




Healthy ageing

Also known as active
ageing

Introduction

- General information about healthy ageing
- Rates of the countries
- Physical, mental and social health
- Discussion
- Conclusion

Active ageing

A faded background image showing two elderly individuals sitting at a table. On the left, a woman with short grey hair is wearing a brown vest over a light blue shirt. On the right, a man is wearing a grey suit jacket, a light blue shirt, and a grey fedora hat. They appear to be in a social setting, possibly a cafe or a community center, and are looking towards each other as if in conversation.

- ...has as an aim to:
 - support
 - improve
 - participate in a society
- "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

(DGS, 2010)

Active Ageing is dependent of many factors:

- Gender
- Culture
- Personal characteristics
- Behavior characteristics
- Socio-economic characteristics
- Environment
- Health care system
- Social services

(UNIFAI, 2011)

The Active Ageing affects

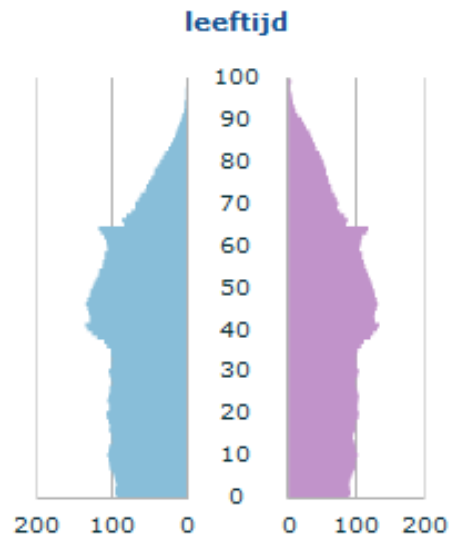
A blurred background image showing two elderly individuals, a woman on the left and a man on the right, sitting and engaged in conversation. The woman is wearing a brown top, and the man is wearing a light blue jacket and a hat. The image is faded to serve as a background for the text.

- Quality of life
- Alimentation
- Well-being/Satisfaction
- Autonomy
- Social relationship
- Sexuality/Intimacy/Affects
- Security
- Cognition/Mind
- Physical Activity

The Netherlands

Bevolkingspiramide

Leeftijdsopbouw Nederland 2011

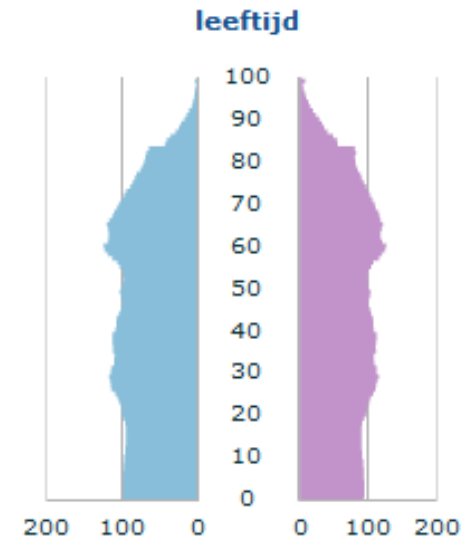


mannen x 1000

vrouwen x 1000

Bevolkingspiramide

Leeftijdsopbouw Nederland 2030



mannen x 1000

vrouwen x 1000



Estonia

- Total population: 1 340 194
- Elderly people: 205 876 (15,4%)

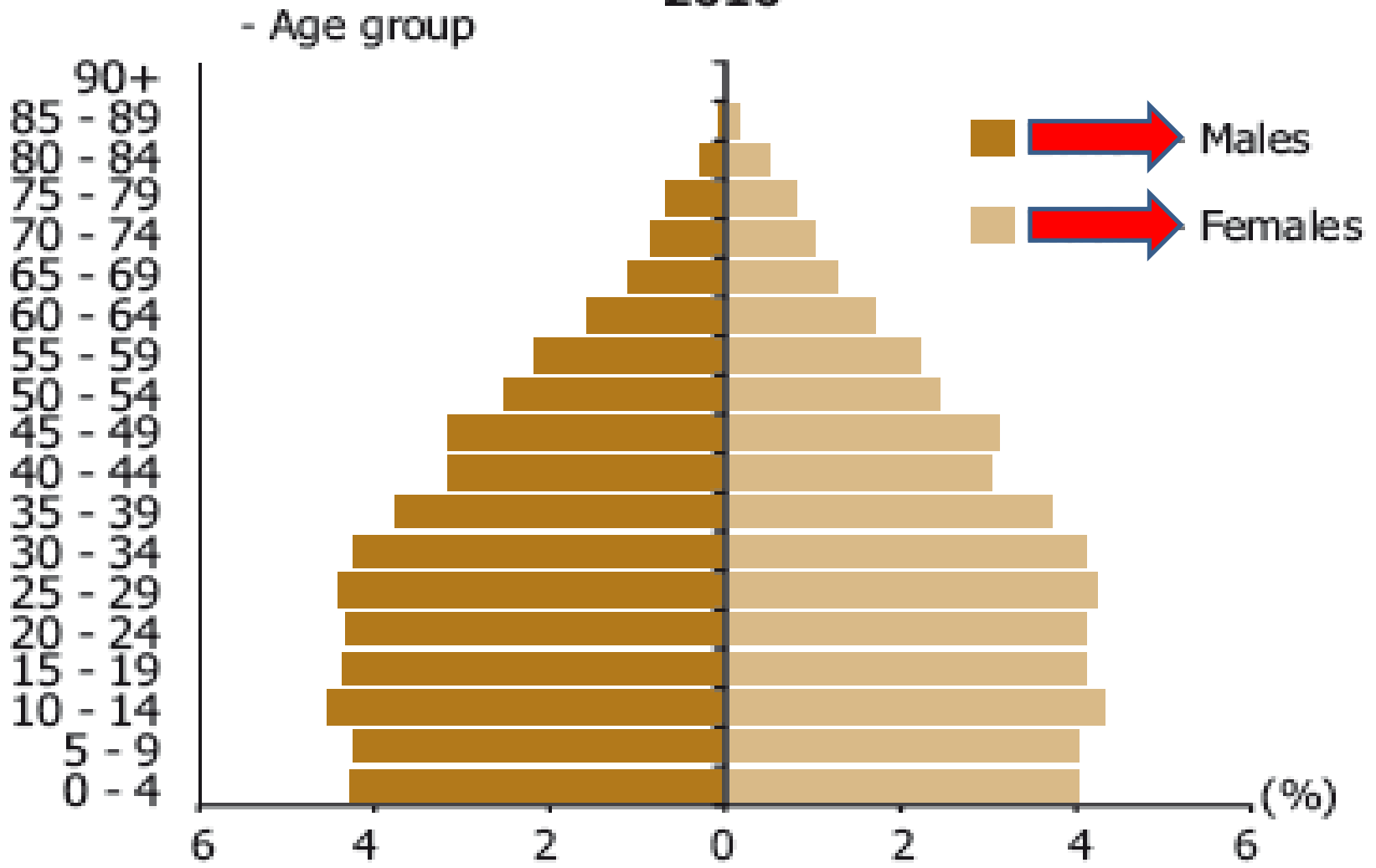
Portugal

- Total population: 10 561 614
- Elderly people
 - 2006: 1 820 000 (17, 2%)
 - 2050: 2 950 000 (27,9%)

Norway

- Total population: 4 500 000
- Elderly people:
 - 1950: 8 %
 - 2010: 13 %
 - 2050: 22 %

Population pyramide 2010



Percentage of population aged +65 years in 2022

Yaş grubu Age group	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Toplam - Total	71 079	71 897	72 698	73 497	74 277	75 065	75 837	76 598	77 358	78 101	78 825	79 546	80 257	80 954	81 635
0-4	6 263	6 257	6 252	6 247	6 241	6 236	6 228	6 214	6 201	6 186	6 162	6 149	6 134	6 118	6 101
5-9	6 288	6 281	6 272	6 263	6 254	6 246	6 247	6 246	6 241	6 232	6 222	6 210	6 196	6 182	6 167
10-14	6 448	6 413	6 378	6 343	6 310	6 279	6 275	6 268	6 260	6 249	6 236	6 233	6 229	6 225	6 218
15-19	6 126	6 187	6 246	6 307	6 369	6 434	6 404	6 373	6 339	6 303	6 264	6 257	6 249	6 241	6 233
20-24	6 232	6 206	6 179	6 151	6 127	6 103	6 170	6 233	6 295	6 355	6 412	6 379	6 346	6 313	6 278
25-29	6 513	6 461	6 404	6 336	6 260	6 205	6 179	6 144	6 113	6 091	6 078	6 142	6 208	6 278	6 344
30-34	5 716	5 902	6 078	6 253	6 398	6 482	6 477	6 428	6 346	6 255	6 176	6 117	6 077	6 050	6 040
35-39	5 260	5 345	5 413	5 474	5 558	5 680	5 836	6 025	6 221	6 368	6 446	6 463	6 412	6 320	6 222
40-44	4 664	4 762	4 875	4 996	5 110	5 216	5 301	5 370	5 434	5 517	5 635	5 782	5 969	6 162	6 314
45-49	4 224	4 304	4 375	4 440	4 512	4 602	4 700	4 814	4 934	5 048	5 144	5 229	5 294	5 356	5 441
50-54	3 576	3 697	3 815	3 928	4 034	4 132	4 217	4 286	4 349	4 420	4 503	4 598	4 711	4 829	4 940
55-59	2 808	2 932	3 061	3 192	3 321	3 448	3 575	3 693	3 806	3 905	3 991	4 075	4 143	4 207	4 275
60-64	2 130	2 220	2 316	2 423	2 532	2 652	2 742	2 866	3 005	3 143	3 265	3 381	3 497	3 605	3 706
65-69	1 667	1 710	1 752	1 805	1 868	1 948	2 014	2 089	2 174	2 287	2 430	2 543	2 664	2 783	2 899
70-74	1 253	1 262	1 295	1 341	1 392	1 436	1 472	1 513	1 562	1 620	1 689	1 759	1 836	1 924	2 020
75+	1 911	1 958	1 987	1 998	1 991	1 966	2 000	2 036	2 078	2 122	2 172	2 229	2 292	2 361	2 437

Main diseases

The Netherlands	Estonia	Portugal	Norway	Turkey
<ul style="list-style-type: none">-Cardiovascular diseases- Hypertension- Stroke	<ul style="list-style-type: none">- Cardiovascular diseases- Cancer- Accidents and poisoning	<ul style="list-style-type: none">- Cardiovascular diseases- Stroke- Cancer	<ul style="list-style-type: none">- Cardiovascular diseases- Bones and muscle disease- Diabetes type II- Cancer	<ul style="list-style-type: none">- Musculo skeletal problems- Hypertension- Rheumatic joint diseases



HEALTH

Physical

A group of women in a swimming pool performing water aerobics. They are wearing swim caps and are in various poses, some with arms raised, suggesting a fitness routine. The water is blue and the background is slightly blurred.

Physical health is the overall condition, the soundness of the body, freedom from disease and abnormality, and the condition of overall well-being.



Physical activity

- ...improves the health, contributing for quality of life in a general way
- The physical inactivity is the 4^o main risk factor of global mortality.
- ... relates exercise with longevity

Physical Activity effects

- Maintains muscular strength and flexibility
- decreases the risk of cardiovascular diseases
- Cognitive and psychosocial effects
- Decreases the risk of falls
- Delays functional declines
- Reduces the onset and severity of chronic diseases
- Manages weight
- Improves mood
- Gives energy and better sleep etc.

Connection to active ageing

- Active living and a healthy body also improves your mental health and often promotes social contacts.

Interventions for physical health

- Encouraging policies, programmes and campaigns
- Providing opportunities for active lifestyle
- Providing safe areas for doing sports
- Educating people on activities that you can do for free
- Physical rehabilitation programmes for elderly people
- Encouraging people from “doing nothing to doing something”
- Offering opportunities for group activities

Mental

A state of well-being in which an individual realizes his/her own abilities:

- can cope with the normal stresses of life
- can work productively and is able to make a contribution to his or her community.

Mental health is the foundation for individual well-being and the effective functioning of a community.

Connection to active ageing

-An integral and essential component of health.

-A climate that respects and protects basic civil, political, socio-economic and cultural rights is fundamental to mental health promotion.

General interventions for mental health

- Mental health promotional activities:
 - at school for children/teenagers
 - at work for working people
 - with commercials on tv and on the street
- Talking about the consequences of decreasing of the mental health
- Improving meeting people to talk with them about their lives

Nursing interventions

- Counseling/teach about why it is important to do exercises, eat healthy food and meet people
- Take care of the social support, talk with the patient about his/her feelings
- Making a consult to send the patient to the physical therapist/occupational therapist
- If the client gets home-care then the nurse will maintain the autonomy of the client to encourage her.

Maintaining autonomy

- A key goal in the policy framework for active ageing.
- Important because:
 - Making their own choices
 - Independency
 - More possibilities for social bonding
 - Better coping process

Social

A group of four elderly people, two men and two women, are gathered around a laptop computer. They are all looking at the screen with interest. The man in the center is smiling. The woman on the left is pointing at the screen. The woman on the right is wearing glasses. The background is a bright, indoor setting, possibly a community center or a classroom.

- How he get's along with other people
- How other people react to him
- How he interacts with social institutions and social mores

Connection to active ageing

WHO: The better an individual's social health,
the better their overall health

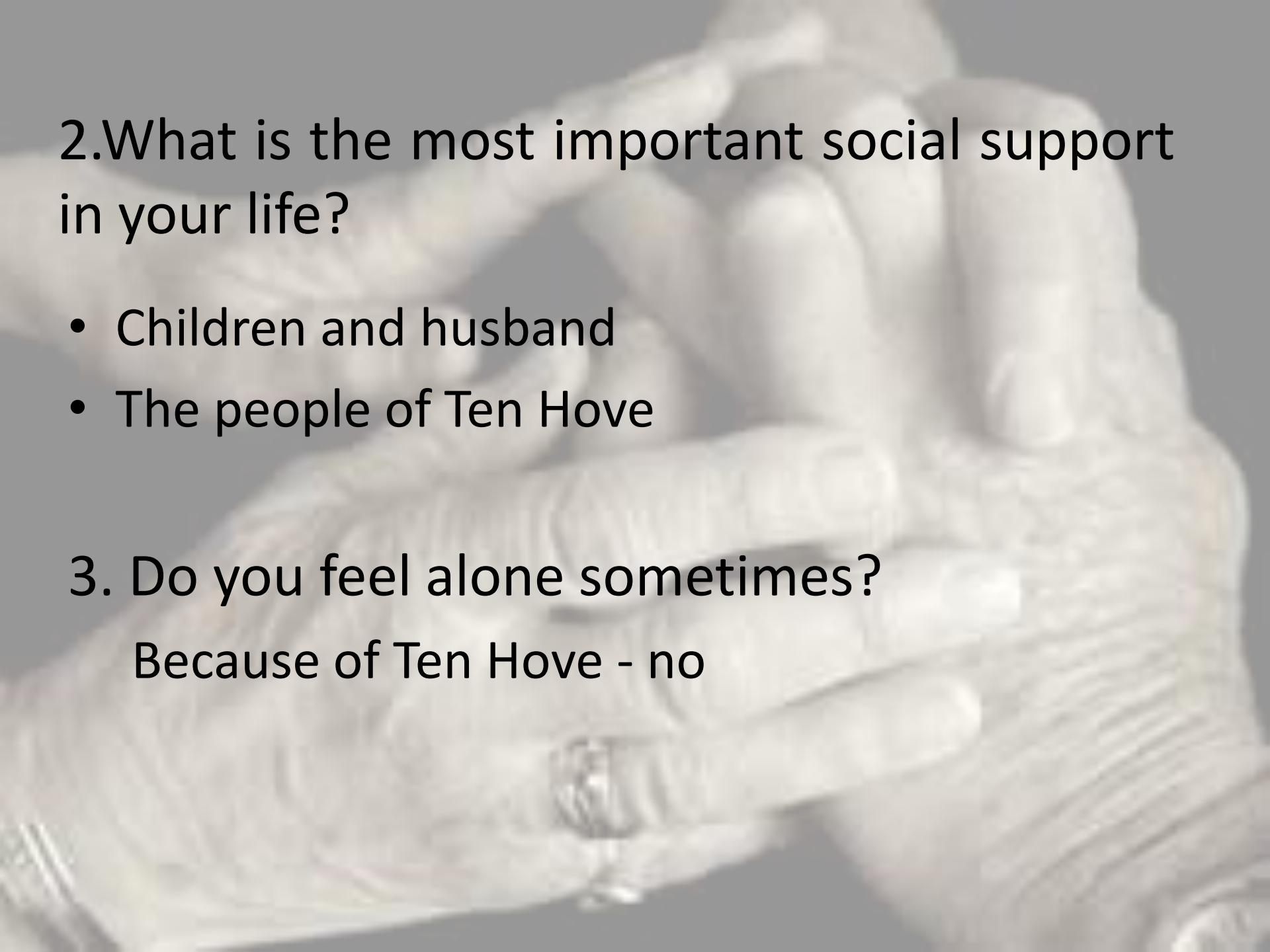
Interventions for the social health

- Government
- Social activities
- Teach kids to be social and active
- Make the patients think about their social network
- Encourage people to go to social activities
- Help the people who don't have so many friends.

Study visit: Ten Hove

1. What are the main difficulties for you when getting older?

- Losing friends and family
- Physical decreasing
- Not able to find the perfect house to grow old in
- Losing autonomy
- Being aware of getting older “What if this is the last time I do this...”



2. What is the most important social support in your life?

- Children and husband
- The people of Ten Hove


3. Do you feel alone sometimes?

Because of Ten Hove - no



4. What would you like to change if you have the opportunity?

The most people said that they would not change anything to their lives.



5. What do you do to stay healthy at this moment? Do you eat healthy food, do you play a sport/walking around?

Many opportunities in Ten Hove:

- Dancing
- Sports
- Reading
- Getting healthy food



Role play to explain the interventions

Reflection

- Prevention of healthy ageing is not depending on one group of patients
- Ten Hove: maintaining autonomy
- More places like Ten Hove are needed
- Promote the prevention interventions

What must change?

- More places/opportunities like Ten Hove
- More specialized health care workers in elderly people
- More health care workers are needed for all the people
- More promotion and education

Conclusion

- Prevent illness, main diseases and health problems at an older age when starting early with the interventions
- Physical, social and mental health are all connected – improvement in one of those adds quality to all
- Those who do not want to pay attention at the interventions will someday going to feel/experience the effect of that

Discussion

It's never too late to start with healthy ageing !

A close-up, slightly blurred photograph of a woman with short, curly blonde hair, smiling broadly. She is wearing a light green, textured sweater over a white t-shirt. She is sitting on a light-colored sofa. The background is out of focus, showing hints of other people and a bright, indoor setting.

END

Filipa Nobre

Yvette Jong

Eline van Beek

Kristine Saether

Betul Ilbahar

Kaisa Sööt