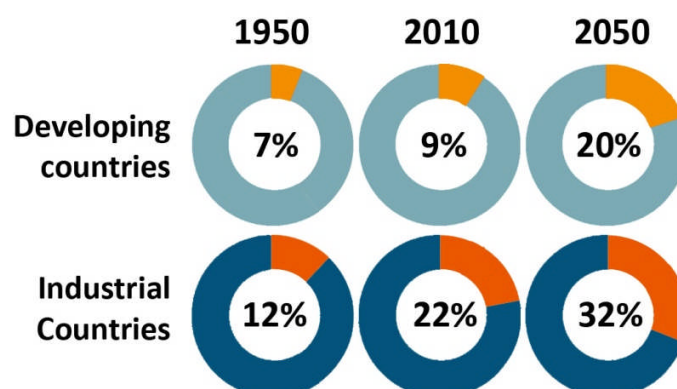


Mentioning the Family in the Sustainable Development Goals

2. Population Ageing

Goal 3. Ensure healthy lives and promote well-being for all at all ages

Ageing is accelerating worldwide Population 60 and over



SOURCE: World Economic Forum.

In our fast ageing world, older people are increasingly playing a crucial role – through voluntary work, transmitting experience and knowledge, helping their families with caring responsibilities or in paid work. These contributions rely on older persons enjoying good health and societies addressing their needs.

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.

Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need it.

The word “active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Older people who retire from work, even with some level of disability, can remain active contributors to their families, peers, communities and nations. Active ageing aims to extend healthy life expectancy and quality of life for all people as they age.

“Health” refers to physical, mental and social well-being as expressed in the WHO definition of health. Maintaining autonomy and independence for the older people is a key goal in the policy framework for active ageing.

At the same time, ageing takes place within the context of friends, work associates, neighbours and family members. This is why interdependence and intergenerational solidarity are also important tenets of active ageing. (World Health Organization, 2000)

A very important contribution brought by many older people in society through the role they play within families as grandparents, parents and informal carers. Given the heavy constraints currently put on parents, due to their family and professional responsibilities, the support provided by grandparents in caring for young children and helping with everyday tasks is crucial. Many grandparents devote their time to help their grandchildren with their school homework, teach them healthy eating habits or spend time with them in constructive leisure. In doing so, they support children’s development and education and their parents’ employment. They also often provide financial assistance for their adult children and care for older dependent relatives and as such are helping limit the pressure of demographic ageing on the public purse. (AGE Platform, 2012).
