

World Health Organisation Active Ageing

The term “active ageing” recognises the factors, in addition to health care, that affect how individuals and populations age. It shifts strategic planning away from a “needs-based” approach (which assumes that older people are passive targets) to a “rights- based” approach that recognises the rights of people to equality of opportunity and treatment in all aspects of life as they grow older. It supports their responsibility to exercise their participation in the political process and other aspects of community life.

The ACTIVE AGEING policy framework requires action on three basic pillars:

Health

When the risk factors (both environmental and behavioural) for chronic diseases and functional decline are kept low while the protective factors are kept high, people will enjoy both a longer quantity and quality of life; they will remain healthy and able to manage their own lives as they grow older; fewer older adults will need costly medical treatment and care services.

For those who do need care, they should have access to the entire range of health and social services that address the needs and rights of women and men as they age.

Participation

When labour market, employment, education, health and social policies and programmes support their full participation in socioeconomic, cultural and spiritual activities, according to their basic human rights, capacities, needs and preferences, people will continue to make a productive contribution to society in both paid and unpaid activities as they age.

Security

When policies and programmes address the social, financial and physical security needs and rights of people as they age, older people are ensured of protection, dignity and care in the event that they are no longer able to support and protect themselves. Families and communities are supported in efforts to care for their older members.

The policy framework for active ageing is guided by the *United Nations Principles for Older People* .