

Focusing on Opportunities: Active Ageing Panel – Panel F

Rapporteur Report

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7 November 2007

1. This session was great with exciting presentations by panelists and great discussion from the participants. Our thanks is extended to the panelists for outstanding presentations of the opportunities and issues related to the topic of “Active Ageing.” Perhaps in honor of Irene Hoskins, our keynote speaker, who did an incredible job, we should rename the concept to be “Hyper-Active Ageing.”
2. In addition to the themes mentioned by Dr. Plouffe of the WHO:
 - Taking a comprehensive approach;
 - Local solutions and implementing policies at the local community; and
 - Developing policies for all generations,there were a number of common themes that came out of today’s session – and I would like to note that in the U.S., we have had very similar experiences.
3. Prevention -- The importance of health promotion/disease prevention and producing behavioral changes in older people – that can begin at any age was referenced. These activities can produce good health outcomes and improve the quality of life.
4. Redefining Retirement -- and even redefining the term “ageing” from one that has a negative connotation, to one that is positive is important. As a component, redefining retirement includes the need to plan ahead for one’s retirement – to think of it not as an ending, but as a new beginning. This should include plans for a new career, new opportunities, new activities for the individual. Planning should encompass a number of domains:
 - Financial;
 - Housing;
 - Health;
 - Long-term care; and
 - Active engagement.
5. Employment -- this area includes the need and desire to work longer as well as creating incentives to work longer. This includes the removal of barriers and the creation of incentives as well as favorable work environments.
6. Health and Long-Term Care – the need to integrate the two because people’s needs are inclusive of both; therefore our responses to them should be as well. In addition, as Irene suggested, we should make the paradigm shift from acute

care to chronic care and focus on how to better manage conditions of chronic care.

7. Financial Security and Self-Sufficiency – In this area, we heard issues related to providing more information and counseling regarding pensions and the need for pension reform. In addition, we heard about the issues related to employment as a primary means of ensuring financial security for older persons. This includes the need for training, retraining and retooling of skills to enable older people to be effective in today's labor market.
8. Remaining Participatory in Society – In addition to employment, this area was highlighted as significant to active ageing. The importance of voluntary opportunities that produce a sense of self-worth and highlights that older people are valuable resources and contributing members of their societies was mentioned. Innovative programming, such as credit systems as an incentive for voluntary work was mentioned. The significance of grandparents raising grandchildren and older people serving as mentors or surrogate grandparents for younger generations was highlighted.
9. Intergenerational/Multi-generational Solidarity – This area was consistently highlighted as the key to building bridges among the generations.
10. Throughout all policies and programs, three basic principles should be incorporated and maintained:
 - The concept of individual choice,
 - The facilitation of an individual's independence; and
 - The maintenance of an individual's dignity.

Lastly, as Irene Hoskins encouraged us, all policy issues should be viewed through the lenses of gender and culture.