

The Decade of Healthy Aging and The role of digital technologies on Aging and Health

ITUWebinars

Digital transformation for cities and communities

*Episode 10: The role of digital technologies on
aging and health*

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16:00 - 18:00 CET

<https://itu.int/go/dt4cc>



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Aging in the Americas

Currently, **14.6%** of inhabitants in the Region are 60+.

In 2025, persons 60+ will account for **18.6%** of the total population of the Americas.

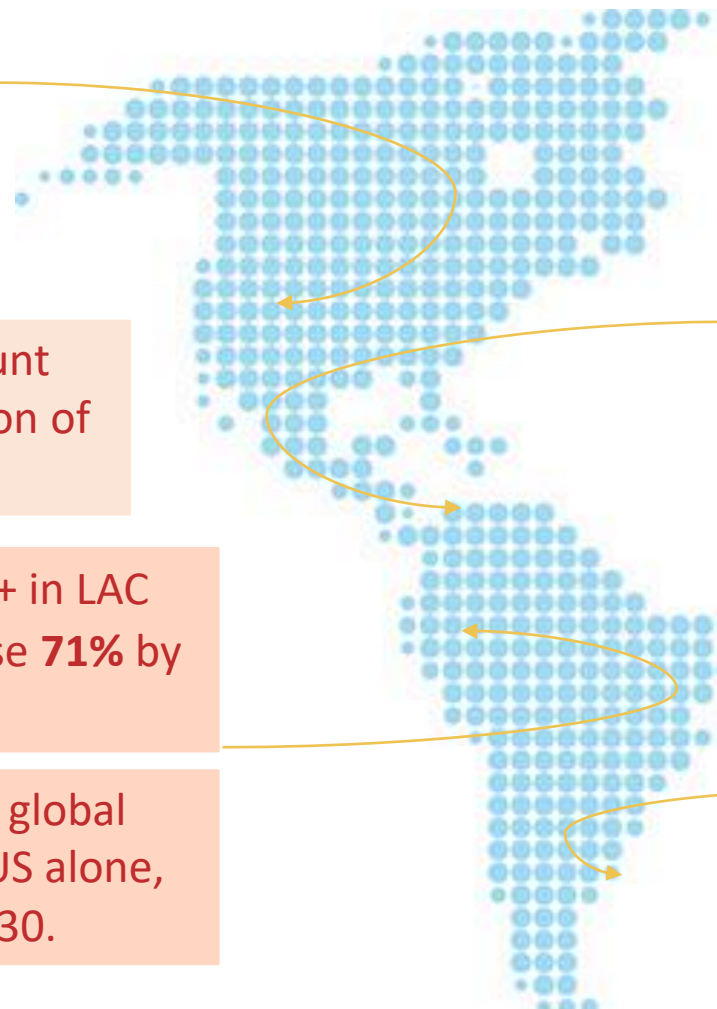
The population of people 60+ in LAC region is projected to increase **71%** by the year 2030...

...compared to the projected global increase of **56%**, and in the US alone, **1/5** people will be 65+ by 2030.

The highest levels of 60+ population are at **20%** in **Barbados, Canada, Cuba, the US, and Uruguay**, and the lowest at **5.9%** in **Belize**.

In Latin America and the Caribbean, demographic transition will take place in just **35 years**, about half the time as that of other regions.

A child born in Brazil in 2015 can expect to live **20 years longer** than one born in the region just 50 years ago.



Decade of Healthy Aging (2021-2030)





1 NO POVERTY
End poverty in all its forms everywhere

2 ZERO HUNGER
End hunger, achieve food security and improved nutrition and promote sustainable agriculture

3 GOOD HEALTH AND WELL-BEING
Ensure healthy lives and promote well-being for all at all ages

4 QUALITY EDUCATION
Ensure inclusive and for all and promote

5 GENDER EQUALITY
Achieve gender equality and empower all women and girls

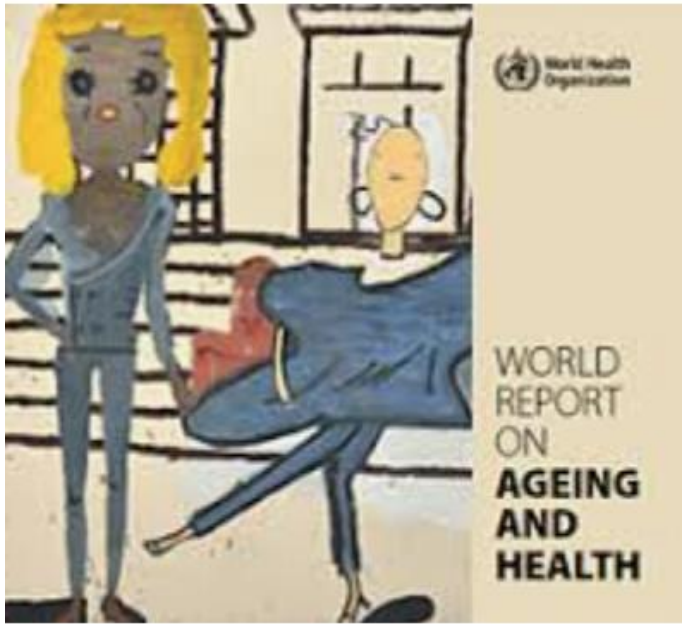
10 REDUCED INEQUALITIES
Reduce inequality within and among countries

16 PEACE, JUSTICE AND STRONG INSTITUTIONS
Promote just, peaceful and inclusive societies for sustainable development, the provision of access to justice for all, and building effective, accountable institutions at all levels

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

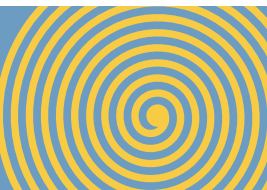
The infrastructure for healthy ageing will require age-inclusive, affordable access to the Internet; research and evidence-based interventions that make older people visible by age-disaggregated data and analysis; new technologies and eHealth.





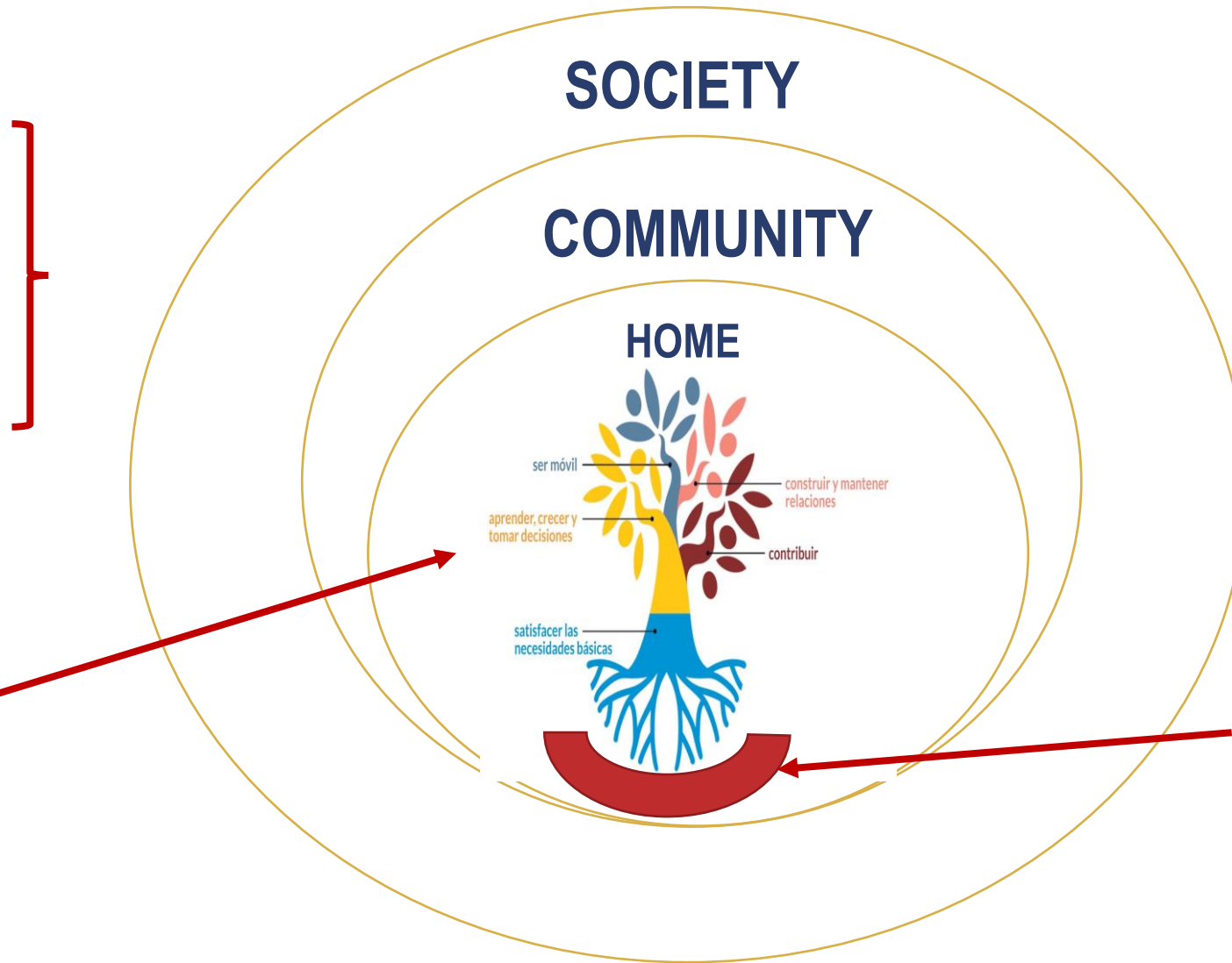
Healthy Aging: the process of developing and maintaining the **functional ability** that enables well-being in older age (WHO 2015)

Functional ability: comprises the health-related attributes that **enable people to be and to do what they value** (WHO, 2015).

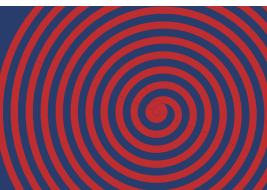


Environment: where people live their lives. Shape the things individuals with different levels of intrinsic capacity can do.

FUNCTIONAL HABILITY: integrates the **INTRINSIC CAPACITY**, the **ENVIRONMENT** where individuals live and the relationship between them



INTRINSIC CAPACITY: The sum of all mental and physical capacities a person has and can develop



4 ACTION AREAS OF THE DECADE

CHANGE

how we think, feel and act towards age and aging



ENSURE

that communities foster the abilities of older people



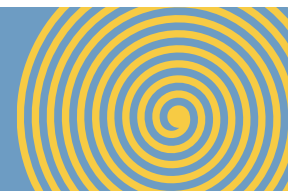
DELIVER

person-centered integrated care and primary health services responsive to older people



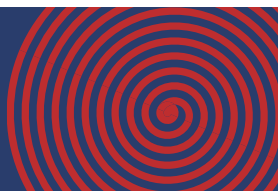
PROVIDE

access to long-term care for older people who need it



Ageism and Technology

- Digital divide between older and young generations
- Older adults who internalize the stereotype that older people cannot master technology may not even try to adopt new technologies
- Older adults are less included in focus groups assessing the design of new digital technologies



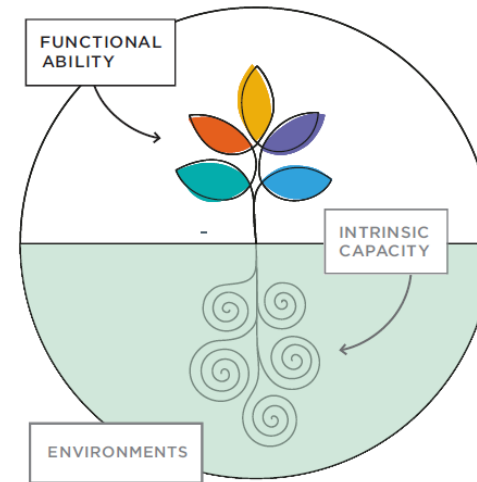
Environment and Technology



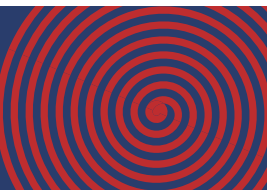
Chicago

One of the world's top "smart cities"

“Engagement of older people and municipalities can steer the use of digital technology to support enabling environments – and reduce the digital divide between older and younger people”



DECADE OF
HEALTHY AGEING
BASELINE REPORT



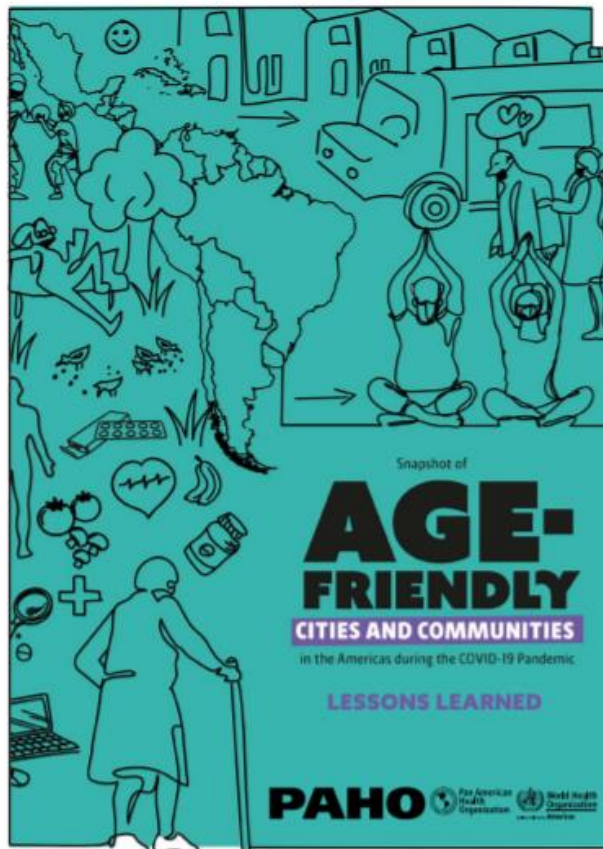
Environment and Technology

Case Example from Chile: Strengthen the capacity of older people, communication and knowledge

- New app to **inspire adaptation to their environment** - allows to report problems within the age friendly environment and communicate them to the municipality.
- Another app is to coordinate the network of age friendly cities with adults who are in extremely vulnerable situations, socially isolated, or in general for rural communities

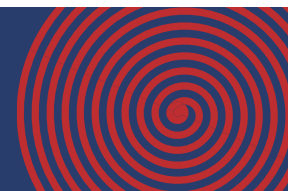


Environment and Technology



- Access to **technology**, connection with older populations, and **collaboration between local actors** have been key actions that have had the greatest potential to mitigate the impact of the COVID-19 pandemic on older people
- A significant challenge noted by several municipalities is the **lack of access to technology** for older populations

Full document: [PAHOFPLHLCOVID-19210029_eng.pdf](#)



2021 UNIDOP: “Digital Equity for All Ages”

United Nations | Department of Economic and Social Affairs | United Nations Office of the Secretary-General's Envoy on Technology | NGO Committee on AGEING UNITED NATIONS, NY

UNITED NATIONS INTERNATIONAL DAY OF OLDER PERSONS 2021

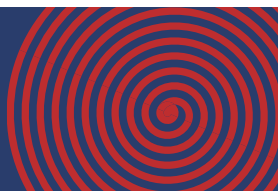
OCTOBER 1, 2021 | 10:00-11:30 EDT

DIGITAL EQUITY FOR ALL AGES

ONLINE New York, NY REGISTER TODAY

The image shows four diverse individuals (two women and two men) of various ages and ethnicities, each focused on a digital device: a tablet, a laptop, a smartphone, and a laptop.

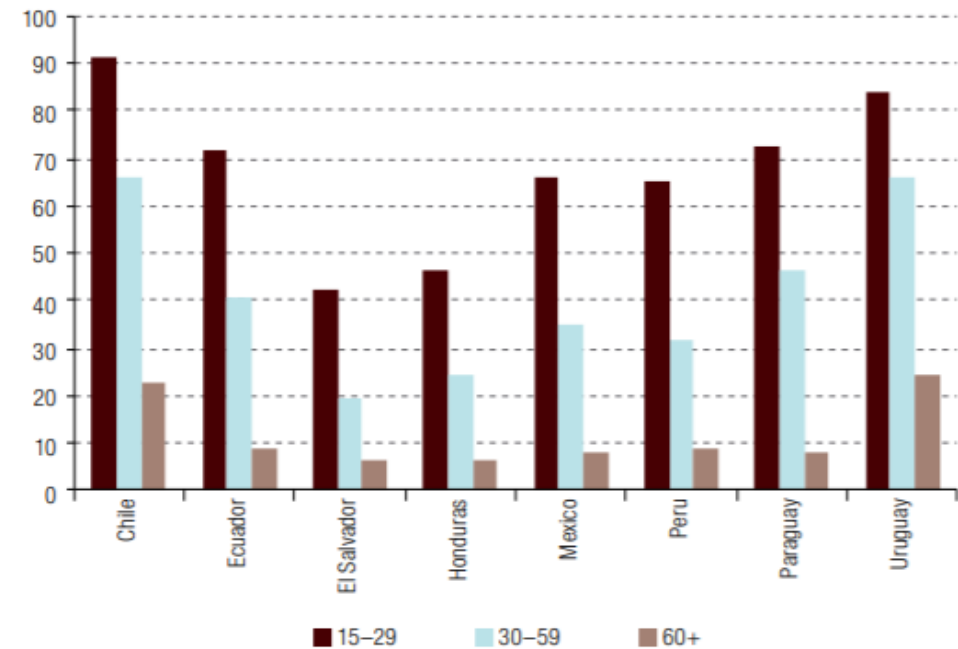
- One-half of the global population is off-line
- Women and older persons experience digital inequity to a greater extent



In the Region of the Americas...

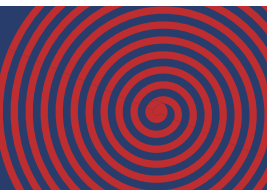
- Information and communication technology has great potential for reducing social and economic inequalities that affect older adults, but can also exacerbate pre-existing economic or social inequalities or even create new ones
- Available ICT statistics for Latin America show that the older adult age group is the most isolated from digital technologies, reflecting a deep digital age divide.

Figure 2
Latin America (selected countries): individuals using the Internet, by age group, around 2015^a
(Percentages)



Source: Prepared by the authors, on the basis of data from national surveys.

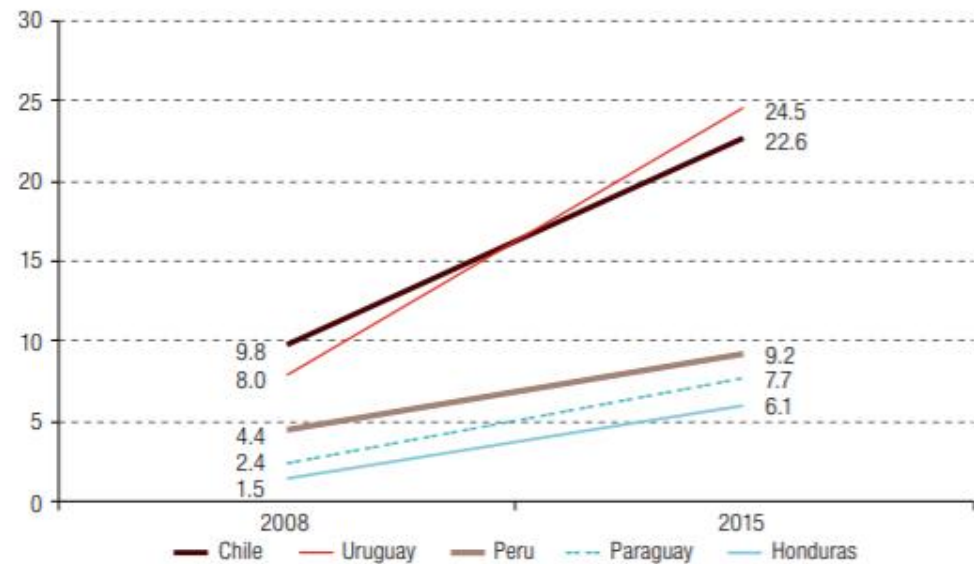
^a Surveys were conducted in 2015, except in Honduras and Mexico, where they were conducted in 2014.



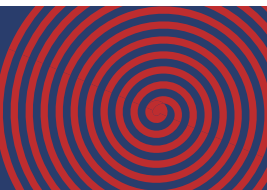
In the Region of the Americas...

- Although levels of Internet use among older adults are still quite low in some countries in LAC, it is increasing

Figure 6
Latin America (selected countries): adults aged 60 or over using the Internet, 2008 and 2015
(Percentages)



Source: Prepared by the authors, on the basis of data from national surveys.



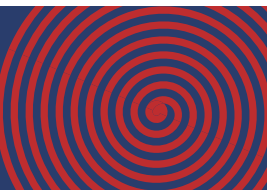
ENABLERS

**Voice and
engagement of
older people,
families,
communities**

**Nurturing
leadership and
capacity builder**

**Connecting
stakeholders**

**Data, research
and innovation**





Knowledge for healthy ageing

Find and share knowledge that can improve the lives of older people, their families, and their communities.

[Learn more >](#)

VOICES >

- Feature Stories
- Photo Stories
- Quotes
- Interviews
- VOICE
- Multimedia

RESOURCES >

- Publications
- Databases & Repositories
- Multimedia
- Events
- Commentaries
- Decade News

CONNECT >

- People
- Organisations & Networks

INNOVATION >

- Research Projects
- Advocacy Campaigns
- Implementation Projects
- Funding
- Calls For

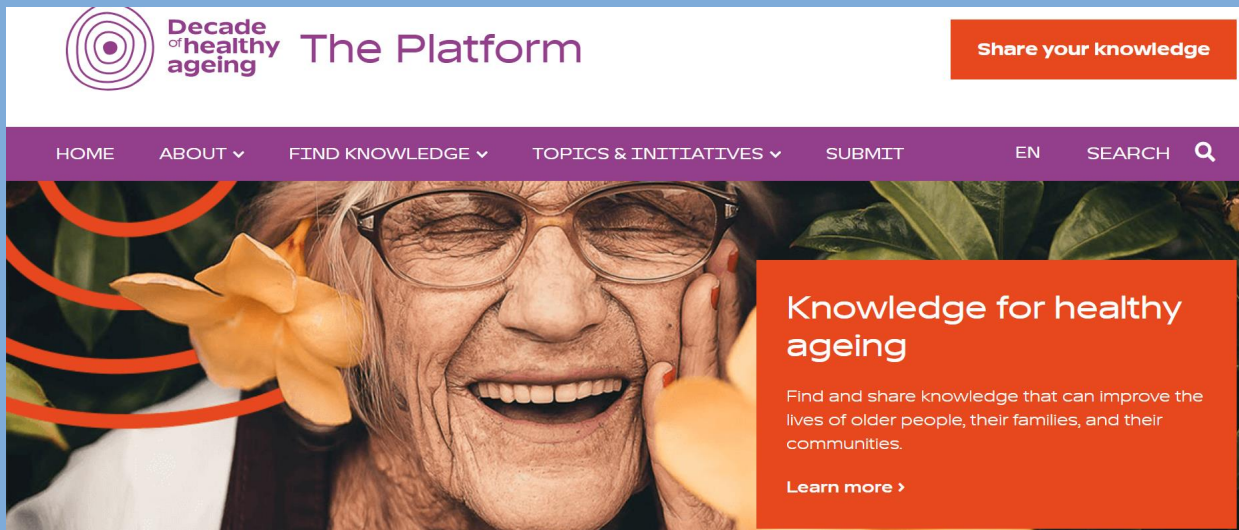
SUPPORT >

- Toolkits
- Training Programmes





➤ <https://www.paho.org/en/healthy-aging>



➤ <https://www.decadeofhealthyageing.org/>

Thank you!



PAHO



**Decade
of healthy
aging**