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Health and Wellbeing in Older Age: A Global Perspective

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# **Health and Wellbeing in Older Age**

## *A Global Perspective*

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## Aims:

### ***i) To understand complex health needs and wellbeing***

Ageing involves complex health needs requiring coordinated healthcare, social care, and community responses.

Wellbeing is multidimensional that includes physical, mental, emotional, social participation, and purpose.

### ***iii) To examine health inequalities in society***

Inequalities in health outcomes arise from socioeconomic, gender, ethnicity, and service access differences.

# Overview:

- Introduction to ageing and population change
- Concept of wellbeing in older age
- Physical health issues in later life
- Mental health and cognitive wellbeing
- Social determinants of health and wellbeing
- Role of lifestyle and health behaviours
- Policy and care approaches for older people
- Key public health challenges
- Conclusion

# Introduction to Ageing and Population Change



## Demographic Shift in Ageing

Population ageing is a major demographic change caused by increased life expectancy worldwide.

## Health Challenges and Diversity

Older adults face chronic conditions, but many remain active and independent in later life.

## Global Ageing Disparities

Ageing experiences differ globally, with more health risks in low- and middle-income countries.

## Policy and Prevention Focus

Forward-looking policies support age-friendly environments and equitable healthcare access.

# Concept of Wellbeing in Older Age

## Multidimensional Wellbeing

Wellbeing in older age includes physical health, mental health, social relationships, financial security, and autonomy.

## Interconnected Health Factors

Physical health, mental health, and social wellbeing deeply influence each other in older adults' quality of life.

## Subjective Wellbeing Perceptions

Older adults' wellbeing varies with personal expectations, coping strategies, and social support despite similar health conditions.

## Person-Centred Care

Holistic approaches focusing on dignity, independence, and community engagement improve wellbeing in ageing populations.



# Physical Health Issues in Later Life

## Common Chronic Conditions

Older adults often face chronic diseases such as cardiovascular issues, diabetes, arthritis, and respiratory problems.

## Mobility and Frailty Concerns

Mobility limitations, frailty, and fall risks threaten independence and increase care needs for older adults.

## Sensory Impairments Impact

Hearing and vision loss in older adults affect communication, social engagement, and safety.

## Preventive and Coordinated Care

Physical activity, nutrition, and person-centred care help manage health and improve wellbeing in later life.



# Mental Health and Cognitive Wellbeing

## Common Mental Health Conditions

Depression and anxiety are widespread among older adults, especially with poor health or social isolation.

## Cognitive Decline and Dementia

Cognitive decline affects memory and reasoning, requiring early diagnosis and ongoing support.

## Social Isolation and Stigma

Loneliness and stigma hinder mental health help-seeking and worsen wellbeing for older adults.

## Promoting Mental Wellbeing

Strong social networks and meaningful activities enhance emotional resilience and purpose.



# Social Determinants of Health and Wellbeing



## **Socioeconomic and Housing Impact**

Income, education, and housing quality strongly affect older adults' health and access to care.

## **Social Support and Isolation**

Living arrangements influence loneliness risk and social isolation among older adults.

## **Healthcare Access Variability**

Access to healthcare services, including prevention and long-term care, varies regionally and nationally.

## **Broader Policy Influence**

Policies in pensions, housing, transport, and community development shape health equity for elders.

# Role of Lifestyle and Health Behaviours

## Impact of Physical Activity

Regular physical activity improves mobility, reduces chronic disease risk, and boosts mental wellbeing in older adults.

## Nutrition and Health

Good nutrition supports immune function, bone health, and energy, while poor diet worsens frailty and illness.

## Avoiding Harmful Behaviours

Avoiding smoking and harmful alcohol use benefits health at all ages, including older adults.

## Supporting Healthy Lifestyles

Supportive environments and community programmes help disadvantaged older adults adopt and maintain healthy behaviours.



# Policy and Care Approaches for Older People



## **Integrated Care Models**

Integrated care coordinates health and social services to meet complex needs of older adults effectively.

## **Community-Based Support**

Community services help older people remain independent through primary care and voluntary support.

## **Reducing Health Inequalities**

Targeted policies address health disparities and support disadvantaged older groups for equitable care.

## **Workforce and Policy Frameworks**

Training, age-friendly services, and prevention-focused policies improve care quality and older adults' wellbeing.

# Key Challenges



## **Health Inequalities**

Marked differences exist in health outcomes by socioeconomic status, gender, and ethnicity among older adults.

## **Uneven Healthcare Access**

Older adults in rural and low-resource areas face challenges accessing appropriate healthcare and social support.

## **Cultural Barriers**

Lack of culturally sensitive services limits effective care for diverse elderly populations.

## **Systemic Challenges**

Rapid ageing pressures health systems, requiring sustainable workforce and better research-policy alignment.

# Conclusion



## **Holistic Wellbeing Factors**

Older adults' wellbeing depends on physical health, mental wellness, social connections, lifestyle, and social determinants.

## **Promoting Healthy Ageing**

Healthy ageing includes disease management, quality of life improvement, independence, and social participation.

## **Addressing Inequalities**

Equitable policies must reduce lifelong disadvantage and improve access to care and support for older populations.

## **Integrated Person-Centred Services**

Age-friendly environments and integrated, person-centred services meet the diverse needs of ageing populations.

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Question & Answer



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