Healthy Ageing

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Physical capacity across the life course
Shift in thinking 1

- There is no fixed age when somebody is suddenly old
- WHO now talks about "older people" not "the elderly" (this is not fixed by a chronological age).
- "60 years and above" is "60 years and above", but possibly better to base on level or trajectory of capacity
"Healthy Ageing - the process of developing and maintaining the functional ability that enables wellbeing in older age."
Functional Ability
Functional Ability
Functional Ability

Intrinsic Capacity
Functional Ability

Intrinsic Capacity
Functional Ability

Intrinsic Capacity
Functional Ability

Intrinsic Capacity
Functional Ability

Functional Ability = Intrinsic Capacity + Environment
Shift in thinking 2

- *Healthy Ageing* is partly about the individual and partly about their context.
- *Healthy Ageing* is defined by functioning, not absence of disease.
- The goal of vaccination is not only to avoid disease but to influence trajectories of intrinsic capacity.
Range and mean of intrinsic capacity from Study on adult health and AGEing (SAGE)

Population in the second half of life

Intrinsic Capacity

Increasing age group
Population in the second half of life

Intrinsic Capacity

High and Stable
Population in the second half of life

Intrinsic Capacity

High and Stable

Declining
Population in the second half of life

- **Intrinsic Capacity**
  - High and Stable
  - Declining
  - Significant losses
Population in the second half of life

Intrinsic Capacity

High and Stable

Declining

Significant losses
Population in the second half of life

High and Stable | Declining | Significant loss

Intrinsic Capacity
Population in the second half of life

- High and Stable
- Declining
- Significant loss

Intrinsic Capacity
Population in the second half of life

- Intrinsic Capacity
  - High and Stable
  - Declining
  - Significant loss

- Functional Ability
  - High and Stable
  - Declining
  - Significant loss
Global Strategy and Action Plan on Ageing and Health

GOALS

1. Action in areas we know work.

2. By 2020, establish the evidence and partnerships necessary to support a Decade of Healthy Ageing from 2020 to 2030
Global Strategy and Action Plan on Ageing and Health

- Commitment to action on Healthy Ageing in every country
- Developing age-friendly environments
- Aligning health systems to the needs of older populations
- Developing sustainable and equitable systems for providing long-term care (home, communities, institutions)
- Improving measurement, monitoring and research on Healthy Ageing
Implications
Population in the second half of life

Intrinsic Capacity

High and Stable | Declining | Significant loss
Life course

High and Stable | Declining | Significant loss

Intrinsic Capacity
Life course

Intrinsic Capacity

High and Stable  |  Declining  |  Significant loss
Life course

High and Stable | Declining | Significant loss

Intrinsic Capacity

CMV or Vaccination
Life course

- High and Stable
- Declining
- Significant loss

Intrinsic Capacity

CMV or Vaccination
Integrated care for older people

**Traditional Clinical Evaluation:**
- Single disease and risk factor identification and treatment

Management of complex long-term chronic conditions
Integrated care for older people

Geriatric Assessment:
- Nutritional assessment
- Medication review
- Multimorbidity/chronic disease evaluation

Traditional Clinical Evaluation:
- Single disease and risk factor identification and treatment

Comprehensive Care Plan
- Management of complex long-term chronic conditions
- Long-term Care

Older person
## Integrated care for people in the second half of life

<table>
<thead>
<tr>
<th>Comprehensive Health Assessment plus</th>
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<tbody>
<tr>
<td><strong>IC monitoring:</strong></td>
</tr>
<tr>
<td>• Physical mobility</td>
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<tr>
<td>• Vitality</td>
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<tr>
<td>• Psychosocial</td>
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<td>• Sensory</td>
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### Comprehensive Care Plan: incorporating IC and self-management

- **IC Multidimensional Programmes**
  - Multimodal exercise programme including strength progressive resistance training
  - Increase in protein intake, dietary advice, oral nutritional supplements
  - Cognitive stimulation and psychological interventions
  - Visual and hearing screening followed by timely provision of ear and eye care

- **Management of complex long-term chronic conditions**

- **Long-term Care**
Length-for-age BOYS
Birth to 2 years (percentiles)

Age (completed months and years)
Intrinsic capacity MEN
Shift in thinking 3

- What vaccines are required in older age?
- How do we overcome immune senescence?
- Older people in vaccine research
- Engagement – clinicians/older people
Resources


The *World report on ageing and health*