Active Ageing Index
A legacy of the 2012 European Year of Active Ageing and Solidarity between Generations

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OVERVIEW

1. Active ageing as a policy approach
2. Key insights from the MOPACT project
3. Introducing Active Ageing Index “AAI”
4. Key findings from the AAI for EU countries
5. Conclusions
Part 1

Active ageing as a policy approach
Active ageing approach

• The active ageing approach rejects the deficit model (projecting older people as passive agents)

• It favours a rights-based approach to recognise equality of opportunity and potential of people of all ages

Source: Drawn from the analysis included in Zaidi et al. (2017)
Active ageing approach

- The underlying idea is that active and engaged people contribute to their own health, well-being and autonomy as well as to the welfare of the society in which they live.

Source: Drawn from the analysis included in Zaidi et al. (2017)
Active ageing strategies operate simultaneously at the individual (lifestyle), organisational (management) and societal (policy) levels and at all stages of a life course.
I. .... the moral case, to take care of our elders in the development process

Development strategies must be inclusive of older persons, in improving their well-being and QOL

A bold pledge made in the 2015 Agenda of Sustainable Development

‘... leaving no one behind...’

Active Ageing and Sustainable Development

I. .... the moral case, to take care of our elders

II. .... the economic case, to tap the fullest potential of older persons

when empowered, active and engaged older persons contribute to their own health, independence and autonomy and to the welfare of the society in which they live

Part 2

Key insights from the European Commissions’s MOPACT project
1. **Active ageing rising**, clear signs of change, as emphasis on and experiences of active ageing are rising across EU Member States.

2. **Greater challenges for Central European countries**, fast ageing societies, with active ageing low, inequality higher and weaker institutional capacity and enabling environment.
3. Greater new risks of economic/social exclusion, with rising 1-person families; advances in longevity not keeping pace with healthy life expectancy; greater time spent in health status requiring specialised care and support.

4. Ageing not inevitably linked to vulnerability and chronic diseases – instead lifestyle and environments play a major role. Social investments required in earlier phases of life.

5. EU institutions playing an important role in disseminating good practices and in incentivising research and innovations.
FIVE Prerequisites for realising active ageing in Europe

1. Optimistic paradigm of ageing – viewing older people as agents of change, with rights.

2. Life course perspective – putting a strong emphasis on active ageing at all ages.

3. Heterogeneity recognised – relevant for all, and not just reduced to elites.


5. Diversity – account for differential institutional capacities and enabling environments for AA.
Five Top policy priorities for the EU

1. **Maintain pension income adequacy**, alongside improvements of sustainability of public welfare system

2. **Increase in healthy life expectancy**, so as to keep pace with rising life expectancy

3. **Longer labour market careers** as well as other non-market activities and social engagements in later life

4. **Long-term care services** expanded and better coordinated and integrated with healthcare systems

5. **Changing the way we age**, in conventional strategies (such as healthy diet, exercise, greater savings) and also in adopting new technologies and social innovations.
Part 3

Introducing Active Ageing Index (AAI)
Philosophy behind the work of the AAI
Building knowledge by using numbers

“When you cannot express it in numbers, your knowledge is of a meagre and unsatisfactory kind”

Lord Kelvin in 1883
Mathematician, physicist and engineer, 1824-1907
Three Objectives of the AAI project

Launched on the eve of the European Year 2012

I. To produce high-quality, independent, multi-perspective quantitative evidence on active ageing in Europe
Second objective of the AAI

II. To highlight the contributions of older people in different dimensions of lives of older persons; and help identify the potential of older people
Third objective of the AAI

III. To offer policy makers comparative evidence and encourage them to use the AAI for mutual learning and in developing strategies for promoting active and healthy ageing.
The AAI framework
22 indicators to 4 domains to a single number AAI

Source: For a discussion on the choice of indicators includes, see Zaidi and Stanton (2015)
Selection of AA indicators

- Focus on human capital of older people, by promoting positive paradigms of ageing (rather than viewing older people as dependent)

- Indicators reflect the rights as well as responsibilities of older people (for example, the first domain presents a right to work, as well as a responsibility for longer careers)

- In many instances, low values of AAI indicators will reflect denial of rights of older people
  - Age discrimination low employment
  - Healthcare services independent living
  - Social protection Secure living
Part 4

Key findings of the Active Ageing Index
(results for EU countries)
Affluent EU States in the Northern and Western Europe have had greater overall active ageing also, stability observed in the relative position of EU countries over the period 2008-2012. Latvia ranks 19th. Source: Zaidi and Stanton (2015), pp. 18.
Key message 2: Top-ranked countries not at top of each domain and indicator, falling short of goalposts

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<tr>
<th>Rank</th>
<th>Overall</th>
<th>Employment</th>
<th>Participation in society</th>
<th>Independent living</th>
<th>Capacity for active ageing</th>
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The goalpost:
- 56.4: 71%
- 54.2: 66%
- 37.4: 52%
- 87.7: 90%
- 77.7: 84%
How does Latvia fare:

Latvia scores among the top countries in employment...

.. but rather low in other three domains of the AAI
Key message 3: AAI scores for men are higher than women, especially where employment and incomes are involved.

Gender gap in LV among the lowest!
Key message 4: Active ageing has been increasing in the EU, despite economic crisis and austerity measures.

On average, an increase of nearly 2 points in the EU, while an increase of nearly 3 points or more in nine EU countries (during 2008-2012).

LV among the exceptions!
Part 5

Conclusions
1. The active ageing strategies empower older people helping them fulfil their full potential and improve their quality of life

✓ this becomes one of the key strategies in improving the rights of older persons!

2. The AAI framework helps identify specific priorities for each country to identify where the potential of older people is not realised, and how much?

✓ The AAI framework can be used to highlight where a legislation or its enforcement for the rights of older people remain unfulfilled!
3. The AAI framework provides a detailed cross-country comparisons of domains and individual AA indicators and help identify successful and innovative policy instruments

✓ The AAI framework offers us a methodology that can be used to identify good practices in achieving rights of older people!
4. Based on the AAI, the level of active ageing appears to be low in many dimensions (except employment)

✓ **Social participation domain** points to low volunteering and political engagement!

✓ **Independent living domain** shows low median income, insufficient opportunities of lifelong learning, independent living and perceptions of physical safety as other areas of concern

✓ **Enabling environment domain** reflects a particularly low use of ICT among older population, and low healthy life expectancy and mental well-being, especially for women
Thank you

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Key AAI references


