

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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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.