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### Understanding Rural Ageing Populations

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*Workshop on YPSA Rural Ageing Project 2000-2024*

# **Understanding Rural Ageing Populations**

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**&**

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*CARS, University of Dhaka, Bangladesh*

**23 December 2024**

# Motivation

*To gather evidence on lived experience of older adults in rural Bangladesh and to recommend sustainable solutions.*

# Outline of talk

- **Global ageing**
- **Rural ageing populations**
- **Sustainable care and support to older adults in rural areas**
- **The role NGO like YPSA in understanding the situation of older adults**
- **Implications of key findings for designing policies**
- **Conclusion**

# World population

Year	Population (billions)
1950	2.5
2000	6.1
2050	9.7
2100	11.2

#	Country	Population (2024)	Yearly Change	Migrants (net)	Fert. Rate	Med. Age	Urban Pop %
1	India	1,450,935,791	0.89 %	-630,830	2.0	28	37 %
2	China	1,419,321,278	-0.23 %	-318,992	1.0	40	66 %
3	USA	345,426,571	0.57 %	1,286,132	1.6	38	82 %
4	Indonesia	283,487,931	0.82 %	-38,469	2.1	30	59 %
5	Pakistan	251,269,164	1.52 %	-1,401,173	3.5	20	34 %
6	Nigeria	232,679,478	2.10 %	-35,202	4.4	18	54 %
7	Brazil	211,998,573	0.41 %	-225,510	1.6	34	91 %
8	Bangladesh	173,562,364	1.22 %	-473,362	2.1	26	42 %
9	Russia	144,820,423	-0.43 %	-178,042	1.5	40	75 %
10	Ethiopia	132,059,767	2.62 %	30,069	3.9	19	22 %

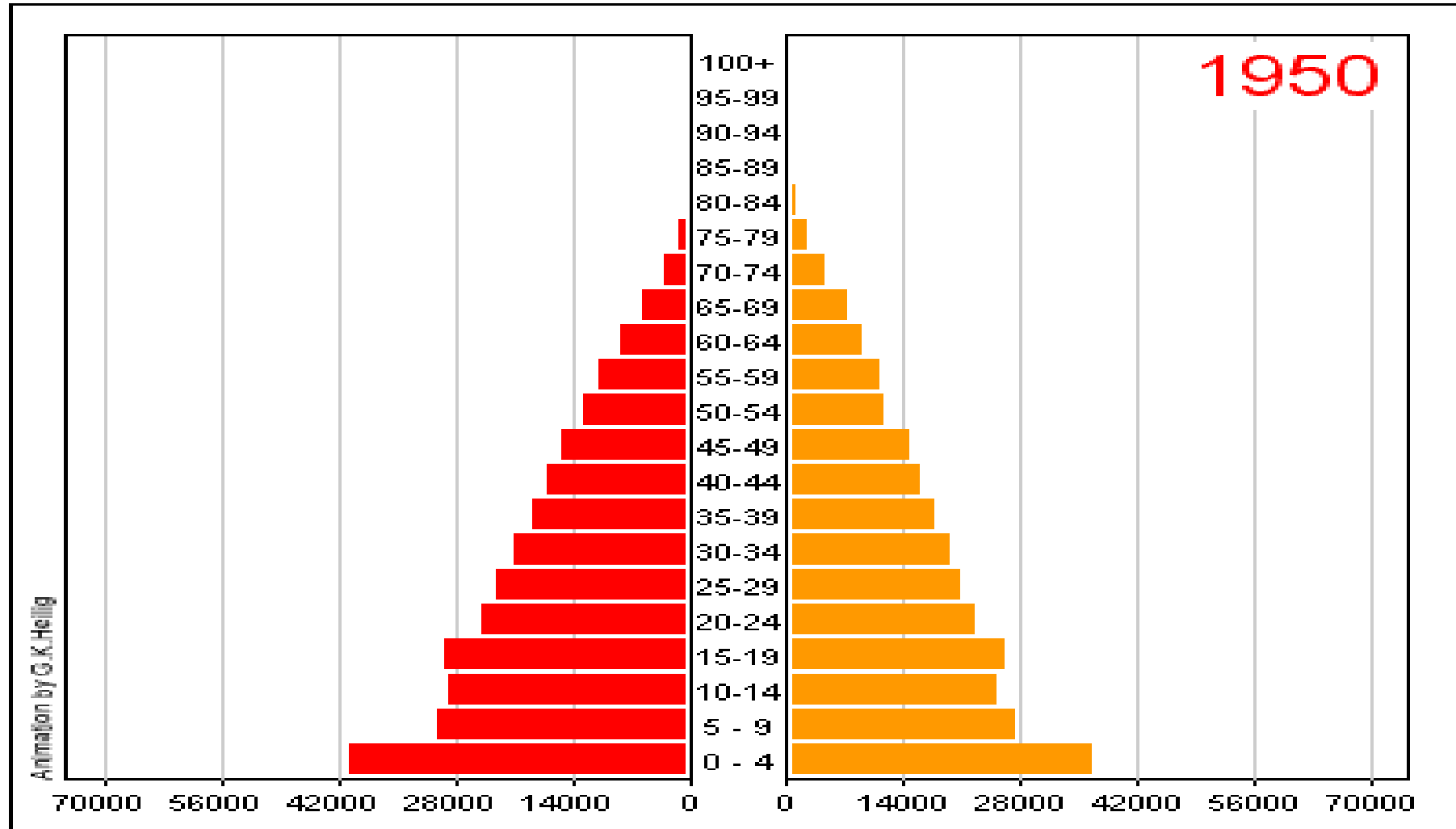
**2050**

**India 1.7 billion**

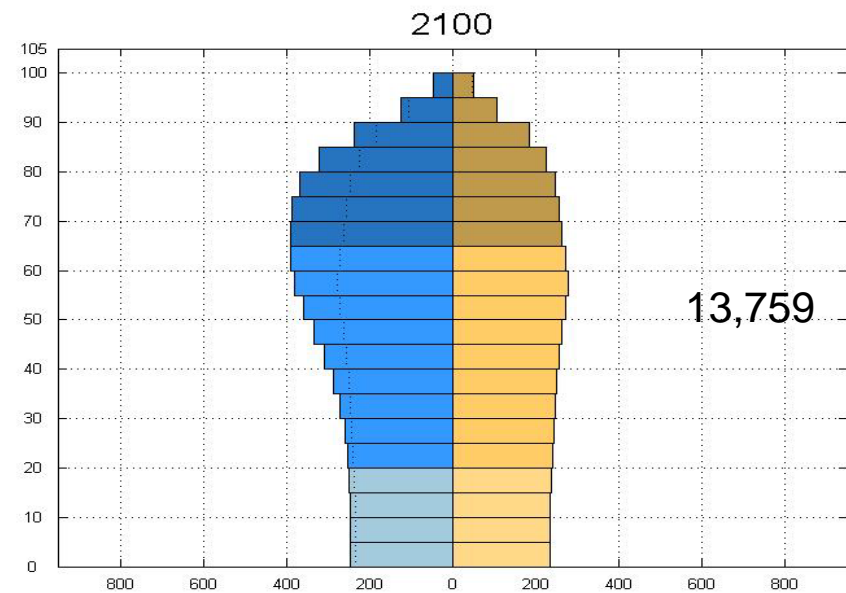
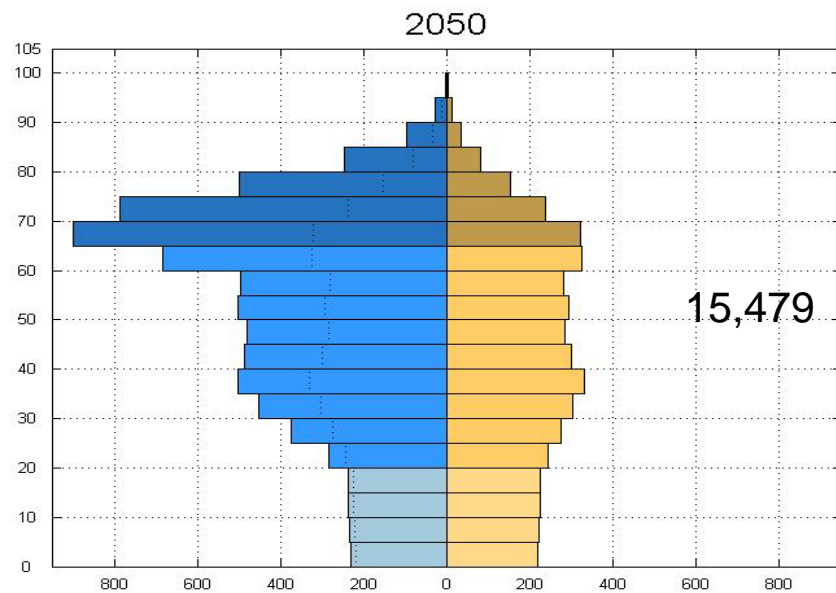
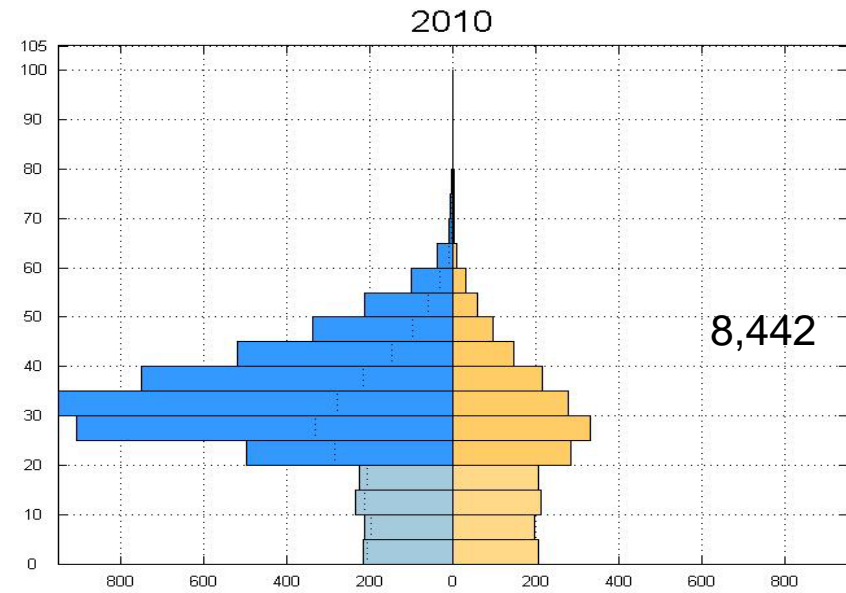
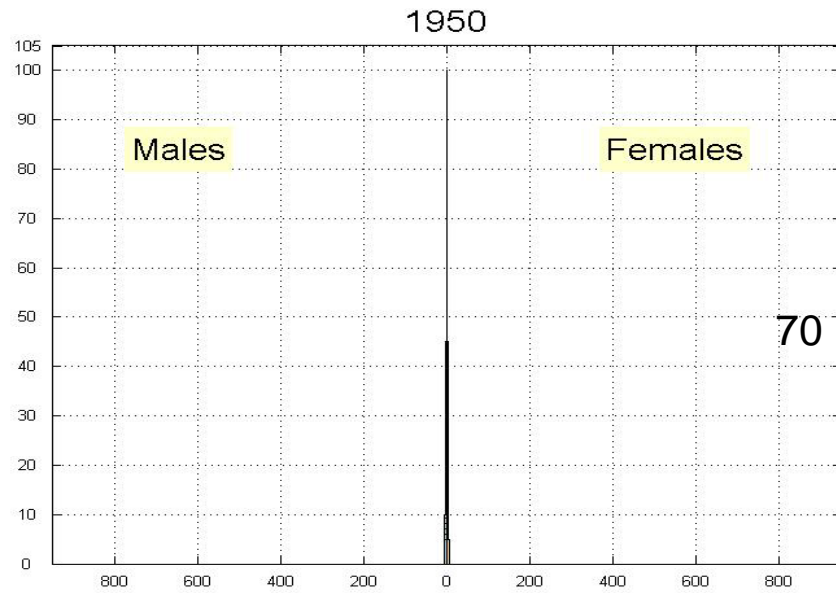
**China 1.4 billion**

**Source: Worldometers (2024)**

# Change of population structure (China 1950-2050)

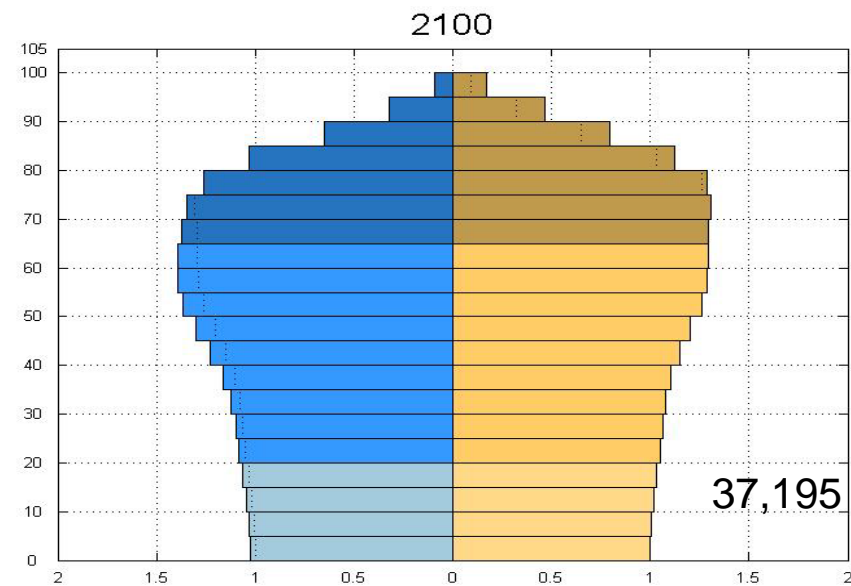
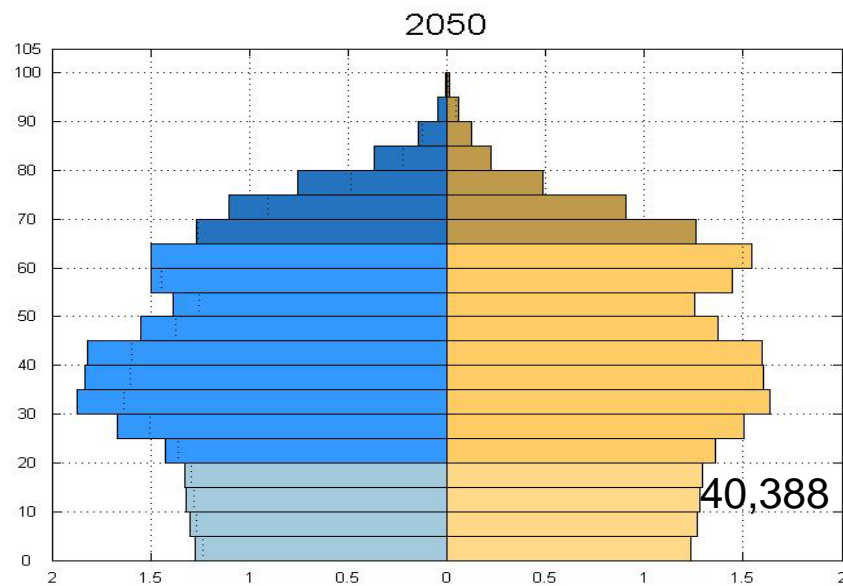
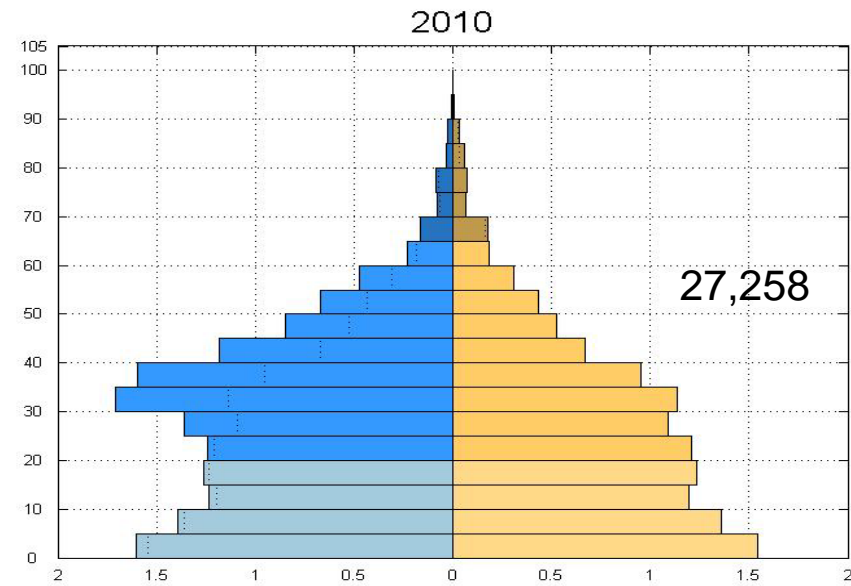
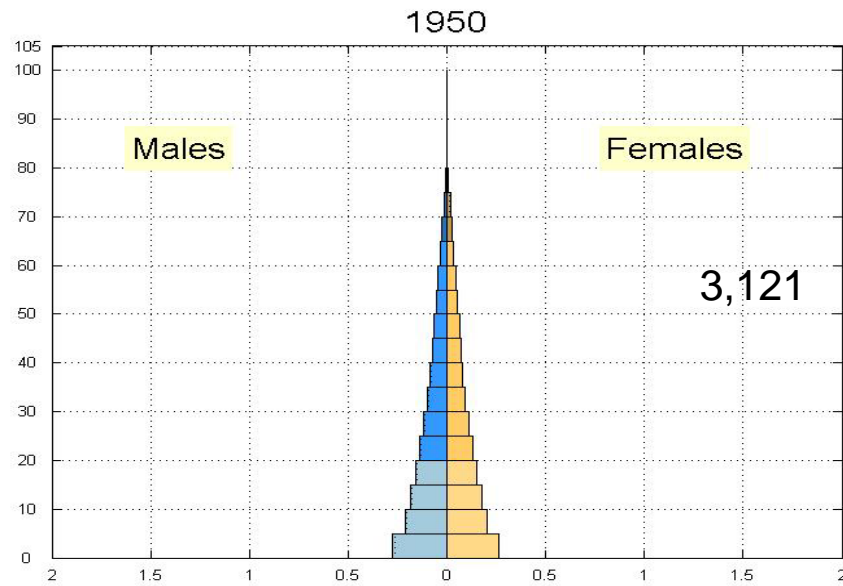


# UAE: Population Distribution



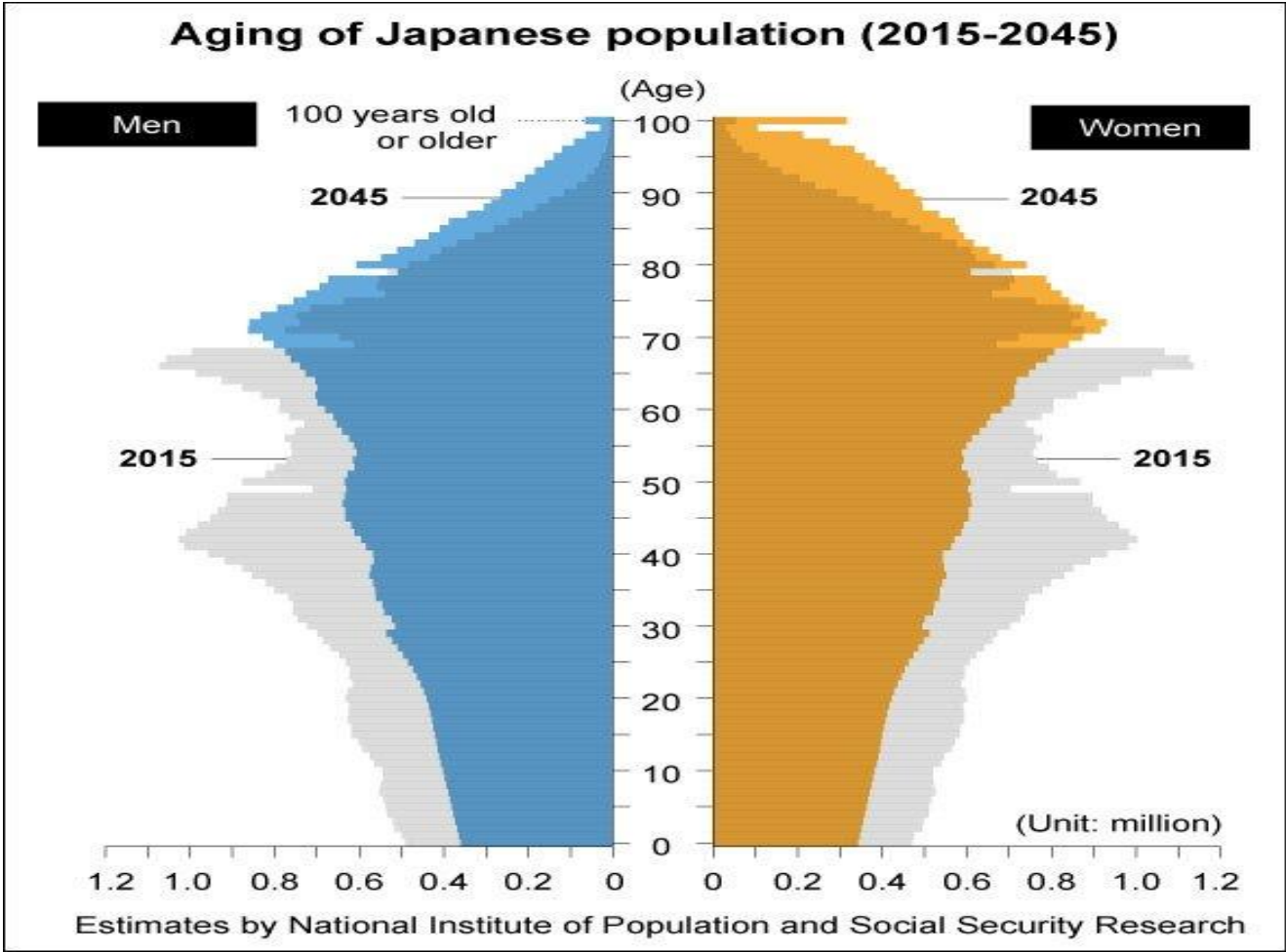
(thousands)

# Saudi Arabia: Age-Sex Distribution



(millions)

# Japan - The super ageing society



# Drivers of population ageing

- **Fertility**
- **Mortality**
- **Migration**



# Population ageing

**Population change is quite dramatic in many places of our planet.**

**The sheer number of older people is increasing faster than what we often thought.**

**By 2030,**

- A quarter of the population in Asia will be over 60 years.**
- A quarter of the population of the developed world will be over 65 years.**

# Ageing research

- **Predominantly based on urban population.**
- **Less focussed on developing countries and rural populations.**
- **Insufficient evidence for policy-makers.**
- **Confusion to take actions for sustainable development plan for older adults.**
- **Thus, research is required to collect evidence on a rural setting.**

Nestor Asiamah · Hafiz T.A. Khan · Pablo Villalobos Dintrans · Mohammad Javad Koohsari · Emmanuel Mogaji · Edgar Ramos Vieira · Ruth Lowry · Henry Kofi Mensah *Editors*  
**Sustainable Neighbourhoods for Ageing in Place**  
An Interdisciplinary Voice Against Global Crises

This timely book provides an understanding of how an ageing population can maintain health in the ageing process in their preferred homes and neighbourhoods while coping with global crises of climate change events, infectious diseases, systemic violence, and radical or extreme industrialisation. It is the first-known volume to consider the four crises as health and social threats to healthy longevity from a sustainability perspective.

The book is a collection of commentaries, theoretical frameworks, case studies, and empirical evidence that: (1) provides an analysis of how the crises affect neighbourhood attributes and the ability of residents to use them to maintain health while living in their preferred neighbourhoods, and (2) suggests potential interventions for enabling residents to utilise those attributes for health while living at home in contexts experiencing the crises. Contributions are authored by scholars and practitioners from various disciplines including public health, health care, architecture, engineering, human resources development, information technology, and finance. Among the topics covered:

- The Impact of Crises on Older Adults' Health and Function: An Intergenerational Perspective
- A Behavioural Approach to Sustainable Neighbourhoods: A Philosophical Construction of a Friendly Neighbourhood
- Assistive Technologies for Ageing in Place: A Theoretical Proposition of Human Development Postulates
- "Sustainable Ageing" in a World of Crises

*Sustainable Neighbourhoods for Ageing in Place: An Interdisciplinary Voice Against Global Crises* serves as both a primary and secondary text particularly suited for post-graduate level study (e.g., MSc, PhD). Each chapter richly describes events, phenomena and models in a way that fits contemporary curricula for students and instructors in sociology, gerontology, architecture, environmental science studies, sustainability, ageing studies, and public health. Researchers in a broad range of disciplines can use the book as a research guide to design their studies based on models and insights described in its contents. With theoretical frameworks and recommendations from this book, stakeholders can understand what a sustainable neighbourhood is in the context of crises by presenting problems and solutions from different countries and disciplines.

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Mensah *Eds.*



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# Sustainable Neighbourhoods for Ageing in Place

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Nestor Asiamah · Hafiz T.A. Khan · Whitney Nesser · Frank Frimpong Opuni ·  
Alex Siu Wing Chan *Editors*  
**Sustainable Ageing**  
Reimagining Healthy Ageing Through the Lens of Flagship Campaigns

This book uniquely operationalises "sustainable ageing" as a concept for reimagining ways by which: (1) social and health threats (i.e., climate change events, extreme industrialisation, infectious disease outbreak, and war) can constrain the implementation of healthy ageing campaigns or limit their outcomes, and (2) potential transdisciplinary strategies can be rolled out to optimize healthy ageing through the campaigns in contexts experiencing crises.

The U.N. Decade of Healthy Ageing 2020-2030 initiative drives major healthy ageing campaigns and recapitulates ten initiatives for enabling people to maintain health as they age. Worsening social and health threats are, however, hindering the implementation of the campaigns. Consequently, healthy ageing may not be achieved or sustained, even in age-friendly contexts experiencing crises.

Scholars agree that the threats will adversely impact public health and that an inclusive multidisciplinary approach to healthy ageing is necessary to address the threats. This book provides an understanding of how healthy ageing should be framed and approached through the campaigns in a world experiencing crises. Among the topics covered:

- Psychology of "Ageing in Place" Amidst Health and Social Threats: Perspectives on the Decade of Healthy Ageing
- Climate Change Adaptation for Healthy Ageing
- Research-Practice Gap: Impact on Campaigns and Mitigation Strategies
- Human Development Pathways for Empowering Older Adults: A Decade of Healthy Ageing Perspective
- Initiatives to Fight Ageism, Neglect, and Elderly Abuse During Crises: A Healthy Ageing Perspective

*Sustainable Ageing: Reimagining Healthy Ageing Through the Lens of Flagship Campaigns* is a timely publication with broad appeal. Each chapter provides empirical evidence or models for improving stakeholders' understanding of campaign-related healthy ageing programmes, how the programmes are affected by the threats, and what can be done to achieve the core goals in contexts experiencing threats. Students, lecturers, and researchers can use the book as a research guide, whereas public health professionals and organisations can use it to develop or alter policies. Researchers in a wide range of disciplines can design their studies based on models and insights from the book.

ISBN 978-3-031-4-6074-5



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Chan *Eds.*



Sustainable Ageing

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# Sustainable Ageing

Reimagining Healthy Ageing Through  
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# Rural ageing populations

- **Rural ageing refers to the implications of ageing, patterns, processes, and outcomes, in rural contexts.**
- **Rural ageing research considers the experiences of those who age in rural environments, implications of such ageing on rural communities, and role of stakeholders such as service providers.**
- **In Bangladesh, increasing number of youth mobility from rural to urban makes older people left alone, living separately in rural areas from their family.**

## **'continued ...**

- **As of 2024, over 2.5 crore people living in Bangladesh are aged 60 years and above which is 9.28% of the country's total population.**
- **The proportion of older people is expected to double 21.9% by 2050. This means that for every FIVE Bangladeshis, one will be a senior citizen and majority of them live in rural areas (BBS, 2024).**
- **Only 33.4% people in Bangladesh receive an old-age pension (contributory, noncontributory, or both) (HelpAge International, 2012).**

## **'continued ...**

- **Previously the family used to take care of elderly but now the situation has changed due to socio-economic development.**
- **The proportion of elderly is now growing rapidly, and it is a big concern for Bangladesh.**
- **Elderly are often faced neglect and abuse. Society sometimes fails to protect them.**

- **The Parent Care Act 2013 of Bangladesh was introduced that children should look after their parents and provide them with maintenance.**
- **Although the constitution of Bangladesh has given elderly all rights, but these are too little to meet the basic needs for their survival.**

# Reality in Bangladesh

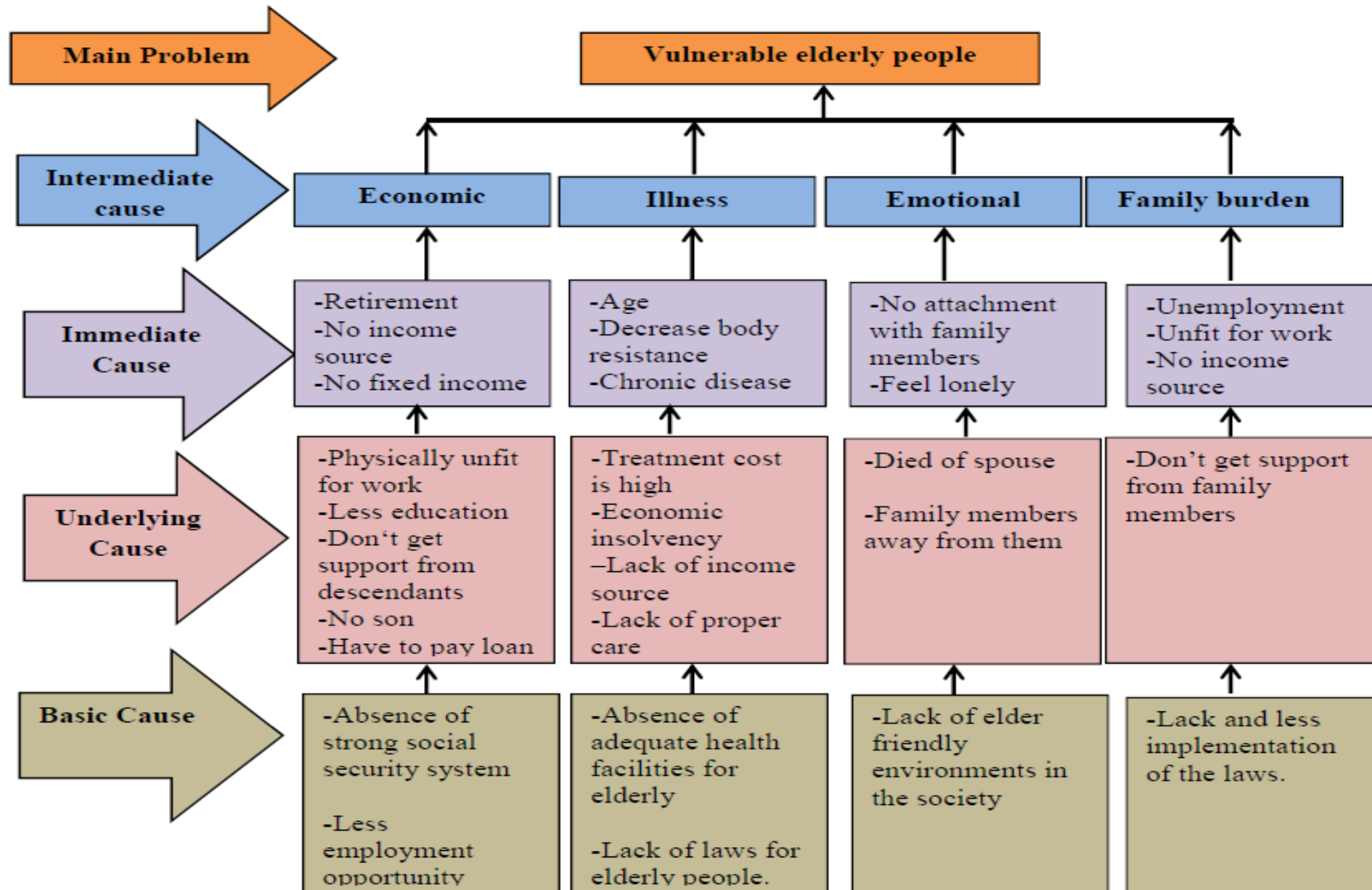
- **Majority of elderly live in the rural areas where there is a lack of proper healthcare services, and job opportunities.**
- **This is becoming a big concern with regard to support and care for elderly.**
- **Family seems to be not able to safeguard the elderly in the community.**
- **Lack of access for transport.**
- **Unaffordable cost of daily living.**
- **Lack of community-based initiatives to support wellbeing of older people.**

**As a result, elderly people are becoming vulnerable.**

**Elderly people suffer from both degenerative and communicable diseases due to the ageing of the body's immune system.**

**The leading causes of morbidity are infections, while visual impairment, difficulty in walking, chewing, hearing, osteoporosis, and arthritis are other common health-related problems.**

# Type of vulnerability for elderly in rural



Source: After Barikdar et al, 2016

# **YPSA Activities for elderly people in Bangladesh**

**With financial support of PKSF, YPSA has been implementing various programmes since 1985 to improve the quality of life of rural elderly such as:**

- Establishing social centres (Aging –Friendly Spaces-AFP) for the elderly in every Union.**
- Providing old age allowances and assistive materials (walking sticks, commodes, blankets warm cloths, wheelchairs, umbrellas etc).**
- Recognising their contribution for the society.**
- Awarding children for looking after their parents.**
- Offering physiotherapy services & geriatric nursing to the elderly by organizing training for the Physiotherapy Aide.**
- Rehabilitation of poor and distress elderly in community.**

# YPSA Works with Elderly People



Awareness-on-Diabetes-control



Eye-Camp-Registration-Male



Glass-distributed-to-OP



Disability friendly device distribution



Recreation-Female



Recognition of Elderly people

# Project Activities



Monthly meeting of the old village committee



Leadership and communication training of senior leaders



Rally of International Day of the Year 2012



Deliverable aids to the elderly

# YPSA Activities



Distributing warm blankets and elderly people allowance to poor elderly people



# Key elements for public policy

**Creating effective public policy involves gathering and analysing a wide range of information. Here are some key elements:**

- **Understanding the situation of rural elderly.**
- **Problem identification.**
- **Research and data analysis.**
- **Stakeholder consultation.**
- **Political and economic considerations.**
- **Environmental factors.**

**These elements help ensure that public policies are well-informed, inclusive, and effective in addressing societal challenges.**

# Conclusion

- **Proportion of elderly is increasing in rural areas and there should be sustainable health and wellbeing plan for them in rural setting.**
- **Data scarcity is a real problem to understand the real situation of elderly in rural setting.**
- **YPSA ageing research will help us to fill the knowledge gap and to contribute to social gerontology literature.**

*Thank you*

*Any Questions?*