

Birmingham Policy Commission

Healthy Ageing in the 21st Century



Commission Workshop

12 February 2013, Central London

This paper gives an outline of key questions for witnesses. Some witnesses will have a view on all questions. Some will confine their evidence to particular questions or topics. We are particularly keen to gather evidence rather than merely views. We are also keen to receive written evidence.

Ageing and wellbeing: flourishing in later life

Session 1 (10:30 –12:30)

- 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'?
- 1.4 How can we ensure that older people flourish as part of their families and communities? What roles can/should families and communities play in supporting healthy ageing?
- 1.5 What are the challenges for healthy ageing in the context of a diverse multi-cultural city?
- 1.6 What changes in social networks and family support might better facilitate healthy ageing in the future?
- 1.7 What, if anything can governments do to influence this?

Ageing and wellbeing: health in later life

Session 2 (13:30 – 16:00)

- 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?