

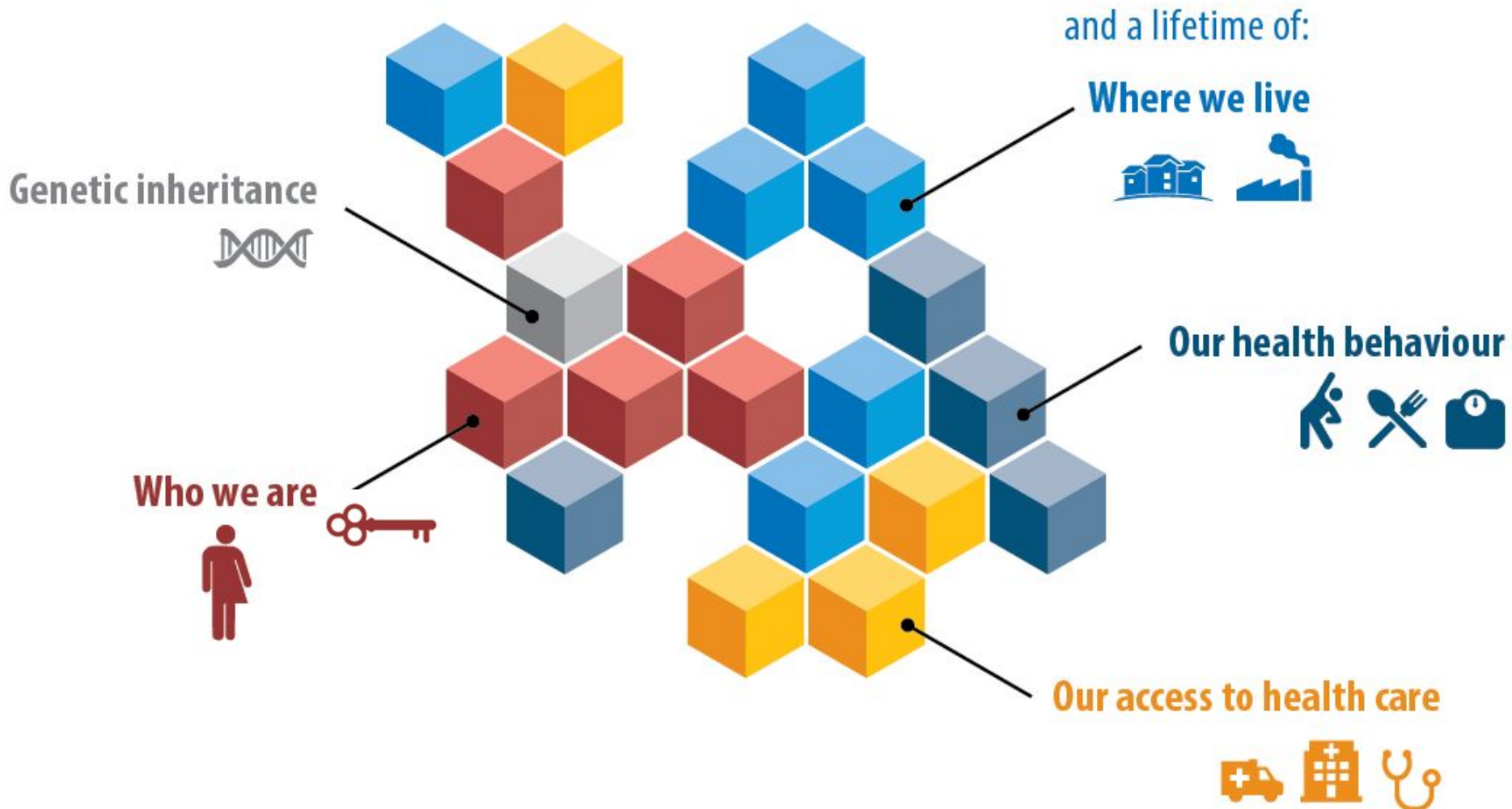
Health & Wellbeing of Ageing Population- Way Forward

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Health in old age is not a random phenomenon

What makes us age differently?



Health in old age in Kerala

Access to primary health care

Access to education for several generations

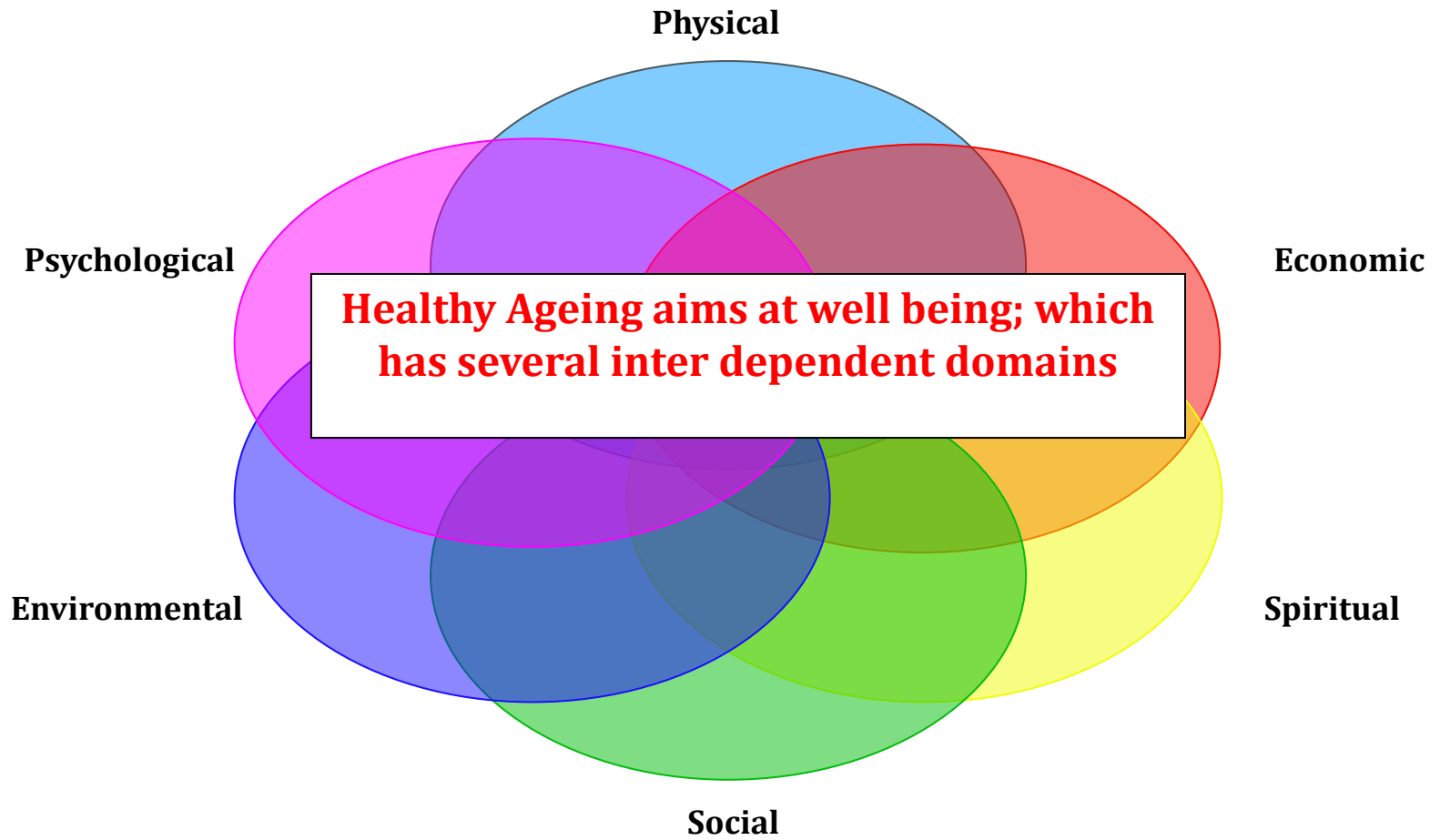
Weather, water and air

Food habits & Alcohol

Migration

Very small families

Care giving mechanism



Healthy aging is a continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course.

(WHO, 2021)

Healthy ageing is a developmental goal. It thus requires policy, societal collaboration and individual action.

What constitutes good health in old age?

- Biological decline, metabolic effects of life process; and impact of exposure to internal and external environmental hazards are a part of life, so some decline is a part of healthy ageing and is inevitable.**
- Identification of the deficits and prevention at each level can lead to good health in old age.**

Disease & Disability in Late Life

Acute: infection, vascular events, accidents

Chronic: Hypertension, cataract, heart disease, chronic bronchitis, diabetes, degenerative arthritis, depression, stroke, enlargement of prostate, cancers, functional GI disorders

Health problems in the very old: physical dependence, stroke, osteoporosis & fracture, heart failure, dementia

Disability: vision, chewing, hearing, locomotion, cognition

Important issues in old age

- cardiovascular health
- cognitive decline & dementia
- bone health & rheumatism
- vision & hearing
- nutrition & supplementation
- Gut health
- physical activity & exercise
- sleep
- managing medication
- immunization
- sexuality
- worries & anxiety
- living alone
- bereavement

Evolving health challenges in the very old

- **Cognitive decline**
- **Loss of mobility due sarcopenia, arthritis and osteoporosis**
- **Excessive ageing and frailty**

These are over and above the chronic diseases of adult life.

What affect the quality of life in old age are:

**Physical frailty
Poor muscle strength
Painful joints
Fragile bones & risk of fracture
Unsteady gait
Black out & falls
Failing memory & mind
Loneliness**

Most practical indicator of measuring wellbeing in old age: ADL

**Basic
Intermediate
Advanced**

How to achieve health & wellbeing in advanced age?

- Primordial and primary prevention are difficult to achieve.
- Prevention of a very few vaccine preventable is possible, but logistic challenges of mass vaccination is humongous.
- Secondary prevention with early detection of disease conditions is essential and possible through a well functioning health system. This can limit disability.
- Tertiary prevention is possible with targeted rehabilitation and application of suitable assistive devices and technology.

Action Areas For Healthy Ageing

- **Person Centred Health care**
 - **Conceptual framework- ICOPE Approach of WHO**
 - **Implementation at all levels of health care: need for a Kerala model**
 - **Geriatric Medicine in health system**
- **Longterm care for those who need it**
 - **Need to look beyond the care of bed bound and demented**
 - **Families spend substantial resources (human and financial) in managing acute events in chronic health conditions**
 - **Financial support for long term care**
 - **Institutional care for those who do not have family support**

Action Areas For Healthy Ageing

- **Age Friendly Environment**
 - Infrastructure
 - Policies and programmes
 - Community & Family
- **Addressing Ageism**
 - In health system
 - In thought and action

How prepared is Kerala in empowering its ageing population?

- **The health system needs to put in place services for older people providing person centered care.**
- **Provision of affordable long-term care is an area of priority action and requires substantial amount of planning and deliberation.**
- **There are lot of work in progress; being a part of Vision 2031 is an indication of the serious intent of the State.**

**It is good to be alive and old than
remaining young and dead.**