

**Handout 1:****Voice and healthy longevity concepts****1. Healthy longevity**

Is the state in which years in good health approach the biological life span, with physical, cognitive and social functioning that enables wellbeing across generations.

**2. Healthy ageing**

WHO defines healthy ageing as “the process of developing and maintaining the functional ability that enables wellbeing in older age”.

Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience healthy ageing. Being free of disease or infirmity is not a requirement for healthy ageing, as many older people have one or more health conditions that, when well controlled, have little influence on their well-being.

**3. Functional ability**

Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to:

- meet their basic needs;
- learn, grow and make decisions;
- be mobile;
- build and maintain relationships; and
- contribute to society.

**4. Life span**

The length of time for which a person lives.

**5. Demographic shift**

Demographic change describes changes in the size and structure of the population, caused by changes in birth and death rates, as well as migration. Demographic change in today’s Western developed countries is characterised by low birth rates and increasing life expectancy.

**6. Social infrastructure**

Is comprised of the facilities, spaces, services and networks that support the quality of life and wellbeing of communities.

**7. Ageism**

Ageism refers to the stereotypes, prejudice and discrimination directed towards others or oneself based on age.

**8. Autonomy**

Is the ability to make choices and decisions, with support if necessary, according to one’s will and preferences.

**9. Participation**

The act of taking part in an event or activity.

**10. Empowerment**

The process of gaining freedom and power to do what you want or to control what happens to you.

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## **Handout 1: Voice and healthy longevity concepts *continued***

### **11. Independence**

The ability to perform actions of daily living and participate in society, with support if necessary, according to one's will and preferences.

### **12. Rights-based approach**

A way of working which is based on realising human rights to ensure people's dignity and well-being.

### **13. Spaces (formal and informal)**

Formal spaces are created by the state for citizen participation while informal spaces are often created by grassroot organisations or those who have been marginalised.

### **14. Accountability**

The state of being accountable, liable, or answerable. Accountability is about a relationship between those responsible for something, and those who have a role in passing judgement on how well that responsibility has been discharged.

# Handout 2: Voice framework diagram



Source: HelpAge International, *Voice framework*, 2019.

## Handout 3:

# Action plan

### Taking action on Voice and healthy longevity

**What is the issue?** What could be changed, expanded, or enhanced at the community level, however big or small, to improve older people's health and wellbeing?

Think about the enablers presented in the training, work and volunteering, social infrastructure, health and care systems. Consider the barriers to improving older people's health and wellbeing.

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## Handout 3: Action plan *continued*

**Who needs to be involved?** Consider the issue you want to tackle and identify who needs to be involved. Identify a range of different stakeholders and why they should be involved.

**What actions can be taken?** Identify actions to improve health and wellbeing of older people at the community level. These could include intergenerational activities, awareness-raising campaigns, advocacy initiatives or working with local authorities and service providers.

## Handout 4:

# Feedback form

1. How did you hear about the workshop?

2. How would you rate the usefulness (5 is best) of the content of the workshop?

1    2    3    4    5

3. What did you like best or find most useful about the workshop?

4. Is there anything that could be changed to help to improve the workshop?

*continued over >*

## Handout 4: Feedback form *continued*

5. Did you have the opportunity to ask questions and to participate?  
Please explain your answer.

6. As a result of the workshop, what actions, either at the community, organisational or individual level will you take forward?

7. Would you recommend others to participate in the training? Please explain your answer.