Population ageing
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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

We welcome letters

Please write to: The Editor, Ageways, HelpAge International, PO Box 70156, London WC1A 9GB, UK.
Fax: +44 (0)20 7387 6992
Email: ctill@helpage.org

Please include your name, organisation (if any) and postal address.

Letters may be edited.
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](http://www.helpage.org/resources/publications)

**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.
A phenomenon we can’t ignore

Population ageing is a global phenomenon with far-reaching implications, as this article explains.

“As the international community now embarks on an effort to articulate the post-2015 development agenda, it is clear that the issue of population ageing should be fully addressed as part of this process.”

Ban Ki-moon, Secretary General, United Nations, in his preface to Ageing in the Twenty-First Century: A Celebration and A Challenge

The launch of Ageing in the Twenty-First Century: A Celebration and A Challenge on 1 October 2012 helped draw worldwide attention to the phenomenon of global population ageing and the need for governments to prepare for growing numbers of older people.

The report was the result of three years’ collaboration between the United Nations Population Fund (UNFPA) and HelpAge International. With contributions from UN agencies, UN Regional Commissions and international NGOs, together with the views and experiences of older men and women from 36 countries, it provides compelling evidence of changing demographics, older people’s role in society, the impact of pensions, trends in health, the need for age-friendly environments and the experience of age discrimination.

Many older people’s groups used the report to support their campaigning activities as part of Age Demands Action on 1 October (see page 10).

The report was timed to mark the 10-year review of the 2002 Madrid International Plan of Action on Ageing (MIPAA). It is structured around the three priority directions of MIPAA: older people and development, health and wellbeing, and enabling environments. It also discusses ageing issues in each of the five UN regions, reviews government action in terms of policies and legislation, and contains a unique chapter on the voices of older people.

Older people’s activism shines through the report. The report shows the wealth of productivity, contributions and leadership of those aged 60 and over. It demonstrates that, with the right measures in place to secure healthcare, regular income, social networks and legal protection as we age, there is a “longevity dividend” to be reaped by current and future generations.

The report makes clear that population ageing is becoming global and that action is needed now on ageing in emerging and developing economies. Key points are summarised on the following pages and its 10 priority actions are listed on page 13.

The analysis and findings of the report will contribute to discussions around the review and appraisal of MIPAA at the 51st session of the UN Commission for Social Development (CSD) in New York in February 2013.

As well as contributing to the MIPAA review, the report provides a timely reminder of the need for a more age-inclusive development framework to succeed the Millennium Development Goals, which have a target date of 2015.

And, as the UN Open-ended Working Group on Ageing (OEWG) prepares to meet in 2013 to consider what should go into a new international legal human rights instrument that would promote and protect older people’s rights, the report provides strong evidence of the various forms of discrimination faced by men and women in old age – supporting calls for stronger forms of protection which a UN convention could provide.

What happens next?

The launch of the report in Tokyo, Geneva, New York and other venues around the world generated unprecedented media coverage, with nearly 800 stories in print and online media.

Many events were organised jointly by HelpAge offices or partners and UNFPA country offices. In Pakistan, for example, HelpAge International and UNFPA teamed up to launch the report in three cities. They also organised age-sensitisation role-play activities for more than 200 journalists and 400 university students in six cities and ran a student essay competition.

Post-2015 agenda

The time is ripe to build on this interest. The HelpAge network is working to influence the post-2015 agenda – the process towards a new global development framework to succeed the Millennium Development Goals – to ensure that population ageing is properly addressed in the new framework. It is important to get involved and there are a number of ways in which you can do so:

National consultations These are taking place in up to a hundred countries around the globe. To take part in the consultation in your country, please contact the UN country coordinator and ask to be invited. You can find a list of email addresses here: www.worldwewant2015.org/sitemap

Beyond 2015 This is a global campaign to ensure a strong voice of civil society in the post-2015 process. You can learn more at: www.beyond2015.org

MY World This is a global survey led by the UN and partners, through which everyone can vote for six of 16 issues that they want the post-2015 agenda to focus on. Please go to: www.myworld2015.org and place your vote. If you do not have web access you can vote offline. Please contact Anders Hylander at the address here: www.worldwewant2015.org/sitemap

The World We Want 2015 This website brings together all the consultations and processes related to the post-2015 agenda. You can find out more at: www.worldwewant2015.org
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 Til, 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 Breceljnik, 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
Population ageing

Presenting global trends

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

<table>
<thead>
<tr>
<th>Life expectancy</th>
<th>2011/12</th>
<th>2050 projection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life expectancy at birth by sex (men/women)</td>
<td>67.1 / 71.6</td>
<td>73.2 / 78.0</td>
</tr>
<tr>
<td>Life expectancy at 60 by sex (men/women)</td>
<td>18.5 / 21.6</td>
<td>20.9 / 24.2</td>
</tr>
<tr>
<td>Life expectancy at 80 by sex (men/women)</td>
<td>7.1 / 8.5</td>
<td>8.3 / 9.8</td>
</tr>
</tbody>
</table>

Population

| 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.


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.


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.

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.


**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.


**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.

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

“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
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 Imfareh 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.
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.
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.

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 (OEWG) 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.

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.

Barbara Dockalova is Campaigns Coordinator, HelpAge International, PO Box 70156, London WC1A 9GB, UK. Email: campaigns@helpage.org
How are countries doing?

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

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 social and economic wellbeing 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
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.

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.

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.

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.

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.


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.worldwevant2015.org

International agreements

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


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
National Association (EEPNA)
Old Age Health Network (RAPE), Kenya
Pastoralist Alliance, Kenya
Senior Citizens’ Association of (MUSA), South Africa
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Maseru Senior Women’s Association, Lesotho
Madagascar
Age-in-Action, South Africa
South Africa
KwaZulu-Natal Council for the Aged (KCNCA), South Africa
National Council on Ageing (NCA), South Africa
Mozambique
Age-in-Action, South Africa
Mozambique
APOSEMO, Mozambique
Fundacion Horizontes, Bolivia
Fundacion Línea de Salud, Bolivia
Fundación Salud y Vida, Bolivia
Fundación Social para el Adulto Mayor, Bolivia
Fundación Solidaridad con el Adulto Mayor, Bolivia
Fundación Unidad, Bolivia
National Foundation for Blind Care, Suriname
National Foundation for Blind Care, Suriname
Suriname
National Council of Senior Citizens
East Asia and Pacific
China National Committee on Aging (CNCA)
Coalition of Services of the Elderly (COS), Philippines
Council on the Ageing (COTA), Australia
Fiji Council of Social Services (FCOSS)
Foundation for Older Persons Development (FOFDEV), 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
Tia Foundation, Singapore
USIHAM, 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 Vignay Samiti (GRAVIS), India
HelpAge India
HelpCare Sri Lanka*
Pakistan Medico International Resource Integration Centre (RIC), Bangladesh

Eastern Europe and Central Asia
Dobroe Delo, Russia
Lavstavica, Serbia
Mission Armenia
Resource Centre for Elderly People (RCE), Kyrgyzstan
Second Breath (Gerontological Association of Moldova)
Turbotka pro Lutnix 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*

Latin America
AGECO, Costa Rica
Asociación Red Tiempos de Colombia
CAPIS, Peru
Caritas Chile
Centro Procesos Social, Peru
CESTRA, Colombia
CooperAction, Peru
Fundación Horizontes, Bolivia
Haitian Society for the Blind (SHAA)
IFEMIN, 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

Ageways February 2013

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.

1. In 2012, how many people in the world were aged 60 or over?
a) 810 million  
b) 81 million  
c) 8.1 million

2. By 2050, how many people in the world will be aged 60 or over?
a) 50 million  
b) 1.2 billion  
c) 2 billion

3. By 2050, there will be more people aged 60 or over than children under what age?
a) Under 5  
b) Under 10  
c) Under 15

4. Within 10 years, the number of people aged 60 or over will account for what percentage of the global population?
a) 22 per cent  
b) 15 per cent  
c) 9 per cent

5. 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?
a) 79 years and 71 years  
b) 83 years and 74 years  
c) 81 years and 67 years

6. In the past decade, the number of people aged 60 or over has risen by how much?
a) 17.8 million  
b) 178 million  
c) 1.78 million

7. 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?
a) Nearly four in five  
b) About three in four  
c) Just over one in three

8. 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?
a) 6  
b) 28  
c) 64

9. By 2050, the number of centenarians (people aged 100 years or over) worldwide will increase from 316,600 in 2011 to how many?
a) 430,000  
b) 3.2 million  
c) 1.1 million

10. For every 100 women aged 80 or over, how many men are there?
a) 61  
b) 95  
c) 78

11. Globally, what proportion of countries have comprehensive social protection schemes covering all branches of social security?
a) Two thirds  
b) About half  
c) One third

12. By 2030, the number of people with dementia worldwide is projected to be how many?
a) 4.3 million  
b) 28.9 million  
c) 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