

TRANSFORMING THE FUTURE OF AGEING IN EUROPE

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**The
University
Of
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TRANSFORMING THE FUTURE OF AGEING IN EUROPE

AGENDA

- Challenges of Ageing Societies
- The New Dynamics of Ageing
- Framework for a New Approach to Ageing

TRANSFORMING THE FUTURE OF AGEING IN EUROPE

KEY MESSAGES

- The burden of ageing is the common starting point for policy makers and the media.
- While ageing presents challenges to society, research shows how we could respond to them, what is missing is political motivation.
- The changing dynamics of ageing demand that we fundamentally rethink what it means and the public policy approach to it.
- A new social policy on ageing should embody a positive vision of later life and promote active ageing across the life course.

AGEING CHALLENGES

- The Unprecedented Longevity Trajectory
- Shrinking / Ageing Labour Forces
- Fiscal Sustainability of Pensions / Health Care
- Multimorbidity
- Rising Need for Long-term Care
- Need for New Forms of Social and Political Citizenship
- Structural Lag

THE TWO FACES OF AGEING

NEGATIVE

- Economic Doom
- Burden of Dependency
- Demography of Despair
- Intergenerational War

POSITIVE

- Ageing is Social and Economic Progress
- Success of Public Health Systems
- Emergence of Balanced Populations
- Use of Neglected Resources

BAD NEWS STORY

Dependency
time-bomb

The 'silver tsunami' that threatens to overwhelm US social security system

World faces age of dependency

over-65s outnumber young

After the credit crisis,
the pensions crunch

The timebomb is ticking

Prepare now for the great pensions crash

The day-tripping pensioners who
are costing local councils dear

Britain must urgently
take steps to prepare for
the seismic impact of a
rapidly ageing population

THE NEW DYNAMICS OF AGEING

- Longevity Revolution
- Improved Health and Functioning
- Higher Average Incomes
- Extended Working Lives
- Cultural Shift
- New Science of Ageing

MOPACT RESOURCES

Pension Fund

MOPACT

Improving private pensions and retirement planning

Summary: Private pensions are essential to supplement public pensions in retirement. However, private pensions are often poorly understood and underutilized. This briefing paper aims to improve understanding of private pensions and their role in retirement planning.

Key Findings: Private pensions are essential to supplement public pensions in retirement. However, private pensions are often poorly understood and underutilized. This briefing paper aims to improve understanding of private pensions and their role in retirement planning.

MOPACT

Promoting the Participation of Seniors in Policy-Making

Summary: Policy-makers need to consider the needs of older citizens to ensure that public services are designed to meet their needs. This briefing paper explores ways to promote the participation of seniors in policy-making.

Key Findings: Policy-makers need to consider the needs of older citizens to ensure that public services are designed to meet their needs. This briefing paper explores ways to promote the participation of seniors in policy-making.

MOPACT

Extending Working Lives

Summary: Public policy on extending working lives must be based on a sound understanding of the needs of older workers. This briefing paper explores ways to extend working lives.

Key Findings: Public policy on extending working lives must be based on a sound understanding of the needs of older workers. This briefing paper explores ways to extend working lives.

MOPACT

Economic effects of population ageing

Summary: Population ageing has significant economic implications. This briefing paper explores the economic effects of population ageing.

Key Findings: Population ageing has significant economic implications. This briefing paper explores the economic effects of population ageing.

MOPACT

Built and technological environment

Summary: The built and technological environment plays a crucial role in supporting active ageing. This briefing paper explores ways to improve the built and technological environment.

Key Findings: The built and technological environment plays a crucial role in supporting active ageing. This briefing paper explores ways to improve the built and technological environment.

MOPACT

Health and Well-being

Summary: Health and well-being are essential for active ageing. This briefing paper explores ways to improve health and well-being.

Key Findings: Health and well-being are essential for active ageing. This briefing paper explores ways to improve health and well-being.

MOPACT

Biosensorology: a novel tool to stay healthy in old age

Summary: Biosensorology is a novel tool for monitoring health and well-being. This briefing paper explores the potential of biosensorology.

Key Findings: Biosensorology is a novel tool for monitoring health and well-being. This briefing paper explores the potential of biosensorology.

MOPACT

Welcome to MOPACT

Summary: MOPACT is a collaborative project aimed at addressing the needs of older citizens. This briefing paper provides an overview of the project.

Key Findings: MOPACT is a collaborative project aimed at addressing the needs of older citizens. This briefing paper provides an overview of the project.

MOPACT

Potentials for active ageing by social innovation in long-term care and social support

Summary: Social innovation offers new ways to address the needs of older citizens. This briefing paper explores the potential of social innovation.

Key Findings: Social innovation offers new ways to address the needs of older citizens. This briefing paper explores the potential of social innovation.

MOPACT

Summary:

This briefing paper provides a summary of the key findings and recommendations from the MOPACT project.

MOPACT

Key Findings:

This section highlights the key findings from the MOPACT project, focusing on the needs of older citizens and the role of policy-makers.

MOPACT

Background:

This section provides background information on the MOPACT project, including the context of population ageing and the need for a collaborative approach.

MOPACT

Project Aims:

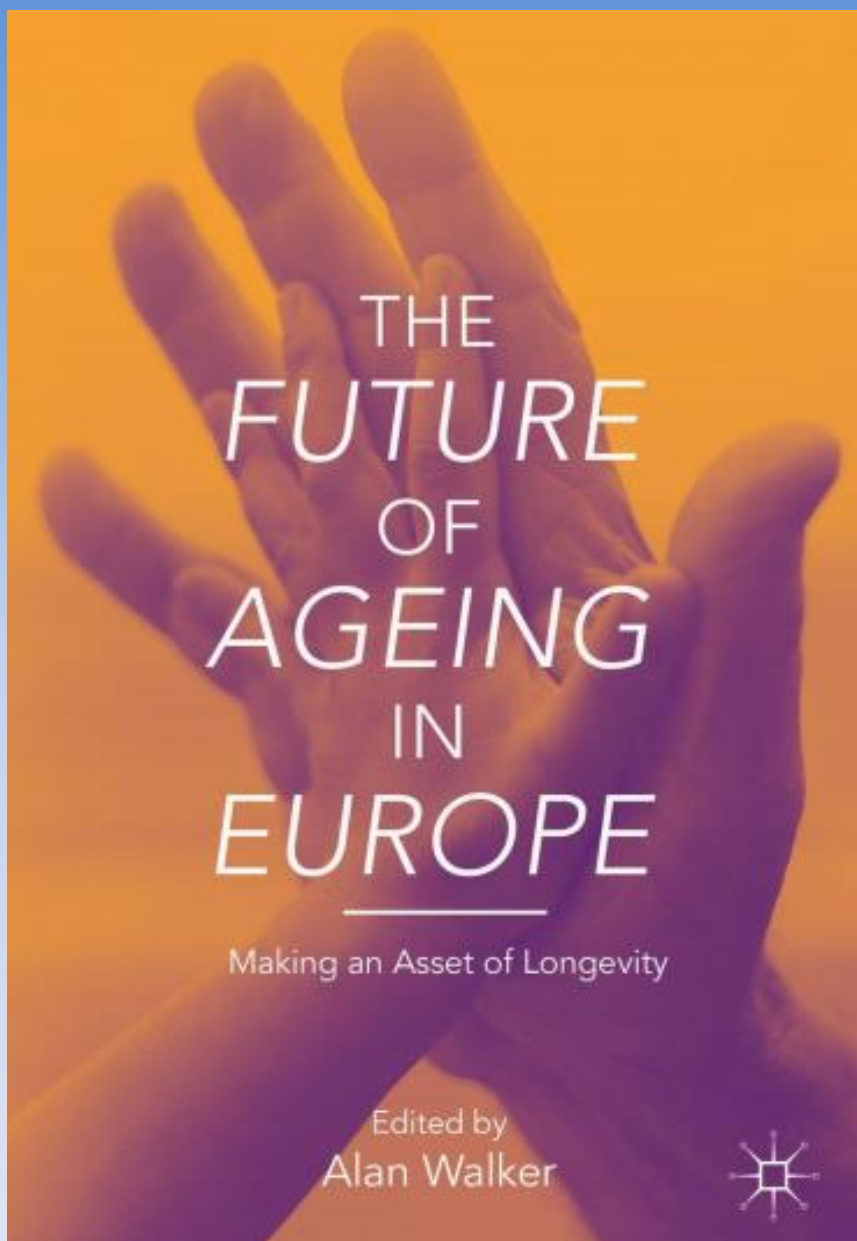
This section outlines the aims and objectives of the MOPACT project, focusing on addressing the needs of older citizens and promoting active ageing.

MOPACT

Conclusions:

This section provides conclusions and recommendations from the MOPACT project, highlighting the importance of a collaborative approach to addressing the needs of older citizens.

<http://mopact.group.shef.ac.uk/>



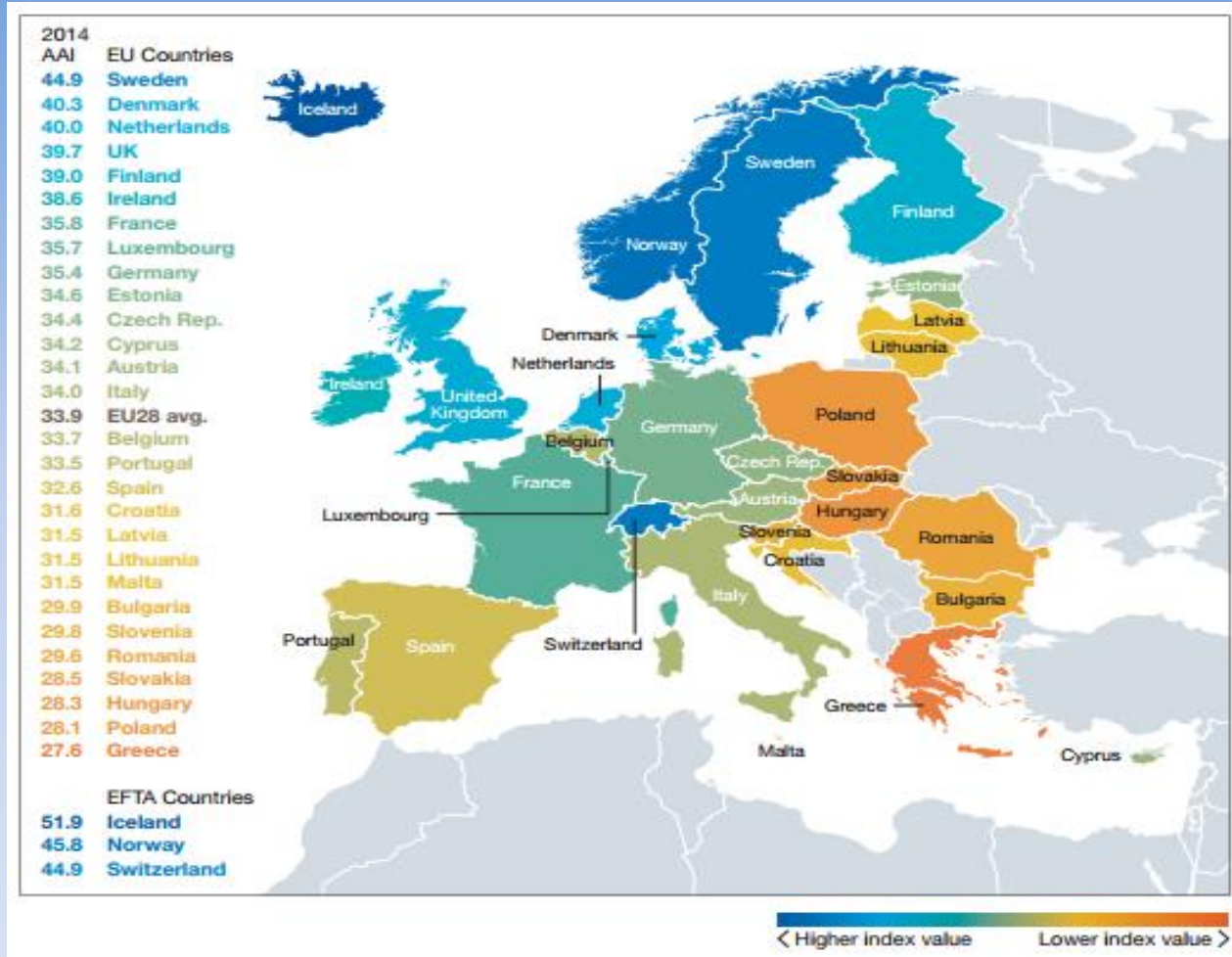
RE THINKING AGEING: FRAMEWORK FOR A NEW APPROACH

- Overcoming the Structural Time Lag
- Replace Burden Thinking and the Deficit Approach with Active Ageing

CONFRONTING STRUCTURAL LAG

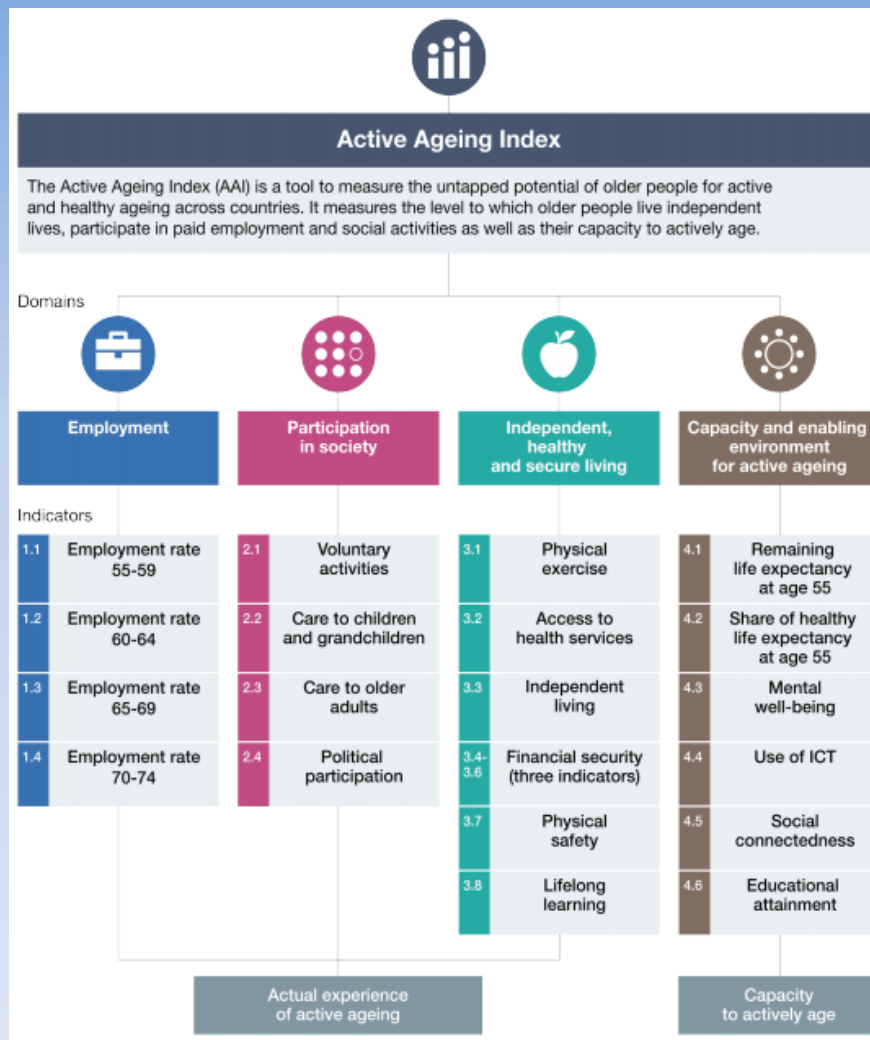
- Short term Time Horizons of Policy Makers.
- Faster Responses to Research Evidence.
- Over-reliance on Extrapolations.
- Persistence of Traditional Life Course Model Despite New Dynamics of Ageing.
- Division of Policy Responsibilities: No Social Policy on Ageing.

OVERALL AAI SCORES FOR EU28, 2014



Source: Zaidi; 2018

ACTIVE AGEING INDEX – DOMAINS AND INDICATORS



ACTIVE AGEING IN EUROPE

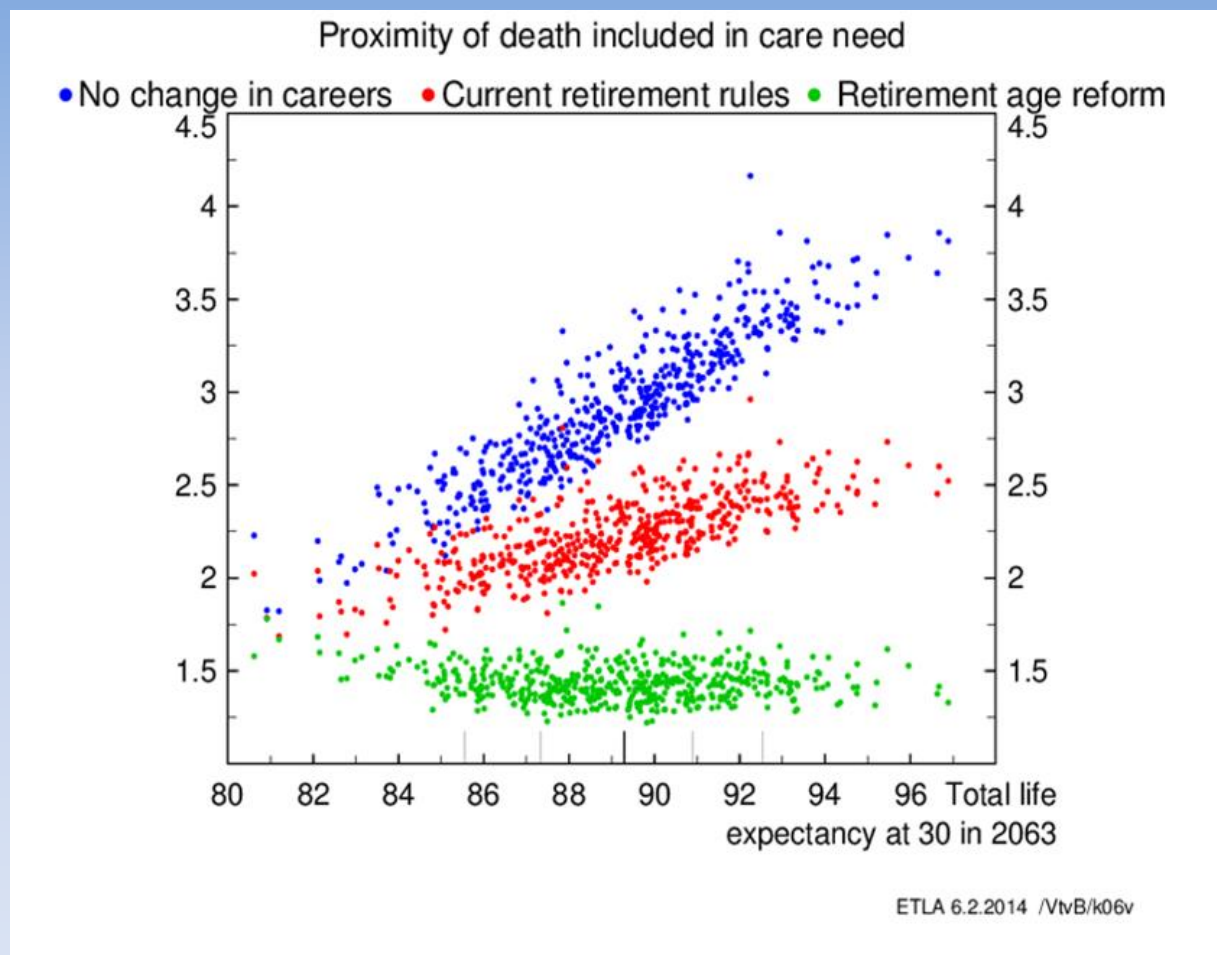
- Active ageing has been on the rise in the European Union countries despite the fact that many countries have experienced economic downturn and austerity.
- Higher inequality in active ageing in those countries where active ageing is lower on average (e.g. Central European countries).
- Policy efforts are required to improve social engagement of older people (to increase independence and reduce loneliness) and pension income adequacy while addressing financial sustainability concerns of the European welfare states.
- Czechia: excellent educational attainment and low poverty risk but low female employment, life expectancy and physical exercise.

FRAMEWORK FOR A NEW APPROACH TO AGEING

- Linking pension ages to HLE.
- Supporting extended working lives with age management policies (micro, meso, macro).
- Urgent new focus on HLE.
- Need to realise potential of ICTs.
- Step-change in LTC.
- New Forms of Citizenship for Older People.

⇒ ACTIVE AGEING ACROSS THE LIFE COURSE

SUSTAINABILITY GAPS UNDER DIFFERENT WORK CAREERS



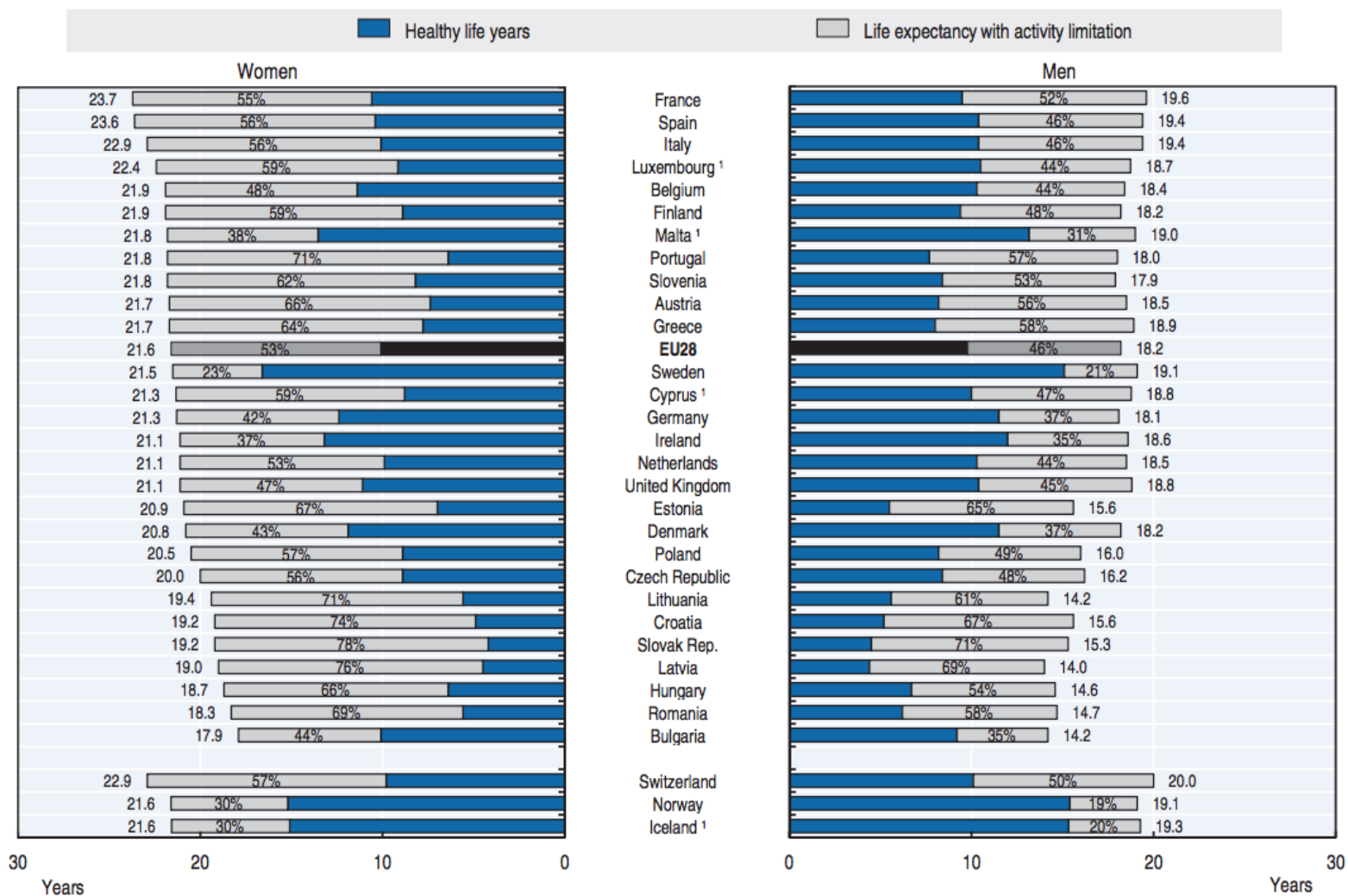
POINTERS TO EXTENDING WORKING LIVES

- Policies aimed at working longer through financial incentives are of very limited success if not strategically linked to workplace related HR-policies.
- In 'late mover' (Eastern European) countries health, skills and working conditions are the most significant influences. In 'early mover' countries (e.g. Germany) external incentives and support (e.g. legal incentives, professional advice) are priorities.
- Within organisations the concepts of *workability* and *employability* provide the best basis for designing policies and measures. The concepts of age-management and life-cycle oriented HR policies need to be adopted.

URGENT NEED TO RE-FOCUS POLICIES ON HLE

- Increases in HLE not keeping pace with the rise in life expectancy.
- Between 2007 and 2015 across the EU LE at age 50 increased significantly for both men and women, but HLE remained constant.
- At age 50, between 2007 and 2015, on average men could expect 12.2 HLYs and women 17.2 years.
- Focus efforts on the countries with the largest differences between LE and HLE: Estonia, Germany, Italy and Slovakia.

LE AND HLE AT 65, 2016



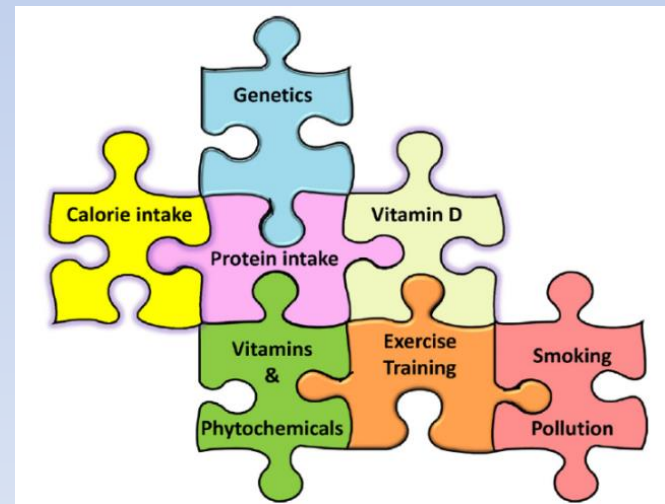
1. Three-year average (2014-16 except for Iceland: 2013-15).

Note: Data comparability is limited because of cultural factors and different formulations of question in EU-SILC.

Source: Eurostat Database.

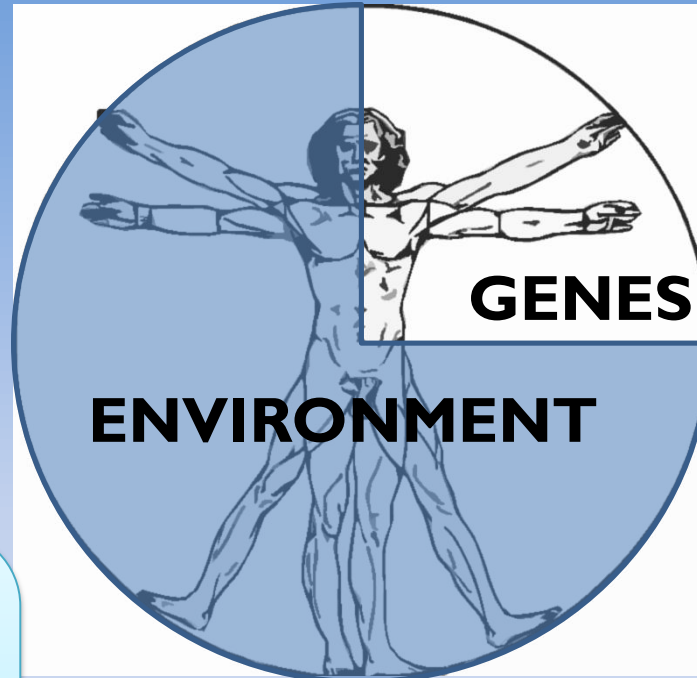
BIOGERONTOLOGICAL RESEARCH SHOWS THAT HLE CAN BE INCREASED

- Only 20-25% of HLE is predetermined by genes, it's mainly lifestyle and environment.
- Start interventions targeting lifestyle early in life and with a life-course perspective.
- Classical strategies (e.g. nutrition, exercise, vaccination) require broad communication to public.
- Novel strategies (e.g. dietary interventions, novel drugs, stem cells) need successful translation from the understanding of molecular mechanism to animal models to clinic.

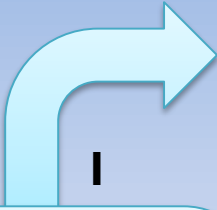


The longevity puzzle.
Rizza *et al.*, Ageing Res Rev 2014

STRATEGIES TO INCREASE HLE



FOSTER COMMUNICATION TO PUBLIC

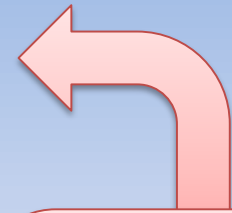


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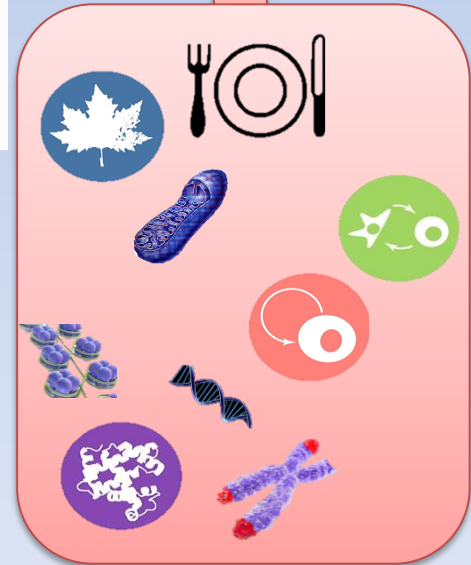


CLASSICAL INTERVENTIONS

STRENGTHEN BASIC RESEARCH AND TRANSLATION TO HUMAN



2



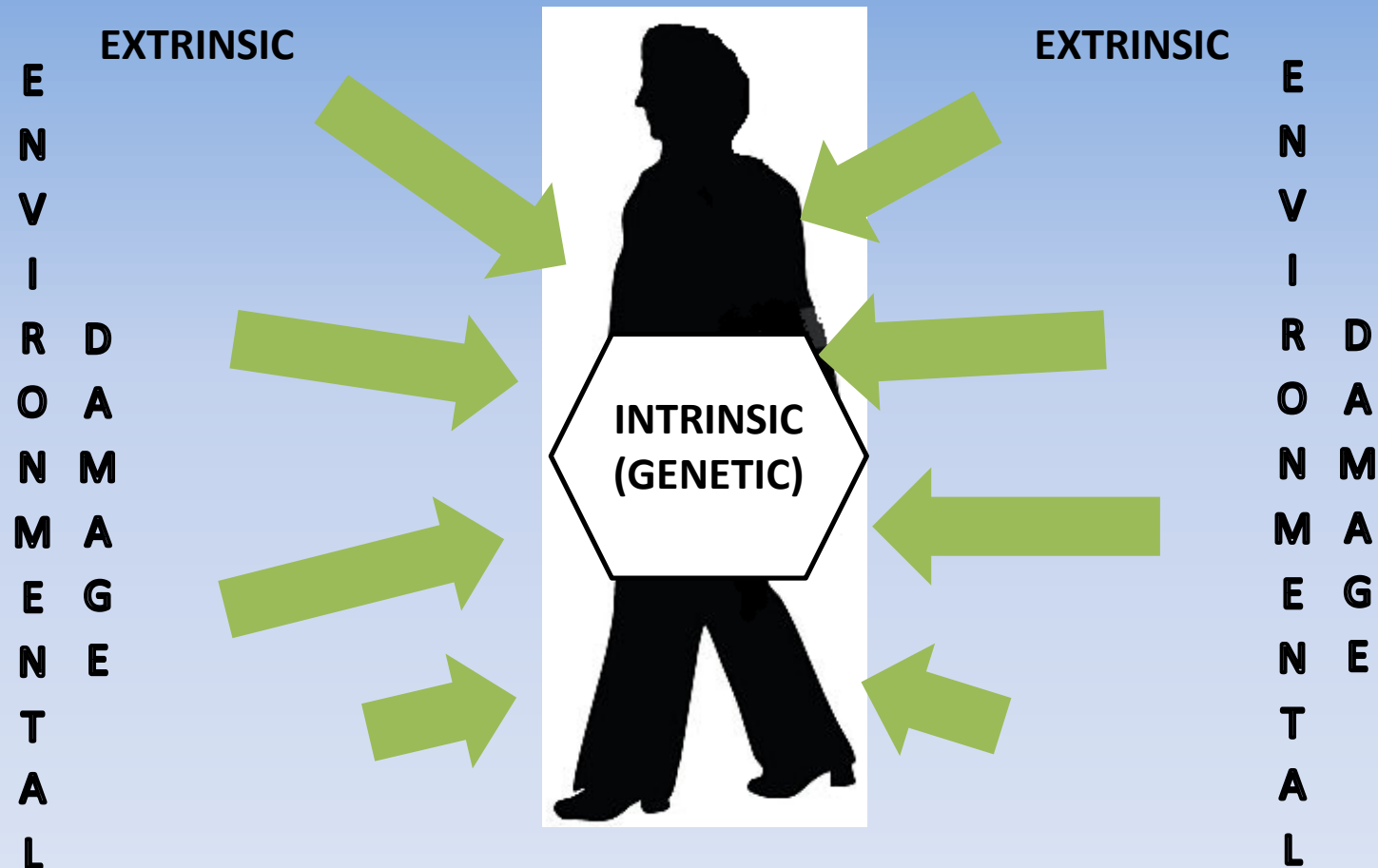
NOVEL INTERVENTIONS

1 Classical interventions: nutrition, exercise, vaccination, no smoking/alcohol/drugs

- 2 Novel Interventions:
- Dietary restriction
 - Clearance of senescent and damaged cells
 - Mitohormetics
 - Stem-cells
 - Drugs against inflammation
 - Rejuvenation factors from blood
 - Telomers
 - Epigenetic drugs
 - Chaperons and proteolytic systems

from López-Otín et al., Cell 2013

AGEING IS INEVITABLE BUT VARIABLE AND MALLEABLE



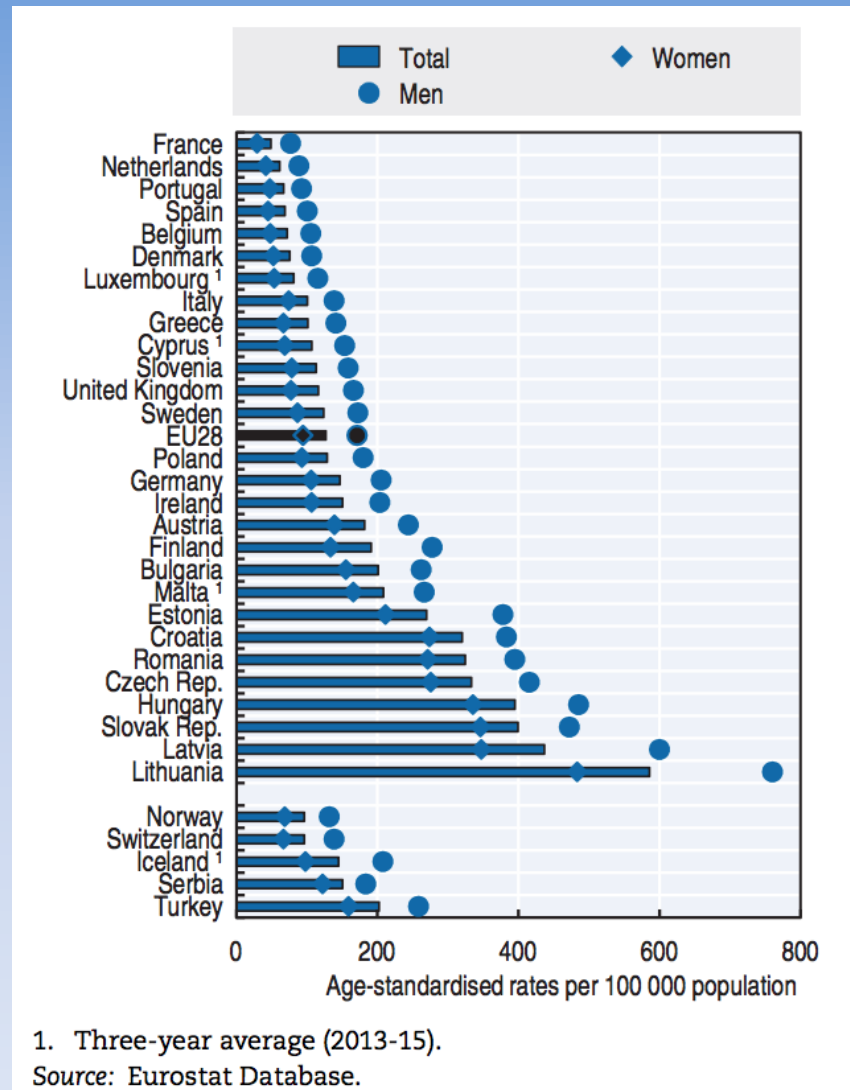
AGEING ASSOCIATED WITH LOSS OF
FUNCTION

Adapted from Grimley Evans (2004)

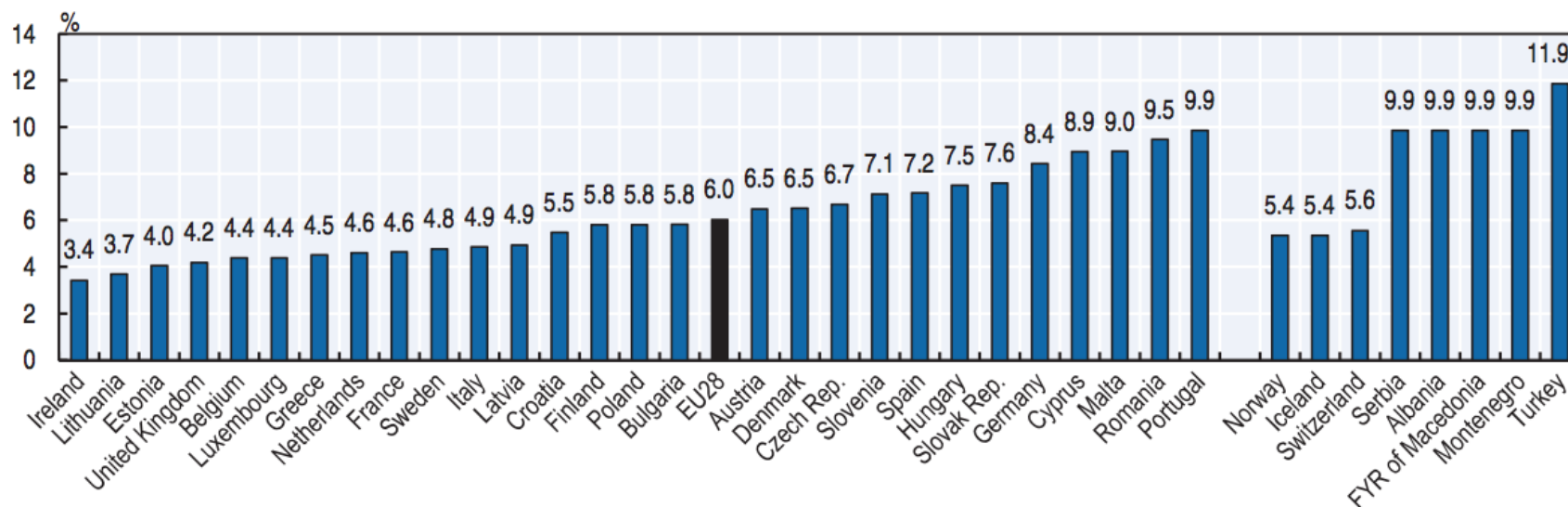
VARIABILITY IN AGEING



ISCHAEMIC HEART DISEASE MORTALITY, 2015

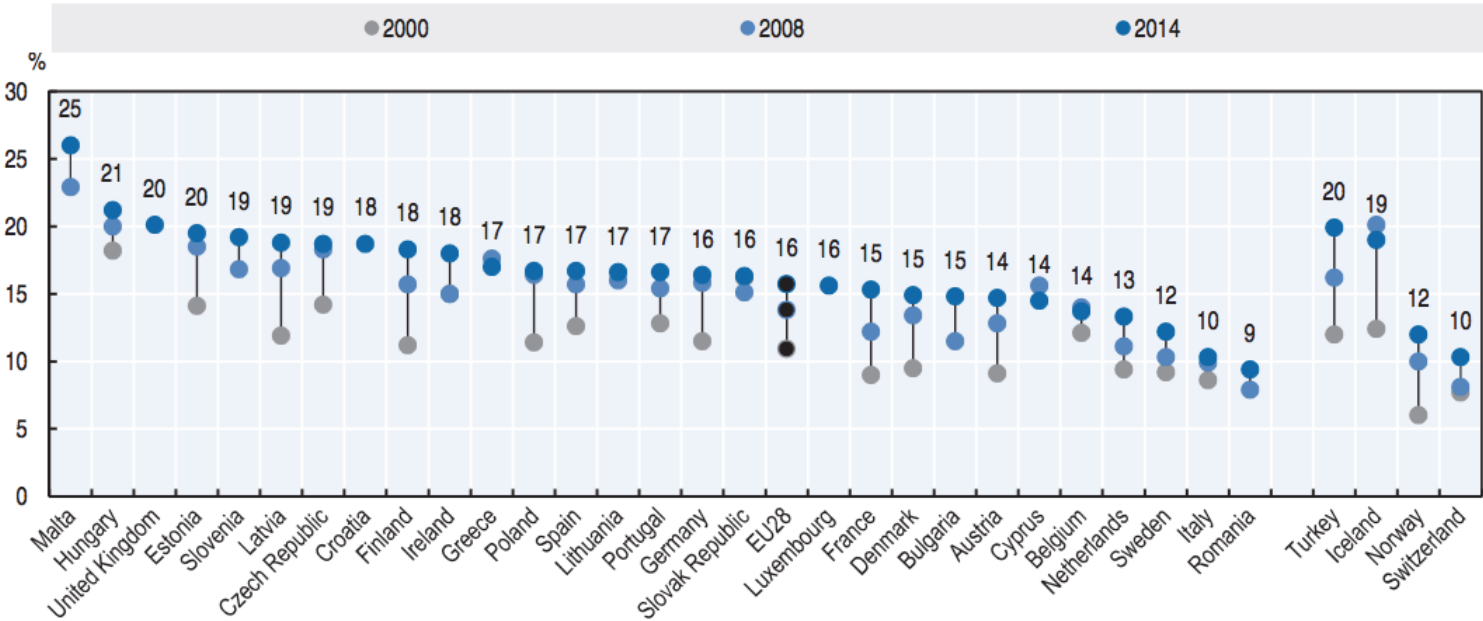


SHARE OF ADULTS WITH DIABETES, 2017



Note: Age-standardised prevalence of population aged 18-99 with Type 1 or Type 2 diagnosed diabetes.
 Source: IDF Atlas, 8th Edition, 2017.

SELF-REPORTED OBESITY RATES AMONG ADULTS, 2000 TO 2014



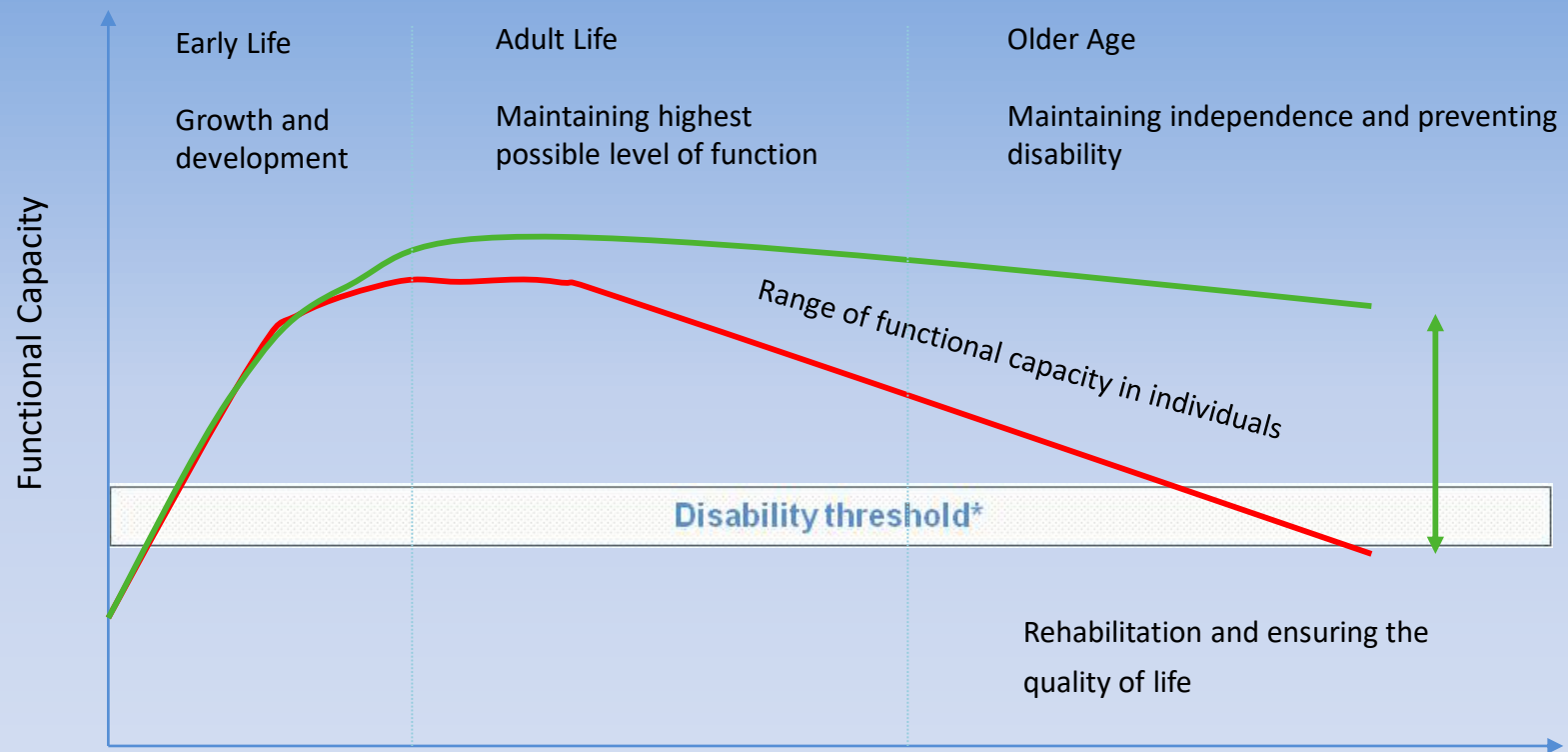
Source: Eurostat (EHIS 2008 and 2014) complemented with OECD Health Statistics 2018 for 2000 data and data for non-EU countries, <https://doi.org/10.1787/health-data-en>.

PHYSICAL ACTIVITY SUBSTANTIALLY REDUCES THE RISK OF COMMON DISEASES

Disease	Effect of physical activity
Coronary heart disease	Moving to moderate activity could reduce risk by 10%
Stroke	Moderately active individuals have a 20% lower risk of stroke incidence or mortality
Type 2 diabetes	Active individuals have a 33-50% lower risk
Colon cancer	The most active individuals have a 40-50% lower risk
Breast cancer	More active women have a 30% lower risk
Osteoporosis	Being physically active reduces the risk of later hip fracture by up to 50%

Sources: Chief Medical Officer's report on physical activity and a range of published studies

MAINTAINING FUNCTIONAL CAPACITY OVER THE LIFE COURSE



* Changes in the environment can lower the disability threshold, thus decreasing the number of disabled people in a given community.

Source: Kalache and kickbusch, 1997

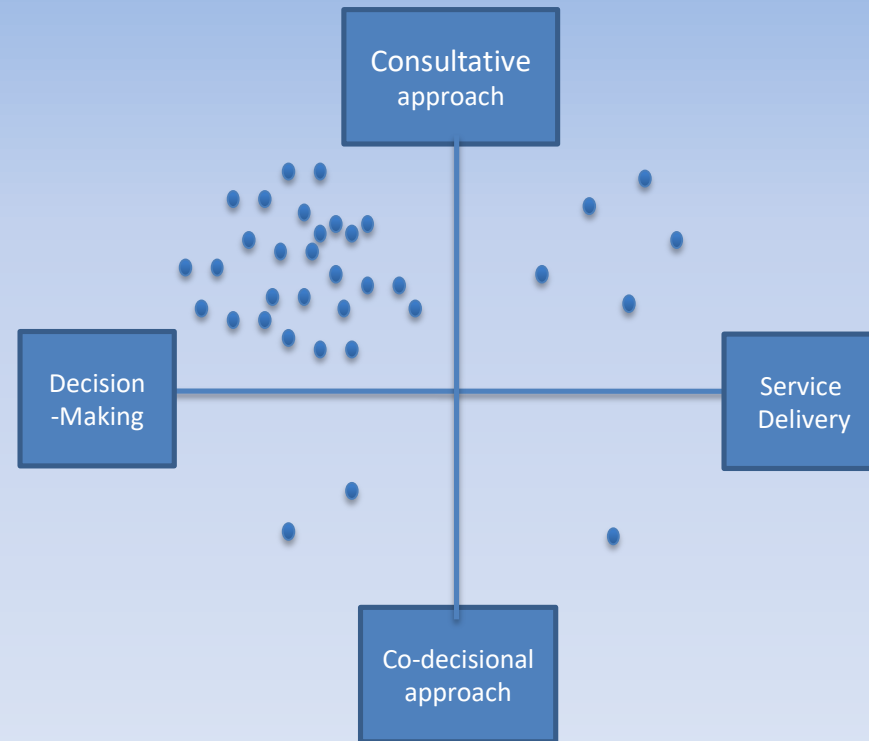
NEED TO REALISE THE POTENTIAL OF ICT

- ICT-based assistive technologies within the fields of mobility, housing and health have a huge potential to support active ageing and offer many productive opportunities in the emerging 'silver economy'.
- With regard to assistive technologies for older persons, European countries face large deployment gaps – the mismatch between R&D efforts on the one hand and both policy makers' expectations and take up on the other.
- To unlock the potential of innovative ICT-based supports several critical barriers need to be addressed: especially lack of awareness and acceptance among potential users who lack financial support and evidence of efficacy.
- There are many good practices and social innovations in Europe that can help to overcome these barriers, in particular with reference to the issue of user acceptance.
- Differences among the European countries in terms of ICT-take up and literacy/skills provide the opportunity for policy learning and knowledge transfer, but also point to the need for more country-specific approaches. The MOPACT website lists examples of good practice.

NEW FORMS OF CITIZENSHIP REQUIRED

- **The involvement of seniors in policy-making is mostly done through the creation of consultative bodies (ex. Seniors' Councils or Seniors' Forums), and mostly at the local level.**
- **In most cases, the views of seniors are represented by individual (elected or nominated) delegates or representative organisations. The direct engagement of senior citizens is an exception.**
- **Need to significantly increase the opportunities for seniors to be involved in the decisions about the delivery of services.**

Taxonomy of the participation of seniors in policy-making in Europe



TRANSFORMING THE FUTURE OF AGEING IN EUROPE – POLICY PRIORITIES

- Spread of Active Ageing but more policy effort required on inequality.
- Promising potential to extend working lives but urgent action needed on HLE.
- Major national and EU public health initiatives required to increase HLE.
- Great potential in ICT but familiar barriers.
- Sound evidence-base for upgrade of LTC.
- Social innovation a promising basis to help realise Active Ageing.
- Essential role of EU: supporting science and innovation. **MUST ALSO** promote active ageing initiatives.

BLOCKAGES TO ACTIVE AGEING

- Reduction to old age.
- Reduction to working longer.
- Low priority given to prevention.
- Inequality.
- Necessity of a long-term strategy but reality of short term political horizons.
- Necessity of joined-up government but reality of policy silos.
- Lack of sensitivity to heterogeneity (culture, race, gender, age, region ...).
- Risks of active ageing: stigma, over-prescription/coercion, false stereotypes.

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KEY MESSAGES

- The burden of ageing is the common starting point for policy makers and the media.
- While ageing presents challenges to society, research shows how we could respond to them, what is missing is political motivation.
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- A new social policy on ageing should embody a positive vision of later life and promote active ageing across the life course.

TRANSFORMING THE FUTURE OF AGEING IN EUROPE

THANK YOU

Děkuji

www.newdynamics.group.shef.ac.uk

<http://mopact.group.shef.ac.uk/>