


# Ageing Well

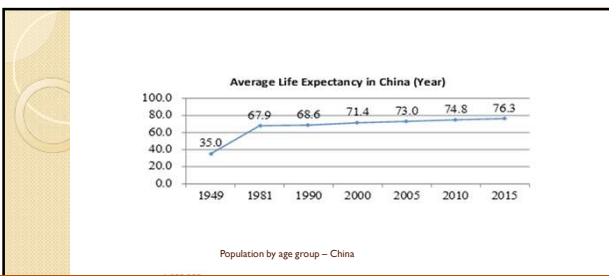
Through a Cultural and Professional Lens

Jenny Song



## What is Ageing Well?

Healthy ageing “is the process of developing and maintaining the functional ability that enables wellbeing in older age” (WHO, 2018).

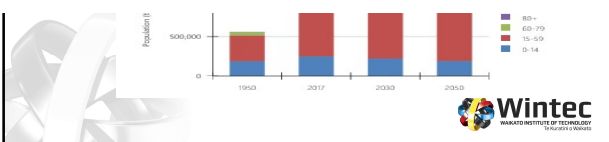



## China’s Endeavours to Promote Health

### The Outline of the Healthy China 2030 Plan

- Developing new types of health services
- Promoting fitness, leisure and sports industry
- Promoting development of medical industry
- Deepening reforms in institutional


View materials, citation and similar papers at [core.ac.uk](http://core.ac.uk)



provided by Wintec Research Institute

through to you by **COBE** health care

- Promoting science and technology innovation
- Developing digital health information services



## Positive Forces for Healthy Ageing

- Basic medical insurance system for aged in urban and rural areas
- Increase investment in the building of social welfare institutions for older people who have three “no’s”.
- Sports and fitness exercises for elderly people

<https://www.youtube.com/watch?v=JbuhQ6LLQBk>



## Five-year plan on elderly care (2016-2020)

- Minimum living allowance and other social assistance
- More government funding for community elderly care centres
- Private capital and non-government organisations will have more access to elderly care market
- More rehabilitation hospitals, nursing homes and palliative care institutions will be built
- Over 35% of hospitals will have a geriatric care departments
- Every city should have universities for older people



## Challenges in promoting ageing well

- Severely aging population
- The burden of chronic diseases
- The insufficiency of health expenditure
- Severe shortage of healthcare professionals
- Different needs of older people
- Health inequities
- The risk of environmental pollution

...



## From a professional perspective

- Lack of regulations covering quality standards for caregivers
- Lack of a government sponsored accreditation process
- Lack of rehabilitation services
- Lack of competent geriatric care professionals



## From a cultural perspective

What do Chinese elderly people value most?




Image: iStockphoto.com/kenanayazov/4211

## Filial piety – a Chinese tradition



**Filial piety**  
– founded by Confucius (551-497 BC)  
and developed by Mencius (372 -289 BC)




## My own story of aged care in New Zealand

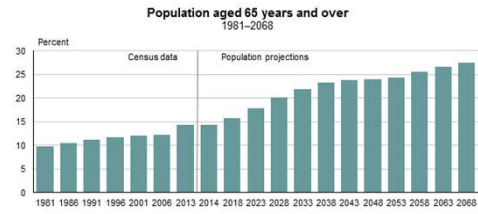



**Opinion: Jenny Song – a story of cultural caregiving**  
Jenny Song could see the 94-year-old Singaporean father's eyes as looking towards a stroke patient in a hospital, where he understood nobody.  
October 3, 2018




## New Zealand population overview

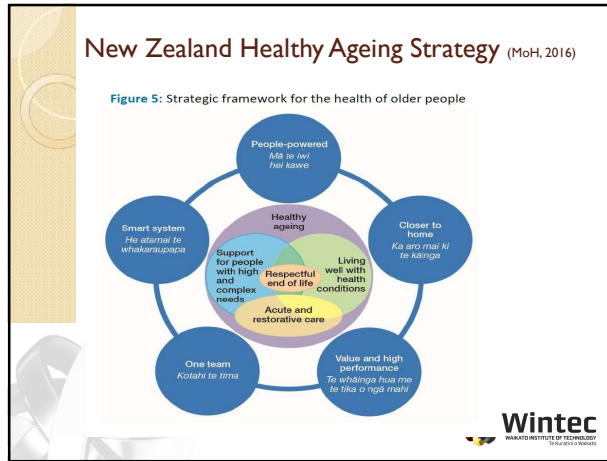
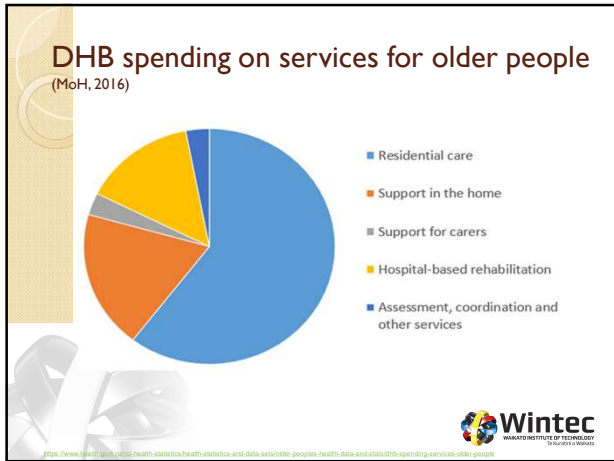
**Population aged 65 years and over**  
1961–2068



Year	Percent
1961	10.0
1966	10.5
1971	11.0
1976	11.5
1981	12.0
1986	12.5
1991	13.0
1996	13.5
2001	14.0
2006	14.5
2011	15.0
2014	15.5
2018	16.5
2023	18.0
2028	19.5
2033	21.0
2038	22.0
2043	22.5
2048	23.0
2053	23.5
2058	24.0
2063	24.5
2068	25.0

Source: Statistics New Zealand





### Implications for Nursing Practice in China

- At national level – develop a strategic plan based on a systematic needs assessment of older people
- At organisational level - provide education and training for nurses to enhance aged care
- Research - looking at factors that are most important to maintain a high quality of life for older people
- The changing culture of aging and its impact on aged care

Wintec  
WAIKATO INSTITUTE OF TECHNOLOGY  
Te Kōwhiri o Waikato

### Bibliography

China Briefing (2018). The senior care sector in China: Is it time to think differently? Retrieved from <http://www.china-briefing.com/news/the-senior-care-sector-in-china-is-it-time-to-think-differently/>

China Labour Bulletin. (2016). China's social security system. Retrieved from <https://www.clb.org.hk/content/china%27s-social-security-system>

Huang Z., Liu Q., Meng H., Liu D., Dobbs, D., Hyer, K., & Corner, K. O. (2018). Factors associated with willingness to enter long-term care facilities among older adults in Chengde, China. *PLOS ONE*, 13(8), 1-13.

Ministry of Health. (2016). Healthy Ageing Strategy. Retrieved from <https://www.health.govt.nz/publication/healthy-ageing-strategy>

Ministry of Health. (2016). DHB spending on services for older people. Retrieved from <https://www.health.govt.nz/health-statistics/health-statistics-and-data-set/older-people/health-data-and-statistics/dhb-spending-services-older-people>

World Health Organization. (2012). Healthy ageing in China. Retrieved from <http://www.segco.who.int/China/medicines/ol/olsewer2012/20120407.html>

World Health Organization. (2018). What is healthy ageing? Retrieved from <http://www.who.int/ageing/healthy-ageing/en>

The State Council of the People's Republic of China. (2017). China issues five-year plan on elderly care. Retrieved from [http://english.gov.cn/policies/press\\_releases/2017/03/06/content\\_2814732869162961.htm](http://english.gov.cn/policies/press_releases/2017/03/06/content_2814732869162961.htm)

United Nations. (2017). United Nations Department of Economic and Social Affairs, Population Division. Retrieved from <https://data.un.org/en/press/releases>

Yan Cui, Rong Fan, Yue-Min Wang, Kaye, A. J., Kaye, A. D., Buono, F. R., & Jian-Ming Pei. (2014). A Changing Healthcare System Model: The Effectiveness of Knowledge, Attitude, and Skill of Nursing Assistants Who Attend Seniors Dementia Patients in Nursing Homes in Xian, China—A Questionnaire Survey. *October Journal*, 14(3), 328-334.

Wintec  
WAIKATO INSTITUTE OF TECHNOLOGY  
Te Kōwhiri o Waikato