



**Isle of Man**  
**Government**

*Reiltys Ellan Vannin*



# Council of Ministers

## Active Ageing Policy

July 2015

## What is Active Ageing?

### International Context

1. The World Health Organisation<sup>1</sup> (WHO) has defines the concept of **Active Ageing** as

*"the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age."*

The WHO states that active refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force.

2. As populations age globally, international organisations such as the WHO, the United Nations and the European Union have promoted active ageing. With ageing populations measures to help older people remain healthy and active are seen as a necessity, not a luxury. Active ageing is the process of maximising opportunities for health, participation and security in order to enhance quality of life as people age. The debate lead by the international organisations is positive regarding older persons and centres on realising their potential. The United Nations and European Union have sponsored the use of an Active Ageing Index to track and benchmark progress in implementing active ageing policies.
3. The year 2012 was designated the European Year for Active Ageing and Solidarity between Generations. The Year sought to promote active ageing policies in three areas:
  - **Employment** – *as life expectancy increases across Europe, pension ages are rising, but many fear that they will not be able to stay in their current jobs or to find another job until they can retire on a decent pension. We must give older workers better chances in the labour market.*
  - **Participation in society** – *retiring from one's job does not mean becoming idle. The contribution of older people to society as carers for others, typically their own parents or spouses and their grandchildren is often overlooked and so is their role as volunteers. The Year seeks to ensure greater recognition of what older people bring to society and create more supportive conditions for them.*
  - **Independent living** – *our health declines as we grow old, but a lot can be done to cope with this decline. And quite small changes in our environment can make a big difference to people suffering from various health impairments and disabilities. Active ageing also means empowering us as we age so that we can remain in charge of our own lives as long as possible."*

---

<sup>1</sup> World Health Organisation, 2002 Active Ageing, A Policy Framework - [http://whqlibdoc.who.int/hq/2002/WHO\\_NMH\\_NPH\\_02.8.pdf?ua=1](http://whqlibdoc.who.int/hq/2002/WHO_NMH_NPH_02.8.pdf?ua=1)

## Benefits of Active Ageing Policies

4. International support for an active ageing approach to policy development is strong due to the potential to address a number of the challenges of both individual and population ageing. When health, labour market, employment, education and social policies align to support active ageing there will potentially be:-
  - Fewer premature deaths in the highly productive stages of life;
  - Fewer disabilities associated with chronic diseases as in older age;
  - More people enjoying a positive quality of life as they grow older;
  - More people participating actively as they age in the social, cultural, economic and political aspects of society, in paid and unpaid roles and in domestic, family and community life;
  - Lower costs related to medical treatment and care services.

## Active Ageing Policy for the Isle of Man

5. The active ageing policy for the Isle of Man is detailed below. The policy is intended as a high level statement of intent under which the Social Policy and Children's Committee will be responsible for the development of strategies to deliver this goal.

*Council of Ministers supports the policy of active ageing; optimising the opportunities for health, participation and security in order to enhance quality of life for the people of the Isle of Man as people age. The aims of this policy are to:*

- *Enable people to stay economically active for as long as they wish or are able to;*
- *Enable lifelong participation in society, recognising the importance of voluntary, caring and civic participation;*
- *Ensuring that people live independent, healthy and secure lives.*

## Next Steps

6. Development of strategies to deliver active ageing policies for the Isle of Man will be overseen by the Social Policy and Children's Committee of Council of Ministers. Simultaneously the Cabinet Office will develop an active ageing index to measure Government's success in implementing active ageing policies. The index for the Isle of Man will be in line with the United Nations Economic Commission for Europe Active Ageing Index. The Active Ageing Index (AAI) is a composite figure (like the Retail Price Index) built from 22 outcome indicators, grouped into four domains. The structure of the index is shown in the diagram below:-

## Active Ageing Index

Employment	Participation in Society	Independent, Health and Secure Living	Capacity and Enabling Environment for Active Ageing
Employment Rate 55-59	Voluntary Activities	Physical Exercise	Remaining Life Expectancy at 55
Employment Rate 60-64	Care to children, grandchildren	Access to Health and Dental Care	Share of Healthy Life Expectancy at 55
Employment Rate 65 -69	Care to older adults	Financial Security	Mental Wellbeing
Employment Rate 70-74	Political participation	Independent Living	Use of ICT
		Physical Safety	Social Connectedness
		Lifelong learning	Educational Attainment