

Problems of ageing / The true value of age



What is ageing?

- It is a part of human life cycle.
- It is **a process of becoming older.**
- It is an important part of all human societies.

The effects of ageing on a human face



Dividing the lifespan

- A human life is often arbitrarily divided into various ages.
- Biological changes are slow moving and vary from person to person □ arbitrary dates are usually set to mark periods of life.



Cultural variations

- In some cultures are **older people more respected** than in other (they have an important status and said to be more wiser than younger people)
- In our culture people **try to hide their age.**
- But among the young, there is often a **desire to seem older** to gain



Population ageing

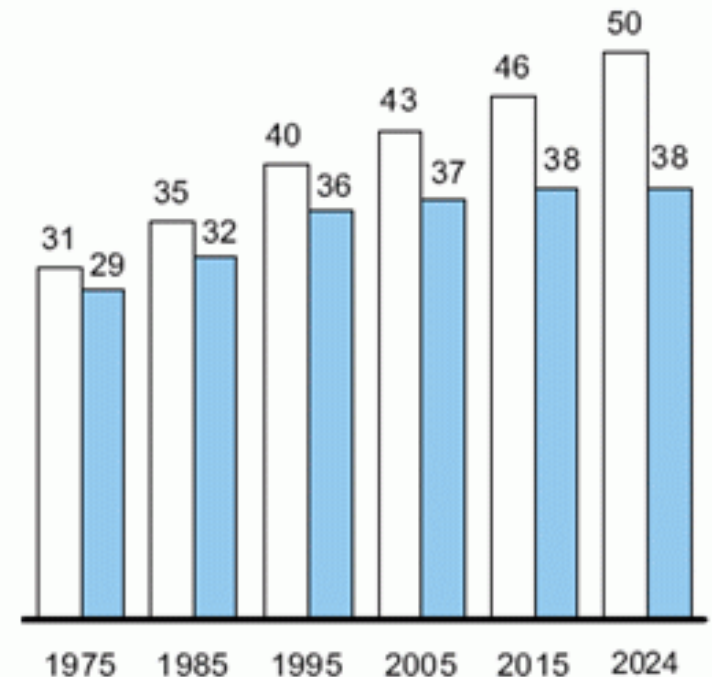
- A highly generalised process.
- It is **most advanced** in the **most highly developed countries**.
- **Japan** is one of the fastest

Exhibit 19

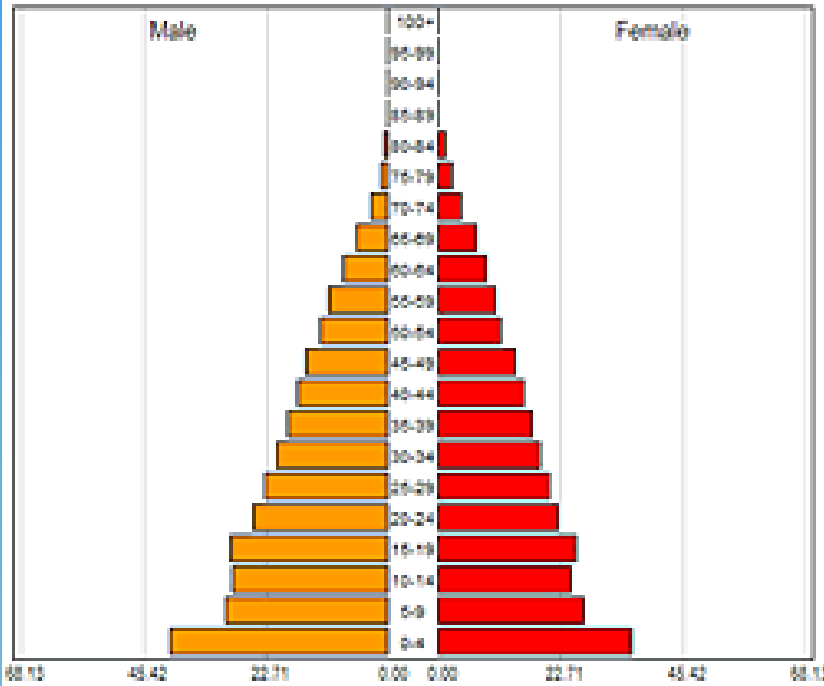
POPULATION AGING TRENDS

Median age of population in Japan and the US 1975-2024
Years

□ Japan
■ US



China: 1950



Proportion: Elderly (Age 60+)



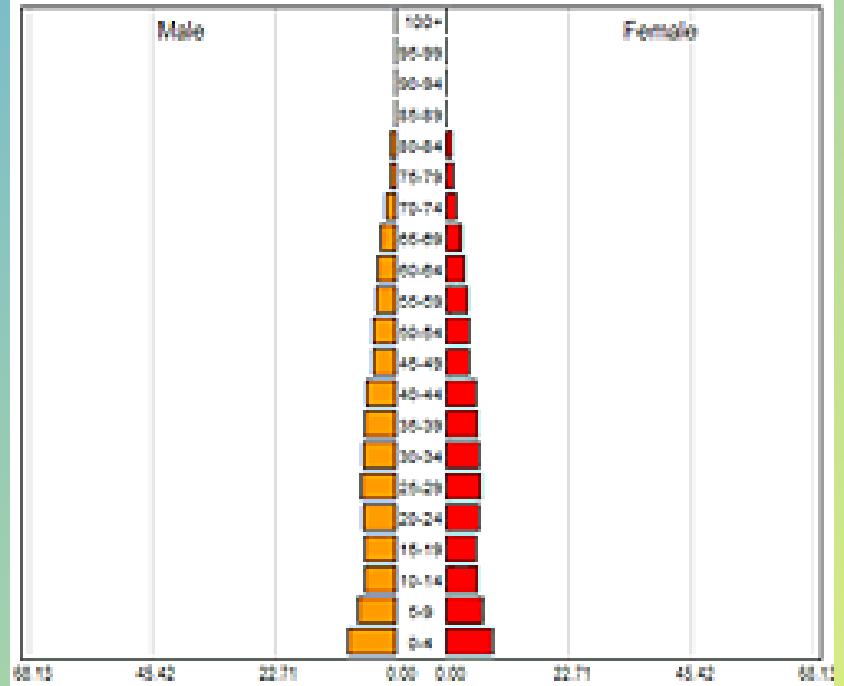
Proportion: Working-age Population (Age 20-59)



Proportion: Children (Age 0-19)



United States of America: 1950



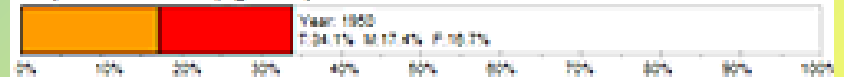
Proportion: Elderly (Age 60+)



Proportion: Working-age Population (Age 20-59)



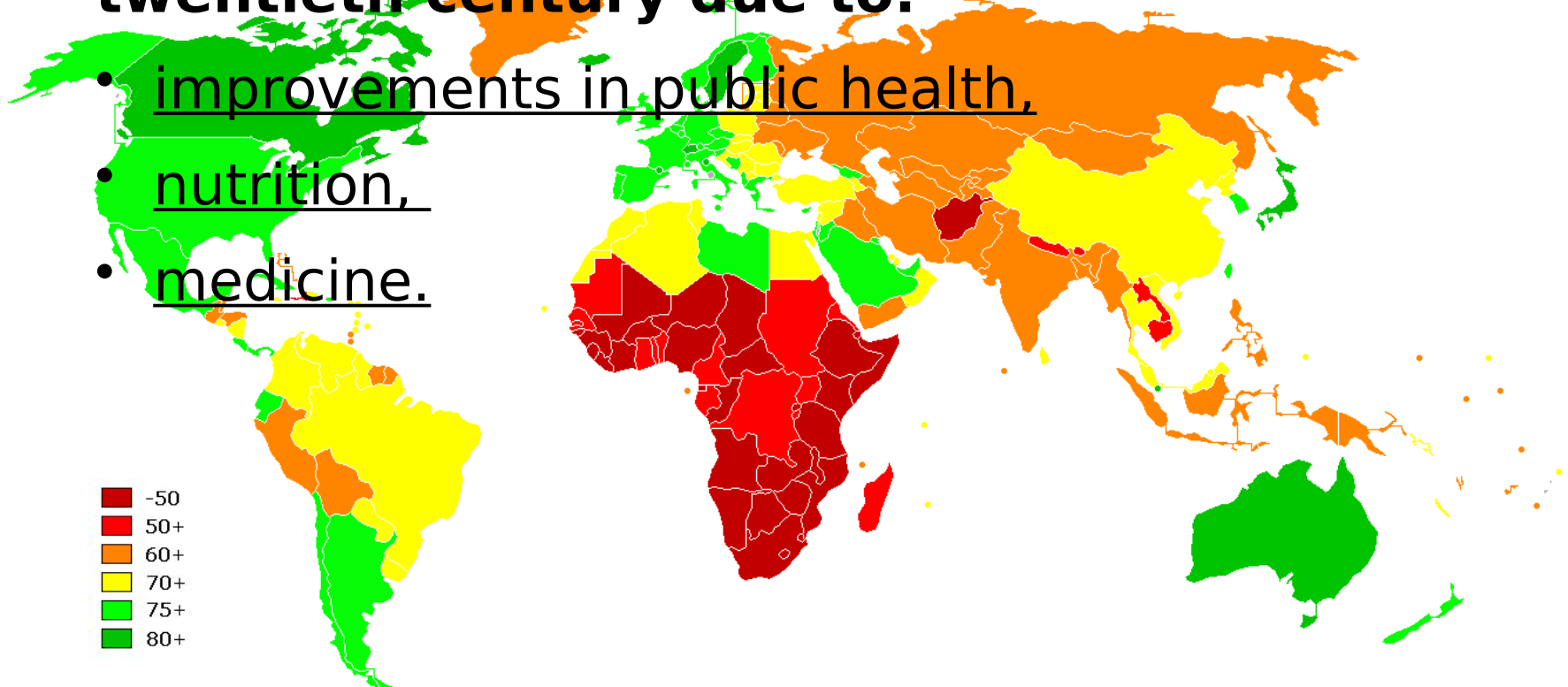
Proportion: Children (Age 0-19)



The sources of population ageing

- **A significant increase in life expectancy** rose rapidly in the twentieth century due to:

- improvements in public health,
- nutrition,
- medicine.



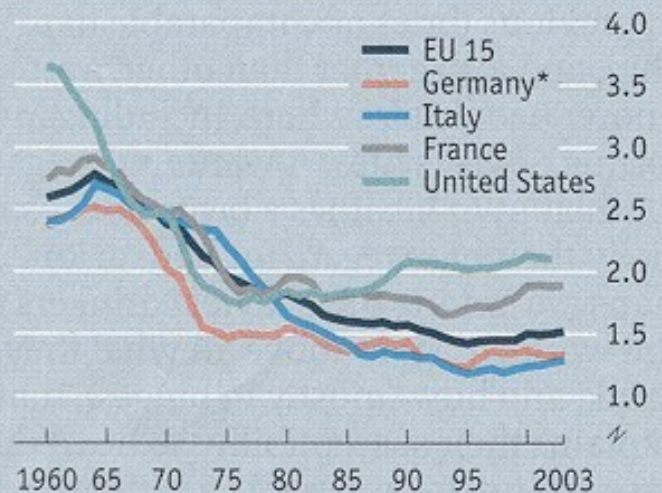
- **A significant fall in fertility.**

It is the result of constraints on families' choices:

- late access to employment,
- job instability,
- expensive housing,
- lack of incentives (family benefits, parental leave, child care, equal pay).

Boom and bust

Fertility rate, births per woman



*Including eastern Germany from 1991

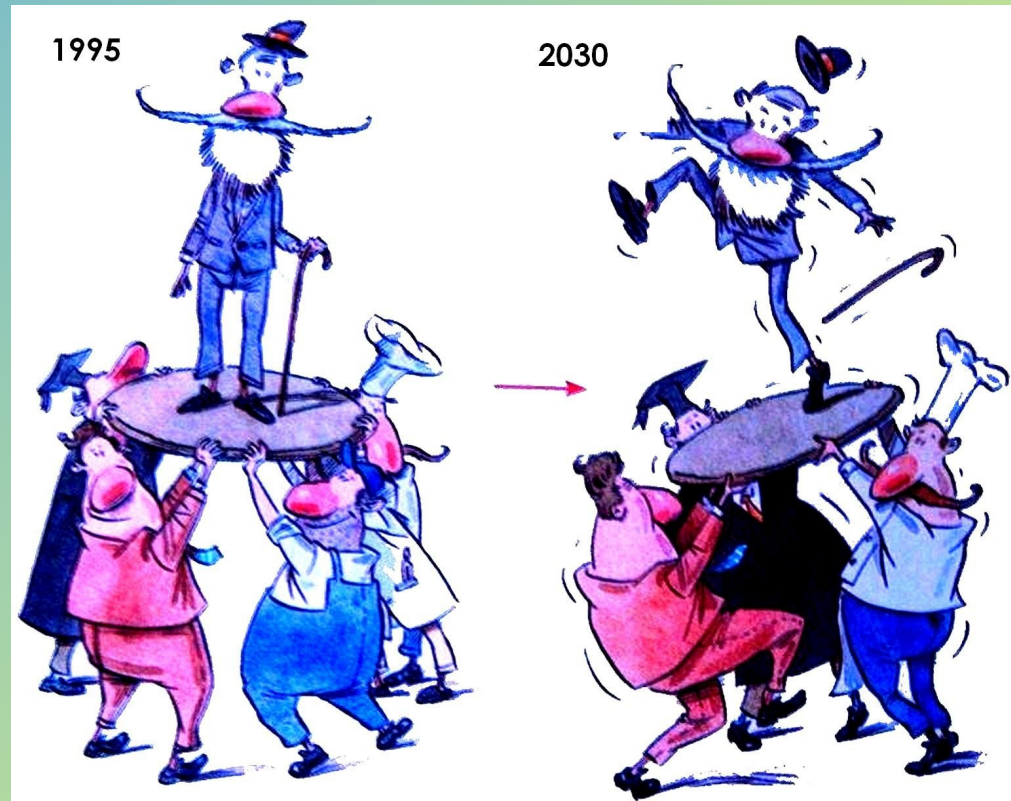
Sources: Eurostat; World Bank

- **The ageing baby-boomer generation**
- Baby boomer is a **person born during a baby boom**, especially **after the Second World War**.
- Baby boomers represent **the vast majority of the work force**.
- In 2011 the first "boomers" will turn 65.

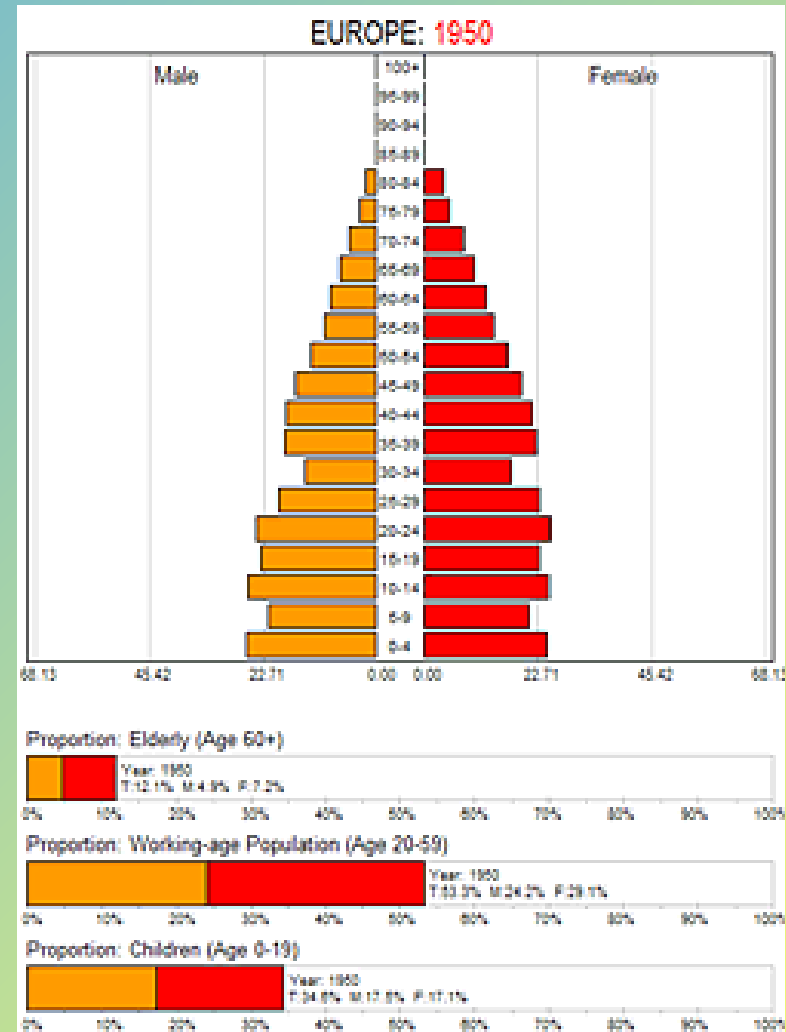


Ageing of the European population

- **Europe is the first region in the world to experience demographic ageing.**
- In 2030 roughly two active people (15-65) will have to take care of one inactive person (65+)

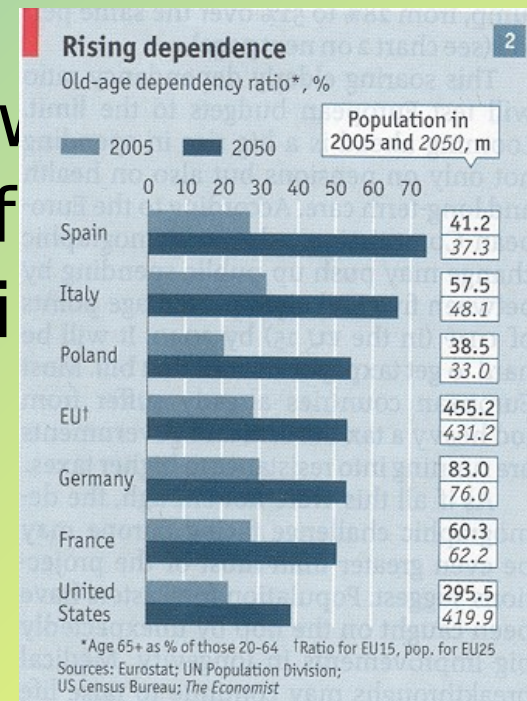


- The number of **older workers** (aged 55 to 64) will increase by 24 million between 2005 and 2030.
- The EU's **total working age population** (15-64 years) will fall by 20.8 million (- 6.8 per cent) between 2005 and 2030.
- The number of **people aged over 80** will rise from 18.8 million today to 34.7 million in 2030.



Rate of demographic dependence

- It is the ratio of population aged 0-14 years and older than 65 years to the population aged 15-64 years.
- It will rise from 49 per cent in 2005 to 66 per cent in 2030.
- The annual rate of potential growth of Europe's GDP is projected to fall from today's 2-2.25 % to 1.5 % in 2015 and 1.25 % in 2040.



Problems of population ageing

- Smaller generations of children will increasingly have to **take responsibility** for larger numbers of people in the older generations.
- At the same time, young people have **difficulty finding employment** and are



- Senior citizens are healthier and **want to play an active part** in **social and economic life**.
- There will be a **significant increase** in the number of **very old people** (aged 80+) - the "fourth generation" or "fourth age".
- Older people are more likely to be **saving money** and less likely to be spending it on



- Earlier **pay-as-you-go pension systems** are now almost completely **unsustainable** due to population ageing.
- **The cost of health systems will increase** dramatically as populations age.
- **Expenses for education will tend to fall** with an ageing population.



An aerial photograph of a modern city, likely Singapore, showing a mix of high-rise buildings, green spaces, and a large body of water. A prominent bridge spans across the water, and numerous ships are visible in the harbor. The sky is clear and blue.

- **It will affect:**

- consumption patterns,
- business,
- family life,
- public policy and voting behaviour,
- the infrastructure of our cities,
- public transport,
- design of houses and flat and shopping possibilities.

The true value of age

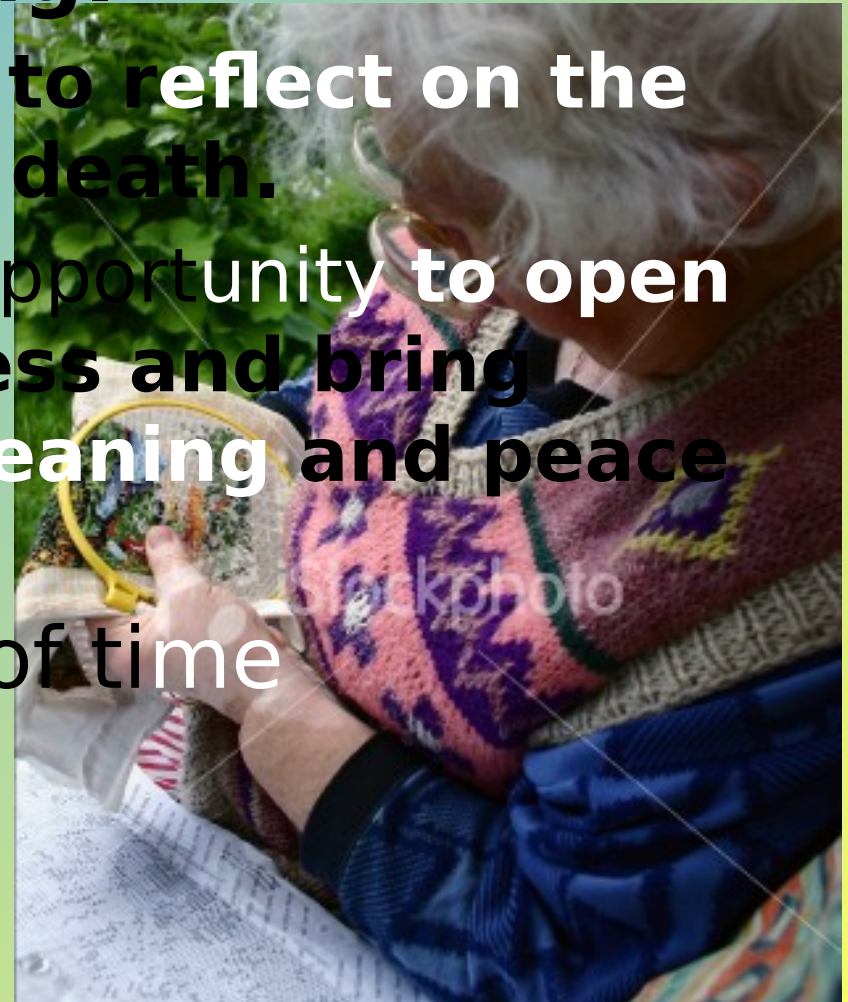
- Many of us fear growing older.
- This thought is **the result of our society's glorifying benefits of our youthful years** and minimizing and **degrading the elderly** and the value of the ageing process.



- Ageing through our later years can be a **remarkable time for increasing self-understanding.**

- We have more time **to reflect on the nature of life and death.**
- We have a special opportunity **to open to our inner process and bring greater clarity, meaning and peace into our lives.**

- We also have a lot of time for our **hobbies.**



- On the other hand **loss is everywhere.**
 - Our friends are **dying** or moving.
 - Our family is often **too busy** to spend time with us.
 - **Our health is deteriorating**



Diseases that afflict the elderly

- **Alzheimer's Disease**
- **Arthritis**
- **Chronic Pain**
- **Congestive Heart Failure**
- **COPD (Chronic obstructive pulmonary disease)**
- **Diabetes**
- **Depression**
- **Osteoporosis**
- **Parkinson's Disease**
- **Stroke**



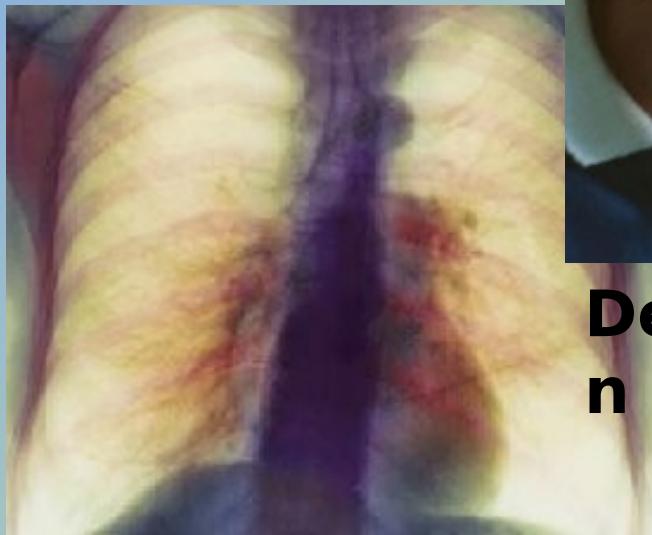
Arthritis



Diabetes



Depression



COPD



Osteoporosis

The oldest person in the world

- Madame **Jeanne Clamet** from France.
- She was born on February 21, 1875 and died August 4, 1997 at the **age of 122**.
- She took up fencing at 85, still rode a bicycle at 100, and released a rap CD at 121.
- By the end she was blind, nearly deaf and in a wheelchair, but still **mentally alert**.



Top tips to avoid ageing



- Look after your health.
- Avoid fast foods, and fatty or salty food.
- Eat plenty of raw fruit and vegetables, especially the brightly coloured ones.
- Take regular workouts for mind and body.
- Avoid smoking and chemical pollution.
- Cover up in the sun.
- Think positively. Try to view old age

New vocabulary

- **reflect (V)** - to show or be a sign
- **convention (N)** - the way in which sth is done that most people in a society expect and consider to be polite or the right way to do it
- **median (Adj.)** - having a value in the middle of a series of values
- **nutrition (N)** - the process by which living things receive the food necessary for them to grow and be healthy
- **fertility (N)** - the state of being fertile
- **constraint (N)** - a thing that limits or restricts sth
- **unsustainable (Adj.)** - that cannot be continued at the same level, rate, etc.
- **labour (N)** - the people who work or are available for work in a country or a company

- **proportion (N)** - a part or share of a whole
- **baby boom (N)** - a period when many more babies are born than usual
- **sustainable (Adj.)** - that can continue or be continued for a long time
- **consumption (N)** - the act of using energy, food or materials; the amount used
- **glorify (V)** - to make sth seem better or more important than it really is
- **degrade (V)** - to make sth become worse, especially in quality
- **clarity (N)** - the ability to think about or understand sth clearly
- **deteriorate (V)** - to become worse
- **rigid (Adj.)** - not willing to change their ideas or behaviour.
- **extent (N)** - the physical size of an area