



FURTHER EAST FROM THE EAST

中芬合作桥梁项目

Active Ageing

积极老龄化

Mikko Häkkinen, PhD

Principal Lecturer



Vipuvoimaa
EU:lta
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What is Active Ageing? 什么是积极老龄化?

- Active Ageing is a concept used by WHO (World Health Organization)
世界卫生组织提出的概念
- The word “active” refers to ageing people’s participation in
“积极”一词指老年人在以下方面的参与性：
 - Social life 社会生活
 - Economics 经济
 - Cultural activities 文化活动
 - Spiritual and civic affairs 精神和民间事务
- Active Ageing agenda aims to extend healthy life expectancy and quality of life for everyone.
积极老龄化议程旨在延长健康生命周期并提高生活质量。
- Key goal is maintaining autonomy and independence of ageing people. This is essential both in individual and societal perspective.
其主要目标是维持老年人的独立和自主。个人和社会的观念尤其关键。



Key concepts and principles 主要概念和原则

- Autonomy 自主
 - Ability to control own life according to own preferences. 根据自我意愿控制生活的能力
 - Freedom to make personal decisions. 个人决定权
 - Older person himself knows best what is good for him / her. 对个人利害的评判
 - Autonomy should be promoted and supported by professionals. 专业人士应促进和支持自主
- Independence 独立
 - Ability to perform functions related to daily living. 进行有关日常生活的能力
- Quality of life 生活质量
 - What is good life – related to culture and values. 好生活的标准 — 文化和价值观
 - Determined largely by level of autonomy and independence. 主要取决于独立自主的水平
- ADL (Activities of daily living) 基本生活自理
 - Bathing, eating, using toilet, walking, etc. 洗澡、进食、如厕、行走等
- IADL (Instrumental activities of daily living) 日常生活
 - Shopping, housework, meal preparation, taking medications etc. 购物、家务、做饭、服药等



How to promote independent living? 如何促进独立生活?

- Health promotion and disease prevention, examples 促进健康和预防疾病, 例如:
 - Vaccination against influenza 流感疫苗
 - Falls prevention 跌倒防范
 - Healthy nutrition (eating together or home delivery service) 健康饮食
 - Staying physically and socially active 身体和社交保持积极
- Adapted housing 适居环境
 - Housing designed specifically for older people 针对老年人设计的居所
 - Making ordinary housing more suitable for older people: personal alarm systems, non-slip materials on floors, added lightning, handles etc. 更便于老年人日常起居: 个人警报系统、防滑地板、增加照明、扶手等
- Home delivered services 上门服务
 - Home care and nursing 居家护理
 - Home rehabilitation 居家康复
 - 24/7 mobile services 24小时移动服务



Examples from Finland 芬兰示例

- Falls prevention 跌倒预防
 - Environment hazard assessment: slippery floors, items placed too high, dark spots etc.
环境风险评估：地滑、物品放置过高、暗处等
 - Medication review: needed especially in case of polypharmacy and when using medications that cause dizziness.
药物审查：服用多重药物及产生眩晕药物尤其需要
 - Physical activity: strength and balance training.
体能活动：力量及平衡训练
 - Nutrition: energy, protein, vitamin D, sufficient intake of fluids.
营养：能量、蛋白、维生素D、充足液体饮用



Examples from Finland (cont.) 芬兰示例(续)

- Gerontechnology 老年科技
 - Combining gerontology and technology in order to promote independence and quality of life.
为促进独立和生活质量结合科技和老年学
 - Interaction: senior friendly smart phones and tablets.
交叉：适老型智能手机和平板电脑
 - Medication reminders: delivers and reminds.
用药提醒：配送和提醒
 - Personal emergency response system: enable wireless call for assistance in case of emergency.
个人紧急呼叫系统：紧急情况无线呼叫
 - GPS-systems: enables information on exact location.
GPS定位系统：准确位置信息
 - Sensor systems: fire alarms, activity monitoring etc.
感应系统：火警、活动监控