

## Ageing Well

Through a Cultural and Professional Lens

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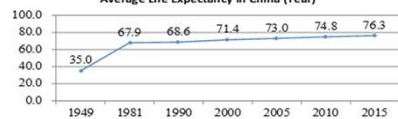


## What is Ageing Well?

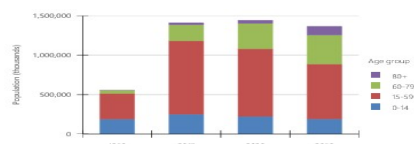
Healthy ageing “is the process of developing and maintaining the functional ability that enables wellbeing in older age” (WHO, 2018).



Average Life Expectancy in China (Year)



Population by age group – China



## China's Endeavours to Promote Health

### The Outline of the Healthy China 2030 Plan

- Developing new types of health services
- Promoting fitness, leisure and sports industry
- Promoting development of medical industry
- Deepening reforms in institutional arrangements
- Developing human resources for health care
- Promoting science and technology innovation
- Developing digital health information services



### Positive Forces for Healthy Ageing

- Basic medical insurance system for aged in urban and rural areas
- Increase investment in the building of social welfare institutions for older people who have three “no’s”.
- Sports and fitness exercises for elderly people

<https://www.youtube.com/watch?v=JBuHQ6LLQBk>



### Five-year plan on elderly care (2016-2020)

- Minimum living allowance and other social assistance
- More government funding for community elderly care centres
- Private capital and non-government organisations will have more access to elderly care market
- More rehabilitation hospitals, nursing homes and palliative care institutions will be built
- Over 35% of hospitals will have a geriatric care departments
- Every city should have universities for older people



### Challenges in promoting ageing well

- Severely aging population
- The burden of chronic diseases
- The insufficiency of health expenditure
- Severe shortage of healthcare professionals
- Different needs of older people
- Health inequities
- The risk of environmental pollution

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### From a professional perspective

- Lack of regulations covering quality standards for caregivers
- Lack of a government sponsored accreditation process
- Lack of rehabilitation services
- Lack of competent geriatric care professionals



## From a cultural perspective

What do Chinese elderly people value most?



## Filial piety – a Chinese tradition

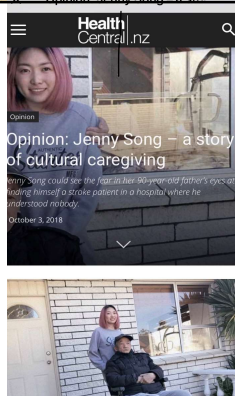


### Filial piety

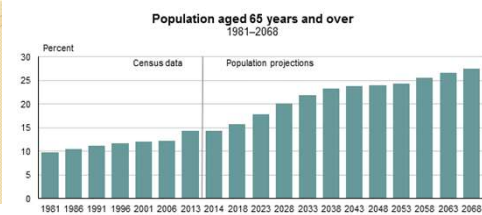
– founded by Confucius (551-497 BC)  
and developed by Mencius (372 -289 BC)



## My own story of aged care in New Zealand

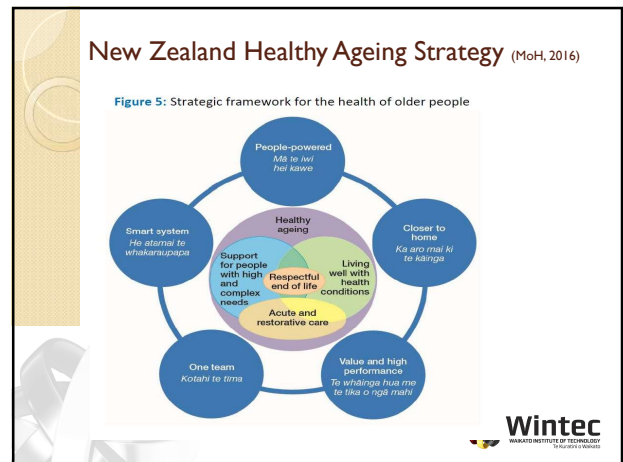
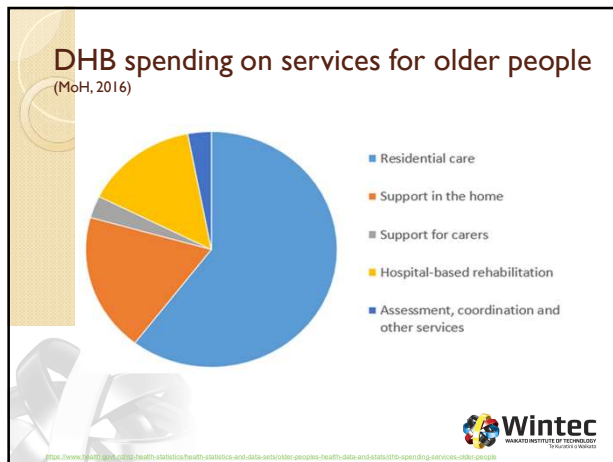



## New Zealand population overview



Source: Statistics New Zealand





- ## Implications for Nursing Practice in China
- At national level – develop a strategic plan based on a systematic needs assessment of older people
  - At organisational level - provide education and training for nurses to enhance aged care
  - Research - looking at factors that are most important to maintain a high quality of life for older people
  - The changing culture of aging and its impact on aged care
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