

Emergent Future Opportunities and Challenges for British Gerontologists Within a Global Context

Shereen Hussein

Professor of Health & Social Care Policy
London School of Hygiene and Tropical Medicine
United Kingdom

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



A dynamical context for gerontology

Population Ageing

Demographically & structural changes

Societal & individual contexts

Social sustainability

→ Healthy ageing

→ Diversity & inequalities

→ Mobility & migration

→ Aspirations & needs

→ Multi-generational exchanges

- Old and new-comers
- Comparative perspective
 - Examples from across the globe
 - Similarities & differences
 - Multi-directional learning
- Introducing the MENARAH network
- COVID-19

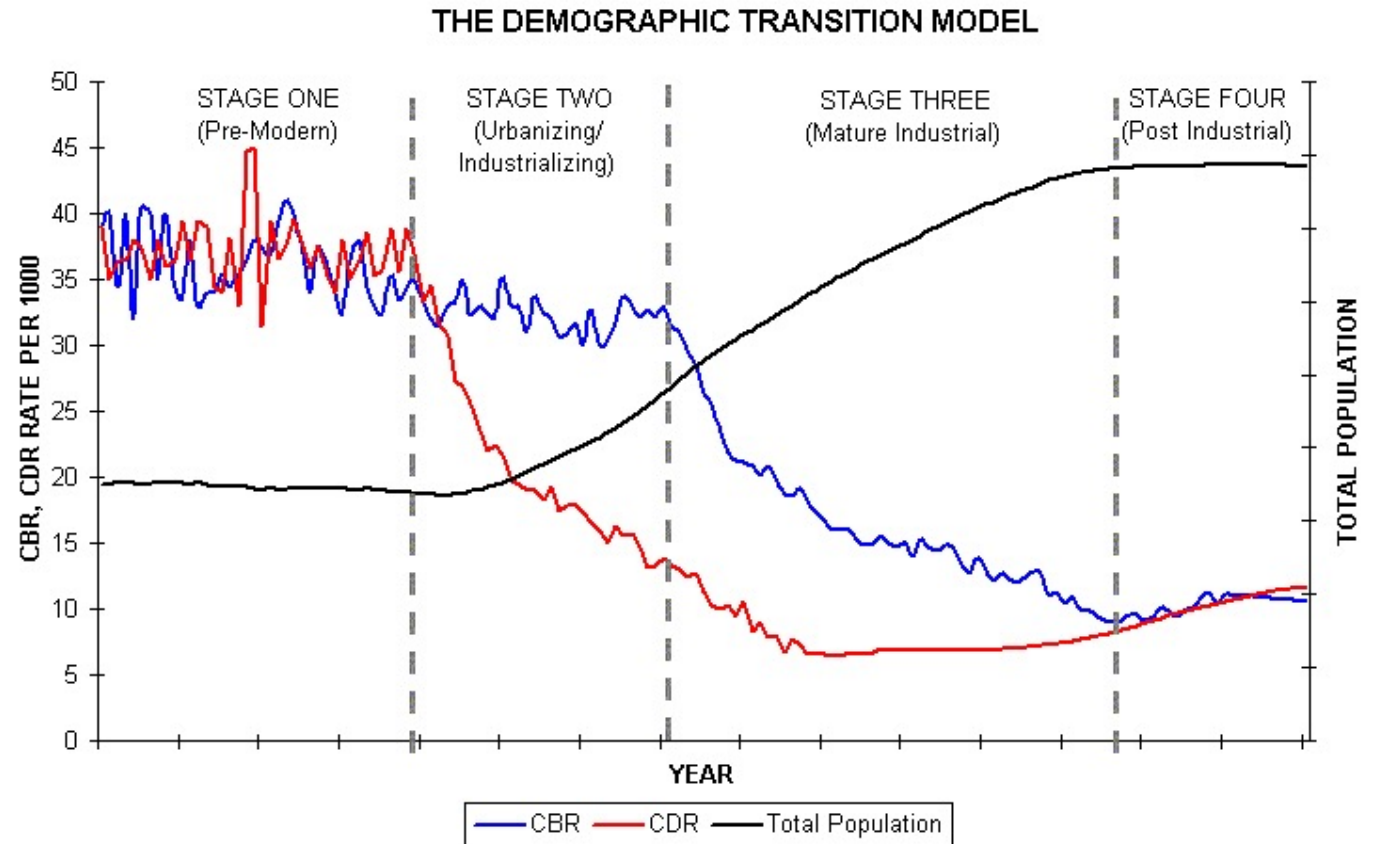
Demographic Transitions

Determined jointly by three demographic processes:

fertility, mortality and migration.

The tempo, or speed, has been different across the world

Historical and recent changes



What is Ageing?

Demographically speaking

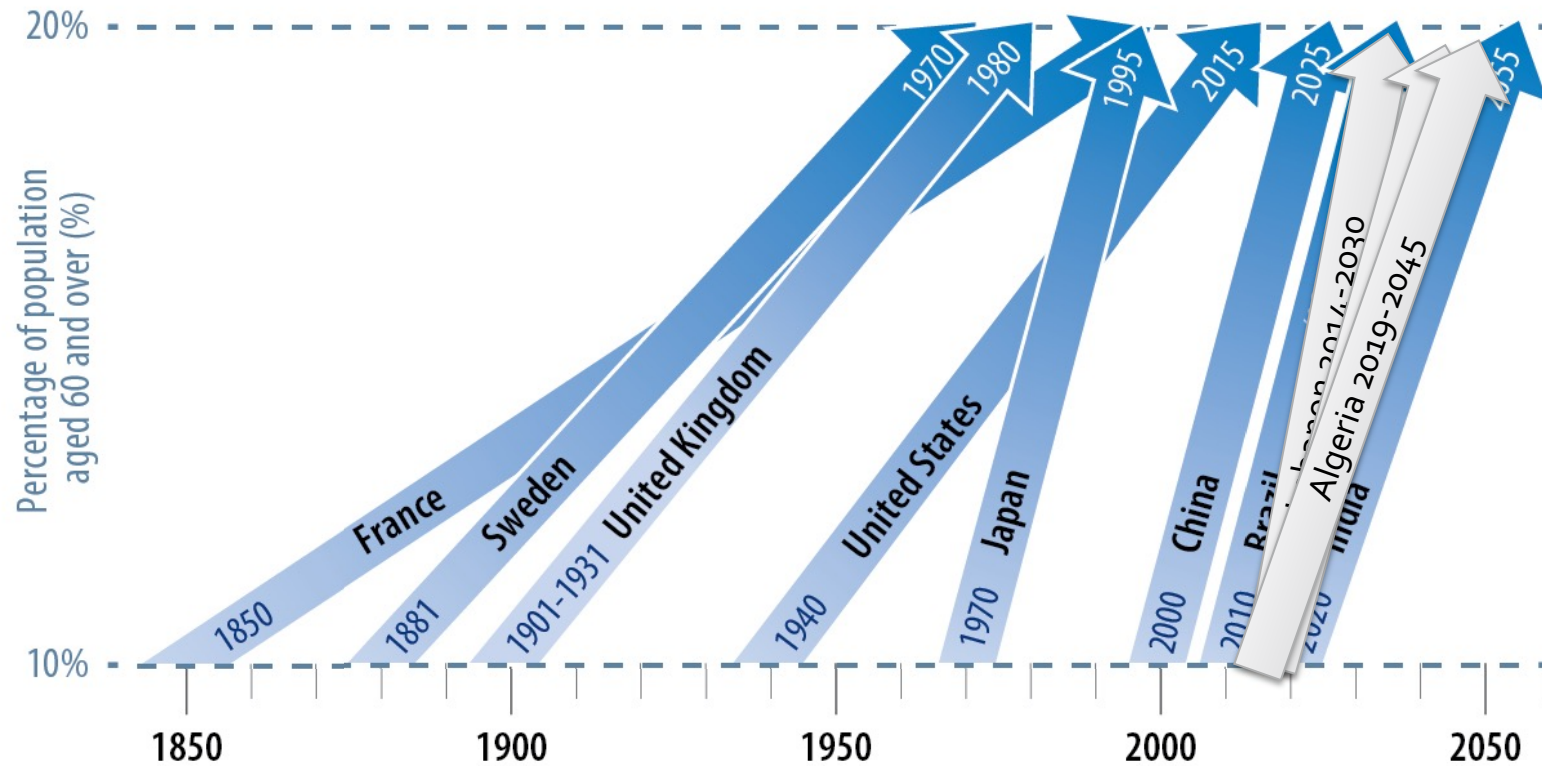
- Age Index
- age dependency ratio,
- percentage over 65+
- prospective ageing

Changes to the whole structure of a population

- Societal/population level
- Individual's experience
- Perceptions of ageing
 - What one can and can not do!
- Expectations from and opportunities at old age
- Differentials by societal & individual factors
- Variations in health and wellbeing at older age is not random

Population Ageing in LMICs

By 2050, 80% of the world older people will be living in LMICs



Much More than Numbers

The meaning of ageing

- No typical definition
- Varies within and across individuals, societies and groups
- Desired & unwanted outcomes



Image credit: *unsplash*

- The notion of 'Growing older'
 - Connotations of experience and frailty
 - Maturity and dependency
- Age-conscious societies
- A Growing attention to
 - Life-long learning
 - An increased importance of enhancing wellbeing and quality of life
- Not all years gained are spent in good health
- Huge observed levels of inequalities at old age

Global Connectedness : Mobility & movement

- Mobility of people & ideas
- Diversity within age groups
- Global care chains
- Virtual & actual connectedness
- (Un)planned retirement 'place'

Design and environment



Ageing in and out of 'Place'

Life trajectories and journeys
shape identity and
expectations at old age

Alignment and divergence
between envisaged and actual
ageing process

Earlier migrants growing older
in 'host' societies

- *'Neither here nor there, but rather somewhere in between'*
- Strong but limited social-bonds
- (dis)connection to home and host countries
- Collective and solidarity living
- Older people identity
- Caring across-borders; at a distance
- Otherness (us and them)

Engagement & purpose

RECOGNITION

- Self-recognition
- Cultural visibility & class
- Assumptions - otherness

negative

(MIS)REPRESENTATION

- Inclusion (exclusion) – the environment
- Participation
- Media representation

positive

OLD AGE INEQUALITIES

LIFE COURSE & SOCIAL CAPITAL

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Ageism, Social Norms & Isolation

- Pre-existing & new perceptions
- Definitional challenges: what does 'ageism' mean in different contexts and settings?
 - Benevolent and hostile elements
- Operates at different levels: cognition, emotional & actions
- Different components: stereotyping; prejudice and discrimination
- Intersectionality: age, disability, gender, race etc.



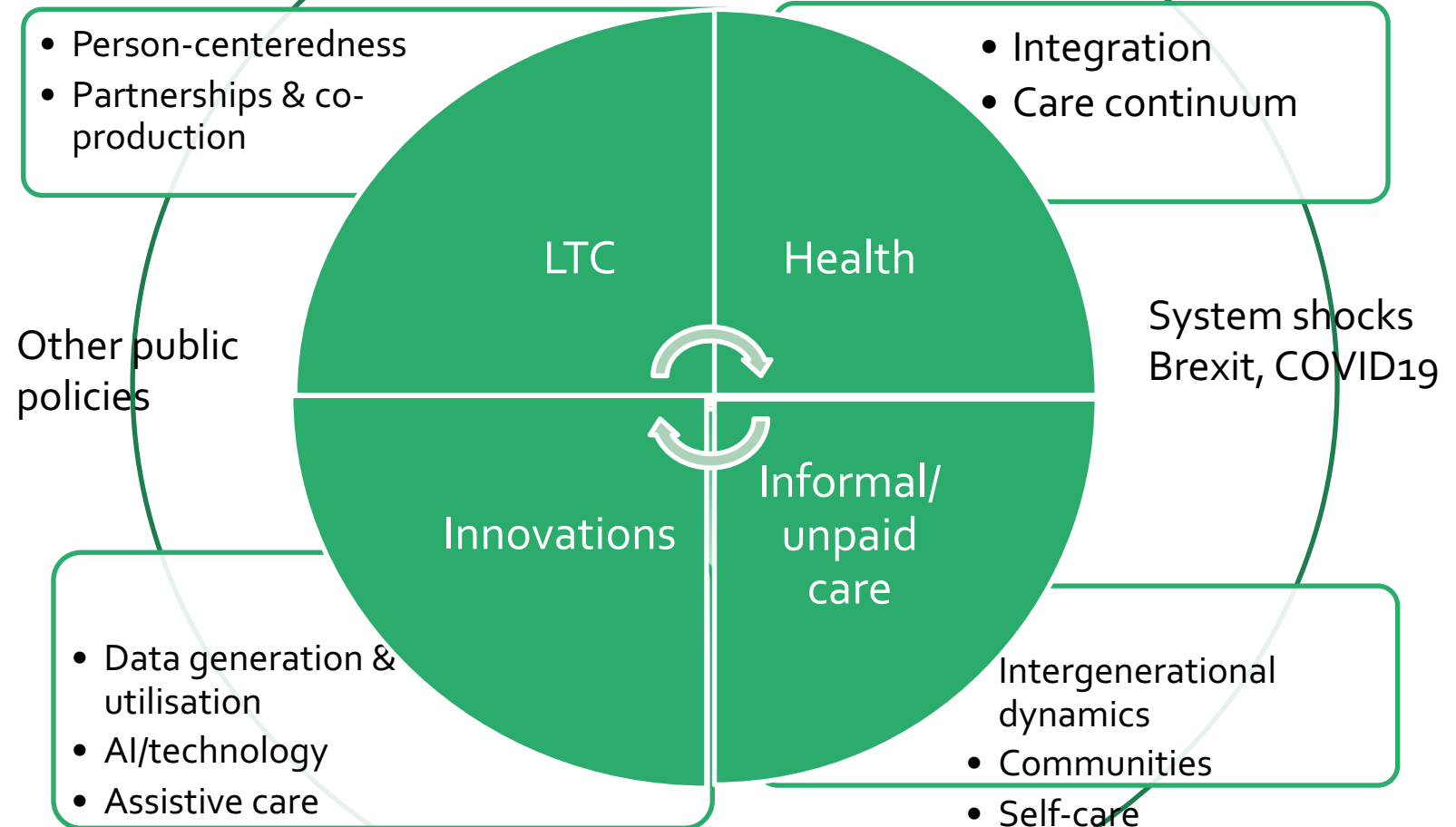
Long Term Care

- The formal & informal spheres of care
- Workforce training & development
- LTC working conditions and workers' wellbeing
 - Relationships and emotional work; personal & professional boundaries
- Recruitment, retention & sustainability
- Supporting informal carers
 - Care burden
- Self-care
 - AI & Assistive technology
- Care models and preferences



Long Term Care Eco-systems

- What is LTC?
- LTC systems relatively young
 - Governance spread - horizontally & vertically
 - Funding - cost reduction
 - Workforce - shortages
- (dis)connect to health services
 - Integration aspiration
- links to social protection & welfare benefits
- Influenced by a range of policies
 - Public health, migration & employment
- Informal care



Disproportionate impact (infections & death)

- Inequalities in outcomes

Shielding & isolation

Reduced level of social & physical activities

- Deconditioning risks
- Social isolation

Reduced access to health and care services

- Disease management and control

Significant negative impact on physical and psychological wellbeing

Availability of care workers

- Migrant & live-in care

Impact on care organization

- settings' preferences

Closed borders

- Remittances for older people

Family care

Increased importance of technology & social media

- Misinformation

Ageing in the MENA Region

'Rapid' process of ageing (fast and steep)

High level of unpreparedness

Health and care services

Infrastructure

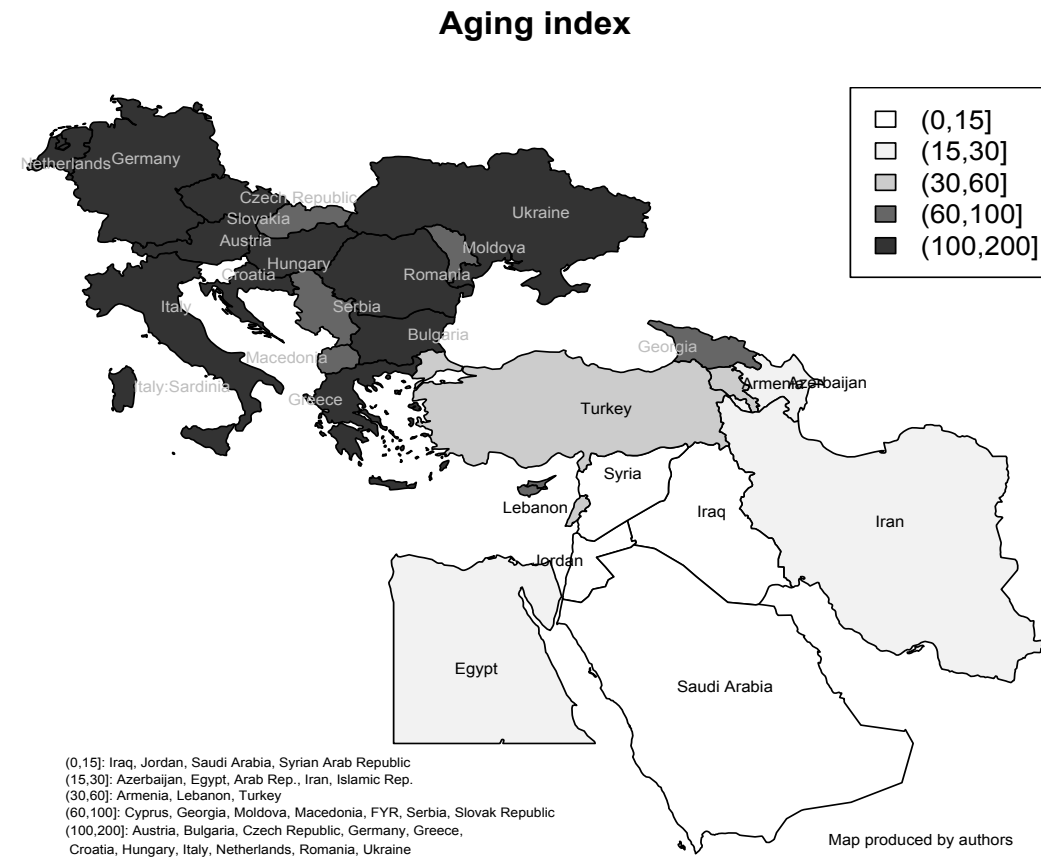
Social & economic opportunities

Social-determinants of health and wellbeing at old age

Nested within other demographic dynamics (pop. growth & dividends)

Socio-political structures

Perceived age-related roles & duties



LTC eco-systems in the MENA region

- Universal health coverage remains an aspiration
- LTC is in a policy blind-spot, for many reasons
- Reliance on families (traditional hubs of care)
 - Within a context of dynamic changes in family structures, living arrangements ...
- Environment & infrastructures
- Some recent national, regional and global policy attention
 - Narratives of intergenerational solidarity, families & ageing in place
- Limited LTC services
 - Primarily community based, NGOs and informal arrangements
- Lack of acknowledgment of caring burdens (provided mainly by women)
- Opportunities: population dividends & labour supply

Quality of life & inequalities

'Treasuring' older people

Re-constructing 'real' vs.
rhetoric values

Healthy and meaningful
ageing process

Care is a family 'business'

Care ability and burden

- Younger populations dominate the policy agenda
- Obesity and co-morbidity
- Physical (in)activity
- Isolation and loneliness
- Care options
- Support mechanisms
- Regional and socio-economic differences
 - Within and between countries

Opportunities & Challenges

Fiscal constraints

Competing policy priorities

Challenges to traditional
social structures

- Extended families, closed-net communities

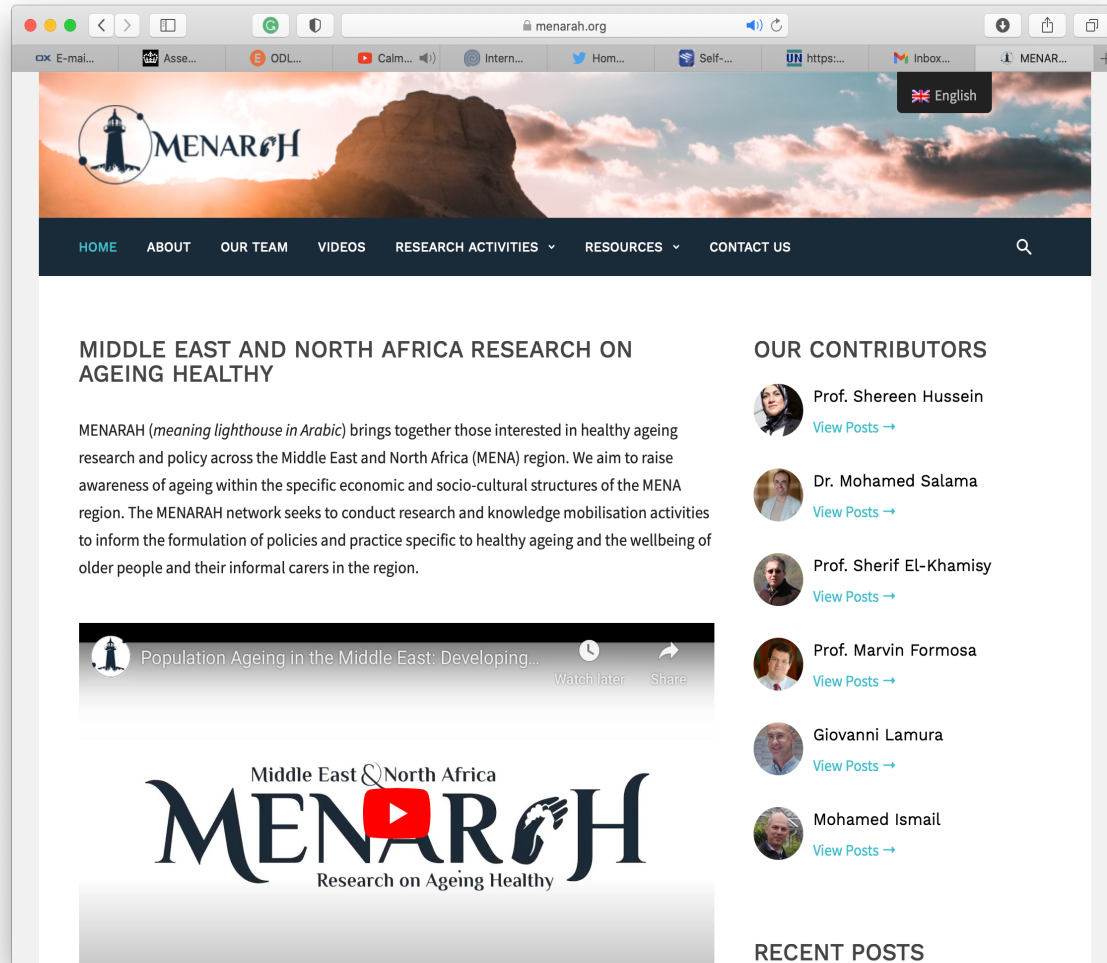
Environment & infrastructure

Awareness & stigma

- E.g., Dementia

- A growing interest in global ageing, particularly healthy ageing
- The UN decade of healthy ageing (2021-2030) – building on the 2030 SDGs
- An interest in LMIC and the MENA region in developing ageing policies and supporting the community as a whole
- Realization of the need for data, evidence and dialogue
- A new initiative to bring stakeholders together (MENARAH)

The Middle East and North Africa Research on Ageing Healthy (MENARAH) Network



- Focuses on healthy ageing in its broadest meaning
- Aims to
 - Conduct research and knowledge mobilisation activities
 - Raise awareness and connect different actors
 - Inform policy and practice
- A network of researchers, NGOs, policymakers and many more
- Launched Sep. 2020; funded by the GCRF, UK

Developing Practical Online Tools

صحة أهلينا Our Elder's Health

Home Posts Reviews Photos About Community

Create a Page

Posts

Our Elder's Health صحة أهلينا 16 June 2020

أهلاً ومرحباً بكم جميعاً في صفحتنا "صحة أهلينا" 😊👍
رعاية أهلينا والإهتمام بهم وبصحتهم من أهم وأعظم المهام والتي تعتبر جزء رئيسي من مسؤولياتنا وبنقى مهتمين إزاي نحافظ ونعتني بصحتهم وسعادتهم وراحتهم النفسية على أد ما نقدر بس أحياناً بنواجه صعوبات وبنبقى مش قادرين نحدد إيه الأفضل ليهم. يعني عايزين نخلي حياتهم مريحة وسهلة وهما بيكبروا في السن بس في نفس الوقت بيكون مهم جداً ليهم النشاط والحركة وإتنا نهياً لهم الفرص إنهم يقضوا وقت مع العائلة وتكون ليهم أنشطة وحياة إجتماعية لطيفة

Continue reading

MENARAH Network 31 subscribers

CUSTOMISE CHANNEL MANAGE VIDEOS

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

Uploads PLAY ALL SORT BY

Movement is a Blessing - Series 2: Video 5 5:23 17 views • 2 months ago Subtitles

Movement is a Blessing - Series 2: Video 4 5:41 13 views • 2 months ago Subtitles

Movement is a Blessing - Series 2: Video 3 4:00 8 views • 2 months ago Subtitles

Movement is a Blessing - Series 2: Video 2 6:55 9 views • 2 months ago Subtitles

Movement is a Blessing - Series 2: Video 1 4:34 14 views • 2 months ago Subtitles

MENARAH Network Launch event on the 29th of... 1:49:24 14 views • 4 months ago

Life Stories: Growing old in the Middle East 3:37 4 views • 4 months ago Subtitles

Population Ageing in the Middle East: Developing... 16:55 62 views • 6 months ago

Life stories: caring for our parents, the Middle East 11:35 5 views • 6 months ago Subtitles

Life Stories: Caring for our parents 8:45 7 views • 6 months ago Subtitles

Life Stories: Old people's narratives from the Middle... 5:23 21 views • 6 months ago Subtitles

Interview with Dr Mohamed Salama, Associate Profe... 3:52 74 views • 6 months ago

Interview with Professor Victor Valcour, Global Brain... 4:54 43 views • 6 months ago

Interview with Professor Zeinab Khadr, American... 16:59 19 views • 6 months ago

Interview with Professor Hoda Rashad, Director, Soci... 13:07 25 views • 6 months ago

Interview with Claudia Di Matteo, INCRA-RCCS,... 13:23 2 views • 6 months ago

Interview with Giovanni Lamura, INRCA-IRCCS,... 14:49 6 views • 6 months ago

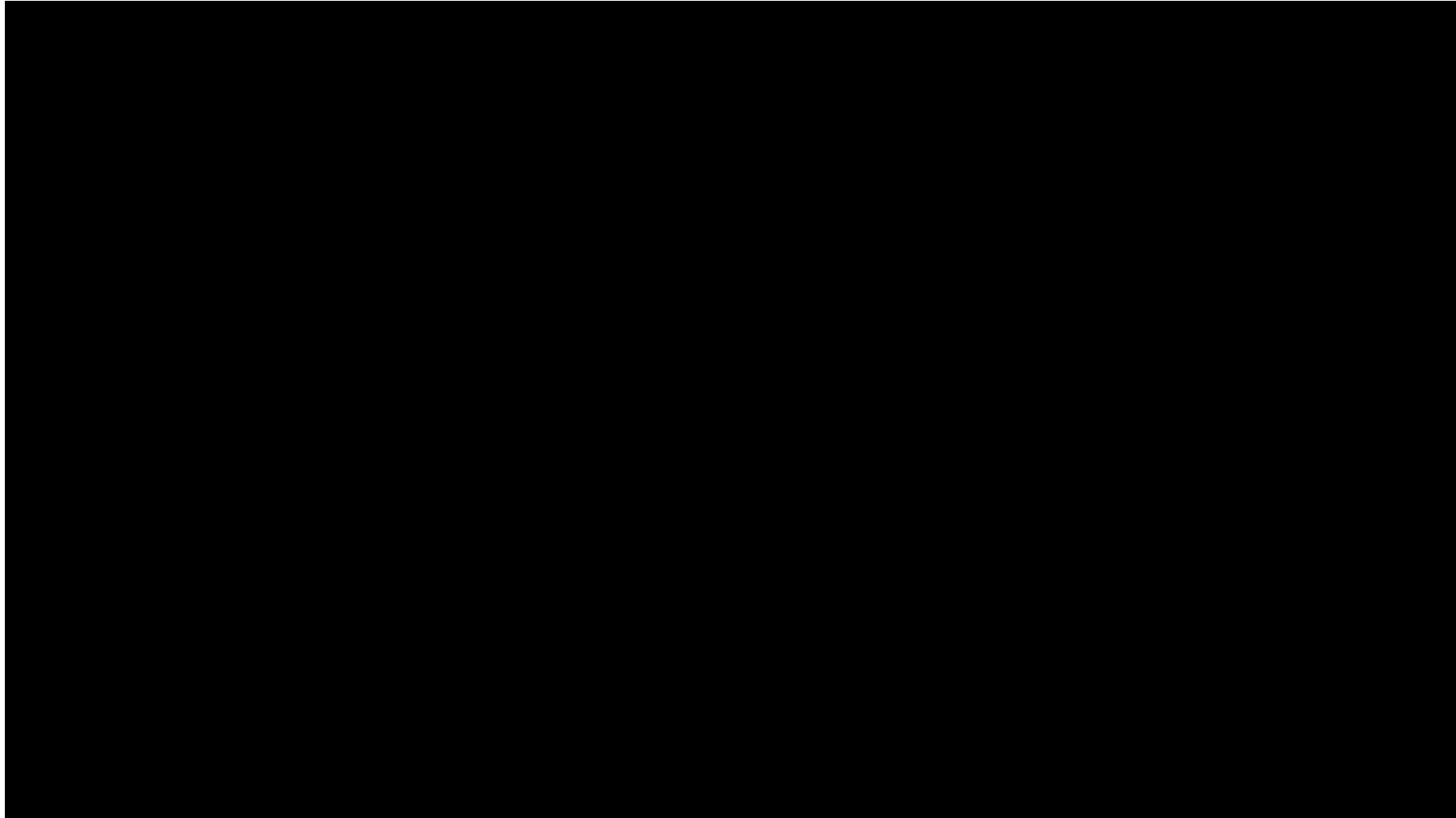
Interview with Angelo Rossi Mori, National Research... 33:26 12 views • 6 months ago

Page created - 29 May 2020

<https://www.facebook.com/صحة-أهلينا-Our-Elders-Health-104264887980919/>

@DrShereeHussein www.MENARAH.org

The MENARAH Network: www.menarah.org



Global Ageing: Opportunities for Cross-Learning

Paradigm shift from a notion of 'crisis' to realising opportunities

The flow of knowledge and ideas is two-directional

Increasing role of social capital and community

Perception of self and others

Unequal experience but common goals

- Sustainability
- Equality
- Rethinking the life-course
 - Particularly around learning, training and work
- 50 is the new 30?
 - Demographically speaking could be accurate
- Inclusivity of the built and socially-constructed environment

Concluding Remarks

- A dynamic context for gerontological research
- Diverse and unequal experiences
- High level policy attention (SDS/ Decade of healthy ageing etc.)
- Definitions and concepts (including the notion of ageing itself)
- Global context and knowledge flow (four-ways)
- Fiscal consequences at the individual, families and state levels
- Policy challenges- reforms and systems' inter-connectedness
- A changing landscape (COVID19 & Brexit)



Thank you for Listening

Shereen.Hussein@LSHTM.ac.uk

@DrShereeHussein

@MENARAH3

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE

