



UNDERSTANDING AGEING:

Concepts
Demographics
Challenges

OBJECTIVES



1. Explain the concept of ageing and population ageing.
2. Differentiate between successful ageing and healthy ageing.
3. Explain the demographics of ageing at global, regional and national levels.
4. Discuss the challenges and implications of population ageing.
5. Overview of the situation of older persons in Malawi

INTRODUCTION



- ❑ Ageing is a pattern of life that occurs as one grows.
- ❑ There are different types of ageing such as biological age, psychological age, social age, legal age and functional age
- ❑ understanding the concept of ageing and population ageing form the critical basis for appreciating the social, economic, cultural and psychological aspects of the older population.

DEFINITION OF TERMS



AGEING

Is the process of becoming older. It is a pattern of life changes that occurs as one grows older. It is a process that goes on over the entire adult life span of any living thing . It is associated with changes in dynamic biological, physiological, environmental, psychological, behavioral, and social processes.

POPULATION AGEING

Population aging refers to changes in the age composition of a population such that there is an increase in the proportion of older persons. It is a demographic phenomenon that is happening in all regions of the world.

GERONTOLOGY

Is the scientific study of the process of aging.

GERIATRICS

Refers to health care delivery for the elderly. It is the branch of medicine that treats the conditions and diseases associated with aging and old age.

LONGEVITY

Longevity refers to the duration of life of an individual.

-Mean longevity is the average longevity of a population. This is often referred to as life expectancy.

-Maximum longevity is the age at death of the longest-lived member of the population.



In human beings it is usually manifested by neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease

OLDER PERSON

Refers to a person who is 60 years of age and over.

SUCCESSFUL AGEING

- ❑ It has become an important concept to describe the quality of ageing.
- ❑ Successful ageing involves three main factors which are; being free from disability or disease; having high cognitive and physical abilities; and interacting with others in meaningful ways.
- ❑ Gives a wider understanding of social and psychological adaptation process in later life.
- ❑ It can be viewed from a population or an individual level.

HEALTHY AGEING

- ☐ The World Health Organisation (WHO) defines healthy ageing as the process of developing and maintaining the functional ability that enables wellbeing in older age.
- ☐ Functional ability includes the person's ability to:
 - ☐ Meet their basic needs
 - ☐ Learn, grow and make decisions
 - ☐ Be mobile
 - ☐ Build and maintain relationships
 - ☐ Contribute to society

HEALTHY AGEING

- ❑ Functional ability consists of the intrinsic capacity of the individual , relevant environment characteristics and the interaction between them.
- ❑ Intrinsic capacity comprises all the mental and physical capacities that a person can draw on and includes their ability to walk, think, see, hear and remember.
- ❑ The level of intrinsic capacity is influenced by several factors such as the presence of diseases, injuries and age-related changes.
- ❑ Environments include the home, community and broader society, and all the factors within them such as the built environment, people and their relationships, attitudes and values, health and social policies, the systems that support them and the services that they implement.

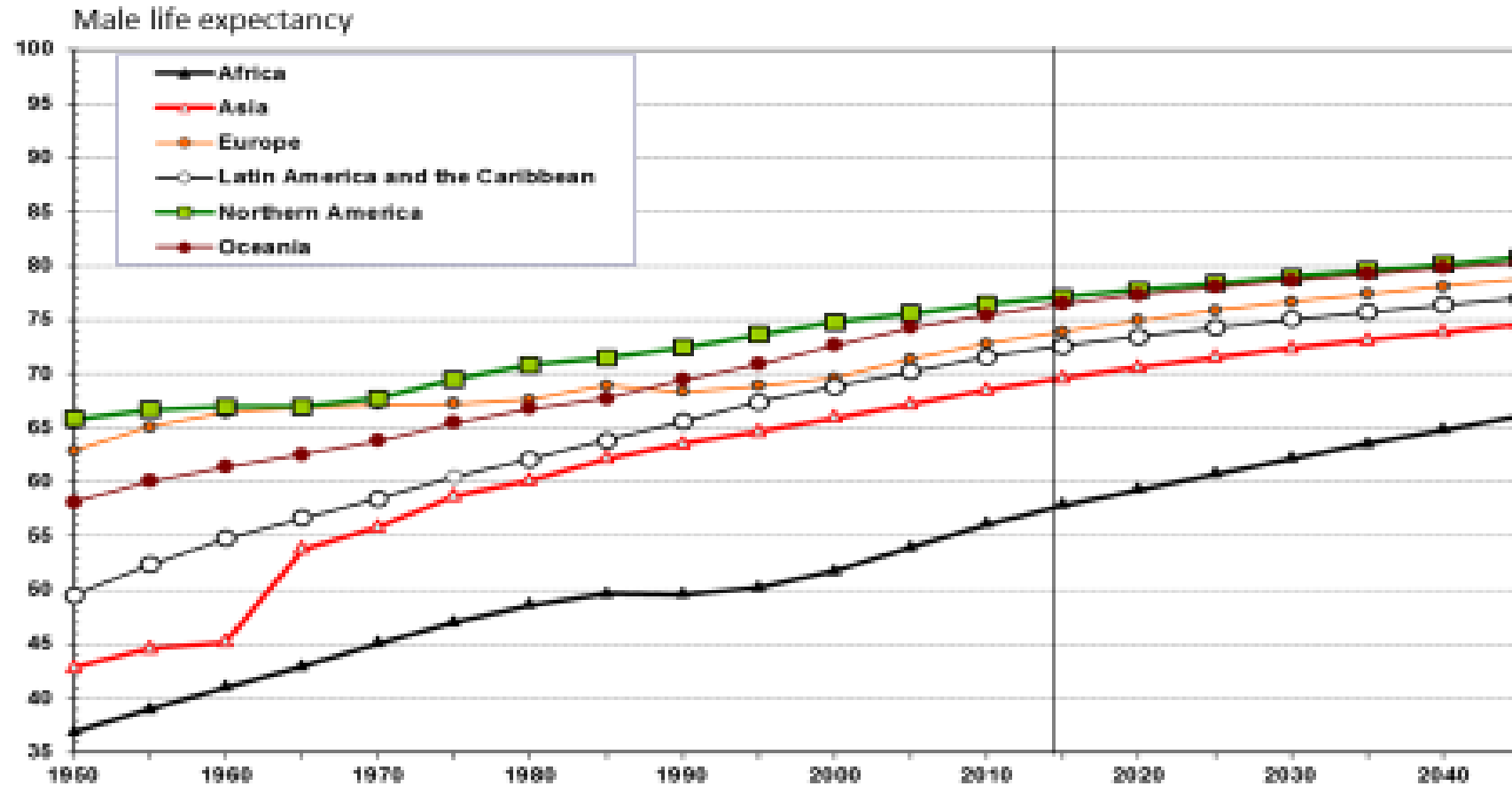
POPULATION AGEING DEMOGRAPHICS

- ❑ increase in the proportion of older persons in the population is happening in all regions of the world.
- ❑ Nearly every country in the world is experiencing growth in both the size and the proportion of older persons in the population.
- ❑ As of 2019, the global population aged 60 years and over was just over 1 billion people, representing 13.2% of the world's total population of 7.7 billion. That number is 2.5 times greater than in 1980 (382 million) and is projected to reach nearly 2.1 billion by 2050.
- ❑ Although the percentage of older persons is currently much higher in developed countries, the pace of population ageing is much more rapid in developing countries and their transition from a young to an old age structure will occur over a shorter period.

WHY POPULATION AGEING

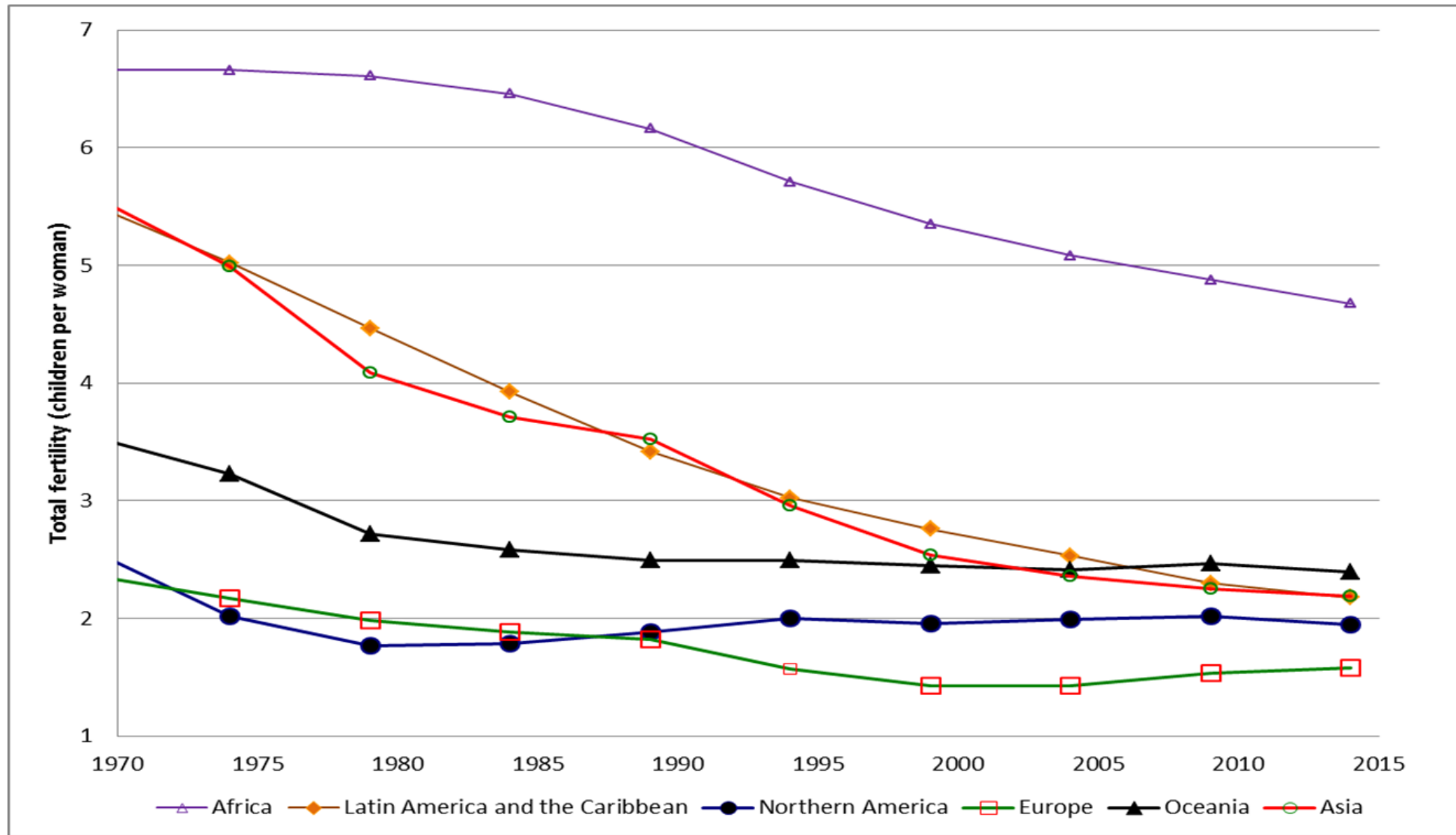
- ☐ Declining fertility rates
- ☐ Lower infant mortality
- ☐ Longer life expectancies
- ☐ Increasing survival at older ages

Increasing life expectancy

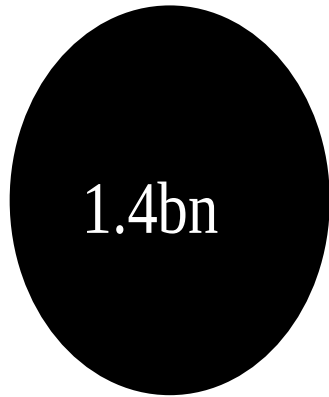


Source: United Nations (2013) *World Population Prospects: 2012 Revision*

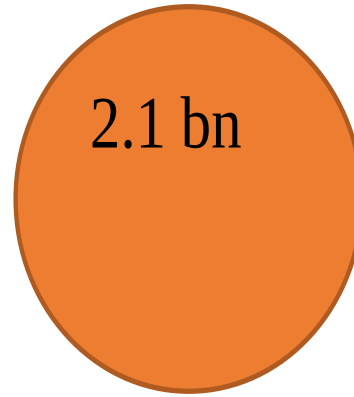
The bigger reason: Declining fertility



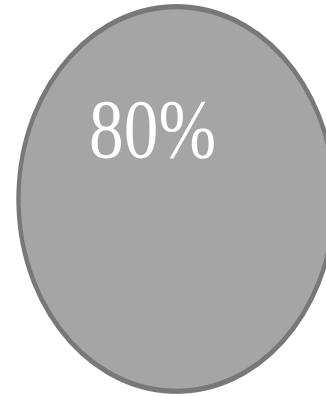
DEMOGRAPHICS OF AN AGEING WORLD



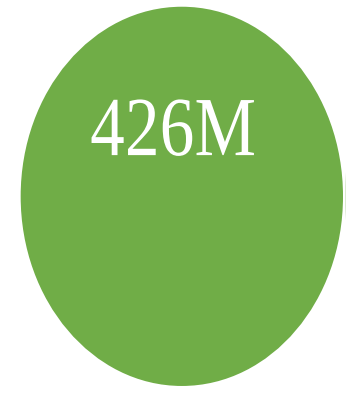
people will be aged 60
years or over by 2030



older people will make
up more than one-fifth of
the total population by
2050

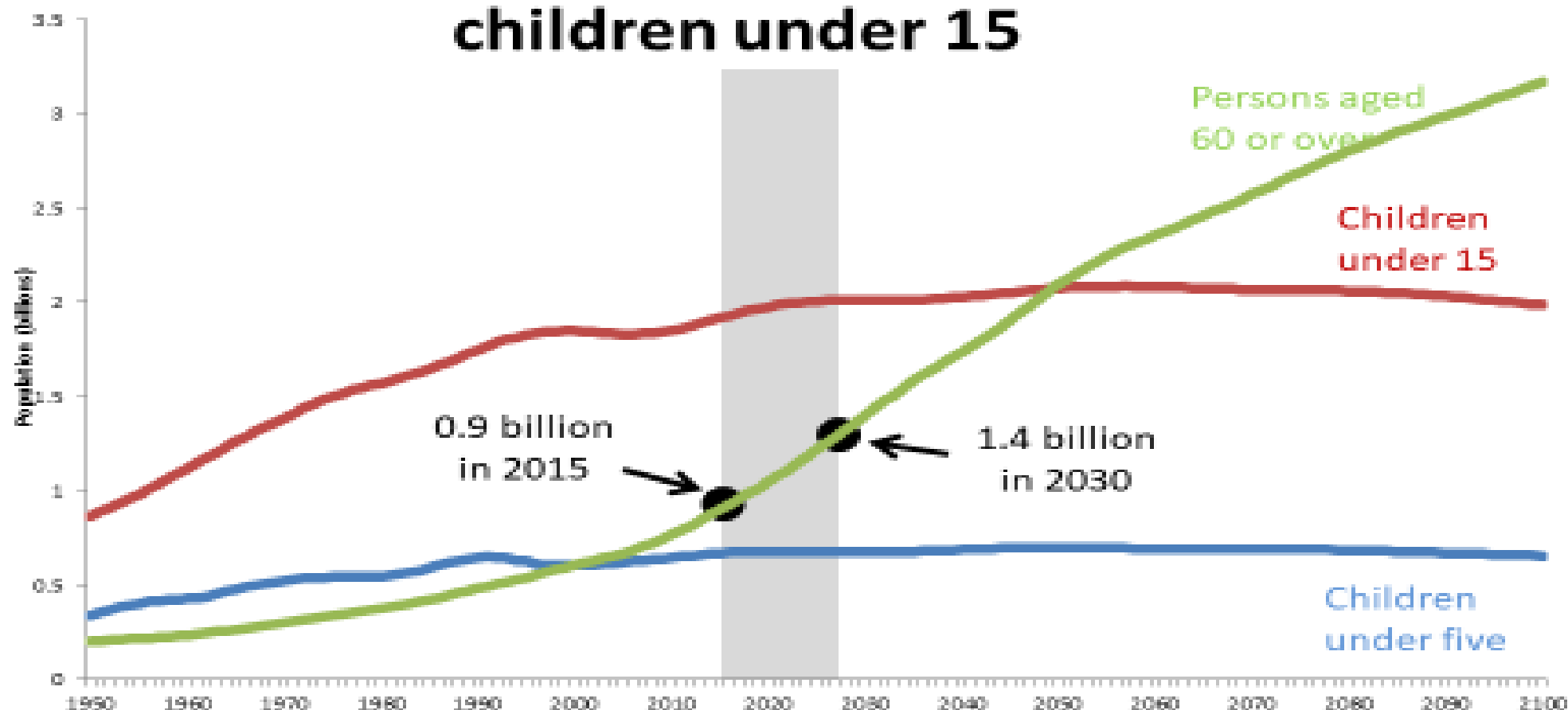


of older people will
live in low- and
middle-income
countries by 2050



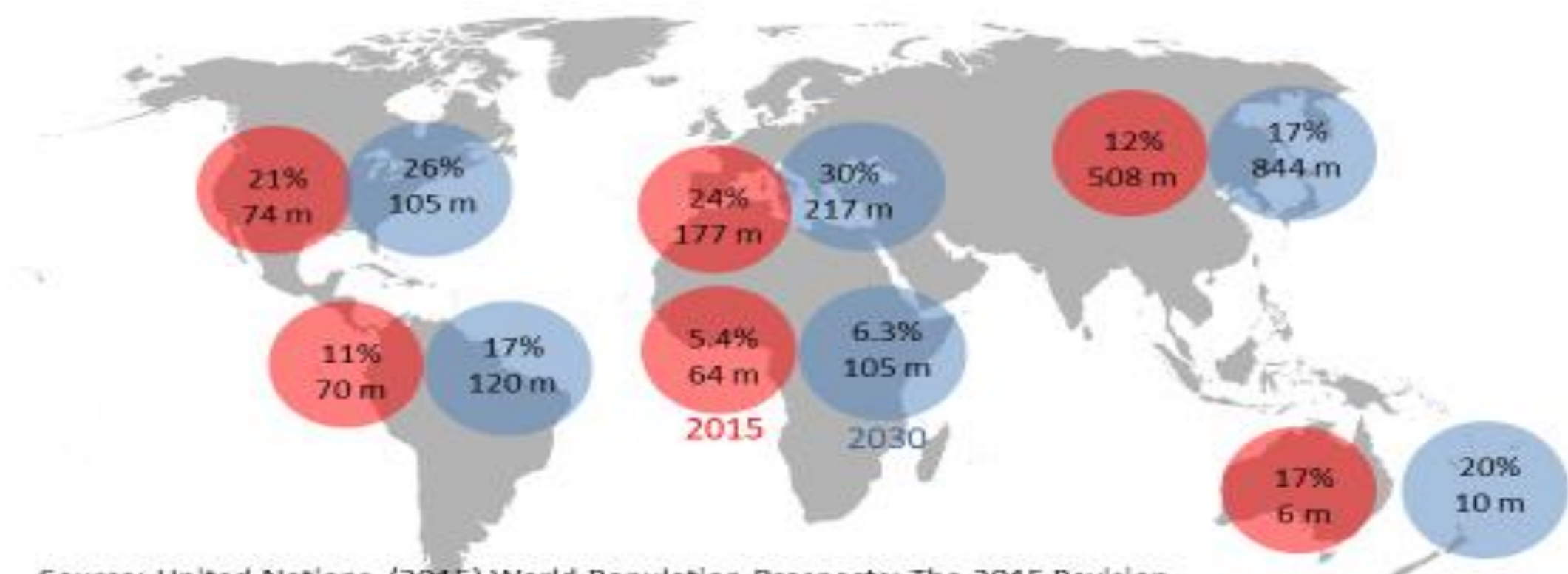
the number of people
aged ≥ 80 years
2050

By 2050, there will be more older persons than children under 15



Source: United Nations (2015) World Population Prospects: The 2015 Revision

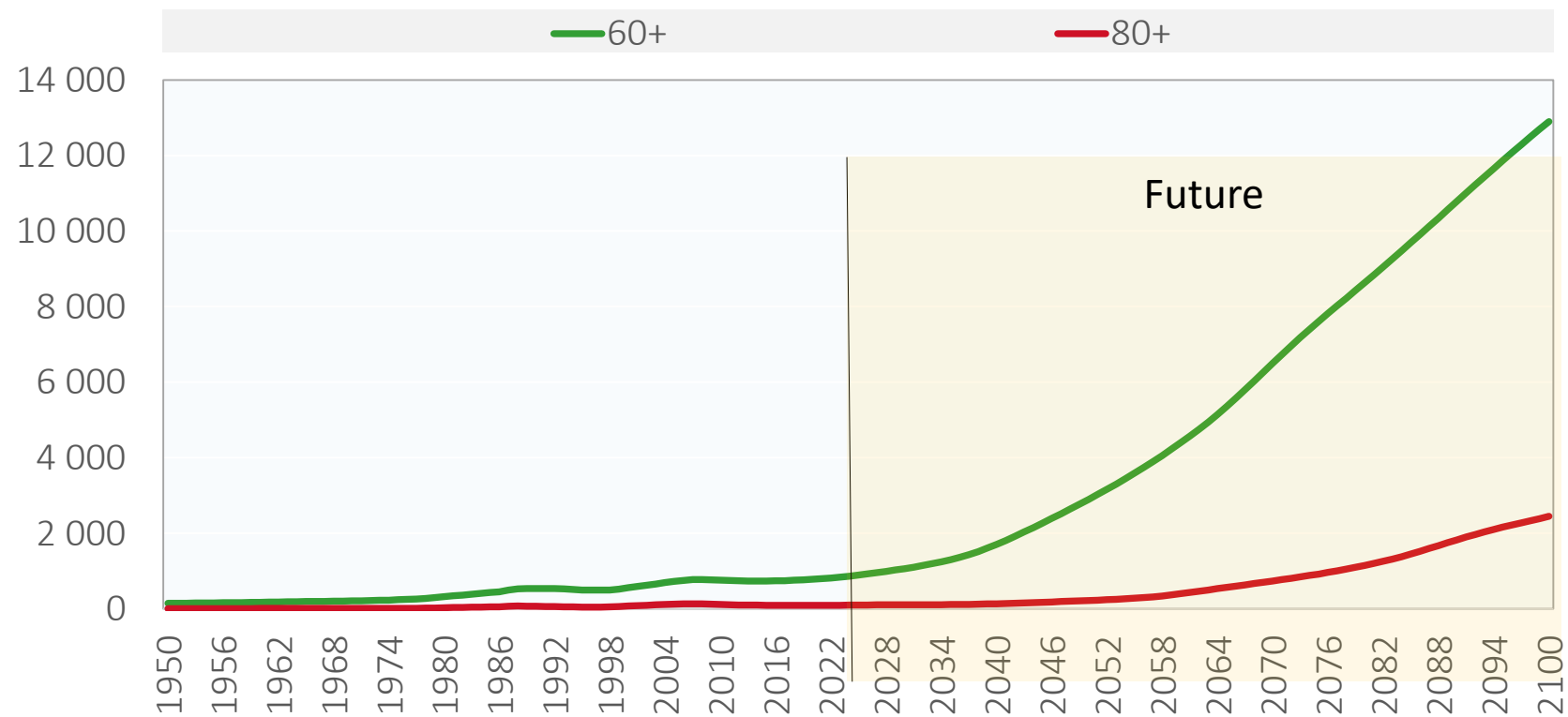
All Regions of the world are ageing



Source: United Nations (2015) World Population Prospects: The 2015 Revision

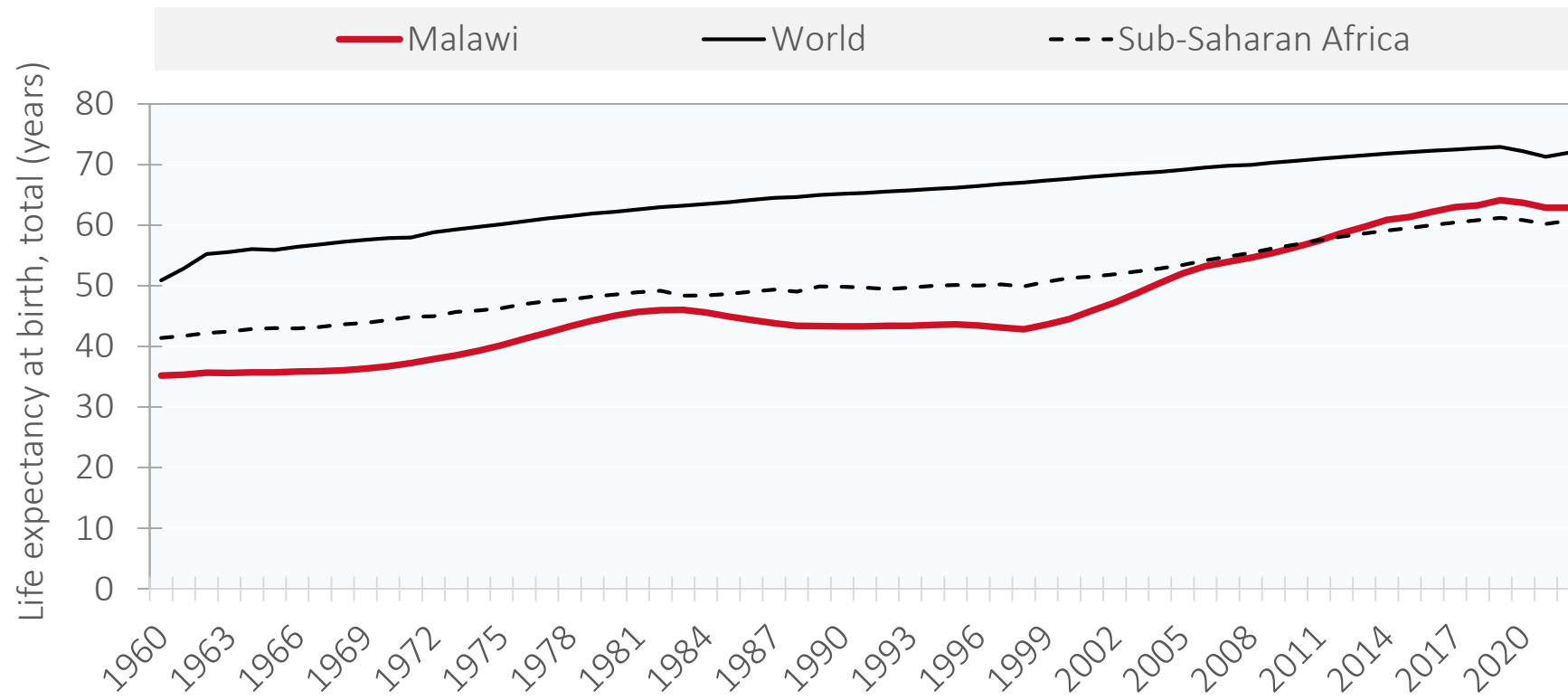
Introduction and Demographic Ageing

The number of elderly in Malawi will rise...



Introduction and Demographic Ageing

...with each individual likely to get older.



IMPLICATIONS AND CHALLENGES

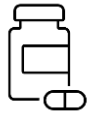
- ❑ Population ageing is a successful story that raises critical new challenges related to economic growth, economic security in old age, health care, and the strength of familial support systems.
- ❑ Aging populations impact productivity, labor markets, health, social security systems, social cohesion, and societal development.
- ❑ Population ageing is also raising concerns about the ability of countries to provide adequate social protection and social security for the growing numbers of older persons. Ensuring a secure income in old age is seen as a major challenge for governments facing fiscal problems and competing priorities.
- ❑ Health is another major concern for older persons.
- ❑ More data are needed to understand the needs of older persons in Africa

The situation in Malawi

The social and economic situation of older people in Malawi remains dire.



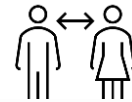
Poverty



Ill health



Witchcraft accusations



Social exclusion



Discrimination





THANK YOU