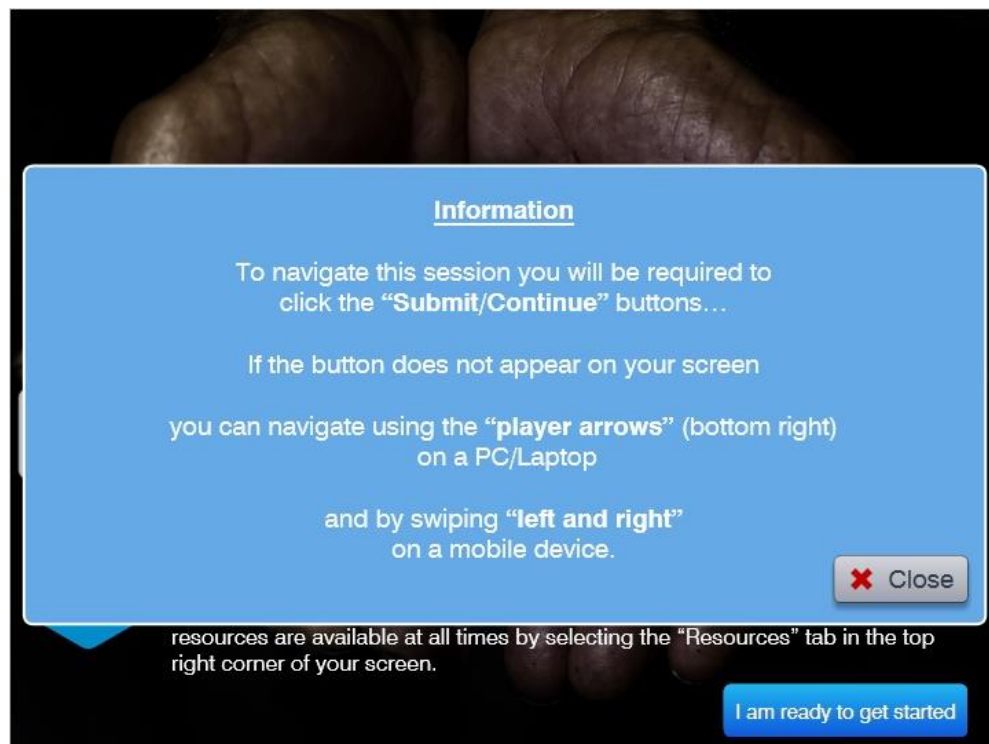


# 1. The Global Ageing Population

## 1.1 Introduction




**Information**

To navigate this session you will be required to click the “**Submit/Continue**” buttons...

If the button does not appear on your screen

you can navigate using the “**player arrows**” (bottom right) on a PC/Laptop

and by swiping “**left and right**” on a mobile device.

 Close

resources are available at all times by selecting the “Resources” tab in the top right corner of your screen.






[I am ready to get started](#)


## 1.2 Instructions Layout

### This Activity


**Flow of Stages in completing this activity**

This session contains a series of exercises that have been specifically designed to help you move through the activity.


-  **Defining** the problem
-  **Familiarising** with key concepts, principles and practices of mental health promotion
-  **Identifying** priority areas for mental health promotion for the target group
-  **Critically evaluating** promising mental health promotion strategies/interventions
-  **Reflecting** on the challenges of implementing mental health promotion strategies across the globe



### 1.3 Question 1




## Adults aged 60 and over




Why are adults aged 60 and above, a priority group for mental health promotion efforts across the globe?

Enter your answer here




Submit my Answer

### Sample Answer Q1



Here is a sample answer you can compare your answer with.

## Adults aged 60 and over



Why are adults aged 60 and above, a priority group for mental health promotion efforts across the globe?

Enter your answer here

Globally, the population is ageing rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%. Mental health and emotional well-being are as important in older age as at any other time of life. Neuropsychiatric disorders among the older adults account for 6.6% of the total disability (DALYs) for this age group. Approximately 15% of adults aged 60 and over suffer from a mental disorder. By 2050, 80% of older people will be living in low and middle-income countries.

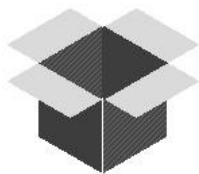
→ Continue

## 1.4 Question 2

### Healthy Ageing



So what is 'Healthy Ageing' about? Can you identify the key principles below? Drag and Drop the relevant items into the box



Submit

## The Answer Q2

### Healthy Ageing



So what is 'Healthy Ageing' about? Can you identify the key principles below? Drag and Drop the relevant items into the box

Healthy Ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Diversity and equity are some of the key considerations for ensuring health ageing for all. Supporting one's functional ability that enables wellbeing in older age is crucial.



Continue

### 1.5 Question 3

## Global Strategy on Ageing and Health



Identify the five strategic objectives of the Global Strategy and Action Plan on Ageing and Health (2016-2020) - WHO

- ☒ Commit to action; align health systems to the needs of older populations; develop age-friendly environments; strengthen long-term care; improve measurement, monitoring, and research
- ☐ Commit to action; align health systems to the needs of older populations; strengthen long-term care; access to care for older populations should be free; create more hospitals
- ☐ Align health systems to the needs of everyone; strengthen long-term care; develop age-friendly environments; create more services; improve measurement, monitoring and research

Submit

### The Answer Q3

## Global Strategy on Ageing and Health



Identify the five strategic objectives of the Global Strategy and Action Plan on Ageing and Health (2016-2020) - WHO

The five strategic objectives of the Strategy are:


- ✓ Commit to action
- ✓ Align health systems to the needs of older populations
- ✓ Develop age-friendly environments
- ✓ Strengthen long-term care
- ✓ Improve measurement, monitoring, and research

Continue



## 1.6 Question 3.B

### The Challenges of Implementing

 Focusing on any one strategic objective, brainstorm two potential challenges to successfully implementing the respective set of key actions.

Objective 1 Commit to action	Objective 2 Align Health systems to the needs of older populations.	Objective 3 Develop age-friendly environments
Objective 4 Strengthen long-term care	Objective 5 Improve measurement, monitoring and research	Select the objective you wish to focus on by clicking the relevant box

type your text here

Submit my Answer

## Sample answer 3.B

Sample answer:

Taking the last objective, *improve measurement, monitoring, and research*, as an example, one potential challenge may be agreeing on a standardised definition and measurement of 'healthy ageing'. This action may be difficult to implement successfully because 'healthy ageing' may take on different meanings in different cultures. Another challenge may be ensuring the measurement of 'healthy ageing' takes into account both physical and mental well-being, and uses both objective and subjective indicators of health.

monitoring and research

click the relevant box

type your text here

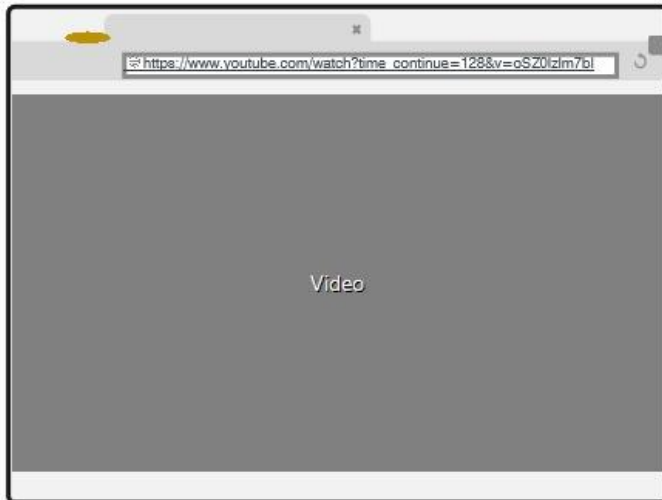
Continue

## 1.7 Question 4

### Personalised care for older adults



Personalised care for older adults. Watch the embedded video on personalised care for people with long-term conditions. Comment on how older adults are likely to benefit from such an approach to care. What potential challenges to do you foresee?



type your text here

Submit my Answer

## Sample answer 4

### Personalised care for older adults



Personalised care for older adults. Watch the embedded video on personalised care for people with long-term conditions. Comment on how older adults are likely to benefit from such an approach to care. What potential challenges to do you foresee?

Sample answer:

Some older adults may be especially prone to social isolation and loneliness-risk factors for many mental health conditions. A person-centred approach is likely to identify the potential need for more social connections and signpost the individual to relevant community recourses.

However, some older adults may lack the confidence and/or motivation to attend health promoting activities in the community. Befriending might be a useful response. You can read more about befriending and loneliness in later life here:

<https://www.ageuk.org.uk/services/befriending-services>

type your text here

Continue

## 1.8 Question 5



### Reflection: Case Study



Challenges to promoting older people's health in sub-Saharan Africa

Read the commentary by Isabella Aboderin and John Beard.

From the commentary, identify some of the key challenges to promoting older people's health in the African context.



Click on the Icon to visit this resource.

type your text here

## 1.9 Conclusion



### The Global Ageing Population

Well done! You have now completed five key steps in analysing a problem area in global mental health - defining, familiarising, identifying priority areas, critically evaluating and reflecting.

The icons to the right will allow you to review and compare your answers, print a transcript or visit the World Health Organization's webpage for further research.



[Exit this Activity](#)