

Birmingham Policy Commission Healthy Ageing in the 21st Century

Questions

Session 1 (Morning)

Ageing and wellbeing: flourishing in later life

- 1.1 What is good ageing and when does it begin?
- 1.2 What compromises good ageing, and, leaving death aside, what brings good ageing to an end?
- 1.3 What, if any, is the relationship between flourishing in later life and ageing 'disgracefully'? ¹
- 1.4 How can we ensure that older people flourish as part of their families and communities?
- 1.5 What roles can/should individual, families and communities play in supporting healthy ageing?
- 1.6 What are the challenges for healthy ageing in the context of a diverse multi-cultural city?
- 1.7 What changes in social networks and family support might better facilitate healthy ageing in the future?
- 1.8 What, if anything can governments do to influence this?

¹ By 'disgracefully we mean not conforming to 'norms' of ageing, perhaps by spending inheritance, doing extreme sports, etc

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Session 2 (Afternoon)

Ageing and wellbeing: health in later life

- 2.1 How does healthy ageing differ for current older people (compared to previous generations)?
- 2.2 Can and should we maintain our expectations and views of health in older age compared to younger age?
- 2.3 Should “ageing” itself be considered a disease or condition that requires remedy or should it be embraced as a positive stage of life?
- 2.4 What needs to be done to ensure that we remain healthy for as long as possible as we age?
- 2.5 Are there cultural, ethnic or social-economic factors that help to promote or prevent healthy ageing?