people enriches societies, economically, culturally and spiritually.”

Health and productivity are closely connected. The loss of one may entail the loss of the other and so lead on dependency, decline of mental, psychological and physical abilities and incompetence – whereas productivity, participation, responsibility and the feeling of being needed have a favourable effect on health... we have to recognize that health and productivity are interacting conditions.

The unproductive human is at higher risk of illness and economic dependency; and the sick person is limited in productivity and is, therefore, at higher risk of dependency” (Robert BUTLER,1981,p.12).
A policy for senior citizens

• maintaining and increasing the competence of the elderly in order to prevent dependency, to secure a healthy aging with a high degree of quality of life, to secure participation.

• to promote the understanding between the generations, which requires the participation of all generations, partly by integrating senior citizens in politics and political decision-making
Extending and improving rehabilitation measures in order to re-enable the elderly to lead an independent life

Finding a solution to the problems of the dependent and frail elderly, the problems of housing conditions and the problems of caring
Visions for the Ageing Societies: Active Ageing

Longevity - a challenge for active and healthy aging

- A policy for the elderly has to be more than just a policy for pensions systems and a policy for care and has to include also other aspects:
  - to optimize development and education;
  - to force prevention, preventive behaviour, healthy life-style – and rehabilitation
  - to create an age-friendly environment
  - to create age-friendly products
Visions for the Ageing Societies: Active Ageing

Politicians, City Councils and scientists of all disciplines and faculties, administrators and practitioners, have to discuss the question of population change, the question of an ageing society.

(how to get longevity combined with a state of psychophysical wellbeing, without dependency)
Visions for the Ageing Societies: Active Ageing

Old age, longevity, should not be seen as a problem but as a chance and challenge – a challenge for everyone: for the aging individual, for his/her family and for our society.

We should not only ask for the problems and deficits of aging and old age. We have to ask for the resources, the new potentials of the aged, also for the competencies and potentials of the very old persons.

We have to see the aged of the 21st century as human capital.
Let`s try to be optimistic!

The **optimist**

is a person who turns a problem into a challenge that needs to be solved

The **pessimist**

is a person who turns a challenge into a problem which let him feel helpless
THANKS FOR YOUR ATTENTION
National Association of Senior Citizens’ Organisations in Germany (= BAGSO)

- More than 100 member organisations
- Promotes the interests of around 13 million senior citizens in Germany
- Campaigning to influence policy
- Raising awareness of the importance of senior citizens
- Promoting their rights to participate in society