Handout 1: Voice and healthy longevity concepts

1. Healthy longevity
Is the state in which years in good health approach the biological life span, with physical, cognitive and social functioning that enables wellbeing across generations.

2. Healthy ageing
WHO defines healthy ageing as “the process of developing and maintaining the functional ability that enables wellbeing in older age”.

Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience healthy ageing. Being free of disease or infirmity is not a requirement for healthy ageing, as many older people have one or more health conditions that, when well controlled, have little influence on their well-being.

3. Functional ability
Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person's ability to:
- meet their basic needs;
- learn, grow and make decisions;
- be mobile;
- build and maintain relationships; and
- contribute to society.

4. Life span
The length of time for which a person lives.

5. Demographic shift
Demographic change describes changes in the size and structure of the population, caused by changes in birth and death rates, as well as migration. Demographic change in today’s Western developed countries is characterised by low birth rates and increasing life expectancy.

6. Social infrastructure
Is comprised of the facilities, spaces, services and networks that support the quality of life and wellbeing of communities.

7. Ageism
Ageism refers to the stereotypes, prejudice and discrimination directed towards others or oneself based on age.

8. Autonomy
Is the ability to make choices and decisions, with support if necessary, according to one’s will and preferences.

9. Participation
The act of taking part in an event or activity.

10. Empowerment
The process of gaining freedom and power to do what you want or to control what happens to you.

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Handout 1: Voice and healthy longevity concepts

11. Independence
The ability to perform actions of daily living and participate in society, with support if necessary, according to one’s will and preferences.

12. Rights-based approach
A way of working which is based on realising human rights to ensure people’s dignity and well-being.

13. Spaces (formal and informal)
Formal spaces are created by the state for citizen participation while informal spaces are often created by grassroot organisations or those who have been marginalised.

14. Accountability
The state of being accountable, liable, or answerable. Accountability is about a relationship between those responsible for something, and those who have a role in passing judgement on how well that responsibility has been discharged.
Handout 2: Voice framework diagram

Contextual factors affecting voice work include: Social, political, legal, economic, cultural, environmental, physical context

Convening spaces and channels for voice

Older people’s voices

Engaged

Power within

Informed and empowered

Amplified

Power over

Power to

Shared and combined

Power with

Activity domains

Activity domains

Activity domains

Activity domains

Activity domains

Older people’s, civil society’s and government’s willingness and capacity to engage

Handout 3: 
Action plan

Taking action on Voice and healthy longevity

What is the issue? What could be changed, expanded, or enhanced at the community level, however big or small, to improve older people’s health and wellbeing?

Think about the enablers presented in the training, work and volunteering, social infrastructure, health and care systems. Consider the barriers to improving older people’s health and wellbeing.

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Handout 3: Action plan

continued

**Who needs to be involved?** Consider the issue you want to tackle and identify who needs to be involved. Identify a range of different stakeholders and why they should be involved.

**What actions can be taken?** Identify actions to improve health and wellbeing of older people at the community level. These could include intergenerational activities, awareness-raising campaigns, advocacy initiatives or working with local authorities and service providers.
# Handout 4: Feedback form

1. How did you hear about the workshop?

2. How would you rate the usefulness (5 is best) of the content of the workshop?

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3. What did you like best or find most useful about the workshop?

4. Is there anything that could be changed to help to improve the workshop?
<table>
<thead>
<tr>
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<th>Question</th>
<th>Answer</th>
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<tr>
<td>5</td>
<td>Did you have the opportunity to ask questions and to participate?</td>
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<td>Please explain your answer.</td>
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<td>6</td>
<td>As a result of the workshop, what actions, either at the community,</td>
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<td>organisational or individual level will you take forward?</td>
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<td>7</td>
<td>Would you recommend others to participate in the training? Please</td>
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<td>explain your answer.</td>
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