

Ageways

Practical issues in ageing and development
Issue 80 / February 2013



Population ageing

A phenomenon we can't ignore

Presenting global trends

Voices of older people

How well are countries doing?

Campaigning for change

**HelpAge
International**

age helps



Hilton Humanitarian Prize
2012 recipient

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Future issues

Issue 81 (July 2013) Fundraising
Issue 82 (February 2014) Emergencies

We welcome articles for consideration.
Please send them three months
before the month of publication.

Front cover

Active ageing in GrupoVida's
Dios es Amor centre in Lima, Peru.

Photo: Nile Sprague/HelpAge International



Irina Bogdan

Members of older people's club Gamaiun-Drive meet in Belarus.

We welcome letters

Please write to: The Editor,
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Please include your name,
organisation (if any) and postal
address.

Letters may be edited.

Comment

A celebration and a challenge

Welcome to *Ageways* 80. This issue focuses on global population ageing – when older people become a proportionately larger share of the total population.

It summarises *Ageing in the Twenty-First Century: A Celebration and A Challenge*, published by the United Nations Population Fund and HelpAge International. This report makes the case for governments, NGOs, global institutions and civil society to realign 21st century society to fit the realities of 21st century demographics.

A unique feature is its chapter on older people's voices, based on consultations described in *Ageways* 77 – the first time that these have been included in a UN report.

The next issue of *Ageways* will be on fundraising. If you have success stories to share or requests for topics to cover, we would like to hear from you – please get in touch.

Celia Till, *Editor*

Letters

Internet inspires us

Thank you for the information that HelpAge provides on older people. I am grateful because we (a group of older people) have started to work on integrating the older generation into society after examining the material on your website.

We have established an older people's club, Gamaiun-Drive, under the auspices of the Belarussian Association of UNESCO Clubs (Minsk). We have organised our own programme of seminars on personal development and self-help.

We have also used the books of K Fopel. This is a wonderful methodology which is very suited to working with older people! It's a shame that we can't do a course on workshop methods ourselves. There are no such courses here, so we use internet resources and books.

Irina Bogdan, Minsk, Belarus (by email)

Schooling in rural Kenya

In 1994 Bishop Mahiani, upon retirement, decided to return to his homeland of Gathuki-ini in the Central Highlands of Kenya, and, together with his wife, Abyshag, focus on older people. Once a month they would bring older

people together to learn from the scriptures, do physical exercises and socialise over a meal. The Bishop and his wife observed that the older women brought their young grandchildren with them. He later learnt that the parents of these children had died of AIDS.

It became apparent that not one of the orphaned children was attending school. With little or no income the grandparents could barely feed their families, let alone afford to send them to school. The Bishop and Mrs Mahiaini felt compelled to open a day care centre so that the children could receive a free education. In 1994 St Anna's Day Care Centre started with just three classrooms. Today it educates 260 pupils of whom 111 are sponsored.

The centre continues its work with the community's older population. It employs a social worker who makes regular home visits and has established a dispensary providing free medical care. It is also helping older caregivers to respond better to the needs of their grandchildren and build their self-confidence, for example, through its goat project in which families are given a female goat and trained in how to care for it.

*Tracey Neale-Ferreira, Voluntary Worker,
St Anna Care Centre, Gathuki-ini,
Murang'a, Central Province, Kenya.*
<http://stannakenya.com>

Links to donors

I have been reading *Ageways* since 1992, more than 20 years. In that time I have enrolled a large number of older people who at times assemble in my poorly built home.

I have been seeking money to construct a centre for older people's education, because the local community misinterprets older people as the agents of witchcraft and then, because of that misinterpretation, some are killed mercilessly. Approaching local financial agents has been fruitless. If you know of any donors elsewhere, please link us to them.

Benjamin Mwambu Malleable, Chair, Repentant Elderly Flock of Elgon Slopes (REFES), c/o FLCG, PO Box 2517, Mbale, Uganda.

Editor's reply: Many readers have asked about funding sources. Ageways 81 (July 2013) will be on the theme of fundraising with the aim of providing useful ideas and contacts.

Month of celebrations

In Cebu City, Philippines, October was declared Senior Citizens Month. The Senior Citizens Council organised the celebrations. These started on 5 October with mass at the cathedral followed by the blessing of the Senior Citizens Park and a literary and musical programme which almost 3,000 senior citizens attended.

A Health and Fun Day took place on 20 October. The City Health Department, the Cebu City Medical Center and the Aboitiz Foundation monitored older

people's cholesterol, blood sugar and blood pressure, and the Philippine Army conducted tooth extractions. Medicines were provided by the Federation of Senior Citizens Association of the Philippines. About 2,000 people were attended to.

Selected senior citizens presented their talent in the Senior Citizens Got Talent competition. The finalists performed during the Senior Citizens Congress on 27 October. At the congress, Mayor Rama reiterated his pledge to increase the monthly financial assistance for every senior citizen.

Martiniana D Mercado, President, Central Visayas Association for Volunteer Effort (CVAVE), Cebu City, Philippines. Email: cvave7_ph@ymail.com

Girls and grandmothers

Thanks for including the update on the Grandmother Project in *Ageways* 79. We have published a "lessons learned" document in English and French called *Girls and Grandmothers Hand-in-Hand: Dialogue between generations for community change* and a video with the same title. These are on our website at: www.grandmotherproject.org

Also, Paola Gianturco, an American photojournalist, has published a book, *Grandmother Power: A Global Phenomenon*. It includes 15 chapters on grandmother activities in different countries, including the Grandmother Project in Senegal. She has a website at: www.globalgrandmotherpower.com

Judi Aubel, Executive Director, The Grandmother Project, Via Aventina 30, 00153 Rome, Italy.

Survey

What do Affiliates think?

A survey of HelpAge Affiliates shows that the three most important aspects of affiliation are the opportunity to network and learn from HelpAge International and other Affiliates, do joint programmes and practical work with HelpAge, and take part in campaigns and advocacy.

The survey was carried out in 2012, with 55 out of 98 Affiliates responding. Overall, 82 per cent of those that responded are actively engaged in the network and 48 per cent are taking a lead role on network-related activities.

The size of respondents varies, with the majority reaching 50,000 people or fewer and having an annual budget of up to US\$500,000.

Affiliates say that their preferred way of exchanging information with other Affiliates is through regional conferences, followed by regional training events, exchange visits, and an Affiliate newsletter. Some mentioned the HelpAge intranet, which is open to Affiliates.

Affiliates suggested many ways to strengthen the HelpAge network, including more ways to communicate directly with each other, and more networking and joint work through regional meetings, a world assembly, and exchanges between regions.

They called for more capacity-building on research and fundraising, more participation in developing HelpAge policies, and a stronger focus on resources and interdependence rather than patronage and funding which may not be sustainable. They recommended a dedicated network coordinator and regional network coordinators.

The survey findings are being used to plan network-related activities in 2013 and develop a new network strategy for 2013-2015. A global report and regional reports are available on the HelpAge intranet.

For more information please contact Anders Hylander, Network Communications Assistant, HelpAge International, PO Box 70156, London WC1A 9GB, UK. Email: ahylander@helpage.org

For more on Affiliates see page 15.

New publications

HelpAge International has developed the following guidelines:

Emergencies

Older people in emergencies: identifying and reducing risks

Working with older persons in forced displacement (published by UNHCR)

Health interventions for older people in emergencies (also in French)

Food security and livelihoods interventions for older people in emergencies

Ensuring inclusion of older people in initial emergency needs assessments

Older carers

Protecting inheritance in multi-generational households affected by HIV and AIDS


Using peer education to inform older people about HIV

Income-generating activities for older people affected by HIV and AIDS

Training and supporting older people to be home- or community-based carers

These are available from:

www.helpage.org/resources/publications



**Chapter 1:
Setting the scene**

In 1950, there were 205 million persons aged 60 or over in the world. By 2012, the number of older persons had increased to almost 810 million. It is projected to more than double by 2050, reaching 2 billion.

Global population ageing

Currently there are 22 countries with more than 10 million older persons, seven of these being developing countries. By 2050, 20 countries are expected to have 10 million people aged 60 or over, including five countries with more than 10 million older people. Four of these 20 countries, 10 are currently classified as developing countries.

The population aged 60 or over is growing at a faster rate than the total population in almost all world regions. Globally, the population age 60 years or over is growing faster than any younger age group within the older population. The population of non-annexed states aged 60 years or over, is growing faster.

Table 1 provides some of the available data on population ageing which are discussed in this chapter. It shows that life expectancy at age 60 is expected to increase and indicates the rapid pace of population ageing.

Table 1: Global ageing indicators

Life expectancy	2010/12	2050 projection
Life expectancy at birth by sex (men/women)	67.7 / 74.6	73.2 / 78.0
Life expectancy at 60 by sex (men/women)	18.9 / 24.8	20.9 / 24.2
Life expectancy at 80 by sex (men/women)	7.1 / 8.5	8.3 / 9.8

Population

	2010/12	2050 projection
Number of people aged 60+	809,742,889	2,091,587,000
Number of people aged 60+	114,479,036	402,402,300
Number of people aged 65+	286,020	1,224,400
Percentage of people aged 60+	15.2	21.3
Percentage of people aged 65+	1.6	4.1
Expected number of years aged 60+ per 100 women aged 60+	10.7	16.4

Source: UNFPA, World Population Prospects 2012, Revision 1 (High Variant).
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Twitter This is a key element in the post-2015 discussions. You can join in by including these tags when you tweet about ageing: #post2015, #beyond2015 and @helpage

Strengthening human rights

The OEWG will meet again in 2013. Although meetings take place at the UN in New York, national governments decide their position in their capital city and there are ways you can influence them. For example, you could contact your local member of parliament to express your support for a new convention on the rights of older people and encourage them to ask a question in parliament about your government's position on a convention.

You could also let your local media know about the international interest in a convention. You could ask other civil society organisations, for example, those working on women, youth or human rights to join your advocacy efforts. You could contact representatives in the ministries of social affairs, health and foreign affairs and show them how a new convention would have a positive impact on older women and men in your country.

The project team responsible for overall coordination and production of *Ageing in the Twenty-First Century: A Celebration and A Challenge* was made up of José Miguel Guzmán and Ann Pawliczko (UNFPA) and Sylvia Beales, Celia Till, and Ina Voelcker (HelpAge International).

For more information on how to get involved in the post-2015 agenda, please contact Anders Hylander, Network Communications Assistant, HelpAge International, PO Box 70156, London WC1A 9GB, UK. Email: ahylander@helpage.org

60 over 60

More than ever, older people are contributing to society. Their contributions will become increasingly important as the world grows older. To complement *Ageing in the Twenty-First Century: A Celebration and A Challenge*, HelpAge International and UNFPA will present a "60over60" award to the 60 most inspirational and influential pioneers over the age of 60.

Nominations closed at the end of December. The final list will be chosen by a panel of eight judges:

- Ari Seth Cohen, celebrated fashion blogger and creator of the fashion blog *Advanced Style* which is dedicated to older people
- Dr Babatunde Osotimehin, Executive Director, UNFPA
- Charles J Ouda, actor, singer/songwriter and producer from Kenya
- Dr Fernando Morales, ageing expert and Chair of the Governing Board of the National Council for Older Persons (CONAPAM) of Costa Rica
- Henning Scherf, prominent German lawyer, author and politician, former Mayor of Bremen and former President of the Senate of Bremen
- Jane Fearnley-Whittingstall, UK celebrity author, journalist and award-winning garden designer
- Dr Mary Ann Tsao, who has pioneered approaches to elder care in south-east Asia as a founder member, former Chief Executive and current President of the Tsao Foundation, Singapore
- Špela Brecljnik, young campaigner and activist for older people's rights from Slovenia

"Being a part of this process has been great for me... All the stories were beautiful."

Charles J Ouda

The winners will be announced on 26 February 2013. To find out who they are, visit UNFPA's 7 Billion Actions website at: <http://7billionactions.org/60over60> or HelpAge's website at: www.helpage.org/60over60



Joanne Hill/HelpAge International

Often, older people support each other, as in Myanmar where volunteers from older people's associations provide home care.

Presenting global trends

Here are some of the maps and graphs from *Ageing in the Twenty-First Century: A Celebration and A Challenge*.

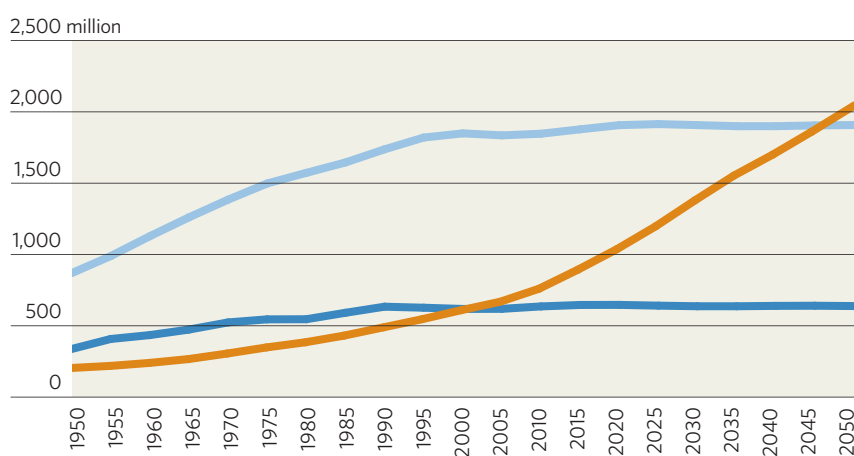
Life expectancy	2011/12	2050 projection
Life expectancy at birth by sex (men/women)	67.1 / 71.6	73.2 / 78.0
Life expectancy at 60 by sex (men/women)	18.5 / 21.6	20.9 / 24.2
Life expectancy at 80 by sex (men/women)	7.1 / 8.5	8.3 / 9.8

Population	2011/12	2050 projection
Number of people aged 60+	809,742,889	2,031,337,100
Number of people aged 80+	114,479,616	402,467,303
Number of people aged 100+	316,600	3,224,400
Percentage of people aged 60+	11.5	21.8
Percentage of people aged 80+	1.6	4.3
Sex ratio: Number of men aged 60+ per 100 women aged 60+	83.7	86.4

Global ageing indicators

Life expectancy at any age is expected to increase, and the number and proportion of older people is projected to rise rapidly.

Source: UNDESA, Population Division (2012). Prepared by the Population and Development Section on the basis of data from UNDESA, *World Population Prospects: The 2010 Revision* (New York, 2011), and UNDESA, *World Population Ageing and Development 2012, Wall Chart* (2012) www.unpopulation.org, and UNDESA, Population Division, *World Population Ageing: Profiles of Ageing 2011* (New York, 2011), CD-ROM.

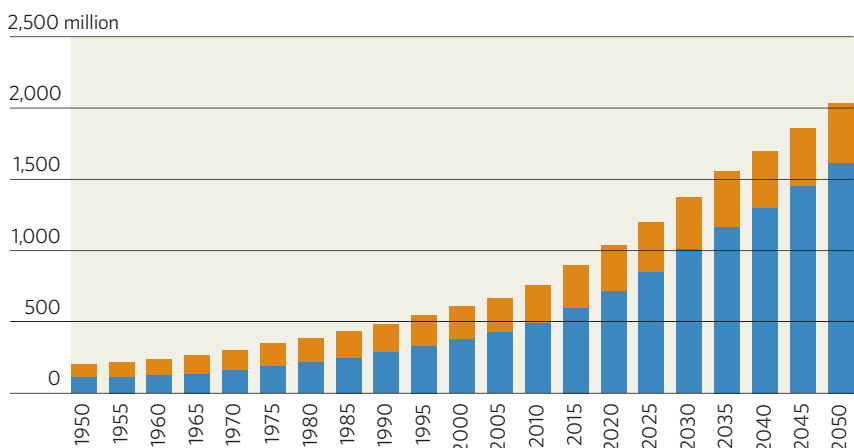


Population aged 0-4, 0-14 and aged 60 or over, 1950-2050

By 2050, for the first time there will be more older people than children under 15.

- Population aged 0-4
- Population aged 0-14
- Population aged 60 or over

Source: UNDESA, Population Division, *World Population Prospects: The 2010 Revision* (New York, 2011).

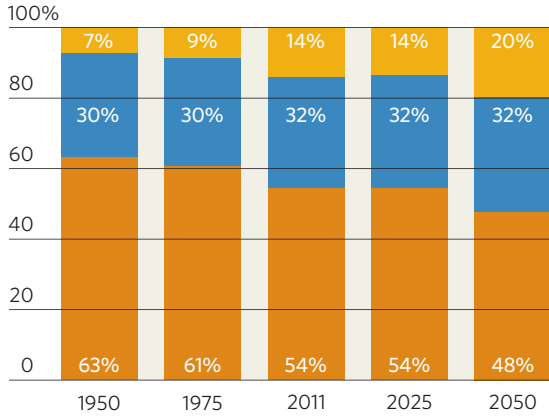


Number of people aged 60 or over: World, developed and developing countries, 1950-2050

Today, almost two in three people aged 60 or over live in developing countries, and by 2050, nearly four in five will live in the developing world.

- Developed countries
- Developing countries

Source: UNDESA, *World Population Ageing 2011* (2012; forthcoming), based on UNDESA Population Division medium projection scenario, *World Population Prospects: The 2010 Revision*. Note: The group of "developed countries" corresponds to the "more developed regions" of the *World Population Prospects: The 2010 Revision*, and the group "developing countries" corresponds to the "less developed regions" of the same publication.

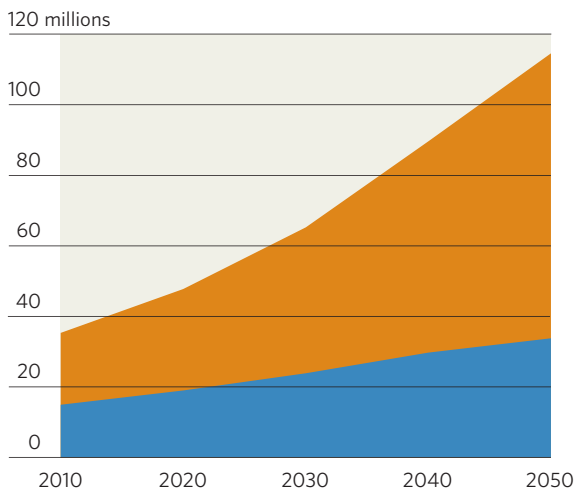


Distribution of population aged 60 years or over by broad age group: World, 1950-2050

The number of people aged 80 or over has been increasing more rapidly than the older population as a whole.

- 80 years or over
- 70-79 years
- 60-69 years

Source: UNDESA, *World Population Ageing: Profiles of Ageing 2011* (Geneva, 2011), CD-ROM.



Growth in numbers of people with dementia in high-income and low- and middle-income countries

Dementia is the greatest cause of years lost due to disability in developed countries and the second greatest worldwide. Population ageing means that if the current prevalence remains constant, the number of people with dementia will continue to grow, particularly among the “oldest-old”. Countries in demographic transition will experience the greatest growth.

- Low- and middle-income countries
- High-income countries

Source: World Health Organization and Alzheimer’s Disease International, *Dementia: A Public Health Priority* (Geneva, 2012).



Old-age pension beneficiaries as a percentage of the population above retirement age

In most OECD countries, almost the entire population over retirement age are pension beneficiaries. Around 55 per cent of the population over 65 in Latin America receives some form of pension, 20 per cent in South Asia and less than 10 per cent in most sub-Saharan countries.

- Less than 20 per cent
- 20-50 per cent
- 50-90 per cent
- 90+ per cent
- No data

Source: International Labour Organization, *World Social Security Report 2010/11* (Geneva, 2011). Note: The boundaries shown on this map do not imply official endorsement or acceptance by the United Nations.

Voices of older people

Men and women across the world talk about their experiences of older age and what they want from their governments.

A unique feature of *Ageing in the Twenty-First Century: A Celebration and A Challenge* is its inclusion of older people's voices – the first time that these have been included in a UN report.

Consultations were held with 1,300 older men and women in 36 countries across the world to collect their views and experiences. Discussions centred on the three priority directions of MIPAA: older people and development, health and wellbeing in old age, and enabling environments.

Overall, the discussions revealed a mixed picture of life in older age. When asked about changes in provisions made by the government during the last 10 years, many of those who took part said that government initiatives in response to ageing had brought discernible changes for the better.

“There are visible improvements in housing for older people. Years ago they had to live with their family or in old people's homes. Now we can live independently for as long as possible still in a safe environment.” Austria

“I went to the health centre to schedule an appointment with a cardiologist there. They are prioritising those over 60, so I got my appointment. This is something good.” Brazil

However, others felt that there had been no change, or, indeed, a worsening of their situation. Overall, older men and women reiterated a need for income security, flexible employment opportunities, access to affordable health care and medicines, age-friendly housing and transportation, and elimination of all forms of discrimination, violence and abuse targeted at older people. Again and again, they pointed out that they wanted to remain active and respected members of society.

The findings in detail

Older people and development Older people who took part in the consultations said that opportunities to participate in family, community and social activities had increased. In all regions, they viewed caring for grandchildren as one of their most crucial contributions.

“We all help watch our grandchildren. Every single one of us has a child in Thailand right now, so most of us have to watch their children.” Cambodia

“When the parents have to go out they leave their children and it's the grandparents who take care of them.” Germany

In particular, participants felt that older people's associations, where they existed, were an important way of participating in society. They said that leaders regularly consulted members, creating a channel of communication between older people and government. Governments were increasingly consulting older people's associations on issues affecting older age groups.

“I am very happy that there is an older people's organisation in my neighbourhood. Now I do not feel lonely anymore.” Indonesia

“When they are preparing development plans, wards and municipal authorities invite us to give our suggestions.” Nepal

Older men and women acknowledged the importance of voting in elections and, especially in countries where they constituted an increasing proportion of the electorate, they were aware of their increasing political power.

However, many of those who took part in the consultations were worried about poverty and declining income. They reported that older people were often unable to pay for basic necessities.

“We go to supermarkets as if we are going to a museum; there is everything we need but we cannot afford anything.” Kyrgyzstan

Those who were not receiving a pension said they wished they were, as they would like their own income. Some from developing countries said that they had problems claiming pensions because of difficult application procedures or because their ownership of household assets made them ineligible.

“We are eligible for the LEAP cash transfer yet we do not know the procedure for accessing it. We have brought this to the notice of the Department of Social Welfare so many times but nothing seems to happen.” Ghana

HelpAge Sri Lanka



Older people take part in consultations in Sri Lanka, Tanzania and the Philippines.

“I was deemed ineligible as a result of the means test for a non-contributory pension because I have a stove, a radio, a TV and a refrigerator. But I have no food, I have no money.” Belize

Many older people said that they wanted to go on working but had difficulty in finding employment. Some said they had lost their jobs because of mandatory retirement ages and had faced age discrimination in their efforts to re-enter the job market. Older women felt they were further discriminated against because of their sex. When they found employment, they were paid less than men.

Older people also pointed out that age discrimination limited their access to credit facilities, making it difficult for them to set up a business. Many were not aware of any training to upgrade their skills and enable them to compete for jobs, apart from classes in adult literacy and internet courses. In some cases, they attributed this to the government's failure to consider them part of the workforce.

“The Government does not perceive us as part of the workforce.” Belarus

Health in old age Many participants had noticed a marked increase in the availability of health facilities. However, they had varying opinions about the provision of services and the attitude of health workers. Some were satisfied with the attention they received but others reported long waiting times or being treated with disrespect.

“Older people with disabilities who are members of disability groups have wheelchairs but some older people are seen crawling with no support.” Uganda



SAWATA Dodoma



COSE

“There is a doctor who checks my eyesight... He is no specialist and makes things worse.” *Peru*

Apart from in Northern and Western Europe and Canada, drugs in government facilities were often unavailable and the prices were high, they said.

“In the government hospital there is a separate counter for older people but it is not functioning and always remains closed. Older people suffer in the long queue to get medicines... Even though there is a system, the benefit does not accrue to the older people because of neglect.” *India*

Older people from developing countries said that the attitudes or lack of expertise of healthcare professionals often prevented them from receiving adequate healthcare.

Enabling environments There was widespread dissatisfaction among older people with their accommodation. Even where no poverty or housing shortages existed, reasonable adjustments to their accommodation had not been made to make it age-friendly.

“Housing is really a serious issue; many older people in our community are living in dilapidated houses in disastrous conditions.” *Ethiopia*

“The old Soviet buildings don’t have lifts and when I was young I didn’t pay much attention to this. But now it is a big problem for me to go out of the flat, which is on the fifth floor.” *Moldova*

Older men and women said they viewed migration with mixed feelings. The emigration of younger generations left them feeling isolated, although this was reduced by telephone contact.

Many had young children in their care. However, some felt that the departure of younger workers had helped to improve the employment situation of older people.

Older people commented on the lack of attention given to them in emergencies. Most of those who had been affected by emergencies said they had been given no priority in relief and evacuation, nor any special shelters.

“The Government sent some relief materials during the last flood. But the distribution was poor and only strong people and youths could get any of the materials.” *Nigeria*

Only a few of those who took part in the consultations were aware of any government financial support or training for carers, either for carers of older people or for older people who were carers themselves. Where support was available, lengthy application procedures discouraged some applicants.

The consultations revealed that elder abuse was common. Older people spoke of verbal and physical abuse, being deprived of property, finance and other assets, and neglect and undignified treatment. They confirmed that elder abuse remained largely unreported to protect families’ reputation.

“Older people suffer abuse in silence.” *Fiji*

Sexual violence against older women, though rare, was not unknown, they said. More common crimes were break-ins and muggings. Some of those who took part in the consultations said they were afraid to go out alone because of the risk of attack.

“When I’m walking home from church, I don’t feel safe.” *Canada*

At the same time, many thought that governments were generally aware of the dangers faced by older people. Some governments had established special units to protect them, which they welcomed.

During the consultations, it became evident that older people had very little knowledge of what “rights” meant and what they were entitled to, beyond the right to vote.

“We do not even know what our rights are!” *Bosnia and Herzegovina*

They attributed the non-delivery of rights to a lack of government concern for their welfare because they were not being adequately represented in parliament and decision-making bodies.

“There needs to be an older people’s representative in the administration to address the rights of older people.” *Kenya*

Many participants felt that the media did not often reflect an appropriate image of older people.

“The image and language used by the mass media in connection with older people is degrading and sketchy.” *Chile*

The consultations led to a number of recommendations which fed into the ten priority actions of *Ageing in the Twenty-First Century: A Celebration and A Challenge* (see page 13). Three key points to consider in future decision-making are the value of older people’s involvement in local decision-making through their organisations, the need for all stakeholders to become more active in addressing population ageing and age-related issues, and the benefits of including ageing and older people in general development activities.

Thank you!

Many thanks to everyone who took part in the consultations and to the staff and volunteers of the numerous organisations that facilitated the discussions. Your participation is helping the voices of older people to be heard at the highest levels of decision-making.

Thanks also go to Ina Voelcker for overall coordination, Ghazy Mujahid for analysing the results of the discussions, Amanda Heslop for advising on the methodology and Nariman Daoud Imfahreh for support on analysis.

Most of the older people who took part in the consultations also completed a questionnaire. Turn to page 13 for the results.

ADA campaigners take action in Ethiopia (supported by HelpAge International), Ghana (HelpAge Ghana), Sweden (Pensioners Without Borders) and Kyrgyzstan (HelpAge International).

Erna Mentenot Hertz/HelpAge International



Campaigning for change

More and more older people are helping to bring about change through the Age Demands Action campaign. *Barbara Dockalova reports.*

Older campaigners around the world marked 1 October 2012, International Day of Older Persons, by taking to the streets and meeting with senior ministers to press for their rights as part of the Age Demands Action campaign (ADA).

ADA, the only globally coordinated movement of older people, kicked off in Fiji, where older people met the president at an event organised by HelpAge Affiliate Fiji Council of Social Services (FCOSS). The president spoke about his pride in Fiji for being the first country in the region to begin developing a national policy on ageing, and his belief in the value of the older generation.

In Bangladesh, the first national ADA campaign took place in 64 districts, supported by Resource Integration Centre (RIC) and HelpAge International.

Older activists also formed a human chain in Dhaka and organised a seminar with senior ministers of the Ministry of Social Welfare and Department of Social Services.

In Nepal, more than a hundred campaigners took part in the first national senior citizens' festival in Kathmandu. The festival was organised by the Manmohan Memorial Foundation, Ageing Nepal, Nepal Participatory Action Network (NEPAN), and HelpAge International, and inaugurated by the president.

As the campaign moved westwards, more than 15,000 campaigners in Latin America took action. Their call for a convention on the rights of older people was heard in more than 43 cities and towns in the region.

The launch of *Ageing in the Twenty-First Century: A Celebration and A Challenge* provided delegations of older people with evidence and recommendations to support their campaign asks and opportunities to organise media launches with UNFPA country offices.

In total, more than 83,000 older people and 11,400 younger campaigners took part in ADA in 62 countries, supported by 41 HelpAge Affiliates and more than 400 other organisations and older people's associations. This was the biggest ADA since the campaign began five years ago.

ADA also includes a global petition calling for older people everywhere to be included in society as equal citizens with equal rights. In October 2012, more than 19,000 people signed the petition, bringing the total to more than 70,000.



Pensioners Without Borders



HelpAge International



HelpAge Ghana

“I want to protect not only my rights but the rights of other older people. Lots of older people are mistreated because of their age. Our government needs to take measures to stop age discrimination. With ADA we can help them to change the lives of older people for the better.”

Kulumkan Shabdanbekova, 62, Kyrgyzstan (pictured above)

“To older persons, I say: ‘Do not lose hope – we are almost there.’”

Florence Schandorf, 78, Ghana (pictured left)

Pledges from politicians

ADA campaigners have helped to bring about significant changes. For example:

- The Chief of Population and Social Planning in Pakistan has agreed that statistics of older people will be included in the country's annual economic survey.
- In Vietnam, the Deputy Minister of Labour and Social Affairs has appointed the Vietnam Association of Elders to draft a proposal for the government to replicate the community older people's association model in the Vietnam National Action Programme on Ageing.
- The Ministry of Health of Moldova has approved a new list of subsidised medicines, doubling the number of subsidised medicines available to older people.

- In Ghana, a pilot social pension scheme for older people who do not have a pension has been announced for 2013.
- In Sri Lanka, the Ministry of Social Welfare has approved social assistance to people above the age of 70, following a pledge that was asked for in the 2011 ADA campaign.

Ideas for 2013

As well as International Day of Older Persons on 1 October, there are two other dates for ADA action in 2013:

ADA on Health The theme for World Health Day on 7 April is high blood pressure. ADA campaigners are encouraged to take action on this day.

Towards a UN convention The UN Open-ended Working Group on Ageing (OWWG) will meet again, probably in

August, to consider what should go into a new international legal instrument to protect older people's rights. This is a key opportunity to campaign for a UN convention and to urge supporters to sign the ADA petition.

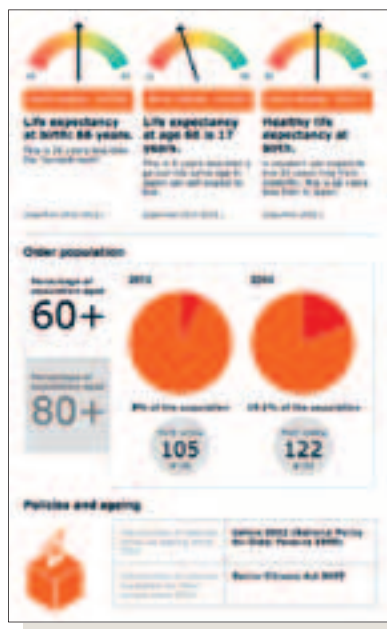
Please check the ADA section of the HelpAge website for the latest on ADA and a link to the petition at:

www.helpage.org/campaigns

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How are countries doing?

How well are countries addressing the challenges of population ageing?
A new programme will show which ones are doing best.



Report card for India.

A new series of national “report cards” providing internationally comparable statistics on population ageing for 195 countries is available for the first time. Using data from *Ageing in the Twenty-First Century: A Celebration and A Challenge* and other sources, the report cards rank countries according to:

- life expectancy at birth
- life expectancy at age 60
- healthy life expectancy at birth.

Japan is ranked top in all three categories, with life expectancy at birth of 84 years, life expectancy at age 60 of 26 years, and healthy life expectancy at birth of 75 years (average figures for men and women). This provides the norm against which other countries are ranked.

For example, the report card for India (above) shows:

- Life expectancy at birth: 66 years.
World ranking: 143/195
- Life expectancy at age 60: 17 years.
World ranking: 141/195
- Healthy life expectancy at birth:
A newborn can expect to live 53 years free from disability.
World ranking: 122/177

The report cards also show:

- Percentage of the population aged 60+ in 2012 and 2050
- Percentage of the population aged 80+ in 2012 and 2050
- Introduction of national policy on ageing since 2002
- Introduction of national legislation for older people since 2002
- Details of social (non-contributory) pension schemes, if any.

The report cards are fully referenced and use the latest available data.

Why rank countries?

The report cards have been produced as part of Global AgeWatch, a new programme set up by HelpAge International with the support of the United Nations Population Fund (UNFPA) to provide policy makers with data and analysis on population ageing.

Data from the report cards will form the foundation of the Global AgeWatch Index which will be launched in 2013. The index will be published as a league table ranking countries according to the social and economic wellbeing of older people. Data will be collated on a wider range of issues than the current report cards.

Indexes are popular with policy makers and influencers because they present complex information in a succinct way. They show whether a country is doing better than others or lagging behind. They help to point the way to more effective policy making by showing what is working and what can be improved.

For example, the Human Development Index, published each year by the United Nations Development Programme, has become a standard ranking of countries according to the quality of life of their populations, measured in terms of health, education and living standards.

Why an ageing index?

Contributors to *Ageing in the Twenty-First Century: A Celebration and A Challenge* agreed that there must be improvements in data collection and analysis. The shortage of data on poverty, health,

inclusion and contributions of older people may be systematically excluding them from development plans and public policy provision.

A subsequent review by HelpAge International confirms the scarcity of internationally comparable data on people aged 60 or over, disaggregated by age and sex. Internationally comparable statistics available through the databases of intergovernmental organisations are often not further disaggregated by age beyond 50 or 60, are out of date or are only available for a small number of countries.

There are many great initiatives to improve data on ageing, such as the World Health Organization’s Study on Global AGEing and Adult Health (SAGE), but more is needed. The Global AgeWatch Index will provide a more rounded picture than the present report cards by measuring the social and economic wellbeing of older people in domains such as income status, health status, activity and education, and social connections and physical safety. Countries’ rankings in these areas will be amalgamated to produce an overall ranking.

The Index will be used to assess how countries are addressing the challenge of population ageing. It will be used to educate the public and policy makers, show where the data gaps are and stimulate further data collection and analysis. The aim is to encourage debate on these issues and ultimately lead to better lives of older people.

Get involved!

The report cards are freely available from the HelpAge website. They are not printed but you can use the data or print them off at: www.helpage.org/global-agewatch/population-ageing-data

If you have any comments or corrections, especially on new policies and legislation, we would like to hear from you. Please either post a comment on the website or contact the *Ageways* editor.

Please also get in touch if you can suggest data sources, either cross-nationally comparable data or national data on older people.

Ten priority actions

Ageing in the Twenty-First Century: A Celebration and A Challenge recommends ten priority actions to maximise the opportunity of ageing populations:

1. Recognise the inevitability of population ageing and the need to adequately prepare all stakeholders (governments, civil society, private sector, communities, and families) for the growing numbers of older persons. This should be done by enhancing understanding, strengthening national and local capacities, and developing the political, economic and social reforms needed to adapt societies to an ageing world.
2. Ensure that all older persons can live with dignity and security, enjoying access to essential health and social services and a minimum income through the implementation of national social protection floors and other social investments that extend the autonomy and independence of older people, prevent impoverishment in old age and contribute to a more healthy ageing. These actions should be based on a long-term vision, and supported by a strong political commitment and a secured budget that prevents negative impacts in time of crisis or governmental changes.
3. Support communities and families to develop support systems which ensure that frail older persons receive the long-term care they need and promote active and healthy ageing at the local level to facilitate ageing in place.
4. Invest in young people today by promoting healthy habits, and ensuring education and employment opportunities, access to health services, and social security coverage for all workers as the best investment to improve the lives of future generations of older persons. Flexible employment, life-long learning and retraining opportunities should be promoted to facilitate the integration in the labour market of current generations of older persons.
5. Support international and national efforts to develop comparative research on ageing, and ensure that gender- and culture-sensitive data and evidence from this research are available to inform policymaking.
6. Mainstream ageing into all gender policies and gender into ageing policies, taking into account the specific requirements of older women and men.
7. Ensure inclusion of ageing and the needs of older persons in all national development policies and programmes.
8. Ensure inclusion of ageing and the needs of older persons in national humanitarian response, climate change mitigation and adaptation plans, and disaster management and preparedness programmes.
9. Ensure that ageing issues are adequately reflected in the post-2015 development agenda, including through the development of specific goals and indicators.
10. Develop a new rights-based culture of ageing and a change of mindset and societal attitudes towards ageing and older persons, from welfare recipients to active, contributing members of society. This requires, among others, working towards the development of international human rights instruments and their translation into national laws and regulations and affirmative measures that challenge age discrimination and recognise older people as autonomous subjects.

Older people's views

Most of the older men and women who took part in consultations for the report also completed a questionnaire. The results show that:

Rights and inclusion

- 67% believe that age discrimination exists in older people's everyday lives
- 37% report having experienced age discrimination in the past year
- 43% report being afraid of personal violence
- 49% believe they are treated with respect
- 61% use a mobile phone

Financial security

- 33% have been in paid employment in the past month
- 66% want to work for money if they have the opportunity
- 53% find it difficult or very difficult to pay for basic services
- 47% are worried about problems with money

Health and wellbeing

- 44% report their health status as fair
- 22% report their health status as bad or very bad
- 34% find it difficult or very difficult to access healthcare when they need it
- 16% are always or very often lonely
- 47% are satisfied or very satisfied with the way they live

The world is getting much older...



This is part of a larger infographic that you can view or copy from the HelpAge website: www.helpage.org/ageing-infographic

Resources

Publications

Ageing in the Twenty-First Century: A Celebration and A Challenge

United Nations Population Fund and HelpAge International, 2012

Landmark report making the case for governments, NGOs, global institutions, and civil society to fully commit to a concerted global effort to realign 21st century society to fit the realities of 21st century demographics. Full report available in English. Executive summary also available in Arabic, Chinese, French, German, Italian, Japanese, Portuguese, Russian, Spanish, Thai and Vietnamese.

www.helpage.org/ageingreport
www.unfpa.org/ageingreport

Strengthening the Rights of Older People Worldwide: Building greater European support

HelpAge International, due February 2013

Report of a conference in Osnabrück, Germany in December 2012 suggesting practical actions for building political support in Europe for strengthening the protection of older people's rights.

www.helpage.org/resources/publications

What are the Options? Potential human rights instruments on the rights of older people

HelpAge International, 2012

Paper describing the different options that have been suggested at the Open-ended Working Group on Ageing.

www.helpage.org/resources/publications

Protecting the Rights of Older People: 10 reasons why we need to act

HelpAge International, 2012

Paper outlining 10 reasons why the Open-ended Working Group on Ageing should recommend the strengthening of legally-binding standards on the rights of older people.

www.helpage.org/resources/publications

Building a Future for All Ages: Creating an age-inclusive post-2015 development agenda

HelpAge International, 2012

Discussion paper introducing key issues and setting out initial recommendations to achieving a rights-based, age-inclusive post-2015 development agenda.

www.helpage.org/resources/publications

Wall chart on World Population Ageing and Development 2012

UN Department of Economic and Social Affairs, Population Division, 2012

Presents the latest data available on 16 indicators including demographic, social and economic characteristics of the older population at the national, regional and world levels.

www.un.org/esa/population/publications/2012PopAgeingDevChart/2012AgeingWallchart.html

International Human Rights Law and Older People: Gaps, fragments and loopholes

HelpAge International, 2012

Paper providing an overview of the scope and rigour of the current international human rights framework with relation to respecting, promoting and protecting the rights of older people.

www.helpage.org/resources/publications

Websites

Pension watch

Comprehensive resource on social (non-contributory) pensions, including a database of more than 500 publications, data on more than 90 social pension schemes, a calculator to work out how much a social pension would cost in your country and a film on social pensions in Africa.

www.pension-watch.net

Open-ended Working Group on Ageing (OEWG)

Established by the UN General Assembly in December 2010 to consider the existing international framework of the human rights of older people and identify possible gaps and how best to address them, including by considering, as appropriate, the feasibility of further instruments and measures. The OEWG is open to every UN member state to participate in. It is also open to participation from UN agencies, national human rights institutions and civil society.

<http://social.un.org/ageing-working-group>

The World We Want 2015

Brings together all the consultations and processes related to the post-2015 agenda.

www.worldwewant2015.org

International agreements

Madrid International Plan of Action on Ageing (MIPAA) (2002)

Commits governments to including ageing in all social and economic development policies. Available in Arabic, Chinese, French, English, Russian and Spanish.

<http://social.un.org/index/Ageing/Resources/MadridInternationalPlanofActiononAgeing.aspx>

Campaigns

Age Demands Action

Global campaign run by the HelpAge global network in more than sixty countries, in which older people stand up for their rights and fight age discrimination.

Email: campaigns@helpage.org

www.helpage.org/get-involved/campaigns/age-demands-action

Answers to the quiz on page 16

- 1a 810 million
- 2c 2 billion
- 3c Under 15
- 4a 22 per cent
- 5b 83 years and 74 years respectively
- 6b 178 million
- 7a Nearly four in five
- 8c 64
- 9b 3.2 million
- 10a 61
- 11c One third
- 12c 65.7 million

How did you do?

If you scored:

0-4 Download a copy of *Ageing in the Twenty-First Century* without delay!

5-8 You are not quite an expert but you are getting there!

9-12 Well done! You have the facts at your fingertips.

You can download the full report in English or the executive summary in various languages from:

www.helpage.org/ageingreport

Affiliates

More than 100 organisations in over 60 countries are affiliated to HelpAge International, forming a global network standing up for the rights of older people.

We extend a warm welcome to three new Affiliates: District Pastoralist Association, Kenya, Fantsuam Foundation, Nigeria, and Dhaka Ahsania Mission, Bangladesh.

Caribbean

Action Ageing Jamaica
Dominica Council on Ageing
Extended Care through Hope and Optimism (ECHO), Grenada
HelpAge Barbados
HelpAge Belize*
HelpAge St Lucia
National Foundation for Blind Care, Suriname
Old People's Welfare Association (OPWA), Montserrat
REACH Dominica
Society of St Vincent de Paul, Antigua
St Catherine Community Development Agency (SACDA), Jamaica

East, West and Central Africa

Current Evangelism Ministries, Sierra Leone
District Pastoralist Association, Kenya
Ethiopia Elderly and Pensioners National Association (EEPNA)
Fantsuam Foundation, Nigeria
HelpAge Ghana
HelpAge Kenya*
Kenya Society for People with AIDS (KESPA)
Mauritius Family Planning Association
RECEWAPEC, Cameroon
Rift Valley Children and Women Development Organisation (RCWDO), Ethiopia
SAWAKA, Tanzania
Senior Citizens' Council, Mauritius
Sierra Leone Society for the Welfare of the Aged
South Sudan Older People's Organisation (SSOPO)
Sudanese Society for the Care of Older People (SSCOP)
Tanzania Mission to the Poor and Disabled (PADI)
Uganda Reach the Aged Association (URAA)

Southern Africa

Age-in-Action, South Africa
APOSEMO, Mozambique
Elim Hlanganani Society for the Care of the Aged, South Africa
HelpAge Zimbabwe
Maseru Senior Women's Association, Lesotho
Muthande Society for the Aged (MUSA), South Africa
Senior Citizens' Association of Zambia
VUKOXA, Mozambique

East Asia and Pacific

CASCD (formerly RECAS), Vietnam
China National Committee on Aging (CNCA)
Coalition of Services of the Elderly (COSE), Philippines
Council on the Ageing (COTA), Australia
Fiji Council of Social Services (FCOSS)
Foundation for Older Persons Development (FOPDEV), Thailand
HelpAge Korea*
Helping Hand Hong Kong
Instituto de Ação Social, Macau
Mongolian Association of Elderly People
National Council of Senior Citizens Organisations Malaysia (NACSCOM)
Office of Seniors' Interests, Australia
Senior Citizens' Association of Thailand
Senior Citizens' Council of Thailand
Singapore Action Group of Elders (SAGE)
Society for WINGS, Singapore
Tsao Foundation, Singapore
USIAMAS, Malaysia
Vietnam Association of the Elderly (VAE)
Yayasan Emong Lansia (YEL), Indonesia

South Asia

Bangladesh Women's Health Coalition (BWHC)
Dhaka Ahsania Mission, Bangladesh
Gramin Vikas Vigyan Samiti (GRAVIS), India
HelpAge India
HelpAge Sri Lanka*
Pakistan Medico International Resource Integration Centre (RIC), Bangladesh

Eastern Europe and Central Asia

Dobroe Delo, Russia
Lastavica, Serbia
Mission Armenia
Resource Centre for Elderly People (RCE), Kyrgyzstan
Second Breath (Gerontological Association of Moldova)
Turbota pro Litnix v Ukraini

Western Europe

Age Action Ireland
Age International, UK
Caritas Malta HelpAge Centre for Policy on Ageing, UK
Cordaid, Netherlands
DaneAge Association
HelpAge Deutschland*

HelpAge International España*

Slovene Philanthropy
WorldGranny, Netherlands*
Zivot 90, Czech Republic

Latin America

AGECO, Costa Rica
Asociación Red Tiempos de Colombia
CAPIS, Peru
Caritas Chile
Centro Proceso Social, Peru
CESTRA, Colombia
CooperAcción, Peru
Fundación Horizontes, Bolivia
Haitian Society for the Blind (SHAA)
IPEMIN, Peru
ISALUD, Argentina
Peru Coordinating Group for Older People (Mesa de Trabajo)
Pro Vida Bolivia
Pro Vida Colombia
Pro Vida Perú
Red de Programas para el Adulto Mayor, Chile

North America

AARP, USA
HelpAge Canada*
HelpAge USA*
West Virginia University Center on Aging, USA

Middle East

El-Wedad Society for Community Rehabilitation (WSCR), OPT

*HelpAge sister Affiliates



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info@helpagela.org

Find out more

If you are an Affiliate, you can use the HelpAge intranet to find out more about the global network, regional networks and other Affiliates. You can also download a wide range of resources and take part in discussion forums.

For more information about affiliation, please contact your nearest HelpAge regional centre or Anders Hylander, Network Communications Assistant, HelpAge International, PO Box 70156, London WC1A 9GB, UK.
Email: ahylander@helpage.org

Try our quiz!

How much do you know about global population ageing? Try our quiz to find out. The answers are on page 14.

- In 2012, how many people in the world were aged 60 or over?
 - 810 million
 - 81 million
 - 8.1 million
- By 2050, how many people in the world will be aged 60 or over?
 - 50 million
 - 1.2 billion
 - 2 billion
- By 2050, there will be more people aged 60 or over than children under what age?
 - Under 5
 - Under 10
 - Under 15
- Within 10 years, the number of people aged 60 or over will account for what percentage of the global population?
 - 22 per cent
 - 15 per cent
 - 9 per cent
- In 2010-2015, life expectancy at birth is 78 years in developed regions and 68 years in developing regions. By 2045-2050, how long can newborns expect to live in developed and developing regions?
 - 79 years and 71 years
 - 83 years and 74 years
 - 81 years and 67 years
- In the past decade, the number of people aged 60 or over has risen by how much?
 - 17.8 million
 - 178 million
 - 1.78 million
- Currently, two in three people aged 60 or over live in developing countries. By 2050, what proportion of older people will live in the developing world?
 - Nearly four in five
 - About three in four
 - Just over one in three
- Currently, Japan is the only country in which people aged 60 or over make up 30 per cent of the population. By 2050, how many countries will have an older population of 30 per cent or more?
 - 6
 - 28
 - 64
- By 2050, the number of centenarians (people aged 100 years or over) worldwide will increase from 316,600 in 2011 to how many?
 - 430,000
 - 3.2 million
 - 1.1 million
- For every 100 women aged 80 or over, how many men are there?
 - 61
 - 95
 - 78



George Pawliczko

Celebrating a 100th birthday in Canada. The number of centenarians is increasing rapidly.

- Globally, what proportion of countries have comprehensive social protection schemes covering all branches of social security?
 - Two thirds
 - About half
 - One third
- By 2030, the number of people with dementia worldwide is projected to be how many?
 - 4.3 million
 - 28.9 million
 - 65.7 million

Answers

How did you get on? Turn to page 14 for the answers.

All the answers can be found in *Ageing in the Twenty-First Century: A Celebration and A Challenge*. They are summarised in “Key facts on ageing” on page 7 of the executive summary.

If you have web access, you can download this from: www.helpage.org/ageingreport

HelpAge International helps older people claim their rights, challenge discrimination and overcome poverty, so that they can lead dignified, secure, active and healthy lives.

Copies of *Ageways* are available free of charge to people working with older people. Please use the order form at: www.helpage.org/ageways Alternatively, email: info@helpage.org or write to the editor. You can also download *Ageways* as a PDF.

Ageways exchanges practical information on ageing and development, particularly good practice developed in the HelpAge network. It is published twice a year.

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