

# Asia Next on Ageing: New Challenge “Active Aging” in Korea and ACAP



Research Institute of Science for the Better  
Living of the Elderly

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# Research Institute of Science for the Better Living of the Elderly (RISBLE)

- Founded 1997
- Developing Programs & Action Research
  - Wellageing Programs
  - Social Drama
  - Internet Navigator
  - Cyber Family
  - Narrative Skill
  - Active Aging



# Active Aging Consortium in Asia Pacific(ACAP)

- Founded 2005
- Over 20 countries and 500 members on line
- Homepage: <http://acap.wellageing.com>
- **Facebook:** Active Aging Consortium in Asia Pacific –ACAP  
[https://www.facebook.com/pg/Active-Aging-Consortium-in-Asia-Pacific-ACAP-388621244638075/events/?ref=page\\_internal](https://www.facebook.com/pg/Active-Aging-Consortium-in-Asia-Pacific-ACAP-388621244638075/events/?ref=page_internal)
- International conference every month on SKYPE & Zoom
- Newsletter 6 times in a year

# Historical Context for Active Aging

- Background active aging in Policy

- Response to the social and economic changes by the rapid aging population throughout the world (Aging Population)
- 1973-1974 Oil Crisis (Pension system)
- 1980s OECD, G-8 (Dependency)
- UN from 1970s ~ World Assembly in 1982
- 1999 the Year of the Older Person and a second World Assembly on Aging in Madrid in 2002 (old persons and development, advancing health and wellbeing into old age, ensuring enabling and supportive environment)
- 1998 OECD( Maintaining Prosperity in Ageing Society) -7 principles to innovate strategies
- Age Friendly City

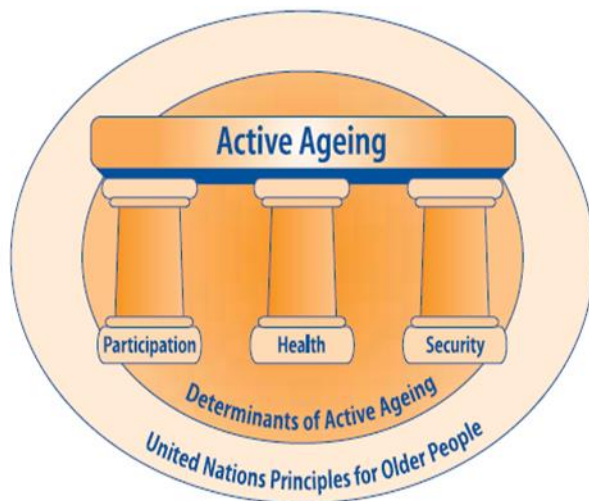
## Active Aging:

The desire and ability of many older people to continue work or other socially productive activities well into their later years

# WHO Active Aging

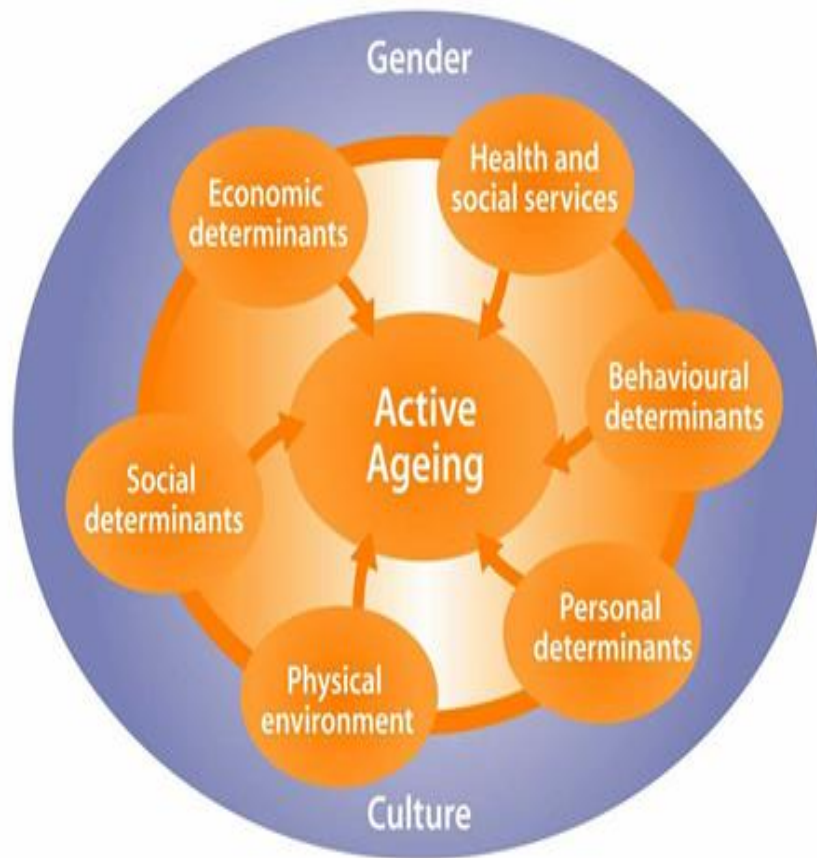


Active Aging is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age



World Health Organization  
2002 Policy Framework(WHO,2002)

# Contents



Healthy aging  
Successful aging  
Positive aging  
Age friendly communities  
Aging in place  
Life course perspective  
Gender and culture  
Intergenerational exchange  
Human rights

\*\*\*anti-aging(?)

# Active Aging Consortium in Asia Pacific(ACAP)



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## Mission

**The mission of ACAP is to provide a forum in Asia Pacific for the sharing of research, policy ideas, and best practices for Active Aging. Specifically**

**ACAP** supports country and community representatives to increase local awareness of Active Aging through lectures, conferences, and training.

**ACAP** contributes to global exchange of Active Aging ideas through its website, through national and international conferences, and by collaborating on projects of mutual interest

A graphic consisting of several stylized, overlapping hands in shades of orange and yellow, reaching upwards and towards each other, symbolizing unity and support.

Active Ageing  
A Policy Framework



# Namhae Declaration

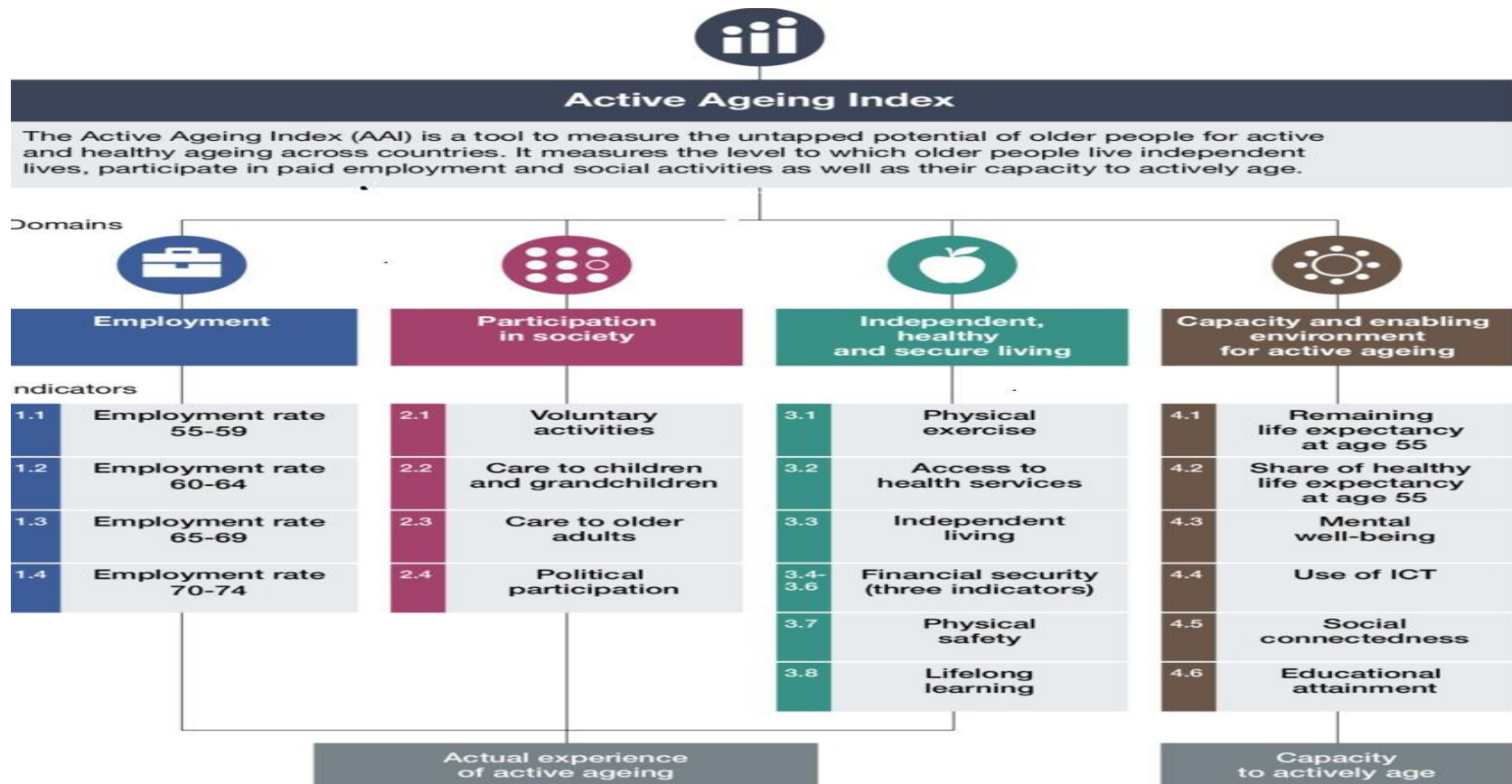
May 2007

- **Article 1** – We recognize the need to empower the elderly as social capital (not a burden).
- **Article 2** - We commit ourselves to helping to create age-friendly society, where healthy and active aging are secured.
- **Article 3** - We recognize the mutual relation between the healthy city and active aging.
- **Article 4** - We commit ourselves to integrate the elderly into society through digital aging, which prevents elderly exclusion from information and raises the quality of life.



# 2014 Active Aging Index UNECFE & European Commission

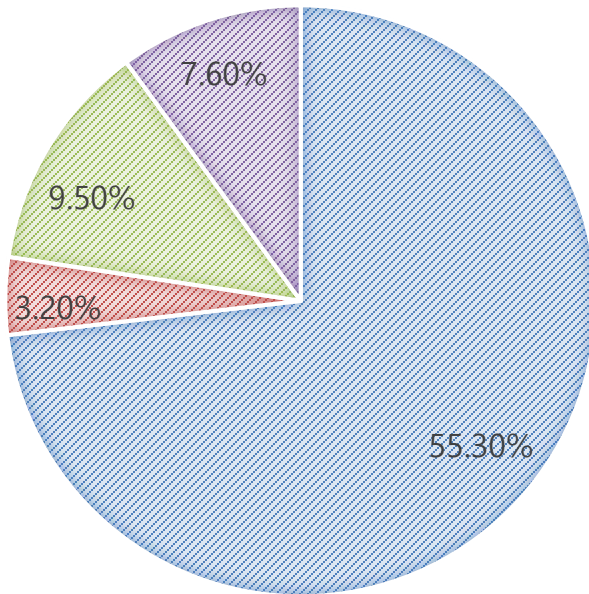
- Employment, Participation in society, Independent healthy and secure living, Capacity and enabling environment for active aging



# What's meaning of Aging in Asia

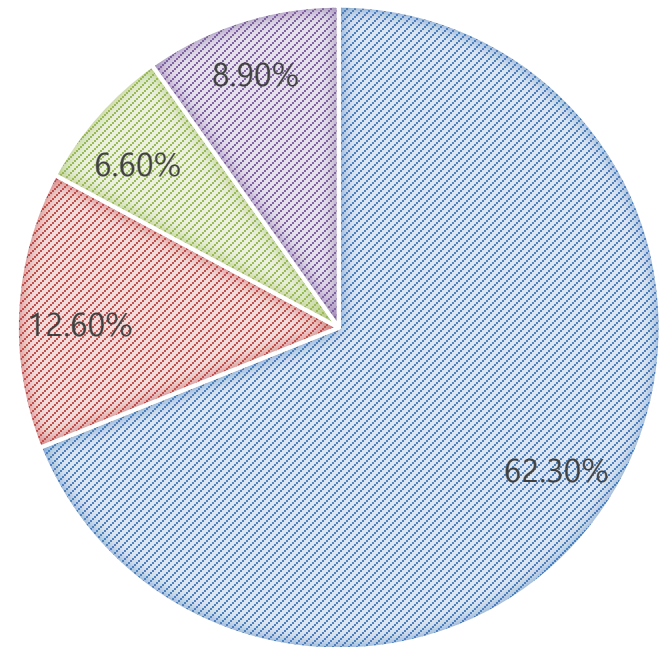
2015

■ Asia ■ EU ■ North America /Oceania ■ Latin America



2050

■ Asia ■ EU ■ North America/Oceania ■ Latin America

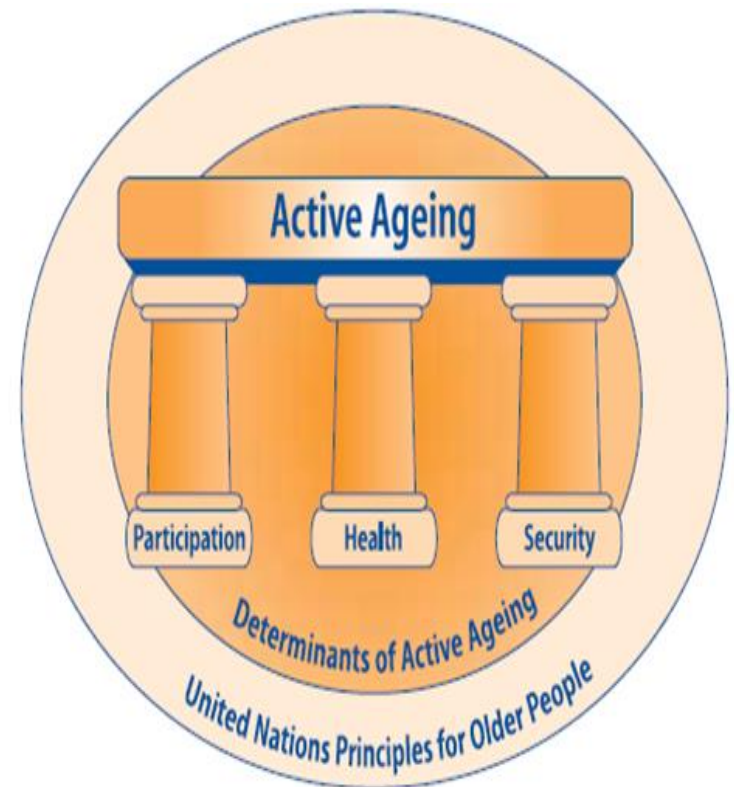


# KOREAN REALITY

- Increasing Elderly Poverty, Debt Rate



Efforts to Challenge



# Community Bases

- Care
- Dementia
- Formal approaching
- Workforces
- Physical Activity Guidelines
- Co-work(medical & social)
- Technology

# 2018 Active Aging Report in Korea

## The Korea Parliamentarian Forum

- Active Aging policy for super aged society in Korea
- Feb.1~ June 20, 2018
- Main contents:
  - Historical research for active aging
  - WHO, EU, ACAP
  - Focus group interviews
  - Suggestion for community for Active Aging
  - International Training Center for Active Aging

# Result of FGI Interview

1. What is concept of Active aging?
2. How does Active Aging connect to Healthy Aging?  
Productive Aging?
3. What do you think of the factors in the EU Index or Active Aging?
4. How should the EU Index of Active Aging be adapted for Asia?
5. Do you think that Active Aging Policy is needed for both healthy and frail elders? If yes, would you explain more details the reasons?
6. Please share a best practice for Active Aging in your community
7. What kind of policies are needed to support an Active Aging Society?
8. If ACAP were to develop International Active Aging courses, in which areas could you lecture?
9. Please share any other thoughts.

# Support Experts

- Japan: Takeo Ogawa (President AABC)
- USA: Kathryn Braun (President ACAP)
  - Cullen Hayashida (Board member of USA ACAP)
  - Betsy Werley(Director, Network Expansion for Encore.org based in New York City)
- Canada: Allen Grou( Member of ACAP)
- Singapore: Thelma Kay( Representative Singapore)
  - Leng Leng Tang( Member of ACAP)
- Indonesia: Tribudi Raharjo( Representative Indonesia ACAP)
- Thailand: Kaysorn Sumpowthong(Representative Thailand ACAP)
- Australia: Nan Boaster(Representative Australia ACAP)
- France: Moira Allan( co founder and International coordinator of the Pass it On Network)
- Israel: Berner Yishal ( Professor of Sackler School of Medicine,Tel Aviv University)
- Malta:Rosette Farrugia Bonello( Deputy Director, International Institute on Ageing, United Nation-Malta(INIA))
- Discuss: United Kingdom: Asgzar Zaidi(Visiting Professor, centre for Analysis of Social Exclusion, London School of Economics)

# What is concept of Active Aging?

- To maintain health, sufficient money, meaningful work, paid or unpaid, curiosity, independence
- WHO definition of active ageing which is conceptually holistic, covering the 3 pillars of health, participation and security.
- Active participation in the labor market, on participation in family, community and society, actively involved with my community, How to Live Long and Live Well, IKIGAI,
- All Age-friendly cities and communities, keeping active life style, keeping clean environment, living with nature and not fighting it, exercise- keeping movement, keeping routine activities, equality and confidence in the future, individual's role in activity

WHO 3 pillars( Participation, Health, Security) + Meaningful life



# How does Active Aging connect to Healthy Aging? Productive Aging? and Age friendly Community?

- Active aging is the best way to achieve healthy aging.
- Active Aging will support Age friendly communities.
- Healthy ageing, Productive aging and Age-friendly communities are also important aspect for Active Aging
- They are all parts of a whole
- The Age Friendly Communities program highlights all of those themes. ) All are connected and inextricably linked and fall under the holistic ambit of active ageing

WHO has defined healthy ageing as the process of developing and maintaining functional ability comprising intrinsic capacity. Productive ageing has also acquired increased importance for post-retirement and lifelong employability and volunteerism. Age friendly communities have been increasingly recognized for its importance to ageing in place and community-based long term care.

They are all overlap with same premise of achieving good and happy aging for all

# What do you think of the factors in the EU Index or Active Aging?

- Allows comparisons between countries and progress, a very comprehensive composite index comprising 22 indicators across 4 domains,
  - A useful analytical tool to measure trends, serve as a global index. be adapted and refined to suit national and regional contexts.
  - A tremendous resource volunteer hours including mentoring
  - Capacity and Enabling Environment for Active Ageing: Key factors Active Ageing Policy and key to supporting older adults to age well.
  - A good starting point to be used as a tool for countries to identify the challenges and opportunities linked with population ageing
- 
- The factors found in the EU index are relatively minimum requirements
  - Need to see whether there are good measures at the individual level of active aging and determine whether those individual measures can be grouped to become good societal measures. Some individual facets may not be included in the EU index. Self-employment and paid volunteerism and age-friendly infrastructure also.
  - To keep healthy and clean environment, In terms of prevention of social isolation, health management and prevention aspects

# How should the EU Index of Active Aging be adapted for Asia?

- In general can be adapted, Not living in Asia, I can't answer this question
- There is a value in using what others have already used for comparative purposes FIRST and then consider additional measures based on what Asia needs at a second phase.
- We should start by using this tool to explore the AA situation in our country and establish network or core group to implement the program regarding the score that reflect from the survey. Every domain needs to adapt or find some challenges relevant to the country.
- In Asian countries, fundamental statistics are not standardized yet. We cannot identify the population de facto in communities. Therefore statistical data will not able to describe the active aging situation comparatively.
- It is important making explanations concerning the special conditions in Asia. No Winners
- Family relationship with active aging , Cultural aspects will be important

# Do you think that Active Aging Policy is needed for both healthy and frail elders?

If yes, would you explain more details the reasons?

- Active aging concept can be implied for both healthy and frail elders. It is important as preventive long term care and for healthy life expectancy. We need to realize the potential of frail elders.
- Active aging policy should cover the life course and include healthy and frail elders. For health, policies should cover health promotion and preventative activities, rehabilitation, management and treatment, long-term care. The policy is needed to promote healthy lifestyle, education, and financial security over the life course. most people become frail and have cognitive impairment near the end of life.
- For frail elders, the psychological active is important. Sustainable Abilities Physically, Mind, Spiritually and Socially. There cannot be any aspect of ageing that is ignored or not considered as an important part of ageing. The frail elders can also be active and useful in their own ways.
- No. when person is frail he needs special attention

# Please share a best practice for Active Aging in your community

France: The French Association Old 'Up(Groups, Digital literacy, Scientific committee, Growth and development, Communication)

USA: a 1,000 hour "internship" with an NGO, Experience Corps recruits people 50+ as unpaid mentors and tutors for elementary school children, New York City's Dorot program, Awareness Campaign, Warehouse of Opportunities, Personal Development Training, Social Security system

Singapore: City for All Ages to facilitate ageing-in-place, age-friendly environment ,Skills Future and National Silver Academy, Integration of health and social care, Intergenerational schemes such as multi-generation priority housing, co-location of eldercare and childcare facilities, Employability of older workers such as through legislation (Employment and Re-employment Act), Tripartite Alliances to facilitate lifelong employability etc, a new community befriender program.

Canada: The City of Waterloo is designated among the Global Network of Age-Friendly Cities.

Malta: Malta's National Strategy of Active Ageing

Thailand: Volunteering      Israel: Participation of elderly in daily life

Indonesia: International council of active aging; spiritual, intellectual, emotional, physical, social, vocational and environment

Australia: Local Government employs staff as Community Development Officers for the Aged and Disabled.

Japan: Integrated Community Care System, Japanese Type Continuity Care Retirement Communities, Naturally Occurring Retirement Communities in Depopulated Areas, "Michi-no Eki", Road-side Business by Older Persons for Drivers.

# What kind of policies are needed to support an Active Aging Society?

- Governments stating that they are planning for 100-year lives in a society for all ages. Policies that encourage healthy aging, Create age-friendly communities through universal design and co-location of services.
- Set up life-long learning, volunteering, work, and caring, expand opportunities for financial security in later life. Favor home and community care over institutional care. , "in community" to the "ageing in place" policy mix of the city – youth, families, immigrants, older people ...  
Building community
- The value of older adults as contributors, policies that support Active Aging Societies include investing in programs that enable older adults to contribute their time and talent to their communities.
- Educational programs on technology so that older adults have access to information, services and communications, health care, financial security public transportation, access to paid work without age-related barriers, mandatory retirement ages, etc.

- Policies which are holistic and take a whole-of government approach involving concerned agencies, and also tripartite alliance of government, private sector and civil society. In addition, policies are needed to combat ageism and to promote older persons as contributors and not burdens to society.
- Policies that promote inclusivity and accessibility, that promote active ageing across the life course...Barrier-free buildings and streets enhance the mobility and independence of people with disabilities, young as well as old. Secure neighborhoods allow children, younger women and older people to venture outside in confidence to participate in physically active leisure and in social activities.
- The operative word in age-friendly social and physical urban settings is enablement.

- A National Active Ageing Policy which should serve as a guideline of what needs to be done.
- Awareness against ageism, Dementia friendly communities etc...and what services need to be implemented. In our case, in Malta, this strategy is supplemented by A National Strategy on Dementia and Minimum Standards in Care homes. At the moment work is being done on the 'Cares Act'. Also, laws have been implemented for Elder Abuse.
- Volunteering work in Thailand has been supported by many organizations both private and government sectors for example health volunteers. At present they receive premium of 600 baht per month and health insurance cover. We also have active ageing center in terms of elderly club in every province in Thailand where members can attend sessions relevant to their needs. What to do next, we need business sector to support this too.



- In Indonesia active aging policy is part of the national strategy on aging that will be declared by the President of The Republic of Indonesia
- Japanese national government is challenging on active aging society based on "general politics measurement for the aged society" Also, every municipality is challenging to active aging society. For example, Fukuoka city is challenging toward "Fukuoka 100: Centenarian friendly city program." Universal Health Coverage, Ageless and Prolonging Work, Social Inclusion, Living Lab Type Innovation of Life Environment
- Social security, keeping human rights and equality and encouraging participation

# If ACAP were to develop International Active Aging courses, in which areas could you lecture?

- The Future
- Programs that engage older adults in using their talents for social impact.
- Theoretical and conceptual frameworks (Innovation and new approaches for active ageing, Global and regional aspects of ageing, Human resources needs for ageing societies including long-term care)
- Age Friendly Communities a National Strategic policy – including its advantages and its pitfalls. dementia-friendly communities
- 7 dimensions of active aging
- Positive ageing; how seniors and the Age Care Industry can benefit from Technology; The valuable role played by family caregivers and how they should be supported.
- Intergenerational connections as part of active aging
- Active aging courses for the general public to transition into retirement and other non-credit courses to help active older adults make that transition into retirement
- Healthy aging and volunteering.
- Conceptual Framework (History, Showcasing Best Practices, Policy-making, Designation, Planning, Evaluation Researches, Action Researches)
- Geriatric & Bio health

# Other opinions for Active Aging

- The Reframing Aging toolkit, funded by most of the large US aging organizations, is a valuable reference to understand the public's view of aging and to offer ways to "reframe" issues to build support.
- Present and future needs of ageing societies cannot be met with yesterday's outdated solutions but must be addressed with updated and holistic understanding of active ageing.
- **Dementia**-friendly communities are communities whereby the infrastructure and all the people are aware of what dementia is and know how to communicate with someone living with dementia. So for a dementia friendly community all stakeholders in general population, businesses, bank clerks, etc. need to be trained.

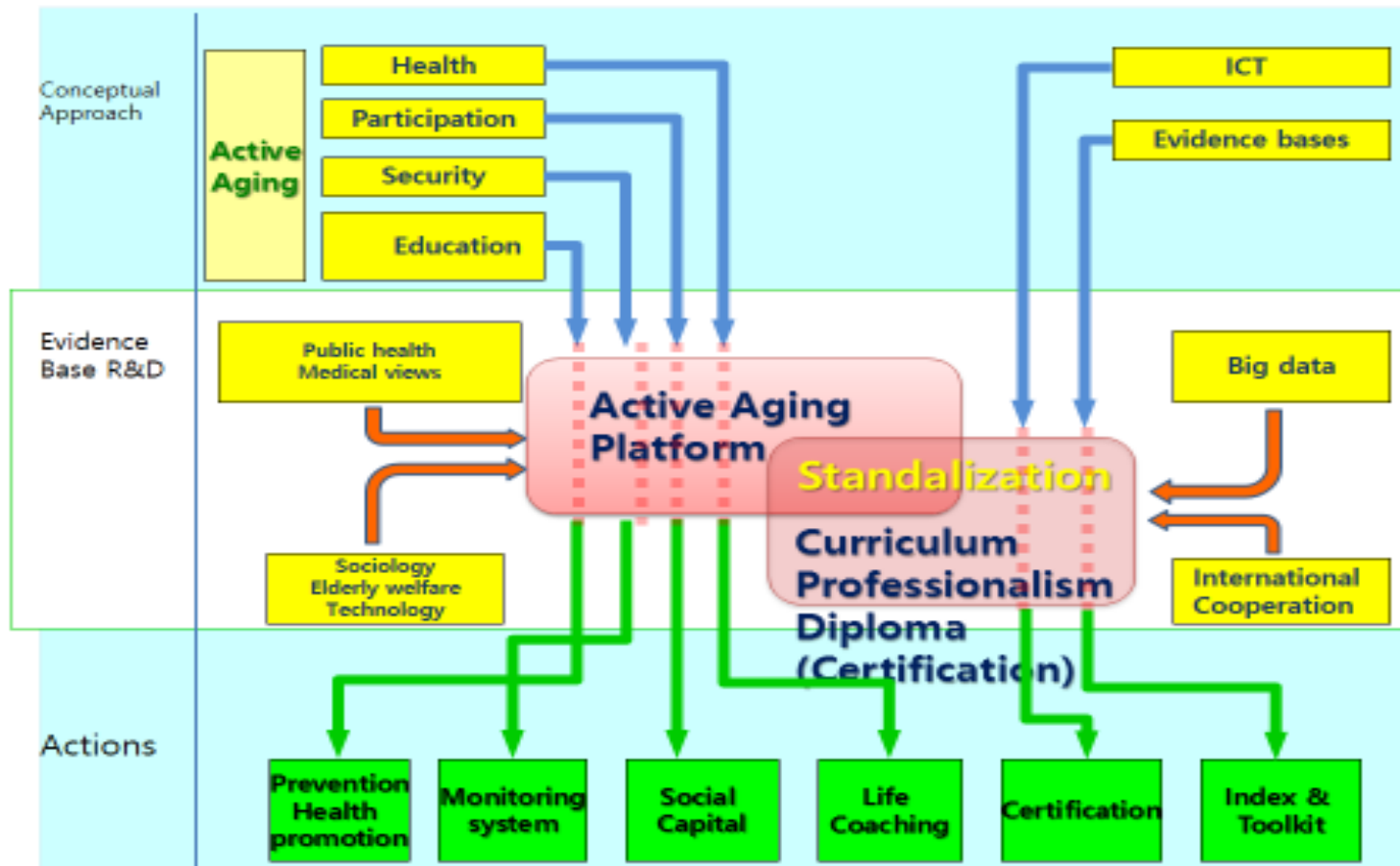
- It is the fact that many people are interested in Active Ageing. We therefore need to provide them with concept, practice and guideline on how to become active while we are aged.
- Social media need to be used effectively.
- Certification in formal and informal education and training
- Nowadays there are more use of concepts like well aging, well-being, purposeful aging as well, how does active aging give an idea that one can be active regardless of health states, that is important for us to make active aging inclusive for all, and even for the younger ones.
- "Active Aging: A New Paradigm for Gerontology"
- We need to establish the International Training Center for Active Aging

# Result



Constanca Paul(2012), et al,  
Active Aging : an Empirical Approach to the WHO Model,  
Current Gerontology and Geriatric Research Vol 2012.

# International Training Center for Active Aging



# International Training Center for Active Aging: Suggestions

- Focus Asia Pacific and EU Models
- Each of country has own Model and make a Cluster. For example: Fukuoka Center, Busan Center, Hawaii Center, Singapore Center, Hong Kong Center, Jakarta Center, Thailand Center
- All representatives nations are expert and having action frames. Hence we should work together as name of ACAP.
- With Actions and Road Scholars with Old Persons. It will be booming Active Aging and a big Aging Industry in Future.

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