Ageing: the forgotten development issue

When the International Year of Older Persons (IYOP) starts, on October 1 1998, South African President Nelson Mandela will have turned 80. That puts him in the category of the ‘oldest old’, probably the last and most marginalised minority in today’s world.

Among the qualities most noted both by Mandela’s admirers and critics, age rarely features. Yet for many of the 550 million people over 60 around the globe, age is the label that makes other aspects of their lives invisible.

The significant and changing needs, and contributions, of older people are routinely ignored in development, much as previously ‘minority’ issues such as gender, the environment and children’s rights are now routinely considered.

More than half the world’s older people live in developing countries. Asia is expected to account for about 58 per cent of the global total of older people by the year 2025. The over-80s are the fastest-growing group among older populations all over the world.

The impact of this global ageing is widely feared as a burden, measured in terms of demand for health care, income and family support. The benefits are hardly noticed but they include the wealth of skills and experience that older people bring to the workplace, to public life and the family.

Ageing: why this newsletter?

The capacity of older people to continue to support themselves and to contribute to the wellbeing of those around them will make a crucial difference to prosperity and security in every country of the world. At the same time, the availability of appropriate support systems for older people is becoming increasingly important with population ageing.

Ageing is a mainstream development issue and one which has been ignored for far too long.

In Ageing and Development we hope that all those concerned with development and poverty eradication will find issues of real interest. A&D will be covering research, news from NGOs, governments and aid agencies and progress towards mainstreaming ageing in projects, policies and institutions.

Turn to the back page for a coupon and more information about the Ageing and Developing Network.
Global Ageing in the 21st Century

As a result of declining mortality and lower and more stable fertility rates, the proportion of people over 60 in developing regions is expected to increase from 7% to more than 12% of the general population by 2025. The number of older people will more than double - growing from 330 million to 855 million. This growth is happening with unprecedented speed. It took 115 years for the proportion of France’s older population to increase from 7% to 14%. In some developing countries, that degree of change will take just 20 years. Within that time, for example, in Bangladesh, the number of older people will increase from six million to 17 million (10% of the total population).

For some Sub-Saharan African countries, the proportion of older people is expected to fall over the next 25 years, but the actual number will increase significantly.

Oldest Old

The number of the people over 75 is also increasing in developing countries. In India one person in a hundred is over 75 and this is expected to rise to 2.5% by 2025. It is a myth that because life expectancy is low, older populations do not exist in developing countries. A woman aged 65 in Bangladesh can expect to live for a further 13 years.

- Data largely taken from the excellent publications produced under the auspices of Kevin Kinsella, US Bureau of the Census, National Institute on Aging (see Contacts, page 7).

Healthy Ageing is a Political Imperative

The Pan American Health Organisation (PAHO) is working to raise awareness of the opportunities to mobilise the capabilities of older populations in social and economic policy. Building on its 1997 Montevideo Summit of Latin American Legislators on Ageing it plans a similar event for May 1998 in the Caribbean.

The Caribbean forum will bring together senior officials from ministries responsible for serving older people, together with representatives of non-governmental organisations and international agencies. The objective will be to build on regional experience by identifying models of good practice in maintaining the health and autonomy of older people. The forum aims to draft a Caribbean Charter on Health and Ageing in preparation for the International Year of Older Persons. Later in the year, at a Pan American conference of health ministers, PAHO will be mobilising interest and political will around a four year plan for healthy ageing.

PAHO argues that Governments need to revise their thinking: an ageing population is a resource not a burden - but it will become a burden unless policy and investments are focused on the capacity of older people.

PAHO will also co-sponsor a conference on Ageing and Development with the Inter American Development Bank where they will be using results from a pilot survey to demonstrate the returns from appropriate investments in ageing and development.

For more information contact Martha Pelaez on pelaezma@paho.org

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Age Bites

“There is a pervasive belief, shared by many old people themselves, that old age is a disease, which we catch in our sixties and never shake off. But poverty remains the great disease for older people in the developing world, not old age.”

Introductory remarks at a seminar on Nutritional Vulnerability of Older People.

The African Gerontological Society (AGES International) will be holding its 3rd Regional Workshop in Nairobi from 10 - 17 April 1999. The workshop entitled Ageing in Changing Societies: Africa preparing for the next millennium will examine migration, the AIDS pandemic, conflict and violence, changing household structures and social welfare issues. Contact: Professor Nana Apt, Fax: +233 (21) 50-0940, email: csps@ncs.com.gh

WHO’s 1999 World Health Day on 7th April 1999 will have as its theme ‘healthy ageing’.

“Unlike other major social and economic changes, it is possible to predict ageing with a considerable degree of confidence. This gives policy makers an opportunity to develop and adapt strategies to meet the needs of tomorrow’s elderly. If this is not done, population ageing may indeed become the next social crisis to face the developing world.”

Peter Lloyd Sherlock
The Doubly Marginal - Poor and Old

Argentina is one of the few developing economies that has already undergone rapid demographic ageing. In research based on elderly ‘villeros’ - people living in pockets of urban poverty in Buenos Aires - Peter Lloyd Sherlock examines how the State and other institutions can combine to form patterns of resource opportunities and constraints.

His book reveals a wealth of information about the realities of life for the older urban poor, making the case for policy to be based on more understanding and less assumption. One set of case studies explores the effects of local welfare initiatives, with detailed analysis of the role of a range of grassroots organisations. It argues that effective welfare policy must take account of the potential value of participatory organisations, especially those concerned with very poor older people.

Individual case studies show that most older villeros receive no family support; many depend on personal strategies for a good part, if not all, of their income. A small but significant number have no income at all, relying on the charity of neighbours or the contents of rubbish tips.

In his conclusions, Lloyd Sherlock emphasises the importance of inclusion. The old should be considered as part of a household unit and welfare policies targeted accordingly: ‘If the welfare of other household members, particular young children is ignored, elderly individuals are themselves likely to suffer’, he says.


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In poor communities especially, older people make a critical contribution to the household, not least as carers for children and people with AIDS and disabilities. Channelling resources to enable old people to continue and develop such roles is clearly an investment in society, not a burden.

Policy makers and development practitioners must start to take account of ageing, not just as an issue of human rights and social justice but as a critical development issue. The speed and scale with which our global population is ageing has unavoidable implications for effective use of resources.

At the same time, the facts that development programmes impact differently on older people than on other groups, and that older people are more likely to live in poverty, have implications for the design and implementation of programmes.

Governments and the wider development community share a commitment to International Development Targets - first and foremost halving the number of people in extreme poverty by the year 2015. Policy and resources need to be redirected to achieve two objectives, first to increase opportunities for older people to contribute their expertise, understanding and activity to sustainable human development, and second to equip disadvantaged older people to resist disease, dependency, isolation and poverty.
Old Age Does Not Mean Dependency

NGOs and academics are arguing with increasing force that the well-being of old people is not synonymous with social security provision. Much of the limited research and policy work on ageing has been concerned with welfare institutions, rather than the daily economic realities of the old. Yet economic activity does not stop at any given age - especially in poor communities and the non-formal sector. ILO studies on 20 African countries suggest that between 74% and 91% of people over 65 continue to work.

Well-being before welfare

Paul Johnson argues that ‘dependency ratios’ (such as the ratio of people over 60 to those between 20 and 59, or pensioners to contributors in pension schemes) have been used to create the sense of an ‘old age crisis’. (see ‘Averting the Old Age Crisis’, World Bank Policy Research Report, 1994) He believes policy makers need to look at overall issues of dependency - rather than assuming that the problem relates only to older people.

Older Refugees

A 1997 study based on a survey of 69 UNHCR offices has found little recognition of the needs and capabilities of older refugees. It shows an overwhelming focus on the risk to older people of being neglected, although country reports indicated that older people often remained leaders and decision-makers in the family and community.

The study highlights the importance of taking account of cultural approaches to age (for example, local definitions of ‘old’ ranged from 46 to 73).

The capabilities of older people could be supported using experience drawn from gender and development. Broadening economic opportunities and involvement in organisations outside the household for instance have been shown to result in more participation in community life and greater bargaining power at home.

Ageing and Human Development

The feasibility of including ageing as part of UNDP’s Human Development Index is to be explored. The February 1998 meeting of the UN Commission for Social Development called for the UN Programme on Ageing to work on the issues in collaboration with UNDP.

The CSD also raised the status on the support group for IYOP. A new ‘Consultative Group for IYOP’ will be given scope to discuss national and international initiatives on ageing. Open to government, NGOs and UN bodies, the Group has two coordinators, Ambassador Julia Tavares de Alvarez from the Dominican Republic and Spanish Counsellor for Social Affairs, Aurelio Fernandez, Chair of the CSD.

The UN Programme on Ageing is also drawing up proposals for an internet database on policies and programmes on ageing.

NGO Launches Three Studies

HelpAge India has begun three collaborative research studies. Family and Ageing, supported by the Ministry of Welfare, will study 1000 older people in Delhi and its periphery, to identify the kinds of support needed from family, society and government. Productive Ageing, in collaboration with the Calcutta Metropolitan Institute of Gerontology, will look at what inhibits older people from seeking jobs after retirement in both formal and informal sectors. The third study is on Old Age Homes. For further information fax Dr Shabeen Ara, HelpAge India on +91 11 685 2916 or telephone +91 11 685 5675.

Action on Older Women

The Women’s Development Centre in Sri Lanka hosted a six day regional workshop on the role of older women in Development in Asia in July 1997. Funded by the Norwegian aid programme (NORAD) and the Dutch Embassy in Colombo, and in collaboration with HelpAge Sri Lanka and the Asia Training Centre on Ageing (ATCOA) it focused on the barriers to older women’s participation in society and drew up a 15 point proposal for policy makers. Contact Annie Kurian, at ATCOA by email address helpage@chmai.loxinfo.co.th

Coalition 99

‘Focusing on the International Year of Older Persons - and Beyond’, Coalition 99 brings news of government and NGO activity on ageing. It lists contacts and focal points for IYOP. The January 1998 bulletin covers activities planned for the International Day of Older Persons on October 1 1998 as well as new initiatives such as Afro Elder International in Zambia - a new organisation set up to increase awareness among professionals. Email: emullen@aarp.org

Global Campaign for Healthy Ageing

The catalytic WHO Programme on Ageing and Health is promoting inclusive perspectives which recognise that health status is a product of the whole life cycle, affected by issues such as gender and the circumstances in which older people age.

Effective strategies have to maintain cohesion between generations and to be based on community-oriented approaches.

Fax Alex Kalache or Glen Carpentier on + 41 22 791 48 39 or email kalachea@who.ch

Britain Funds Major Research

The UK Department for International Development (DFID) is investing an initial tranche of quarter of a million dollars in research into the contribution of older people to development.

As part of its approach to poverty elimination, DFID aims to make policies and services more responsive to the needs and capabilities of poor and disadvantaged older people in developing countries. The research will draw on the views and experiences of poor, older people and present a picture of the diverse, complex and dynamic ways in which they contribute to family and community.

As the research proposal says, ‘Policies intended to lift people out of direct poverty need to be based on a realistic appreciation of how older people currently manage their lives and what contributions they are making to the lives of those around them.’

The research was proposed by HelpAge International, who will be undertaking the three-year programme of participatory work.

For more information contact: Pat Holden, DFID email ukecosoc@undp.org Ageing and Development will report regularly on the progress and interim findings of this research. For further information, please contact Amanda Heslop at HelpAge International on mheslop@helpage.org or phone + 44 (0)171 404 7201 fax + 44 (0)171 404 7203.

Ageing Action

A&D will be monitoring action on ageing and development in the run up to International Year of Older Persons 1999. News from governments, aid agencies and NGOs would be welcome. Just email us at A&D using the addresses on page 7.
Ageing and Development Issues: The Journals

Ageing and Development will be monitoring journals for selected articles relevant to ageing and development. We would particularly like to hear from people who have seen coverage of ageing and development in other development journals or who would like to suggest publications (articles, newsletters, books, websites) which should be included on a regular or occasional basis.

GLOBAL AGING REPORT
Volume 3 No. 1 Jan/Feb 1998
6 issues per year published by the American Association of Retired Persons (AARP), 601 E Street NW, Washington DC, 20049 USA
Tel: +1 202 434-2402; Fax: +1 202 434-6494; Email gar@aarp.org; Web http://www.aarp.org
Aging on the Youngest Continent: Reports from Namibia, Ghana, South Africa and Cameroon
Lucy Y Steinizt
Best Practices: Showing Compassion in Exile: Older Tibetan Refugees find Shelter and Support
Peter Lloyd-Sherlock 1997 St Martins Press, Inc. New York US$75

GLOBAL AGING REPORT
Volume 2 No. 6 Nov/Dec 1997
South America Responds to Aging Argentina and Venezuela

JOURNAL OF CROSS CULTURAL GERONTOLOGY
Volume 12 No. 2 June 1997
Reforming the Ghanaian social security system: Prospects and challenges O. K. Darkwa
Variations in preferred living arrangements among Korean elderly parents C-S. Kim and K-O. Rhee

SOUTHERN AFRICAN JOURNAL OF GERONTOLOGY
Volume 6 No. 2 October 1997
Published twice yearly by HSRC.UCT Centre for Gerontology, University of Cape Town, Observatory 7925, South Africa (1997 subscription rates - R60 institutions/libraries; R36 individuals; overseas, add postage R24 airmail, R8 surface)
Special Issue: Ageing in urban and rural Africa
Gerontology in and out of Africa Monica Ferreira
Implications of AIDS for the South African age population profile W.D. Myslik, A. Freeman & Janina Slawski
AIDS and older Zimbabwans: who will care for the carers? R. Mupedziswa
Urbanisation, ageing and migration: some evidence from African Settlements in Cape Town A. Sagner
Gender and Ageing

Since women predominate in older age groups and are likely to end up unresourced and unpartnered, policies should ensure that these women are able to make decisions about their lives. Programmes should support, not undermine, their ability to cope. For example, micro finance rarely considers the needs of older women, despite their engagement with trading.

Professor Nana Apt from the University of Ghana argues that donors and governments must concern themselves explicitly with relationships between gender and ageing. Mental health, retirement policies, social expectations and family structures have a great impact on whether older individuals can maintain a productive place in society. She identifies women as the first of her three priority areas for action in ‘Ageing in Africa’ published last year by the WHO, Ageing and Health Programme. (Copies available from HelpAge International or WHO - see Contacts.)

‘Elderly Females in India’, published in New Delhi by the Society for Gerontological Research and HelpAge India, includes a focus on the deprivations women suffer through their lifetimes. The effects of these include high levels of maternal mortality (which account in part for the smaller differential in developing countries between numbers of older men and older women) and the fact that women tend to spend more of their older years in a disabled state.

Research on older women has been a low priority for mainstream social science, and work on gender issues has generally focused on females within the reproductive lifespan.

A&D would like to hear from people engaged with issues of gender and old age and will carry future articles on this subject.

Nutritional Status in Older People

Case studies in the urban slums of Mumbai, India, a refugee camp in Karagwe, Tanzania, and rural communities in Malawi formed the basis of a five-year research programme on nutritional vulnerability of older people, concluded last year.

The research was seeking a simple but effective way of using anthropometric measurement to assess malnutrition in older people in developing countries. It examined the relationship between nutritional status and functional ability and concentrated on developing simple tools for screening nutritional status.

The four primary concerns of the work were:

1) Ways that better nutrition could improve quality of life
2) Easy-to-use indicators to assess nutritional status
3) Identification of nutritional status indicators based on good research
4) Use of the results of the research to advocate for greater attention to the nutritional and other needs of older people

A report of the symposium held to discuss the research findings includes papers on: Research methods (Dorothy Chilima); Anthropometric Measurement (Simone Pieterse); Anaemia and morbidity (Pervin Anklesaria); Functional ability assessments (Mary Manandhar); Experience in the UK: risk factors and early warning signals, (Louise Davies). A field handbook in English and Spanish will be published later this year. Contact Karen Peachey on kpeachey@helpage.org

Participation in economic, political, cultural and community life is closely related to maintenance of health and self esteem in older women

CONTACTS

Do you know of sources of information on different aspects of Ageing and Development?

Let us know so that we can pass contacts on to other readers.

HelpAge International, 67-74 Saffron Hill, London EC1N 8QX, UK.
Fax: + 44 171 404 7203 Tel: + 44 171 404 7201 Email: ha@helpage.org Website: http://www.oneworld.org/helpage/

UN Programme on Ageing, (Alexandre Sidorenko), International Year of Older Persons, Room DC2 - 1356, 2 UN Plaza, New York, NY 10017. Fax: + 1 212 963 3062. Website: www.un.org/dpcsd/dspd/ageing

Kevin Kinsella, Chief, Aging Studies Branch, US Bureau of the Census, Room 113, Washington Plaza II, Centre for International Research, Washington DC. Email: vlawson@census.gov Fax: + 1 301 457 3034

Martha Peláez, Pan American Health Organisation, Regional Office of the WHO, 525 Twenty-third Street NW, Washington DC 20037, USA. Fax: + 1 202 974 3143; Tel: + 1 202 974 3458 Email: pelaezm@paho.org

Alex Kalache, Ageing & Health, World Health Organisation, 20 Avenue Appia, 1211 Geneva 27, Switzerland. Tel: 41 22 791 4839 Email: kalachea@who.ch

International Institute on Ageing (United Nations, Malta), 117 St Paul Street, Valletta, Malta. Tel: +356 243044 Fax: +356 230248 Email: INIA@maltanet.net Website: http://www.inia.org.mt

Asia Training Centre On Ageing (ATCOA), Faculty of Nursing, Chiang Mai University, Chiang Mai 50200. Thailand. Tel: + 66 53 894 805 Fax: +66 53 894 214 Email: helpage@chmai.loxinfo.co.th

African Gerontological Society, P.O. Box 01803, Osu-Accra, Ghana. Fax: +233 21 500840 Email: csps@ncs.com.gh

Elizabeth Mullen, American Association of Retired Persons, 601 E Street, N.W. Washington DC 20049 USA Fax + 1 202 434 6494 Tel + 1 202 434 2402 Email: emullen@aarp.org
The Ageing and Development Network

This new network is intended to foster dialogue, learning, better use of research and be an access point for people starting to take an interest in ageing as a development issue.

The low profile of ageing is both a cause and effect of it being considered less important than other development issues. Twenty years ago, gender also had a low profile; today no policy-maker or practitioner would dare ignore it.

Together, we hope that the network and newsletter will raise awareness and understanding of the importance of ageing. Linking people who share this concern can increase our capacity to get ageing recognised on the development agenda.

If you would like to be put in touch with other people and organisations interested in older people and development, please tick the network box on the coupon below or the enclosed card.

Ageing and Development is produced by HelpAge International as part of its Advocacy programme on Older People and Development.

Keep up to date on Ageing and Development

Ageing and Development is available on request, free of charge, from HelpAge International. It is part of their advocacy programme designed to bring the needs and capabilities of poor, older people into the mainstream of development.

Please fill in the coupon below and tick as appropriate:

☐ If you would like to receive the Ageing & Development Newsletter (A&D)
☐ If you know of organisations or individuals who might find A&D useful
☐ If you would like to be part of the Ageing and Development Network
☐ If you are working on projects or issues that you think would be of interest to other A&D readers

Name:
Address:

Telephone: Fax: Email:

Contact details for other people who would be interested in Ageing and Development:

Please return this coupon to Mark Gorman at HelpAge International, 67-74 Saffron Hill, London, EC1N 8QX, UK. Fax: +44 171 404 7203 Email: hai@helpage.org

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