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Meeting the challenges of ageing in the 21st century

National Policy on Elders

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Longevity has been an age old quest of mankind in all ages and climes



Today...

The world is changing

The rapid attainment of longer life span in the 20th century, has brought about the global phenomenon of **demographic ageing** and resultant consequences which confront many countries...

... including Sri Lanka

Demographic Trends

Life expectancy, which was 43 years in 1946, increased up to 69 years in 1998.

Sri Lankan elderly enjoy a much longer life span than before.

This demographic transition has caused a marked increase of the elderly compared to the young people.

MISSION

The National Policy on older persons envisages these objectives:

- **prepare** the population for a productive and fulfilling life at old age socially, economically, physically and spiritually; and
- **ensure** independence, participation, care, self-fulfillment and dignity for those in old age.

STRATEGIES

- Population ageing should be taken into account in **relevant planning**.
- Equal participation of senior citizens in **decision making** at all levels.
- Recognize and support the **contribution** of senior citizens.
- Encourage senior citizens to **participate** in cultural, economic, social and life long learning.

Strategies - continued

- Establishment of organizations to protect their **rights**.
- Collect and utilize appropriate **data** for policy.
- Awareness of ageing population and necessary **attitudinal changes**.
- Publish **material** on relevant social issues, gerontology and geriatrics.
- Encourage **media** to promote positive images of ageing.

- Unify different **security and pension schemes**
- Ensure adequate **income security** and **social protection**
- Review and revise the regulation governing **health insurance**
- Educate on the benefits of **savings**, advantages of **pre-retirement plans**.
- Include elder persons in **poverty alleviation** plans at all levels.

OTHER PRIORITIES

- Develop a well structured and organized **health care system** for elders
- Build capacity for basic **counselling services**
- Strengthen systems for protection and promotion of **elders' rights**

Findings of the seminar on

***Social, Health and Economic
Consequences of Population Ageing***

held in Bangkok in 2007



I. Policy related key actions

- Governments are encouraged to review and appraise the **achievements** made in implementing internationally agreed plans on ageing.
- Governments are encouraged to formulate **policies and programmes** for older persons and their families through consultations with relevant stakeholders

A. Older persons and development

- raise **awareness** on ageing issues;
- facilitate **access** to information, communication and life-long learning for older persons;
- take appropriate measures to alleviate **poverty** in old age;
- increase awareness among younger generations about **life-long preparation** for old age;

Older persons and development - continued

- promote the **continued work** of older persons;
- develop appropriate policies and programmes directed towards older persons in **rural areas**;
- formulate appropriate policies and programmes to promote **active ageing**;
- provide support to older persons in **vulnerable situations**.

B. Older persons and their families

- promote family cohesiveness and multigenerational solidarity;
- formulate **policies** that enable families to continue providing support and care to older family members;
- activate **family counseling** to strengthen existing families and to avoid family disintegration.

C. Advancing health and well-being into old age

- implement appropriate programmes for **health promotion and disease prevention**;
- take measures to provide **universal and equal access to health care**;
- formulate and implement policies, including financial incentives, to **enable families to provide long term care** to older family members.

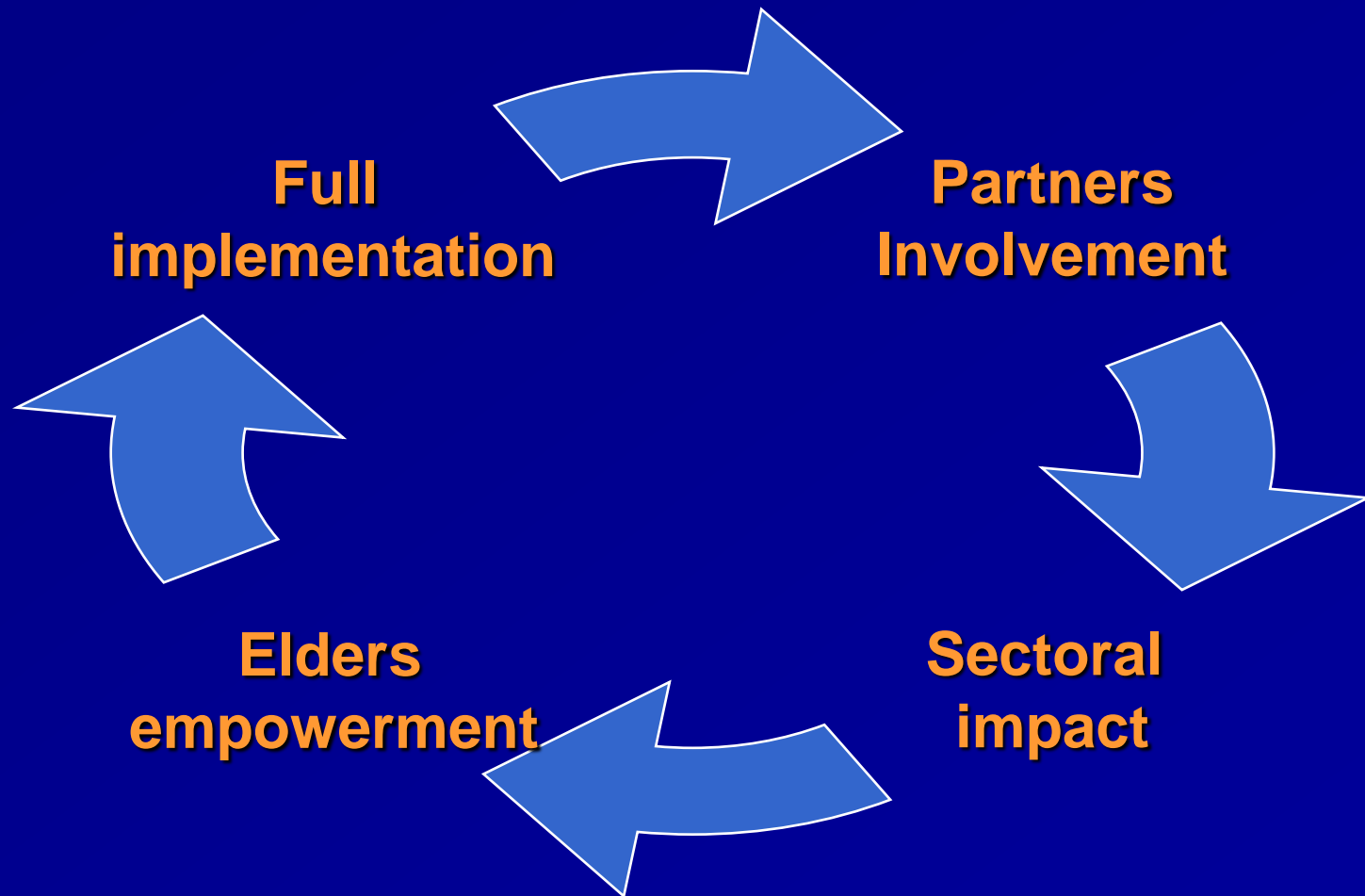
D. Ensuring enabling and supportive environments

- create **barrier-free environment** for older persons;
- promote the growth of **older persons' organizations**;
- enact legislation and strengthen legal efforts to ensure and **protect the rights** of older persons.

II. FUTURE RESEARCH NEEDS

- demand for assisted living and possibility of different **living arrangements**,
- Impacts of **migration, urbanization and globalization** on older persons
- **income security and the employability** of older persons
- **abuse, neglect and violence** against older persons,
- **pension reform** policies and impact

TAKING FORWARD THE NATIONAL POLICY



Thank you.

