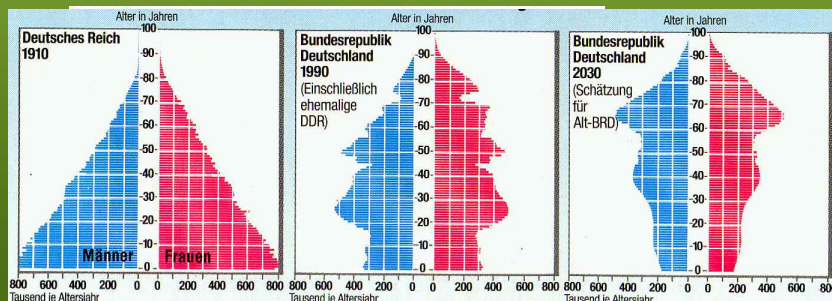




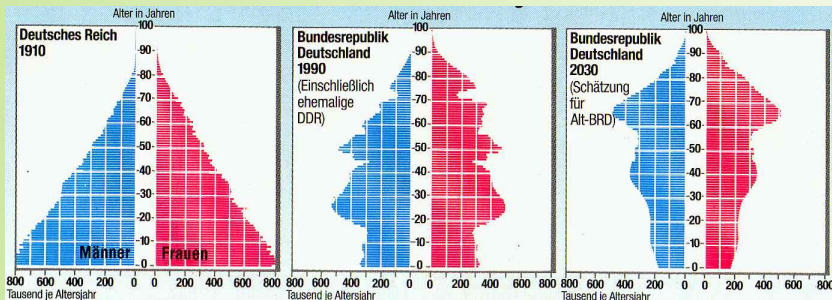
# **Well-being in Ageing Societies: Perspectives from China, Germany and Japan**



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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!**

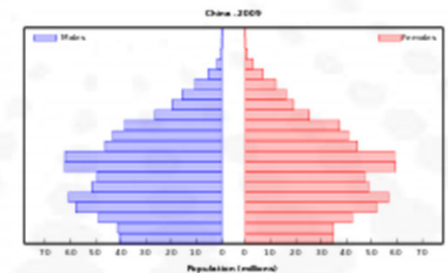


## Population is growing older

### Population change in

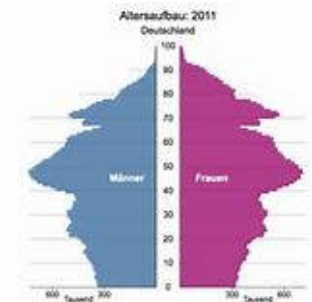
#### China:

- **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



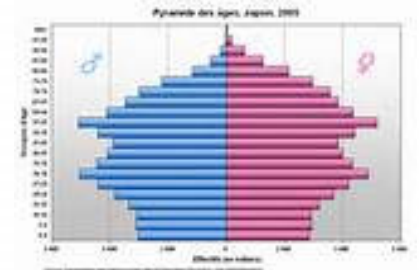
#### Germany

- **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**

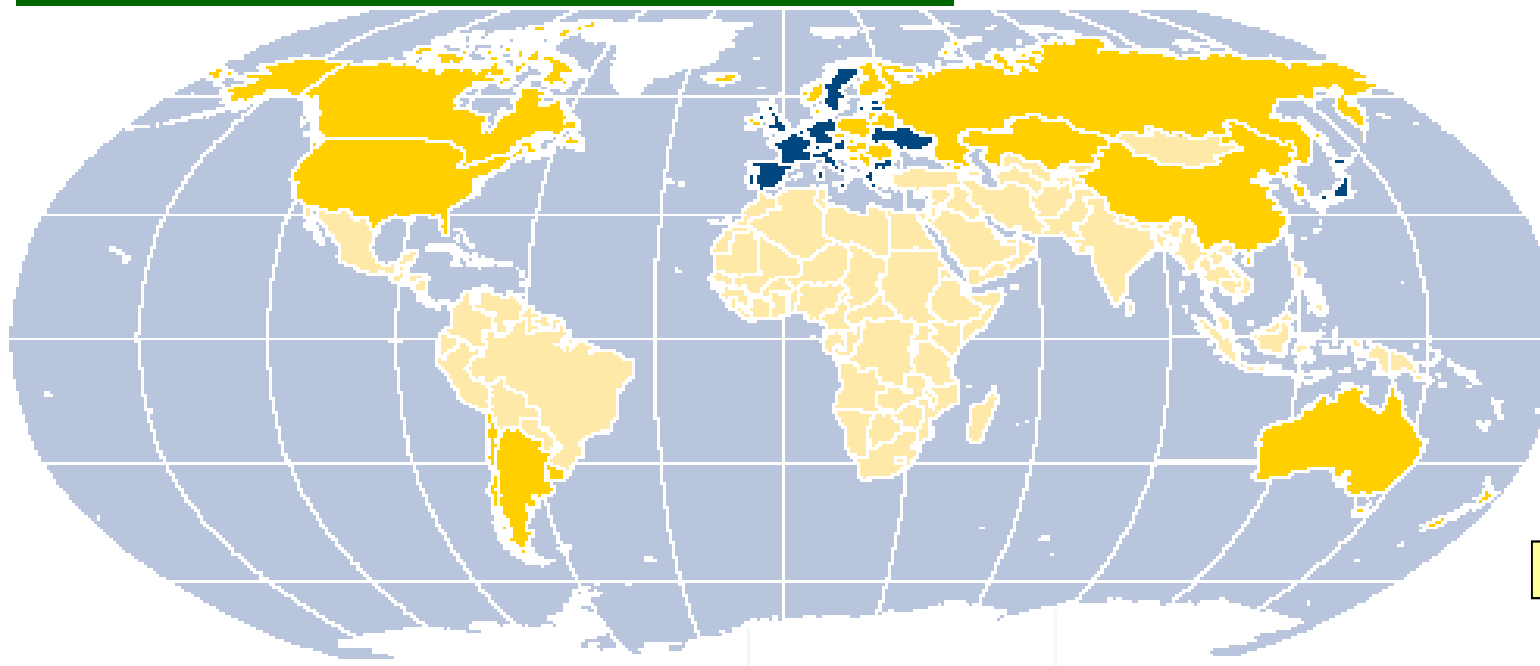
**In 2007 over half of the population lives in cities  
2030 about 60% of the population will live in cities**

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

***(Global Age-friendly cities: WHO, 2007)***

## Visions for the Ageing Societies

## Percentage of population aged 65 and over



*in the year 2000*



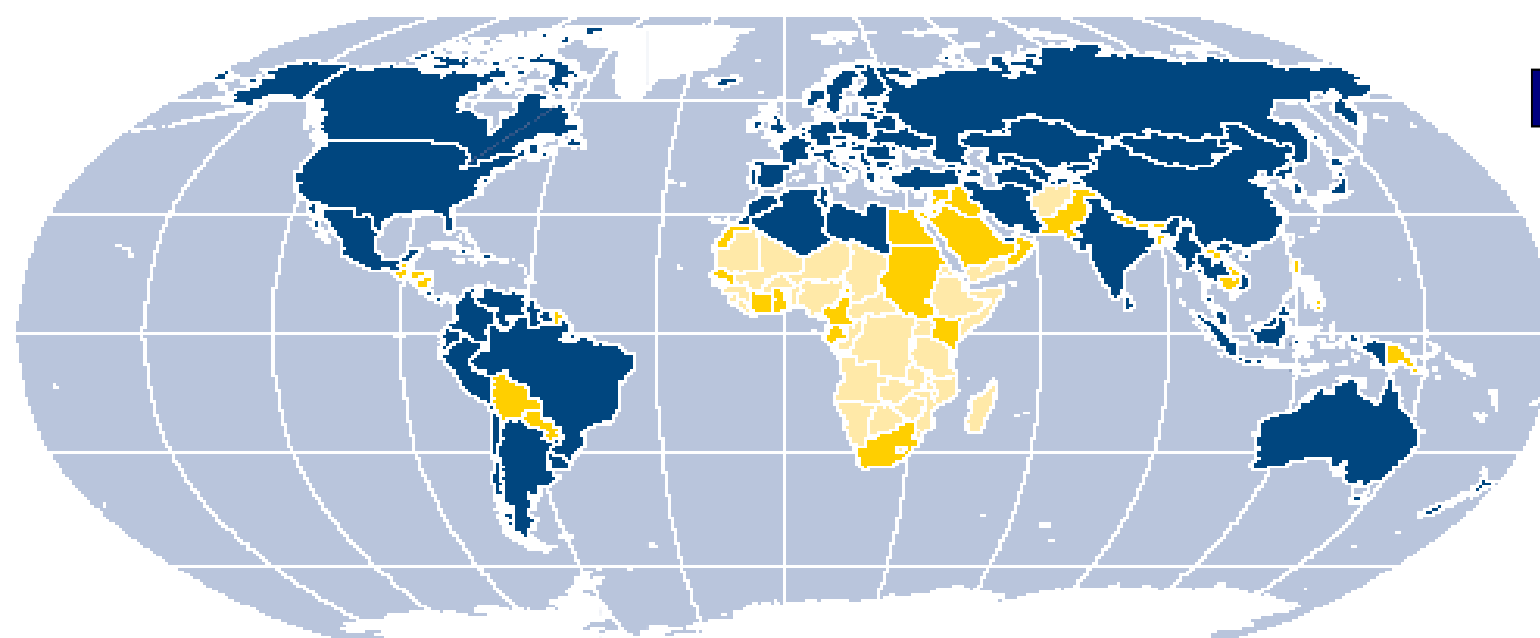
*less than 10 %*



*between 10 % and 19,9 %*



*more than 20 %*

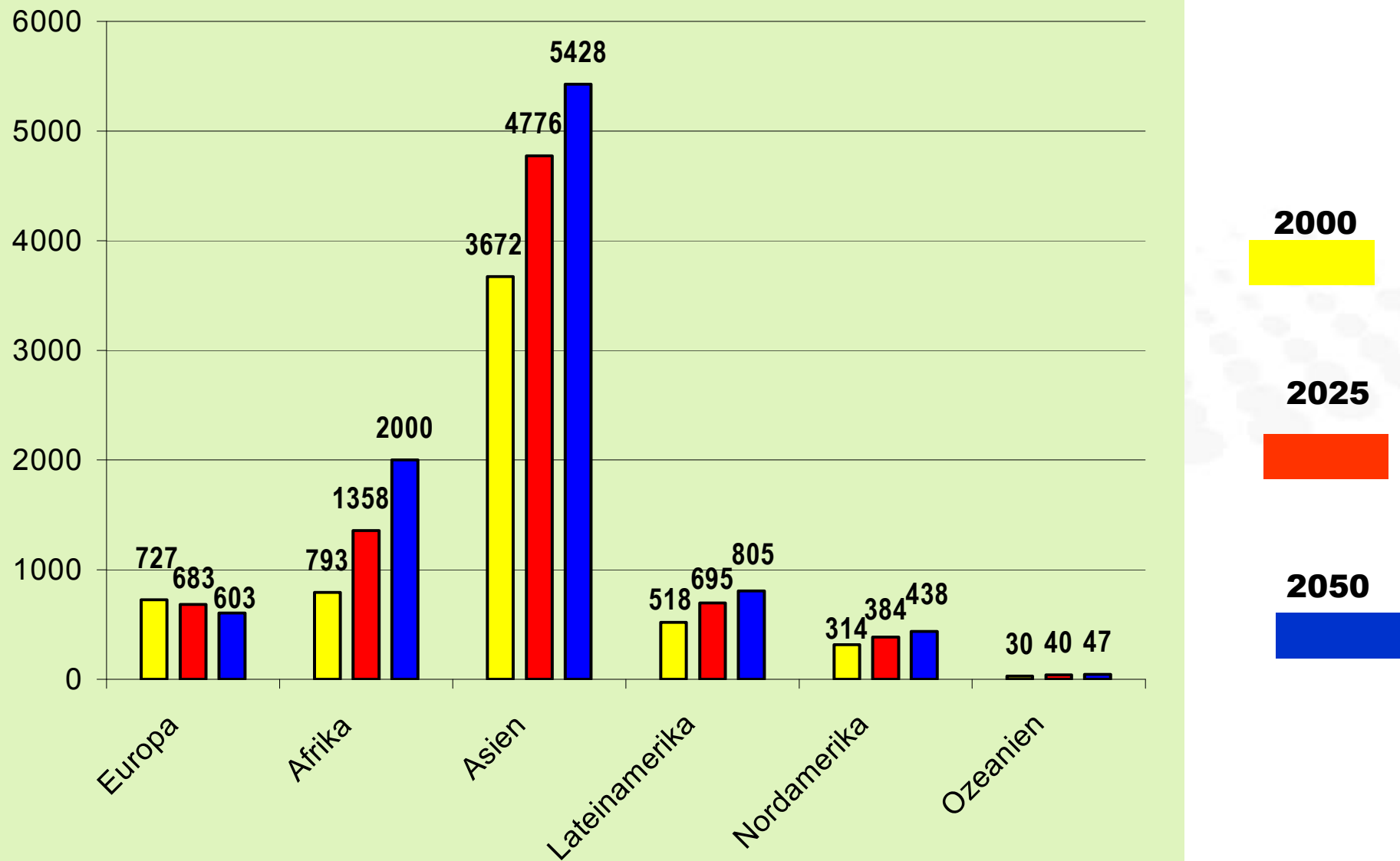


*in the year 2050*

**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**

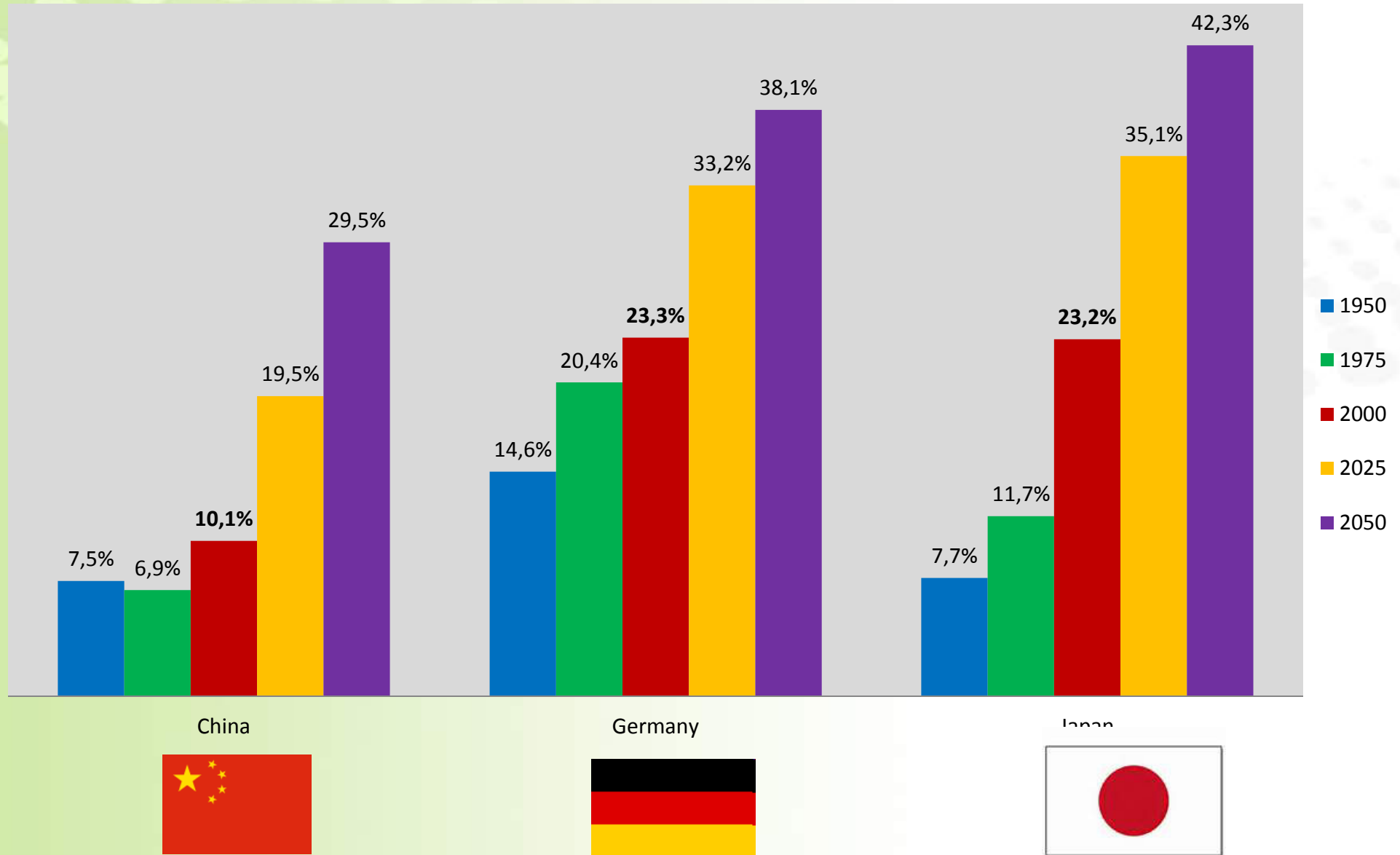
# Visions for the Ageing Societies (2000. 2025., 2050)



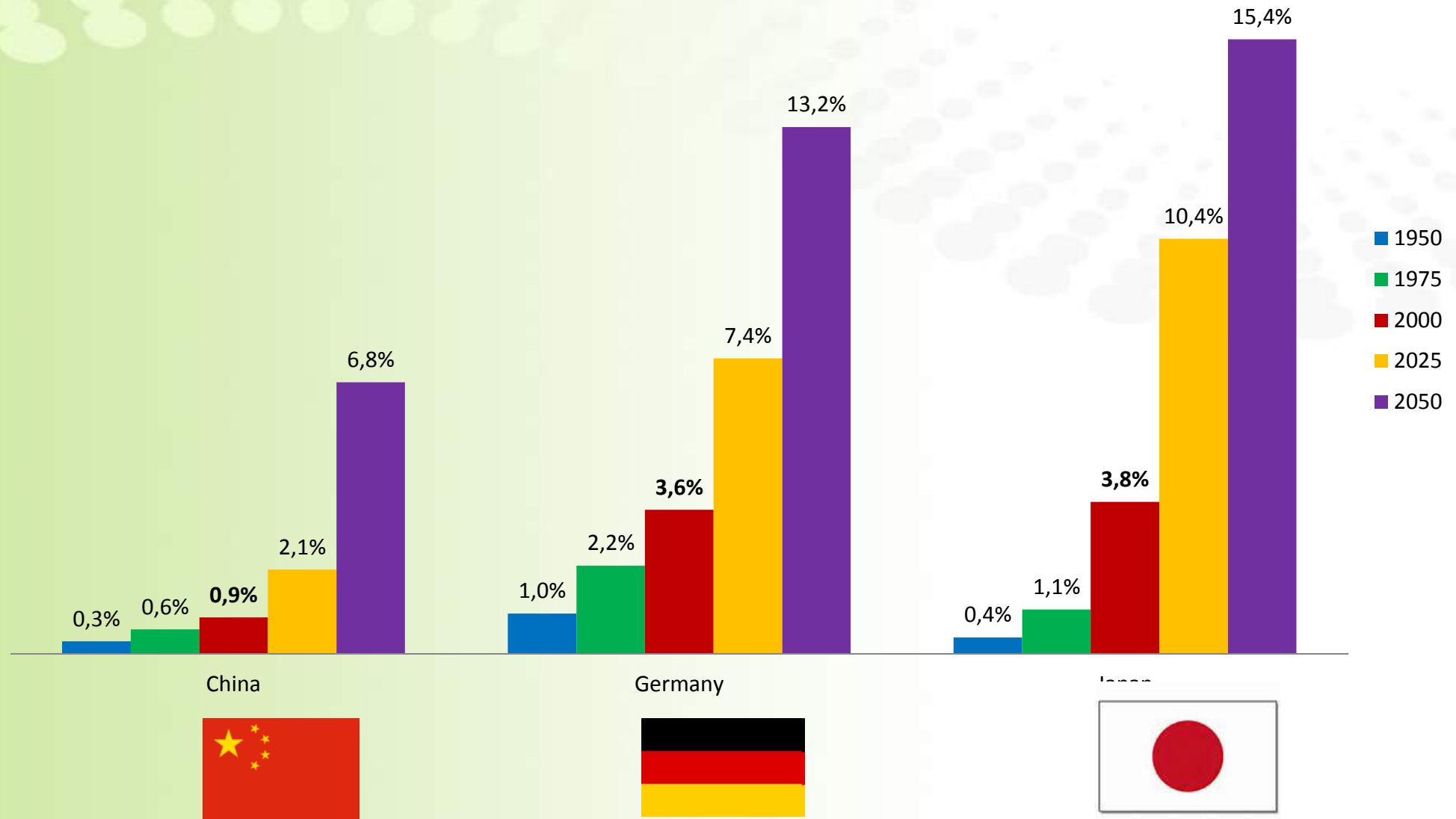
Quelle: World Population Aging 1950-2050, herausgegeben von der UN, New York, 2002))



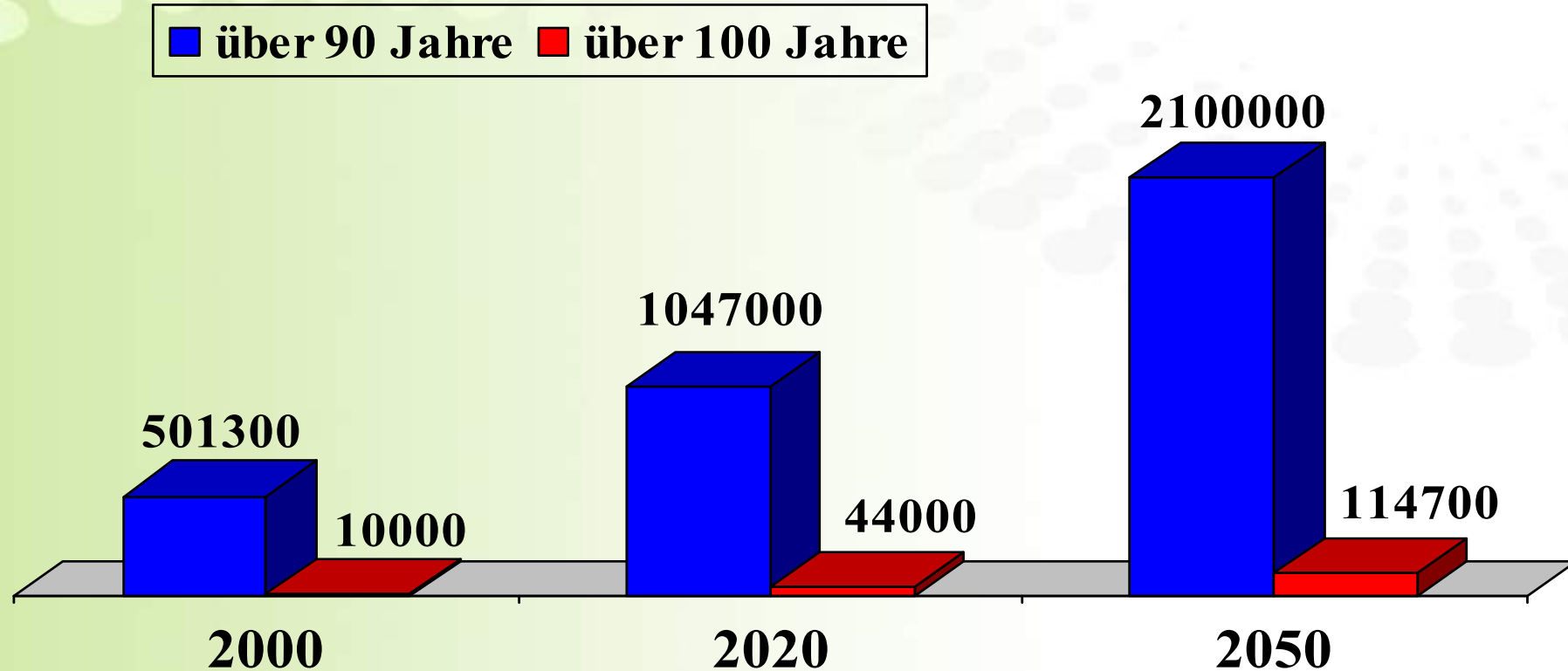
# Percentage of people 60 years and older



# Percentage of people **80 years and older**



### Number of people **90 plus** and **100 plus** in Germany

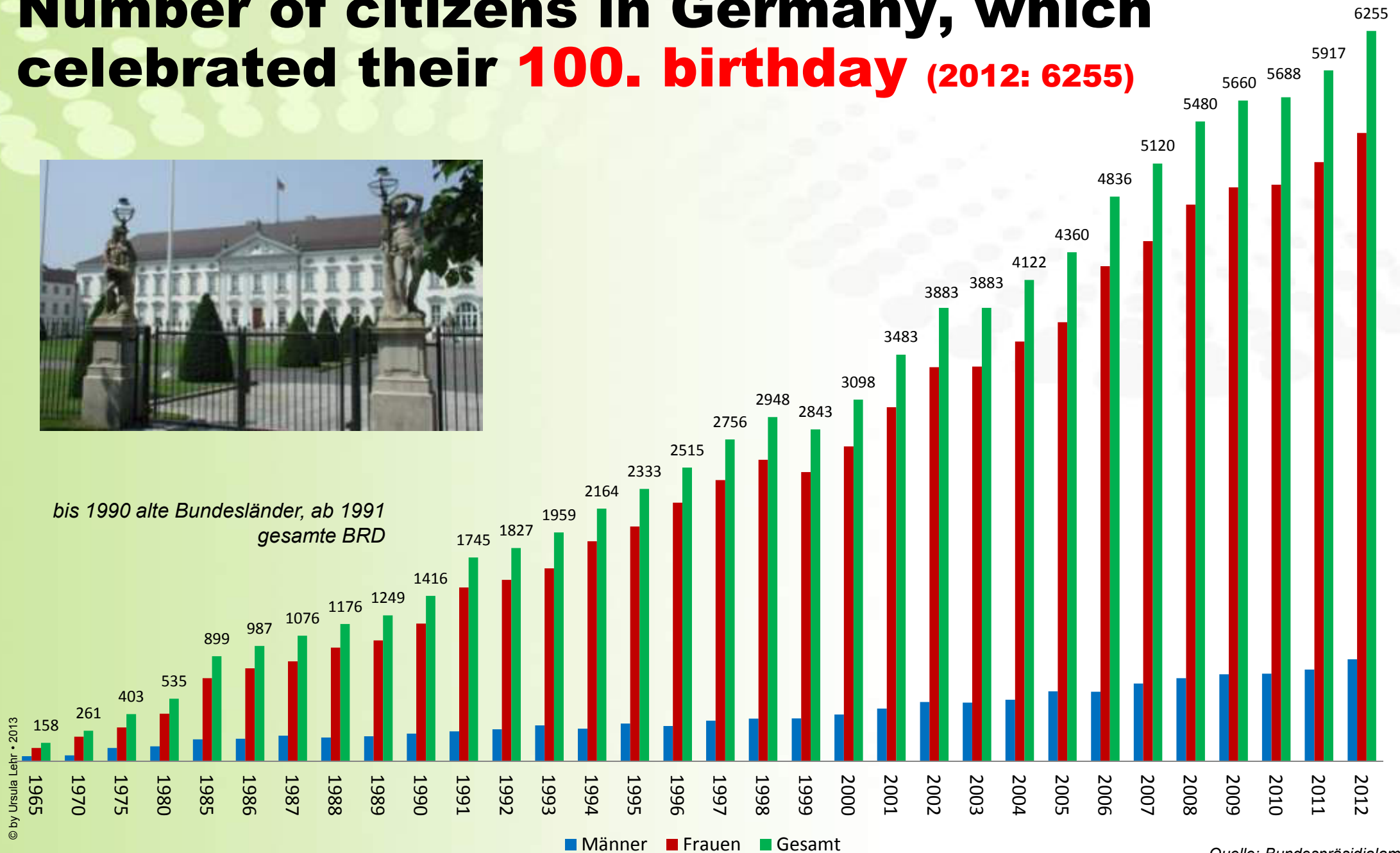


Quelle: UN (2002), *World Population Ageing 1950-2050*

# Number of citizens in Germany, which celebrated their **100. birthday** (2012: 6255)

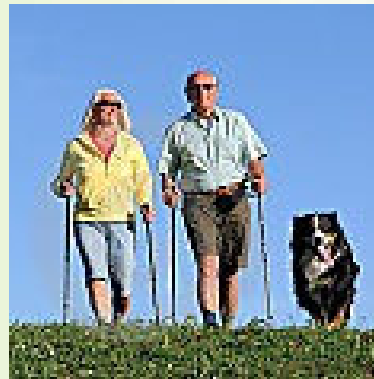


bis 1990 alte Bundesländer, ab 1991  
gesamte BRD



### Ageing has many faces:

**There is the competent and wise senior,  
who is able  
to manage his own life**





# Visions for the Ageing Societies

**Ageing has many faces:**

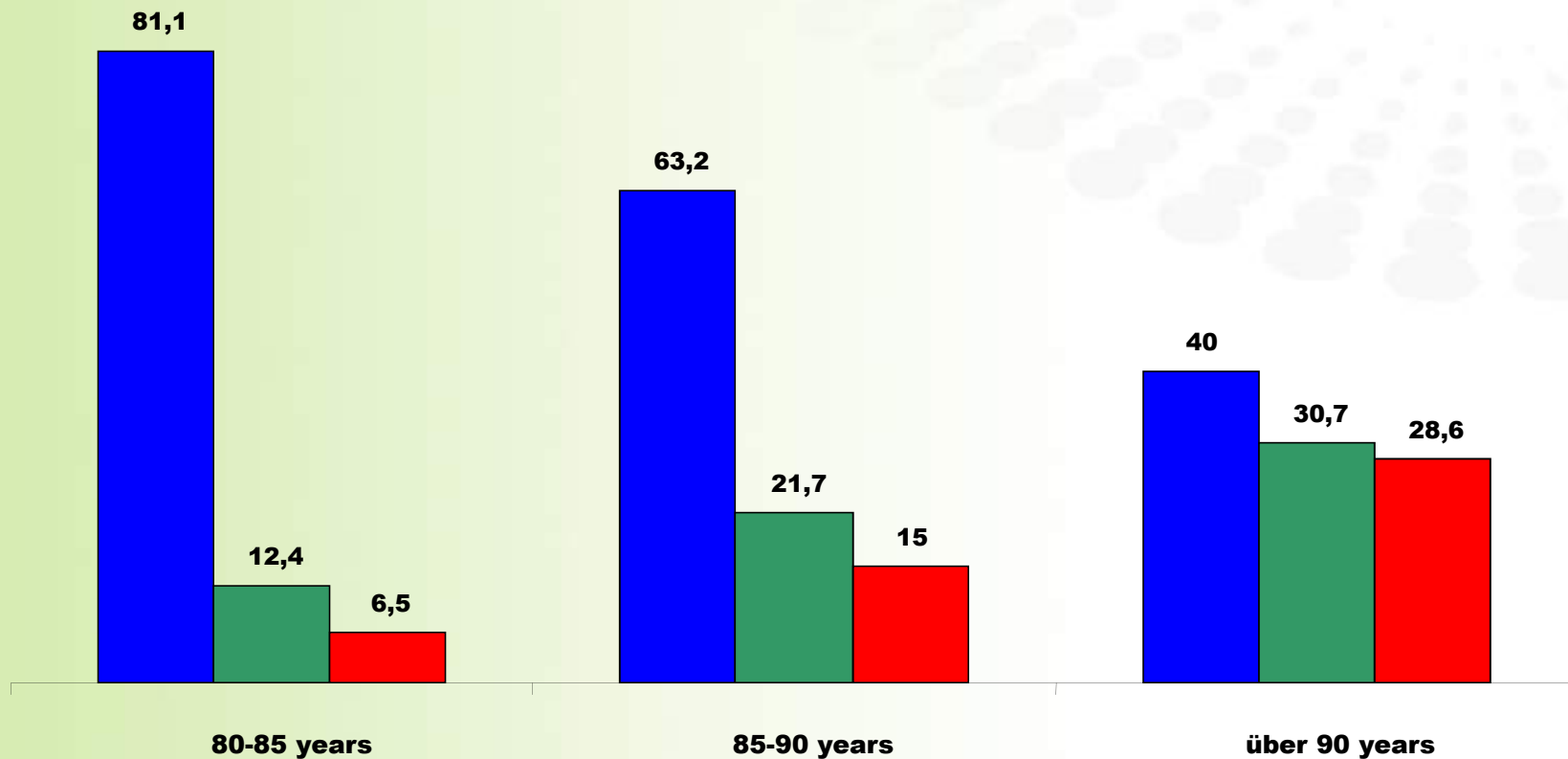
**There is the ill, helpless and dependent senior, who needs help and support**



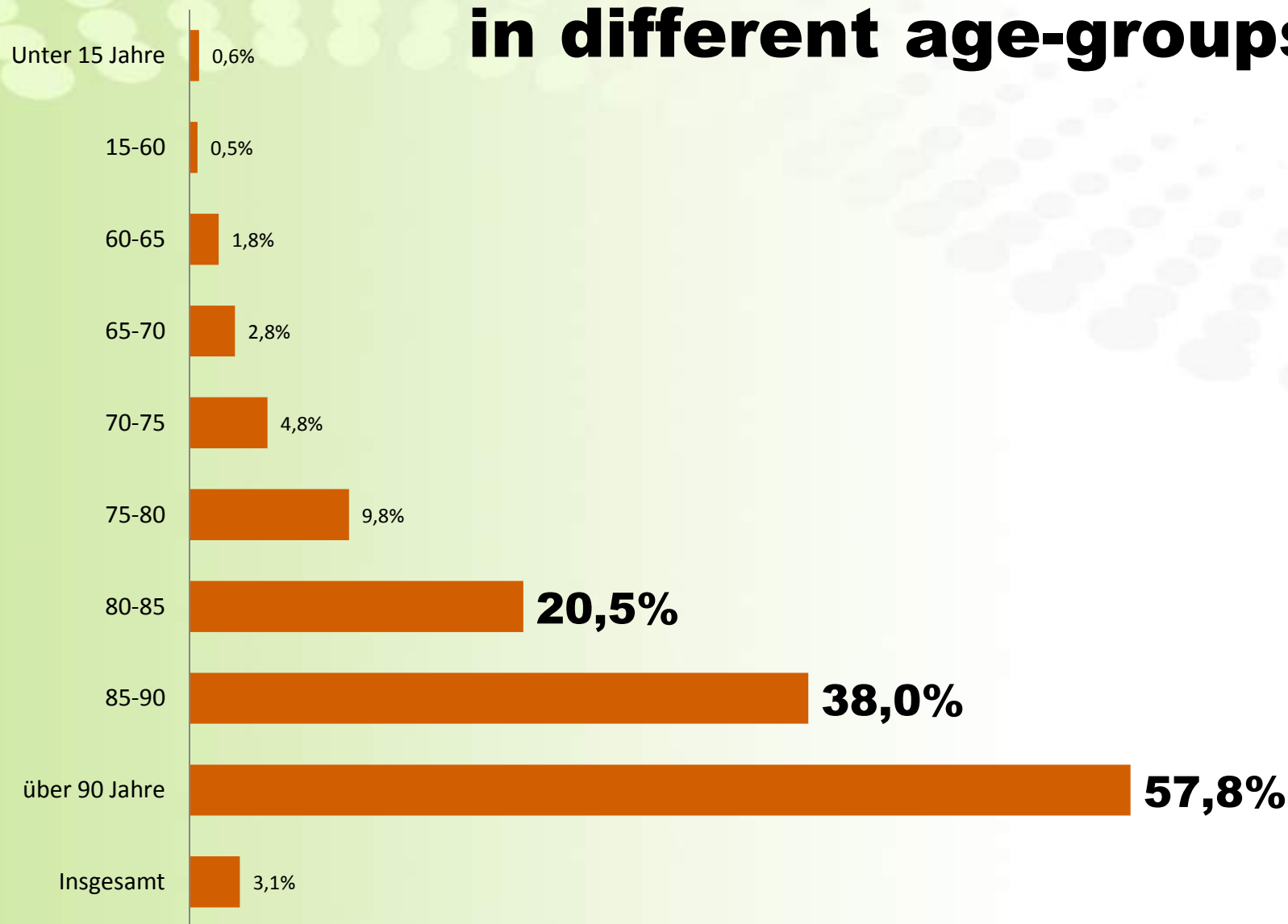
**There are many interindividual differences in the ageing processes between people of the same chronological age.**

**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)



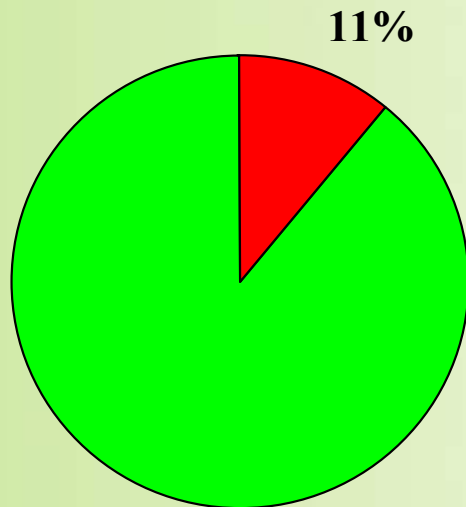
# Percentage of people who need care in different age-groups (2011)



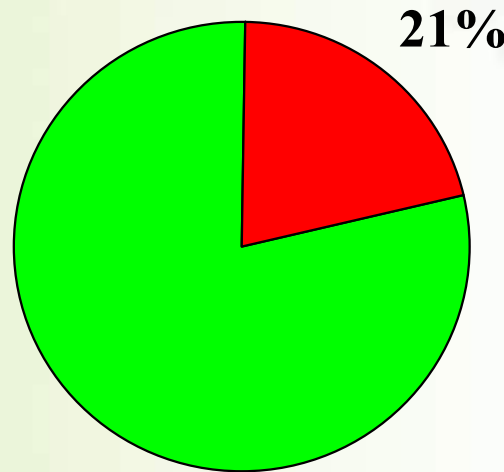
Quelle: Statistisches  
Bundesamt,  
Pflegestatistik 2011



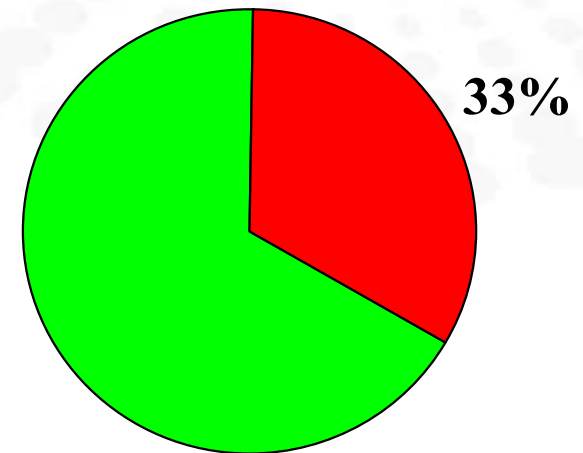
### More and more women in Germany don't have children



1950 Geborene



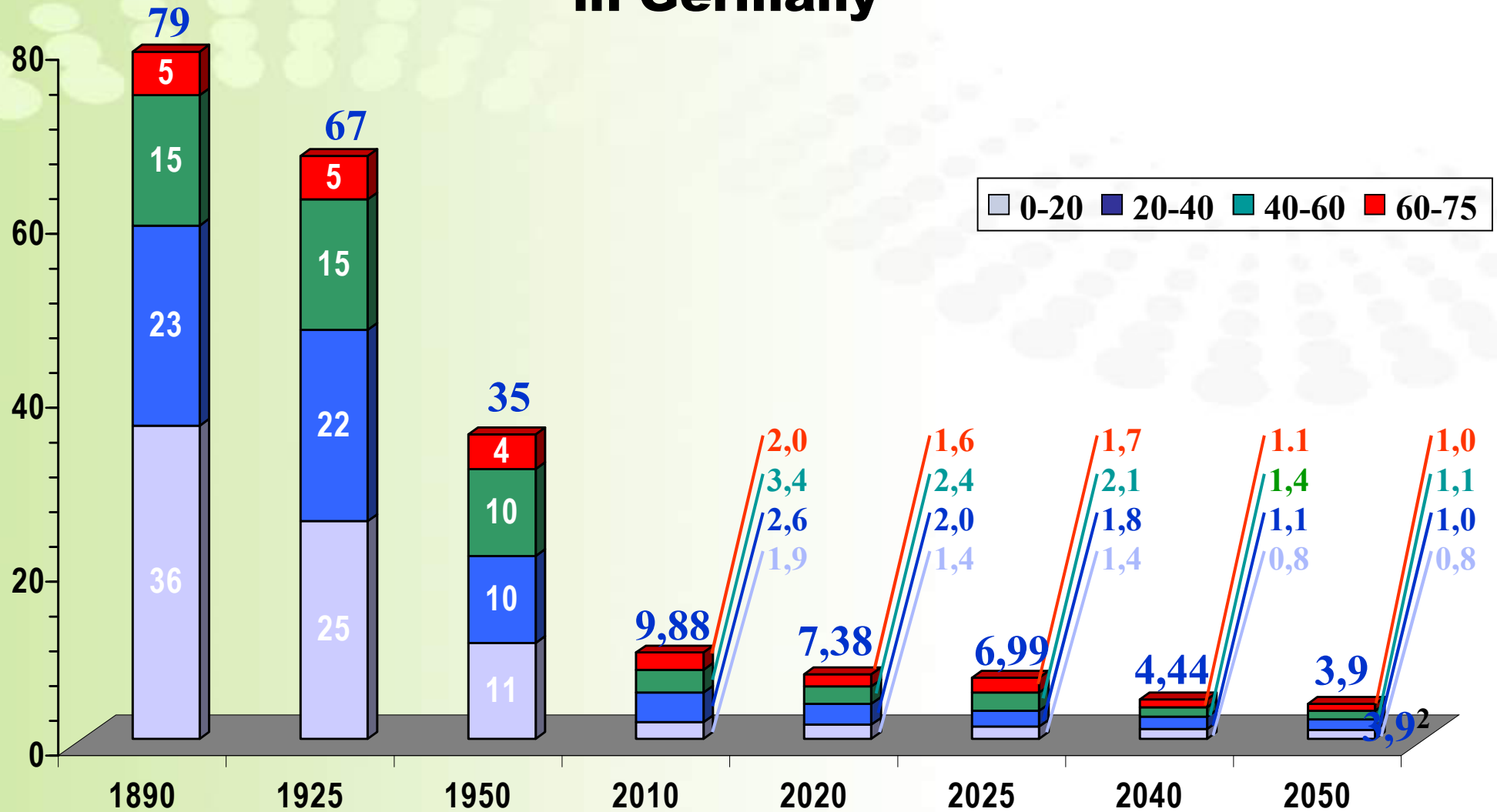
1960 Geborene



1965 Geborene  
(Schätzung)

# Visions for the Ageing Societies

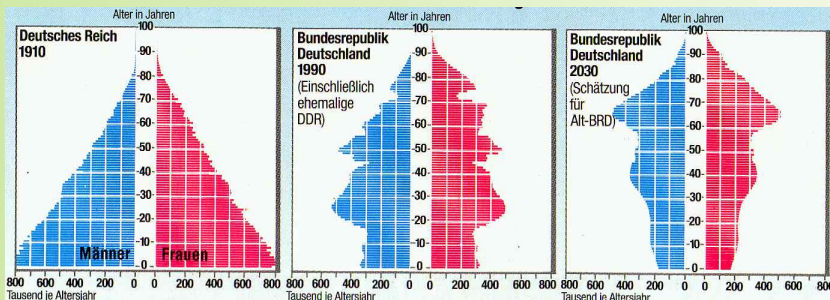
**One person 75 years and older  
in relation to younger persons  
in Germany**



Quelle: Destatis 2009,  
Schätzung aufgrund der 12. koordinierten Bevölkerungsvorausberechnung

# 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**



# Wellbeing in aging societies

## Global AgeWatch Index 2013



**Global AgeWatch Index 2013**  
*Insight report*



**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 in aging societies

Global AgeWatch  
Index 2013



Global AgeWatch Index 2013  
*Insight report*



HelpAge  
International  
age helps

**„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

Global AgeWatch  
Index 2013

### **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)

	Income	Health	Employment	Environment
<b>1. Sweden</b>	( 8,	7,	5,	5 )
<b>2. Norway</b>	( 3,	13,	1,	22 )
<b>3. Germany</b>	( 9,	6,	6,	6 )
<b>4. The Netherlands</b>	( 4,	18,	11,	1 )
<b>5. Canada</b>	( 26,	2,	9,	9 )
<b>6. Switzerland</b>	( 28,	1,	12,	4 )
<b>7. New Zealand</b>	( 43,	3,	7,	13 )
<b>8. USA</b>	( 36,	24,	2,	16 )
<b>9. Iceland</b>	( 15,	9,	18,	7 )
<b>10. Japan</b>	( 27,	5,	10,	19 )
<b>35. China</b>	( 66,	51,	40,	24 )

# Visions for the Ageing Societies

**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**

# Visions for the Ageing Societies:

**The degree of life satisfaction was very high, also in the group of centenarians (Rott,2013)**

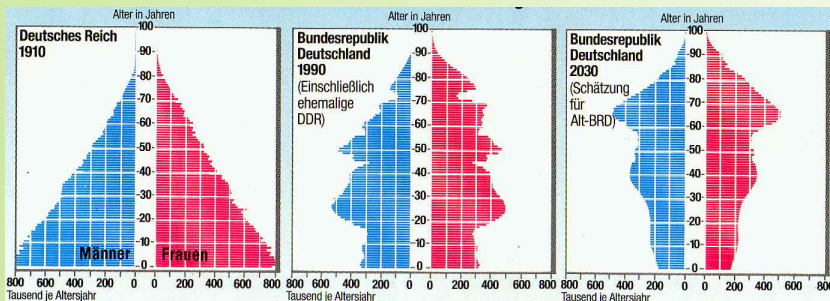
**which had health problems and a reduced mobility and were not rich. Most of them were happy, to be still alive.**

**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

- 1. The demographic change**
- 2. Well-being in Ageing Societies**
- 3. Active Ageing - challenge and chance for individuals and societies**



# **Visions for the Ageing Societies: Active Ageing**

**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)**

# **Visions for the Ageing Societies: Active Ageing**

## **Healthy aging is to be defined**

- **not only by the absence of diseases**
- **not only by psychophysical and psychosocial wellbeing (WHO-Definiton)**
- **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)





# Visions for the Ageing Societies: Active Ageing

## **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.**



# **Visions for the Ageing Societies: Active Ageing**

**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 muscularsystem 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.**

# **Visions for the Ageing Societies: Active Ageing**

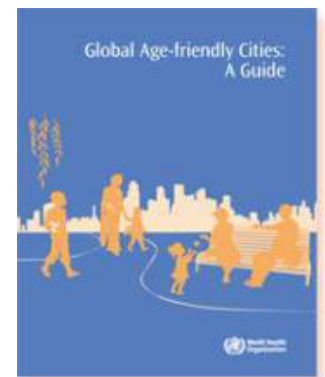
**Ageing does not necessarily means a decline of skills and abilities;  
the ageing process can be influenced by the person,  
by the life-style, but also  
by promoting and age-friendly living  
environment**

**Barrier-free buildings and streets, secure  
neighbourhoods enhance the mobility and  
independence of elderly people, but also of  
people of all age-groups.**

# Visions for the Ageing Societies: Active Ageing

**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”.**



# **Visions for the Ageing Societies: Active Ageing**

**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**

# Visions for the Ageing Societies: Active Ageing

**In order to realize active ageing, to prevent frailness and care dependency, we need also a**

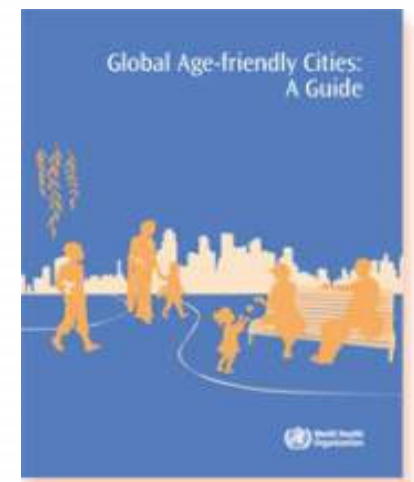
**„preventive environment“**

**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 psysical, mental and social activity****



# Visions for the Ageing Societies: Active Ageing

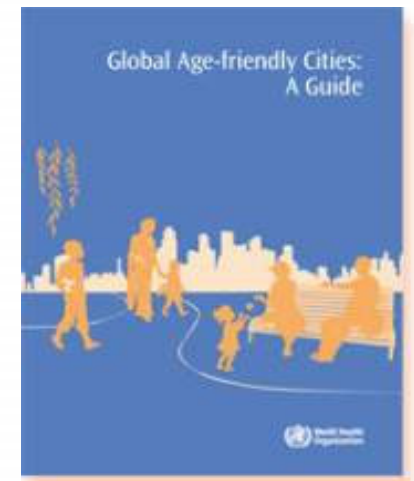
**Cities also must provide the **structure and services****

**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.****



World Health Organization





# **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.**

# **Visions for the Ageing Societies: Active Ageing**

**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.**

# **Visions for the Ageing Societies: Active Ageing**

**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.**

*(WHO: Age friendly cities, 2007)*

# Visions for the Ageing Societies: Active Ageing

**“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).**

# Visions for the Ageing Societies: Active Ageing

## 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

# Visions for the Ageing Societies: Active Ageing

**A policy for senior citizens:**

**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 careing**



# **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 practionners,  
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.**

# Visions for the Ageing Societies: Active Ageing

## Let`s try to be optimistic!



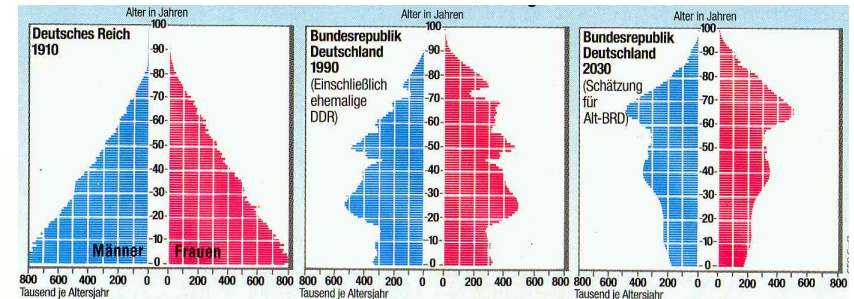
**The **optimist****  
is a person who turns a  
**problem into a challenge**  
that needs to be solved

**The **pessimist****  
is a person, who turns a  
**challenge into a problem**  
which let him feel helpless

# Visions for the Ageing Societies: Active Ageing



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**

