



Technical Opinions

International Technical Meeting on Aging in Place
Quebec City (Canada), October 2018

Objectives and Purpose

- **The purpose of a technical meeting** is to explore the knowledge and positions of international experts on a given topic through exchange, reflection, and discussion, in order to issue concerted international technical opinions.
- **The purpose of technical opinions** is primarily to support the World Health Organization (WHO) in developing international recommendations. They can also support government decisions.

TAKING ACTION ON COMMUNITY AUTONOMY >>>>> TAKING ACTION ON THE PERSON'S AUTONOMY



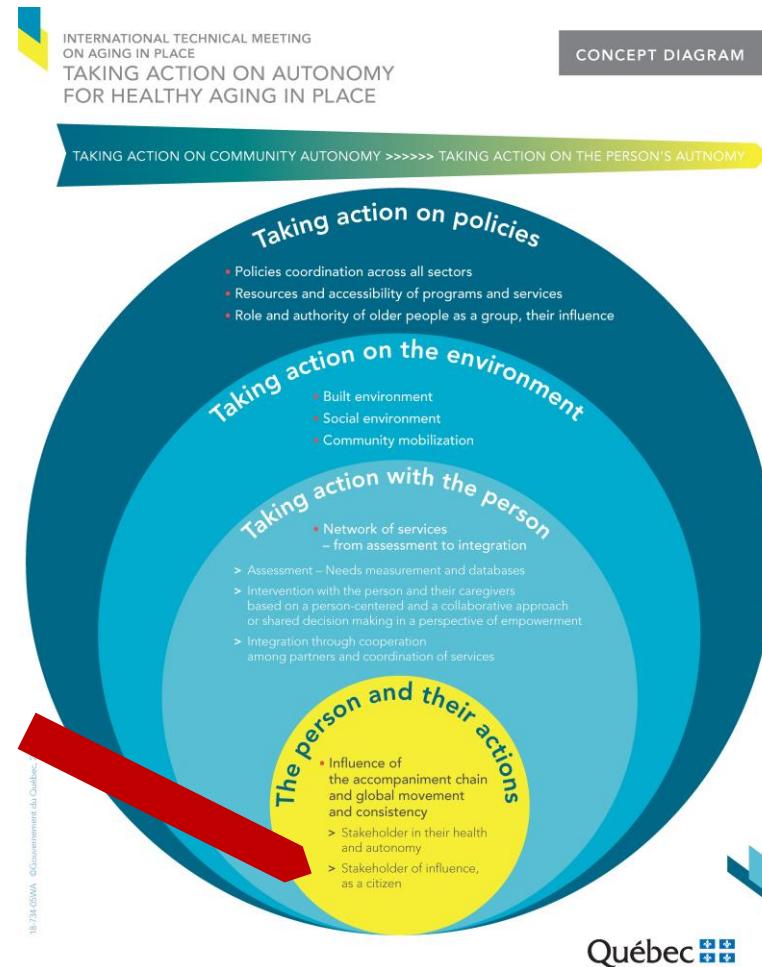
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THEME 4 The Person and their Actions

Theme 4 : The Person and their Actions

- ▶ Stakeholder in their health and autonomy
- ▶ Stakeholder of influence as citizens



Theme 4: The Person and their Actions

Technical Opinion #1

- Considering that the current paradigm of aging must consider a diversity of aging
- Considering that the current paradigm of aging rarely recognizes the older person as a stakeholder in their own health and autonomy
- Considering that the current paradigm of aging reflects a more directive and prescriptive approach to expertise

We propose recognizing that a major paradigm shift is underway and require that the person become the focal point of a system that encourages their autonomy throughout their lives, and that of all stakeholders, with coherent policies, management, and intervention by:

- Taking a partnership approach based on the person's expressed strengths and needs
- Using appropriate communication strategies for the needs and characteristics of the older person (for example, their literacy level, their comfort with technology)
- Offering decision-making tools designed for the older person
- Allocating the necessary time and support to bring this paradigm shift to bear
- Reviewing the training of concerned parties

- Considering that older people can be stigmatized by ageism
- Considering the importance of generating and supporting a perspective shift on aging

We propose working with society to build a positive perspective of aging, encouraging a common language (e.g., good care, helping one another, cooperation, emphasizing strengths), and adopting behavior that translates this positive language into positive action.

- Considering the importance for the older people to update their social roles in this period of their lives to continue to feel useful
- Considering that some cultures respect and value older people' wisdom and experience (e.g., council of elders)

We propose that efforts be made to encourage older people to get involved in roles and make contributions that they value for as long as they want, through cooperation, helping, and promoting their strengths and talents.

- Considering the older person can be a source of influence or a catalyst for civic engagement
- Considering innovation often springs from the grassroots and activists

We propose that older people voices be heard and considered at all levels (e.g., in developing legislation and policy, in governance, in innovative projects, and in clinical decisions that concern them) by ensuring a variety of forms of participation and decision-making (e.g., dialogue, committees) and by allowing for innovations that call for flexible and evolving standards and regulations.

Theme 4: The Person and their Actions

Technical Opinion #5

- Considering that the older person want to remain rooted in their community

We propose facilitating keeping them in their natural environment with a variety of residential options including group homes or cooperatives in accordance with their values, needs, preferences, and condition, in order to foster social and civic involvement, community ties, intergenerational relationships, access to support from loved ones, and an environment conducive to healthy aging.

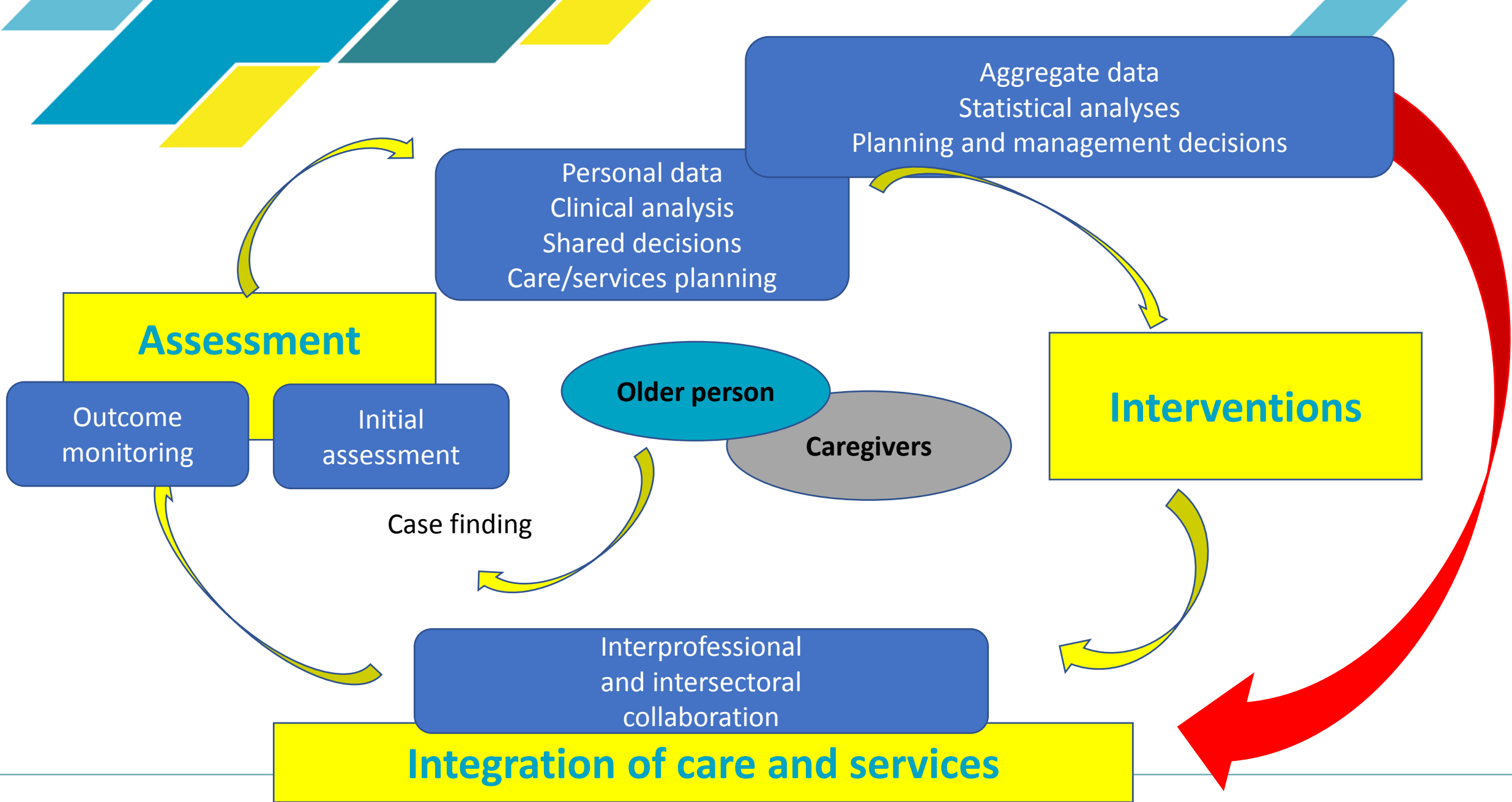
“An old tree should not be transplanted.”





THEME 3 Taking Action with the Person

Network of services : from assessment to integration



Theme 3: Taking Action with the Person

Objective: That all parties involved, including the person and their caregivers, act according to a **paradigm** centered around recognizing autonomy and optimizing people's potential for autonomy.

Theme 3: Taking Action with the Person

Technical Opinion #1

- Considering the emphasis is too often placed on the services available rather than the actual needs and quality of life of the older person and their families (reactive vs. preventive approach)
- Considering that services are currently more likely to encourage dependency than maximize autonomy, and they do not recognize the role played by family members

We propose to work with stakeholders and raise public awareness so that everyone understands this paradigm and integrates it into their practices, and the people and their caregivers can take ownership of it.

Example of a possible action based on this technical opinion: Integrate this paradigm into the initial and continuing education of all stakeholders.

Theme 3: Taking Action with the Person

Technical Opinion #2

- Considering that too often the political will to improve practices has only been galvanized by dramatic situations

We propose to work with the older person to review and redesign if needed the assessment tools, the care and services offered, and the consultation and coordination mechanisms of the parties involved so that they share a common language, the objectives of optimizing autonomy, all resources (including financial resources), information, and data.

Example of a possible action based on this technical opinion: Avoid managing finances in silos, which can be detrimental to cross-cutting initiatives.

Theme 3: Taking Action with the Person

Technical Opinion #3

- Considering that family are generally involved (by choice or legal obligation) in the lives of the older people
- Considering that performance indicators are focused on medico-administrative issues rather than on the well-being of the people or their families

We propose redesigning the systems for evaluating care and services to put the emphasis on results that are valued and prioritized by the people and their caregivers.

Example of a possible action based on this technical opinion: Avoid evaluating service performance with indicators based on “volume,” which tend to have results that run contrary to the proposed paradigm.



THEME 2 Taking Action on the Environment

Theme 2: Taking Action on the Environment

Technical Opinion #1

Considering:

- The persistence of ageism
- The need to raise consciousness in local communities (residents, decision makers, elected officials) of the population's aging
- The need to create more varied methods and venues for reaching the older people and giving them a voice

We propose raising awareness of aging and the rights of the older people among local and regional stakeholders, including older people.

Theme 2: Taking Action on the Environment

Technical Opinion #2

Considering:

- The inequalities in the distribution of resources (material, financial, human, etc.)
- That aging is often considered simply a health issue
- That the culture of intersectorality is not present everywhere (importance of breaking down silos)

We propose integrating aging as a cross-sector reality in all policies and regulations.

Theme 2: Taking Action on the Environment

Technical Opinion #3

Considering:

- Large areas with low population density
- The accessibility of technological innovations
- Changing family structures (nuclearization, social roles of women, young people moving away), which can exacerbate the older people's social isolation
- The challenge for communities and especially older people to participate in society
- The difficulty of reaching certain vulnerable groups of older people
- The benefit of supporting the older people and valuing them as citizens with rights
- The time and energy needed to build trust
- The need to encourage local initiatives and promote them widely

We propose supporting or developing local and regional support strategies (education, innovation, technology, co-construction, etc.) for and by older people, paying particular attention to those living in a context of vulnerability.

Theme 2: Taking Action on the Environment

Technical Opinion #4

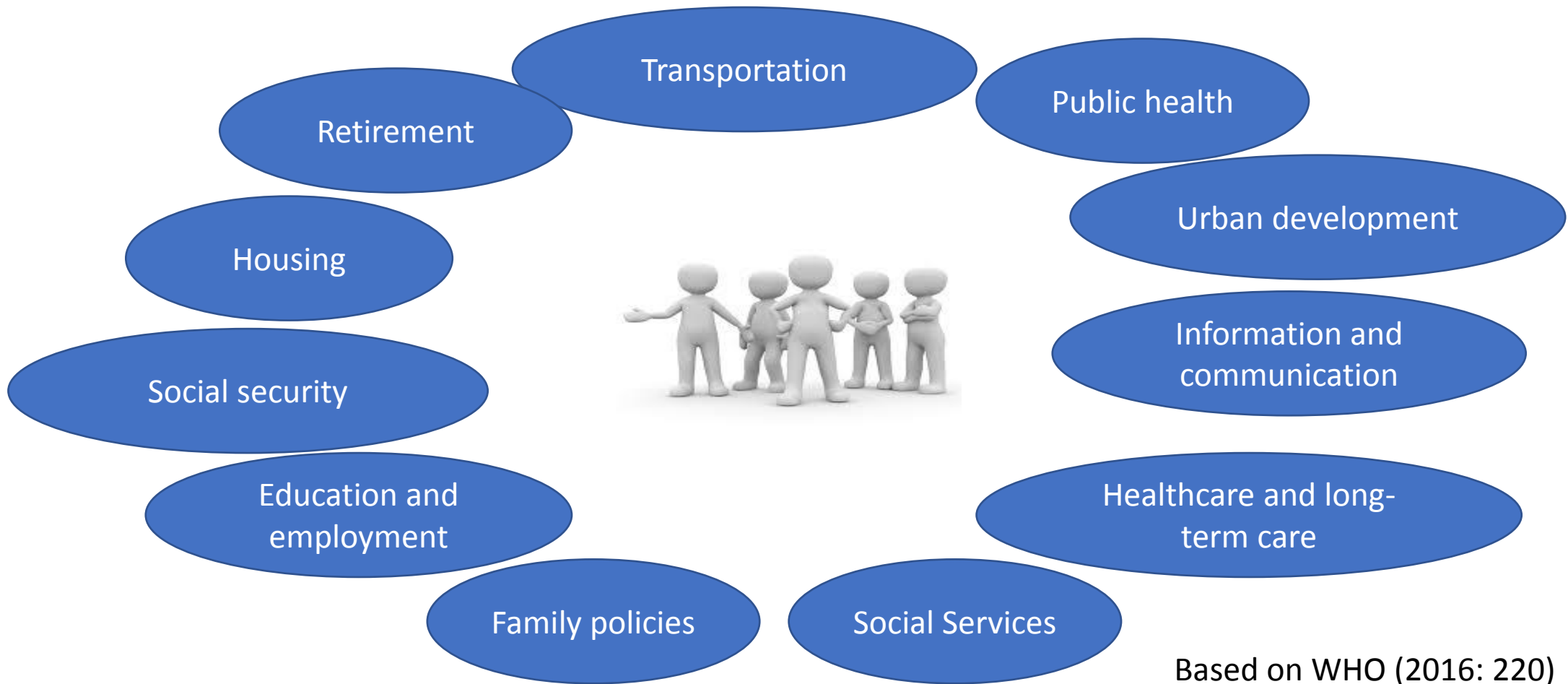
Considering:

- The benefit of favorising the co-designing with the older people
- The need to consider the life course in the development
- The need to promote good neighborliness and goodwill
- The importance of encouraging participation throughout the life course
- The importance of documenting and publicizing the issues, local initiatives, and outcomes
- The need to encourage the use of flexible planning processes

We propose implementing an Age-Friendly Cities approach to develop communities, starting by taking account of the older people's needs.



THEME 1 Taking Action on Policies



Theme 1: Taking Action on Policies

Technical Opinion #1

- Considering the importance of facilitating the older people's participation in the public policy cycle (agenda-setting, development, assessment, etc.), it is imperative to create ways for the older people to get involved and participate.

We propose ensuring that engagement mechanisms represent the diversity of the aging population. It is important to have mechanisms for engaging dialogue with the older people in their environments, taking account of cultural diversity.

- Considering the transversality of the phenomenon of aging, there is consensus on the importance of fostering sustained and regular interministerial coordination.

We propose that governments prioritize creating an administrative unit to coordinate actions involving the relevant government stakeholders, with the legitimacy to implement comprehensive plans and invest the necessary resources.

Theme 1: Taking Action on Policies

Technical Opinion #3

- Considering the importance of having disaggregated data on a shared platform accessible to all stakeholders and decision-makers to empower stakeholders, facilitate sharing, identify needs, evaluate actions and their impacts on an ongoing basis, and ensure their sustainability

We propose having mechanisms for collecting this data. If it is available and appropriate, technology can be an important means to achieve this objective.

- Considering the diverse and growing needs of the various environments, it is necessary to provide space and flexibility to workers in various sectors to develop new initiatives and innovations

We propose establishing co-management and governance mechanisms that take account of the diversity of stakeholders and needs (NGOs, private sector, etc.).

- Considering the different degrees to which global plans on aging have been implemented

We propose encouraging and supporting coordination efforts in WHO member countries in accordance with the recommendations of the Madrid International Plan of Action on Aging.