

The Challenges of Population Ageing for Health Systems in Global Cities

Developing a Culture of Care in Response to the Longevity Revolution
Intergenerational Equity and Solidarity Issues

CUHK Centre for Bioethics

Hong Kong, January 2015

Alexandre Kalache

President International Longevity Centre (ILC) Brazil

Co-President, ILC Global Alliance

THE LONGEVITY REVOLUTION

Between 1950 e 2050 – increases:

Total Population: 3,7 X

Population 60+: 10 X

Population 80+: 26 X

Between 1950 e 2050

**Globally the number of persons
aged 80+ will increase from
14 to 379 million.**

SHARP FERTILITY RATES DECLINES IN MOST COUNTRIES

**YOUNG PEOPLE: PRECIOUS
“COMMODITY”**

**OLDER PEOPLE: MOST
IMPORTANT
“NATURAL RESOURCE”**

WHO Definition of Active Ageing

“ The process of optimizing the opportunities for HEALTH, (CONTINUING EDUCATION), PARTICIPATION AND SECURITY/PROTECTION , in order to promote quality of life as individuals age”

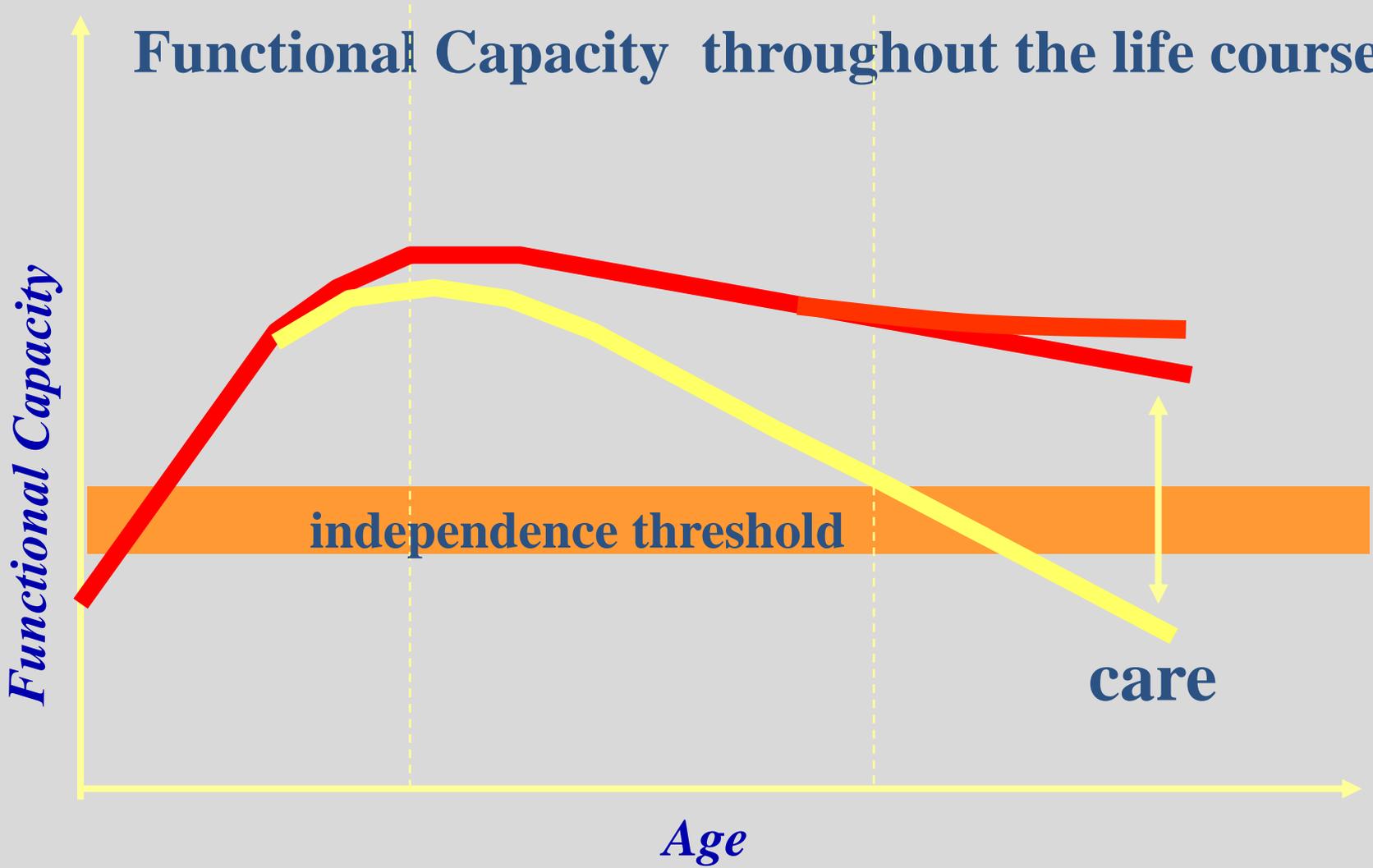
FOUNDATIONS

- **RIGHTS-BASED**
- **GENDER AND CULTURALLY SENSITIVE**
- **LIFE COURSE PERSPECTIVE**
- **PROMOTION OF INTERGENERATIONAL SOLIDARITY AND HARMONY**
- **CELEBRATION OF AGEING**

HOW TO RESPOND ?

YOUNG AND OLD: ALL ON THE SAME BOAT

Functional Capacity throughout the life course



ISSUES OF INTERGENERATIONAL EQUITY

**Hong Kong below the poverty
levels:**

Working-age adults: 10.5%

Adults over 65: 30.5%

**Hong Kong:
Graduated degrees
2001 – 33%
2013 – 60%**

**Median wages have remained the
same.**

South China Morning Post, 14/1/14

Gender perspective – Hong Kong

**In all age groups female wages
below those for their male
counterparts**

**Median wages for those aged 65+
still at work:**

Males: HK\$ 11,000

Females: HK\$ 7,500

“ “... A shameful legacy of decades of policies that have paid little attention to the retirement needs of ordinary working people...” ”

**Carine Lai, Civic Exchange
SCMP, 9/1/14**

“...stagnating wages, elderly poverty, family-unfriendly environments and an overemphasis on infrastructure (male-dominated) construction sector are threats to Hong Kong’s sustainability, stability, competitiveness and liveability”

Carine Lai, 9/1/14 -SCMP

THE CENTRAL QUESTIONS:

WHO WILL PROVIDE CARE?

WHO WILL PAY FOR IT?

CARE FOR WHOM ???

**THE VERY OLD, OFTEN
FRAIL, AT HIGHER RISK OF
MULTIPLE PATHOLOGIES,
DEMENTIA, LOSS OF
INDEPENDENCE AND
AUTONOMY.**

**ACTIVE AGEING 4TH PILLAR:
SECURITY/PROTECTION**

BEYOND PREVENTION AND TREATMENT

*THE CHALLENGE OF
DEVELOPING A CULTURE OF
CARE IN RESPONSE TO THE
LONGEVITY REVOLUTION*

ALLOW ME TO PERSONALIZE THE ISSUES

Lourdes' 90th birthday - 2008



2008 – Lourdes' 90th birthday



2008 – Lourdes' 90th birthday



2008 – Lourdes' 90th birthday



“BABA” VITORIA

2010 – Lourdes' 92th birthday



SOON AFTER...



**YES, WE WILL CONTINUE TO
PREVENT WHAT IS
PREVENTABLE, TO TREAT
HER TREATABLE
CONDITIONS – BUT, ABOVE
ALL, LOURDES NEEDS**

CARE

2008 – Lourdes' 90th birthday





THE NEW SYNDROME:

FAMILY INSUFFICIENCY

Yet...governments all over the world continue to state that families have the overall responsibility to provide care to their elders.

**AND LET US BE CLEAR
ABOUT A FUNDAMENTAL
PRINCIPLE:**

**FOR LOURDES TO BE CARED
FOR WITH **RESPECT AND
DIGNITY**, HER CARERS ALSO
NEED TO BE TREATED WITH
RESPECT AND DIGNITY**



**THIS ALSO APPLIES TO
MILLIONS OF HEALTH CARE
WORKERS FROM
DEVELOPING COUNTRIES
NOW PROVIDING CARE TO
OLDER PEOPLE IN RICHER
COUNTRIES WHEN...**

**FAMILIES ARE NO LONGER
WILLING OR CAPABLE
TO PROVIDE CARE**



The Longevity Revolution



**NOT PROGRAMMED TO LIVE THIS LONG – AND
NEITHER TO BE A CARER...BOYS DO NOT FEEL PAIN,
THEY PLAY WITH BALLS, NOT WITH DOLLS.**

BUT I WAS LUCKY!

I WAS LUCKY...

**NOT ONLY BECAUSE I AM
LIVING FAR BEYOND THE
LEB OF MY GENERATION IN
BRAZIL**

43 YEARS !!

(THE REVOLUTION: NOW, 75)

**LUCKY ALSO BECAUSE OF
AURORA**

Master Degree, London, 1975

- **80% of all geriatricians working in Britain were doctors trained in South Asia. Job satisfaction??**
- **Attitudes of medical students towards ageing and older people before and after a month-attachment to a geriatric ward.**

Aurora



Aurora



The contrasts



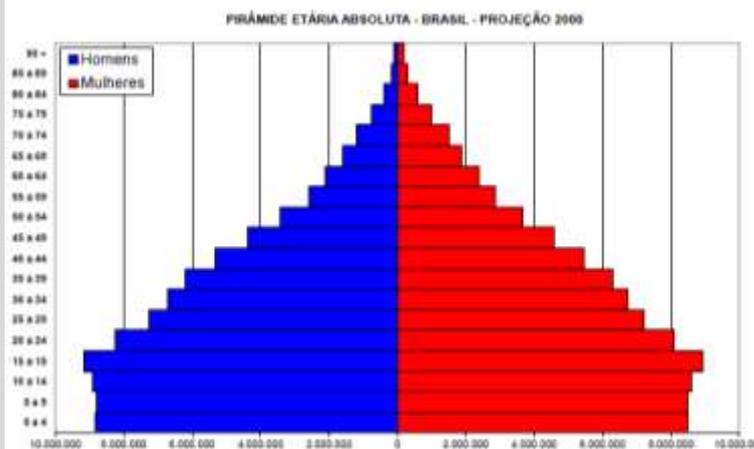
INDIVIDUAL RESPONSABILITY

*IS IT HER
FAULT?*

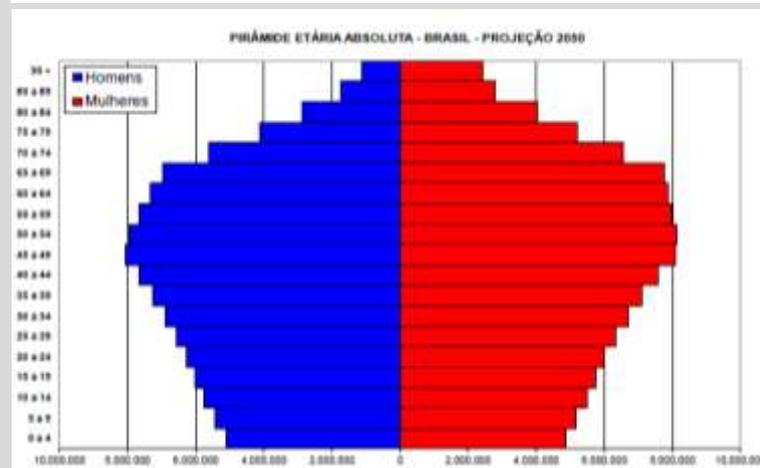


**The pressing need of developing a
Culture of Care in Response to the
Longevity Revolution**

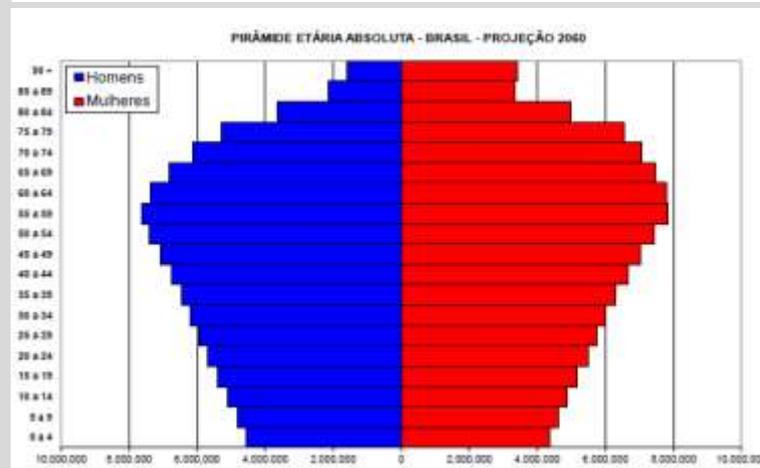
OVER THE
NEXT FEW
DECADES
BRAZIL WILL
BE A
A VERY
DIFFERENT
COUNTRY



2000



2050

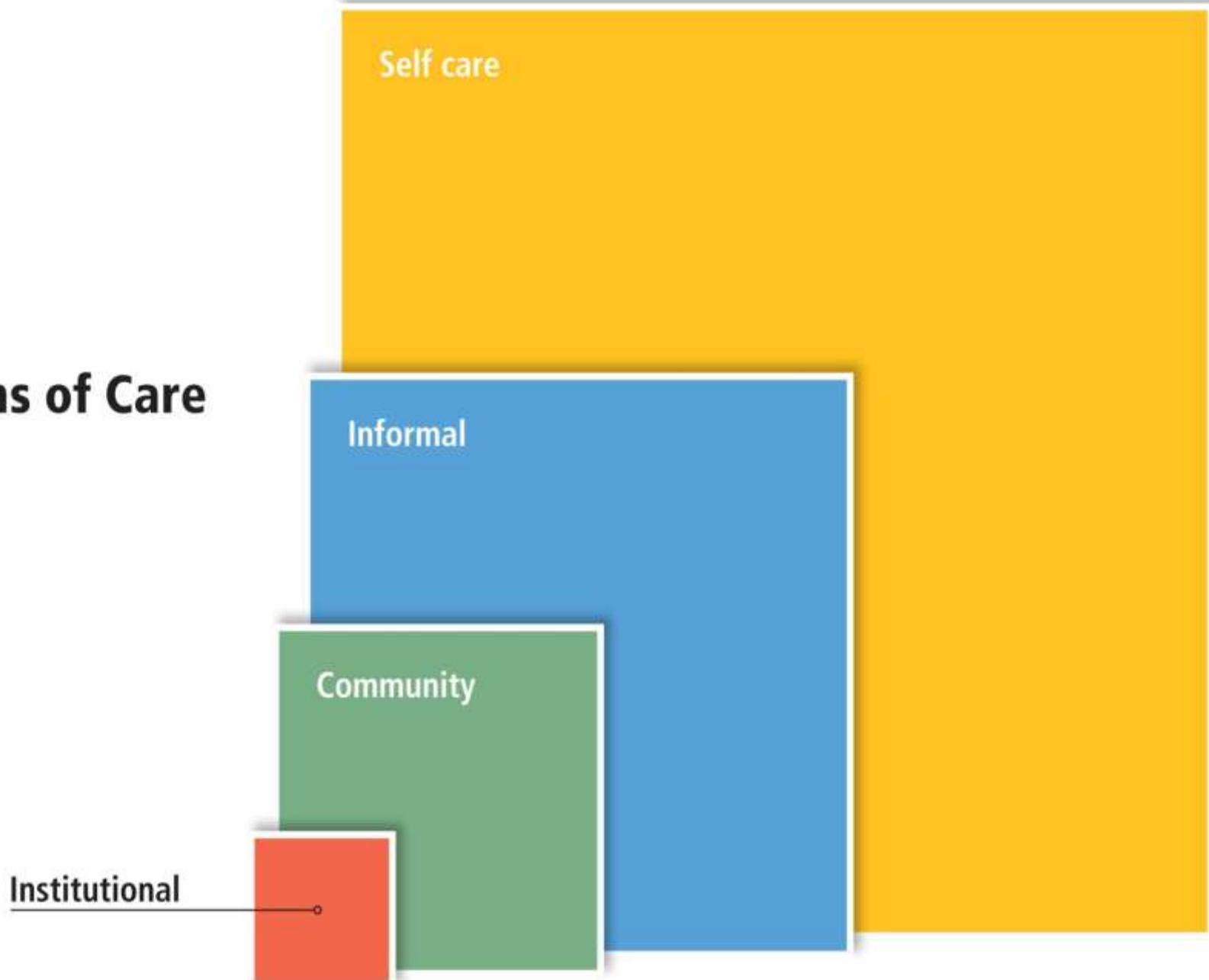


2060

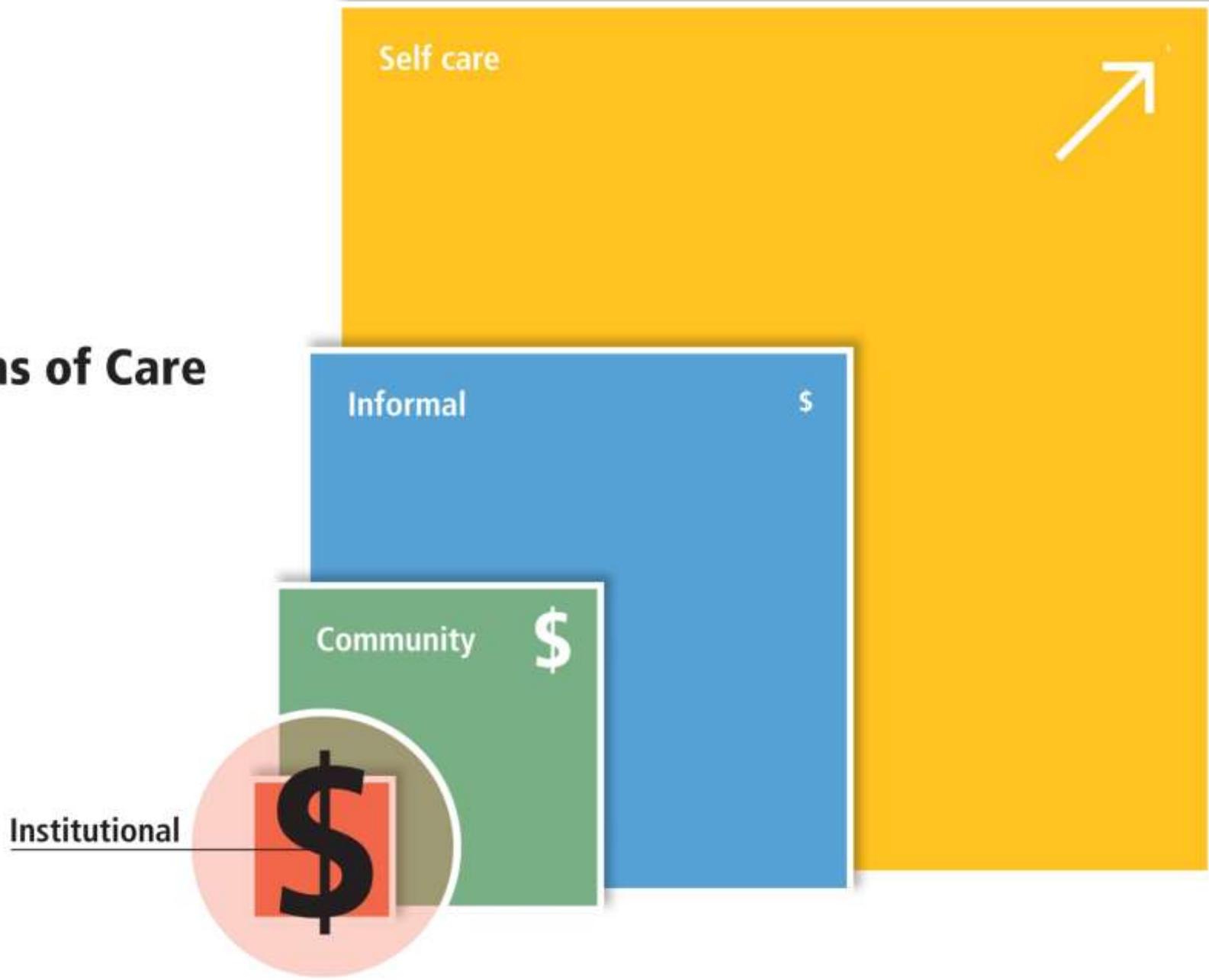
IBGE. (2013). *Projeção da população por sexo e idade: Brasil 2000-2060 e Unidades da Federação 2000-2030*. Rio de Janeiro – 29 de Agosto de 2013.

Are we PREPARED?

Dimensions of Care



Dimensions of Care



**BEYOND PREVENTING
AND TREATING ...
DEVELOPING A CULTURE
OF CARE - RATHER
THAN A CULTURE
OBSESSED WITH CURE**

... For instance...

**... training health professionals not
for the 20th but for the for the 21st
century ??**

Changing the paradigm:

Placing the individual – both, the one receiving and the other providing care – at the **centre.**

Promoting intergenerational dialogue and solidarity.

Culture of Care:

Sustainable
Economically viable
Compassionate
Universal - for all:
addressing inequalities.

Rio, October 2013

International Forum
“Beyond Prevention and
Treatment, Developing
a Culture of care in
response to the
Longevity Revolution”

www.ilcbrazil.org

Declaração do Rio

“Além da Prevenção e Tratamento: Desenvolvendo uma Cultura do Cuidado em resposta à Revolução da Longevidade”

Preâmbulo

Nós, profissionais e instituições que trabalhamos com e para os idosos eles, reunidos no Fórum Internacional de Longevidade (Rio de Janeiro 16-17 de outubro de 2013), uma iniciativa do Centro Internacional de Longevidade Brasil (ILC-BR) e do Fórum Mundial de Demografia e Envelhecimento (WDA Forum), St. Gallen/Suíça, organizado conjuntamente pela Bradesco Seguros e UniverSeg, em associação com o Centro de Estudo e Pesquisa do Envelhecimento (CEPE) e parceiros da academia, governo, organizações da sociedade civil e as Nações Unidas, declaramos que:

Celebramos a longevidade e o envelhecimento populacional, indiscutivelmente a maior conquista do século XX. No mundo, a expectativa de vida ao nascer aumentou mais de 30 anos no último século. Esses anos adicionais devem ser agora “traduzidos em oportunidades para o século XXI”¹ para pessoas, famílias e sociedades. A cada segundo, duas pessoas no mundo comemoram seu 65º aniversário². Em um único século (1950-2050), o número das pessoas com 80 anos ou mais aumentou 26 vezes, de 14 milhões para 379 milhões.³

A velocidade e o ritmo do envelhecimento populacional não dependem apenas do número de pessoas que chegam à velhice. Dependem também, substancialmente, do número de crianças que entram na população. Fatores como urbanização, migração, maior igualdade entre os gêneros na educação e na participação do mercado de trabalho remunerado, contribuem para diminuir o número das famílias. As taxas totais de fecundidade estão agora abaixo do nível de substituição em 75 países, e que se estima que esse número dobre para alcançar 139 países em 2045-2050⁴.

Essa rápida transição demográfica é seguida de uma compressão da transição epidemiológica e de um contexto em que as doenças não transmissíveis (DNT) se tornam as causas mais prevalentes de morte no mundo, apesar de que a ameaça de doenças infecciosas ainda persistir em muitos países em desenvolvimento.

The critical importance of a

GENDER PERSPECTIVE

Who cares ??

Who is cared for ?

**Who should be providing
more care ?**

Who needs more care ?

Culture of Care: **4 essential elements**

Comunication

Continuity

Coordenation

Community **C**entred

LOW TECH, HIGH TOUCH

Claudia Burla

Call for Action

- **Respecting Rights**
- **Providing Services**
- **Interdisciplinary Planning**
- **Education and training**

A RIGHTS-BASED APPROACH

- **Right to learn**
- **To have a job**
- **To health and social services**
- **To participate in society**
- **To basic income**
- **To full citizenship**
- **To be insured**

THE RIGHT TO STOP, TO REST, TO RETIRE...

**AND ALSO, THE RIGHT TO BE
CARED FOR**

**...a RIGHT denied to
“Baba Vitoria”**

Older persons' protagonism



A changing **paradigm:**

**in increasingly ageing societies
there will be more opportunities
for intergenerational solidarity,
for more harmony, for more
human touch.**

**THE LONGEVITY
REVOLUTION
WILL LEAD US TO
SOCIETIES WHERE
THERE WILL BE MORE AND
MORE OLDER PEOPLE**

**MORE HARMONIOUS
MORE SATISFYING
MORE PEACEFUL,
HOPEFULLY WISER,
RICHER IN VALUES AND
PRINCIPLES**

MORE CARING TOO!

Generativity – leaving footprints



Generativity:

“Moving from a focus on oneself to a focus on a broader social radius... The ability to care for and guide the next generation, coaching, guiding, nurturing them”.

Eric Ericson, 2012

**After all, even today, at my age,
when I need inspiration, direction
... when I need to think about the
importance of caring and being
cared for...I know where to find
such inspiration and direction...**

The day before yesterday, when I was cared for



Yesterday, when my father was so well cared for



But also today !!

**HOW PRIVILEGED I AM
TO BE ABLE TO FIND THE
INSPIRATION I NEED TO
FACE THE LONGEVITY
REVOLUTION**



Alexandre Kalache, MD, PhD
President ILC-BR

Website: <http://www.ilcbrazil.org/>

EXPECTATIVA
DE VIDA DO
BRASILEIRO

1945

43
anos

2012

75
anos

EXPECTATIVA
DE VIDA DO
BRASILEIRO

1945

43
anos

2012

75
anos

ABUSO E MALTRATO



Uma **Cultura do Cuidado** deve se estender até o final do curso de vida com a promoção de cuidados paliativos – alívio completo e prevenção do sofrimento físico, psicossocial e espiritual até onde houver vida.

Direito a parar
Direito ao descanso
A uma renda mínima

*‘Partindo de um foco em si mesmo
para um com um raio muito mais
amplo, com a habilidade de
cuidar, de guiar as próximas
gerações, atuando como seus
mentores, inspirando-as,
protegendo-as.’*

Erik Erikson

... INCLUDING THE RIGHT TO:

- A aprender**
 - A trabalhar**
 - A ser protegido**
 - Direito a ter um Seguro**
 - A participar**
 - A ter acesso a serviços**
- ... Assim como...**

DIREITO A SER CUIDADO

**SOBRETUDO DAQUELES COM
CAPACIDADE REDUZIDA DE
EXERCER TAL DIREITO POR
ESTAREM FRAGILIZADOS,
COM DECLÍNIO COGNITIVO,
ISOLADOS, COM
INCAPACIDADES.**

QUE PRIVILÉGIO TEMOS
NOS!

Respondendo a

Revolução da Longevidade

Criando uma

Cultura do Cuidado

**...o direito de ter sido cuidada que
a baba Vitoria jamais
experimentou.**

**E eu devo dizer que sou
essencialmente muito OTIMISTA.
A realidade deste mundo cada vez
mais envelhecido tornara as
sociedades mais harmoniosas,
mais humanizadas...**