Ageing with Dignity

John Beard
"Healthy Ageing - the process of developing and maintaining the functional ability that enables wellbeing in older age."
The things older people want

- be mobile
- learn, grow and make decisions
- meet basic needs
- build and maintain relationships
- contribute
Opportunities to foster *Healthy Ageing*
Life course strategies to foster meaning and dignity in older age

- Combat ageism
- Meet basic needs
- Lifelong learning
- Training and support for caregivers
- Develop and monitor systems for long-term care
The **RIGHT** to contribute to and not be left behind by