



Delivering better health and well-being of older people through wisdom sharing and innovation

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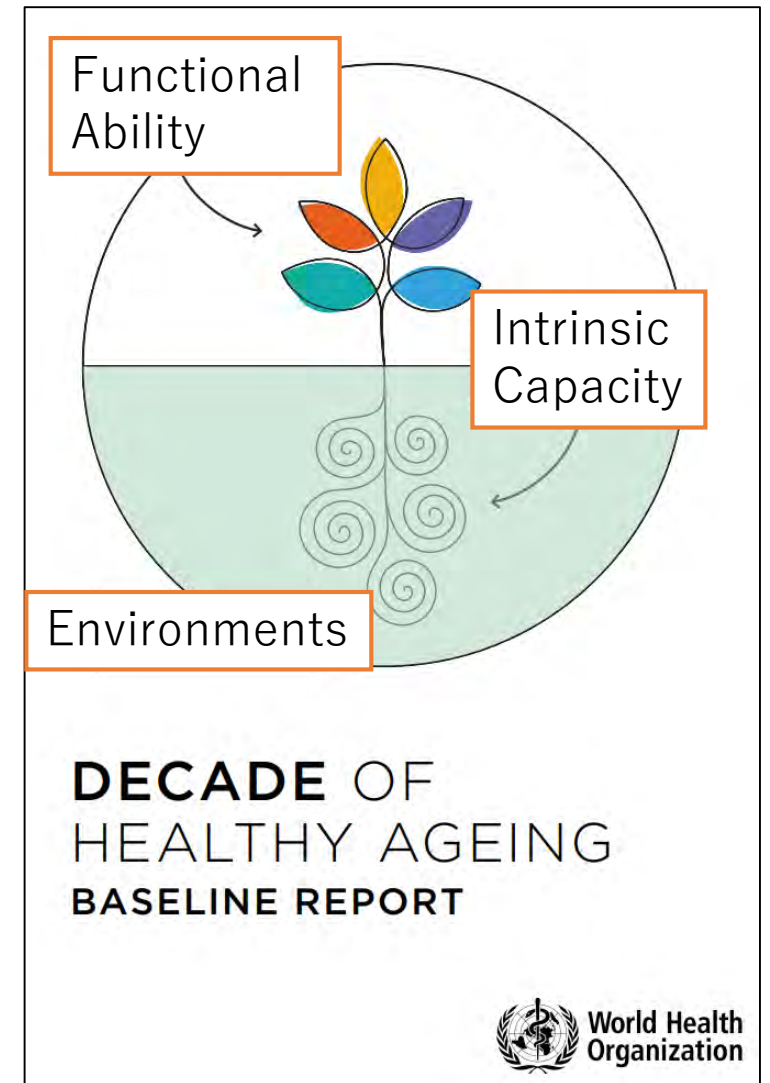
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Current status and direction for action

- The average life expectancy in the world has doubled since 1900 and continues to increase.
- The fact that the whole world is moving toward an aging society raises new disparities and problems.



Current status and direction for action

- **The recent and complex changes in human demography are fundamentally transforming the planet and thereby represent a global challenge for our future.**
- **Aging may constitute a self-amplifying mechanism of social inequalities and consequently a factor of societal destabilization.**
- **G7 countries with an advanced aging population have an exceedingly important role to play.**

Recommendations

- I. To improve our understanding of the complexity of aging biology and the diversity of aging trajectories**
- II. To promote the construction of a comprehensive healthcare system**
- III. To promote successful lives and proactive social participation by older people**
- IV. To improve the socioeconomic status and well-being of caregivers and increase the efficiency and quality of care**

1 Improve our understanding of the complexity of aging biology and the diversity of aging trajectories

- i. **Educational policies** for healthy lifestyles
- ii. **Research** of biological mechanisms of aging
- iii. Very early aging deregulation biomarkers, **personalized preventive strategies**
- iv. Leverage **new knowledge** to maintain and promote the independence of older people
- v. **New drug strategies** to target aging biology

2 Promote the construction of a comprehensive healthcare system

- i. Policies to address economic and social disparities
- ii. Maximize preserving and improving capabilities from early age
- iii. Dissemination of **evidence-based approaches for frailty**
- iv. Support **global access to new technologies** of the digital age
- v. Public health system to prevent infectious diseases
- vi. Comprehensive **care system for dementia and decline in daily functioning**
- vii. **Healthcare services using advanced technologies** (ICT and robotics)

3 Promotes successful lives and proactive social participation by older people

- i. Create **inclusive and integrated community care**
- ii. **Comprehensive & symbiotic society** in which older adults can use their experience and knowledge to play a **meaningful role**, Investment in educational programs that promote the adoption of new technologies by older adults
- iii. Providing a place for **multiple-generational people to gather and interact** with each other
- iv. Promote the development of **sustainable smart houses** and **new transportation services**

4 Improve the socioeconomic status and well-being of caregivers and increase the efficiency and quality of care

- i. Establish **legal migration policies** regarding care workers and promote educational programs for workers
- ii. Promote **technological innovations in care** to reduce the burden on care workers, improve the efficiency of care
- iii. Understand and **mitigate the burden of family care**, and establish a system to prevent their social isolation and provide instrumental, emotional, and financial support
- iv. Building an **inclusive society** in which **caregivers from diverse backgrounds can participate proactively** and highlight the role of professionals who support them