

International Handbooks of Quality-of-Life
Series Editor: Graciela Tonon

Fermina Rojo-Pérez
Gloria Fernández-Mayoralas *Editors*

Handbook of Active Ageing and Quality of Life

From Concepts to Applications

 Springer

International Handbooks of Quality-of-Life

Series Editor

Graciela Tonon, Universidad Nacional de Lomas de Zamora and
Universidad de Palermo, Ciudad Autonoma de Buenos Aires, Argentina

Editorial Board

Alex Michalos, University of Northern British Columbia, Canada

Rhonda Phillips, Purdue University, USA

Don Rahtz, College of William & Mary, USA

Dave Webb, University of Western Australia, Australia

Wolfgang Glatzer, Goethe University, Germany

Dong Jin Lee, Yonsei University, Korea

Laura Camfield, University of East Anglia, UK

Aims and Scope

The International Handbooks of Quality of Life Research offer extensive bibliographic resources. They present literature reviews of the many sub-disciplines and areas of study within the growing field of quality of life research. Handbooks in the series focus on capturing and reviewing the quality of life research literature in specific life domains, on specific populations, or in relation to specific disciplines or sectors of industry. In addition, the Handbooks cover measures of quality of life and well-being, providing annotated bibliographies of well-established measures, methods, and scales.

More information about this series at <http://www.springer.com/series/8365>

Fermina Rojo-Pérez •
Gloria Fernández-Mayoralas
Editors

Handbook of Active Ageing and Quality of Life

From Concepts to Applications

 Springer

Editors

Fermina Rojo-Pérez
Institute of Economics, Geography
and Demography (IEGD)
Spanish National Research
Council (CSIC), Research Group
on Ageing (GIE-CSIC), Ageing
Network of the Latin
American Population Association (ALAP)
Madrid, Spain

Gloria Fernández-Mayoralas
Institute of Economics, Geography and
Demography (IEGD)
Spanish National Research Council
(CSIC), Research Group on Ageing
(GIE-CSIC)
Madrid, Spain

ISSN 2468-7227

ISSN 2468-7235 (electronic)

International Handbooks of Quality-of-Life

ISBN 978-3-030-58030-8

ISBN 978-3-030-58031-5 (eBook)

<https://doi.org/10.1007/978-3-030-58031-5>

© Springer Nature Switzerland AG 2021

Chapter 5 is licensed under the terms of the Creative Commons Attribution 4.0 International License (<http://creativecommons.org/licenses/by/4.0/>). For further details see licence information in the chapter.

This work is subject to copyright. All rights are reserved by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

The publisher, the authors, and the editors are safe to assume that the advice and information in this book are believed to be true and accurate at the date of publication. Neither the publisher nor the authors or the editors give a warranty, expressed or implied, with respect to the material contained herein or for any errors or omissions that may have been made. The publisher remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

This Springer imprint is published by the registered company Springer Nature Switzerland AG. The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

Throughout our research career, we have been fortunate to be accompanied by academics and researchers specialising in ageing, active ageing and quality of life. We would like to dedicate this book to them.

First, we wish to mention Antonio Abellán García and Vicente Rodríguez-Rodríguez, the friends and colleagues with whom we co-founded the Research Group on Ageing (GIE-CSIC) in 1988 at the Institute of Economics, Geography and Demography, Spanish National Research Council (IEGD, CSIC). Additionally and as members of the Spanish Research Group on Quality of Life and Ageing, we also wish to dedicate a mention here to Pablo Martínez Martín, recently retired from the National Centre of Epidemiology, Carlos III Institute of Health (CNE, ISCIII). They have all performed immense scientific work in their respective fields, and we have shared knowledge, research time and fine professional moments with them, for which we feel grateful.

In the context of the International Society for Quality of Life Studies (ISQOLS), we recall our first participation in the ISQOLS conferences. This was at the seventh such conference, held in July 2006 at Rhodes University, Grahamstown, South Africa, and organised by Valerie Møller and Denis Huschka. It is a source of pride to be a part of this association, sharing our interest in quality of life studies with members from all parts of the world.

In a special way, we thank Valerie for dedicating her expertise to drafting the preface that crowns this book. Our profound thanks also to Graciela Tonon, editor of the Springer book series on International Handbooks of Quality-of-Life, for inviting and encouraging us to coordinate this edited book. Our utmost gratitude extends to all the authors of the different chapters of the book; they are responsible for its quality, thanks to their preparedness to selflessly transmit their knowledge. It is an honour for us, the editors, to collaborate in the dissemination of knowledge in the field of active ageing and quality of life. We hope to be able to contribute to improving the lives of the ageing population. To all those older adults who think that we are writing about them: yes, we are writing both about you and for you.

—Fermina Rojo-Pérez and Gloria Fernández-Mayoralas
I also dedicate this book to my parents, Vita (†) and María, who worked assiduously with love and by way of example to secure the education and well-being of their children from their humble rural origins. To José Manuel, with whom I share my life, and to my brothers and sisters, for their love, support and understanding of my work.

—Fermina Rojo-Pérez
To my mother (Josefina (†)), who in spite of leaving us so soon, has been my role model for becoming the woman I wish to be. To my father (Ángel (†)), who spoke of me with pride. To Lorenzo, my partner of 40 years, with whom I can also discuss research and science. And to my child, Gloria, for whom I too aspire to serve as a role model.

—Gloria Fernández-Mayoralas

Contents

1	Introduction: Methodological and Empirical Advances in Active Ageing and Quality of Life	1
	Gloria Fernández-Mayoralas and Fermina Rojo-Pérez	
Part I Theoretical and Conceptual Perspectives		
2	Active Aging and Quality of Life	15
	Rocío Fernández-Ballesteros, Macarena Sánchez-Izquierdo, and Marta Santacreu	
3	Active Aging and the Longevity Revolution	43
	Alexandre Kalache, Ina Voelcher, and Marilia Louvison	
4	Active Ageing and Quality of Life: A Systematized Literature Review	63
	Fermina Rojo-Pérez, Gloria Fernández-Mayoralas, and Vicente Rodríguez-Rodríguez	
5	The Life Course Construction of Inequalities in Health and Wealth in Old Age	97
	Michel Oris, Marie Baeriswyl, and Andreas Ihle	
6	Lifelong Learning and Quality of Life	111
	M ^a Ángeles Molina and Rocío Schettini	
7	Aging at a Developmental Crossroad	121
	Feliciano Villar and Rodrigo Serrat	
8	Quality of Life of Older People with Dementia	135
	Beatriz León-Salas, Maria João Forjaz, Carmen Rodríguez-Blázquez, and Pablo Martínez-Martín	
Part II Social Policy Issues and Research Agenda		
9	Developmental Social Policy and Active Aging with High Quality of Life	149
	Christian Aspalter	
10	“Active Ageing”: Its Relevance from an Historical Perspective	171
	Julio Pérez Díaz and Antonio Abellán García	

11	Transnational Aging and Quality of Life	185
	Vincent Horn	
12	What Should Guarantee Pensions Systems Designed with a Human Rights Approach?	201
	Sol Minoldo and Enrique Peláez	
13	Civil Society Organizations' Discourse and Interventions to Promote Active Ageing in Relation with the Quality of Life in Latin-America	217
	Vicente Rodríguez-Rodríguez, Verónica Montes de Oca Zavala, Mariana Paredes, and Sagrario Garay-Villegas	
14	Outdoor Green Spaces and Active Ageing from the Perspective of Environmental Gerontology	235
	Diego Sánchez-González and Carmen Egea-Jiménez	
15	Active Ageing and Quality of Life	253
	Alan Walker	
Part III Methods, Measurement Instruments-Scales, Evaluations		
16	Active Ageing and Quality of Life	273
	Carmen Rodríguez-Blázquez and Maria João Forjaz	
17	Measuring the Impact of Active and Assisted Living (AAL) Solutions	285
	Birgit Aigner-Walder, Albert Luger, and Julia Himmelsbach	
18	Quality of Later Life in Europe	299
	Noelia Somarriba Arechavala, Pilar Zarzosa Espina, and Patricia Gómez-Costilla	
19	Proposals for Better Caring and Ageing	319
	M ^a Silveria Agulló-Tomás, Vanessa Zorrilla-Muñoz, M ^a Victoria Gómez-García, and Marian Blanco-Ruíz	
20	Preventing Loneliness	337
	José Buz, Jenny de Jong Gierveld, and Daniel Perlman	
Part IV Applications (Domains, Geographical Contexts)		
21	Gender Differences in Active Aging in Canada	357
	María Victoria Zunzunegui and Emmanuelle Belanger	
22	Health and the Built Environment	369
	Marcia G. Ory, Chanam Lee, and Aya Yoshikawa	
23	Cuba: Active Ageing and Quality of Life of Older Persons . . .	395
	Alina C. Alfonso León and Rolando García Quiñones	
24	Active Ageing for Quality of Later Life in Mexico. The Role of Physical and Social Environments	409
	Sagrario Garay-Villegas and Verónica Montes de Oca Zavala	

25	Happiness as a Quality of Life Component for Active Ageing in Colombia	427
	Doris Cardona-Arango, Alejandra Segura-Cardona, Diana Isabel Muñoz-Rodríguez, and Ángela Segura-Cardona	
26	Satisfaction with Quality of Life among Ex-combatants During the Reintegration Process. Colombia	441
	Carlos Robledo Marín and Doris Cardona-Arango	
27	Successful Aging and Quality of Life: A Cross-Ethnic Comparison in Chile	451
	Esteban Sánchez-Moreno, Lorena Gallardo-Peralta, Vicente Rodríguez-Rodríguez, and Abel Soto Higuera	
28	Growing Older with Dignity: The Nature and Determinants of Quality of Life Among Older People in South Africa	467
	Pranitha Maharaj and Benjamin Roberts	
29	Staying Engaged	485
	Jacki Liddle and Nancy A. Pachana	
30	Age-Friendly Environments and Active Aging for Community-based Older People Living in Beijing, China	509
	Yang Cheng, Jing Xi, and Mark Rosenberg	
31	Successful Aging and Active Aging in Taiwan: From Concept to Application: Micro and Macro Perspectives	521
	Hui-Chuan Hsu	
32	Social Participation, Occupational Activities and Quality of Life in Older Europeans: A Focus on the Oldest Old	537
	Lia Araújo, Laetitia Teixeira, Oscar Ribeiro, and Constança Paul	
33	Quality of Life of Older Swedes	549
	Deborah Finkel and Gerdt Sundström	
34	Active Ageing as Framework for a Quality of Life Enabling Environment in Nursing Homes in Flanders, Belgium	559
	Ellen Gorus, Patricia De Vriendt, and Lien Van Malderen	
35	Activities to Address Quality of Life Between Urban and Rural Ageing People in the Czech Republic	573
	Marcela Petrová Kafková	
36	Active Ageing: Conceptual Developments, International Experiences and Recent Policy Strategies in Italy	593
	Claudia Di Matteo, Giovanni Lamura, and Andrea Principi	
37	Multimorbidity, Social Networks and Health-Related Wellbeing at the End of the Life Course	609
	Dolores Puga, Celia Fernández-Carro, and Hermenegildo Fernández-Abascal	

-
- 38 Care and Active Ageing 629**
María Teresa Martín Palomo, María Pía Venturiello, Gloria
Fernández-Mayoralas, and María Eugenia Prieto-Flores
- 39 Residential Environment and Active Ageing: The Role of
Physical Barriers in Leisure Participation 643**
María-Eugenia Prieto-Flores, Raúl Lardiés-Bosque,
and Fermina Rojo-Pérez

Contributors

Antonio Abellán García Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Madrid, Spain

M^a Silveria Agulló-Tomás Department of Social Analysis, Institute of Gender Studies, Carlos III University of Madrid, Getafe, Madrid, Spain

Birgit Aigner-Walder Carinthia University of Applied Sciences, Institute for Applied Research on Ageing, Villach, Austria

Alina C. Alfonso León Centre of Demographic Studies (CEDEM), University of Havana, Havana, Cuba

Lia Araújo Polytechnic Institute of Viseu and CINTESIS (Center for Health Technology and Services Research), Porto, Portugal

Christian Aspalter Social Work and Social Administration Programme, BNU-HKBU United International College, Zhuhai, China

Marie Baeriswyl Swiss National Centre of Competence in Research LIVES – Overcoming Vulnerability: Life Course Perspectives, University of Geneva, Geneva, Switzerland

Centre for the Interdisciplinary Study of Gerontology and Vulnerability, University of Geneva, Geneva, Switzerland

Emmanuelle Belanger Center for Gerontology and Health Care Practice, School of Public Health, Brown University, Providence, RI, USA

Marian Blanco-Ruíz Institute of Gender Studies, Carlos III University of Madrid, Getafe, Madrid, Spain

Department of Communication and Sociology, Rey Juan Carlos University, Fuenlabrada, Madrid, Spain

José Buz Faculty of Education, University of Salamanca, Salamanca, Spain

Doris Cardona-Arango Public Health Observatory Research Group, Universidad CES, Medellín, Colombia

Yang Cheng Faculty of Geographical Science, Beijing Normal University, Beijing, China

Jenny de Jong Gierveld The Hague & Faculty of Social Sciences, Netherlands Interdisciplinary Demographic Institute (NIDI), Vrije Universiteit Amsterdam, Amsterdam, Netherlands

Patricia De Vriendt Department of Gerontology (GERO) and Frailty in Ageing Research Group (FRIA), Vrije Universiteit Brussel, Brussels, Belgium

Department of Occupational Therapy, Artevelde University College Ghent, Ghent, Belgium

Department of Rehabilitation Sciences, Occupational Therapy Department, Ghent University, Ghent, Belgium

Claudia Di Matteo Centre for Socio-Economic Research on Ageing, National Institute of Health and Science on Ageing—IRCCS INRCA, Ancona, Italy

Carmen Egea-Jiménez University of Granada, Granada, Spain

Hermenegildo Fernández-Abascal Faculty of Economics and Business, Department of Applied Economy, University of Valladolid, Valladolid, Spain

Rocío Fernández-Ballesteros Autonomous University of Madrid, Madrid, Spain

Celia Fernández-Carro Faculty of Political Science and Sociology, Department of Sociology III, UNED, Madrid, Spain

Gloria Fernández-Mayoralas Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Research Group on Ageing (GIE-CSIC), Madrid, Spain

Deborah Finkel Department of Psychology, Indiana University Southeast, Indiana, USA

School of Health and Welfare, Jönköping University, Jönköping, Sweden

Maria João Forjaz National Centre of Epidemiology and REDISSEC, Carlos III Institute of Health, Madrid, Spain

Lorena Gallardo-Peralta School of Social Work, University of Tarapacá, Arica, Chile

Faculty of Social Work, Universidad Complutense, Madrid, Spain

Sagrario Garay-Villegas Faculty of Social Work, Autonomous University of Nuevo León (UANL), San Nicolás de los Garza, Mexico

Rolando García Quiñones Academic Unit of Social Sciences, Autonomous University of Zacatecas, Zacatecas, Mexico

Patricia Gómez-Costilla Economic Analysis Department, Valladolid University, Valladolid, Spain

M^a Victoria Gómez-García Department of Social Analysis, Institute of Gender Studies, Carlos III University of Madrid, Getafe, Madrid, Spain

Ellen Gorus Department of Gerontology (GERO) and Frailty in Ageing Research Group (FRIA), Vrije Universiteit Brussel, Brussels, Belgium
Department of Geriatrics, Universitair Ziekenhuis Brussel, Brussels, Belgium

Julia Himmelsbach AIT Austrian Institute for Technology GmbH, Center for Technology Experience, Vienna, Austria

Vincent Horn Institute of Education, Johannes Gutenberg University Mainz, Mainz, Germany

Hui-Chuan Hsu School of Public Health, Taipei Medical University, Taipei, Taiwan

Andreas Ihle Swiss National Centre of Competence in Research LIVES – Overcoming Vulnerability: Life Course Perspectives, University of Geneva, Geneva, Switzerland
Centre for the Interdisciplinary Study of Gerontology and Vulnerability, University of Geneva, Geneva, Switzerland
Cognitive Aging Lab, University of Geneva, Geneva, Switzerland

Alexandre Kalache International Longevity Centre Brazil, Rio de Janeiro, Brazil

Giovanni Lamura Centre for Socio-Economic Research on Ageing, National Institute of Health and Science on Ageing—IRCCS INRCA, Ancona, Italy

Raúl Lardiés-Bosque Department of Geography and Regional Planning, Study Group for Spatial Planning (GEOT), The Institute of Research into Environmental Sciences (IUCA), Universidad de Zaragoza, Zaragoza, Spain

Chanam Lee Landscape Architecture and Urban Planning, College of Architecture, Texas A&M University, College Station, TX, USA

Beatriz León Salas Canarian Foundation Institute of Health Research of Canary Islands (FIISC) and REDISSEC, El Rosario, Tenerife, Spain

Jacki Liddle School of Information Technology and Electrical Engineering, The University of Queensland, Brisbane, QLD, Australia
School of Psychology, The University of Queensland, Brisbane, QLD, Australia

Marilia Louvison International Longevity Centre Brazil, Rio de Janeiro, Brazil

Albert Luger Carinthia University of Applied Sciences, Institute for Applied Research on Ageing, Villach, Austria

Pranitha Maharaj School of Built Environment and Development Studies, University of KwaZulu-Natal (UKZN), Durban, South Africa

María Teresa Martín Palomo Almeria University, Almería, Spain

Pablo Martínez-Martín National Centre of Epidemiology and CIBERNED, Carlos III Institute of Health, Madrid, Spain

Sol Minoldo Centre for Research and Studies on Culture and Society, National Council for Scientific and Technical Research (CIECS-CONICET) (UBA), Cordoba, Argentina

M^a Ángeles Molina Francisco de Vitoria University, Madrid, Spain

Verónica Montes de Oca Zavala Institute of Social Research, National Autonomous University of Mexico (UNAM), Ciudad de México, Mexico

Diana Isabel Muñoz-Rodríguez Epidemiology and Biostatistics Research Group, Universidad CES, Medellín, Colombia

Michel Oris Swiss National Centre of Competence in Research LIVES – Overcoming Vulnerability: Life Course Perspectives, University of Geneva, Geneva, Switzerland

Centre for the Interdisciplinary Study of Gerontology and Vulnerability, University of Geneva, Geneva, Switzerland

Institute of Demography and Socioeconomics, University of Geneva, Geneva, Switzerland

Marcia G. Ory Center for Population Health and Aging, School of Public Health, Texas A&M University, College Station, TX, USA

Nancy A. Pachana School of Psychology, The University of Queensland, Brisbane, QLD, Australia

Mariana Paredes Interdisciplinary Aging Centre, University of the Republic, Montevideo, Uruguay

Constança Paul Institute of Biomedical Sciences Abel Salazar and CINTESIS, University of Porto, Porto, Portugal

Enrique Peláez Centre for Research and Studies on Culture and Society, National Council for Scientific and Technical Research (CIECS-CONICET) (UBA), Cordoba, Argentina

Julio Pérez Díaz Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Madrid, Spain

Daniel Perlman University of North Carolina at Greensboro, Greensboro, NC, USA

Marcela Petrová Kafková Office for Population Studies, Faculty of Social Studies, Masaryk University, Brno, Czech Republic

María Eugenia Prieto-Flores National Council of Scientific and Technical Research (CONICET), Institute of Geography, National University of La Pampa, Santa Rosa, Argentina

Andrea Principi Centre for Socio-Economic Research on Ageing, National Institute of Health and Science on Ageing—IRCCS INRCA, Ancona, Italy

Dolores Puga Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Madrid, Spain

Oscar Ribeiro Department of Education and Psychology and CINTESIS, University of Aveiro, Aveiro, Portugal

Benjamin Roberts South African Social Attitudes Survey (SASAS), Developmental, Capable and Ethical State (DCES) Research Division, Human Sciences Research Council (HSRC), Durban, South Africa

Carlos Robledo Marín Fundación Opción Colombia (FUNDACOL), Medellín, Colombia

Carmen Rodríguez-Blázquez National Centre of Epidemiology and CIBERNED, Carlos III Institute of Health, Madrid, Spain

Vicente Rodríguez-Rodríguez Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Research Group on Ageing (GIE-CSIC), Ageing Network of the Latin American Population Association (ALAP), Madrid, Spain

Fermina Rojo-Pérez Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC), Research Group on Ageing (GIE-CSIC), Ageing Network of the Latin American Population Association (ALAP), Madrid, Spain

Mark Rosenberg Department of Geography and Planning, Queen's University, Kingston, ON, Canada

Diego Sánchez-González Department of Geography, National Distance Education University (UNED), Madrid, Spain

Macarena Sánchez-Izquierdo Universidad Pontificia Comillas, Madrid, Spain

Esteban Sánchez-Moreno Department of Sociology: Methods and Theory, Research Institute for Development and Cooperation (IUDC), Universidad Complutense, Madrid, Spain

Marta Santacreu European University of Madrid, Madrid, Spain

Rocío Schettini Foundation of the Autonomous University of Madrid, Madrid, Spain

Alejandra Segura-Cardona Psychology, Health and Society Research Group, Universidad CES, Medellín, Colombia

Ángela Segura-Cardona Epidemiology and Biostatistics Research Group, Universidad CES, Medellín, Colombia

Rodrigo Serrat Department of Cognition, Development, and Educational Psychology, University of Barcelona, Barcelona, Spain

Noelia Somarriba Arechavala Applied Economics Department, Valladolid University, Valladolid, Spain

Abel Soto Higuera Department of Social Work, Universidad de la Frontera, Temuco, Chile

Gerd Sundström School of Health and Welfare, Jönköping University, Jönköping, Sweden

Laetitia Teixeira Institute of Biomedical Sciences Abel Salazar and CINTESIS, University of Porto, Porto, Portugal

Lien Van Malderen Department of Gerontology (GERO) and Frailty in Ageing Research Group (FRIA), Vrije Universiteit Brussel, Brussels, Belgium

María Pía Venturiello National Council of Scientific and Technical Research (CONICET), University of Buenos Aires, Buenos Aires, Argentina

Feliciano Villar Department of Cognition, Development, and Educational Psychology, University of Barcelona, Barcelona, Spain

Ina Voelcher International Longevity Centre Brazil, Rio de Janeiro, Brazil

Alan Walker Department of Sociological Studies, University of Sheffield, Sheffield, UK

Jing Xi Faculty of Geographical Science, Beijing Normal University, Beijing, China

Aya Yoshikawa Center for Population Health and Aging, School of Public Health, Texas A&M University, College Station, TX, USA

Pilar Zarzosa Espina Applied Economics Department, Valladolid University, Valladolid, Spain

Vanessa Zorrilla-Muñoz Department of Mechanical Engineering, Carlos III University of Madrid, Leganés, Madrid, Spain
Department of Social Analysis, Institute of Gender Studies, Carlos III University of Madrid, Getafe, Madrid, Spain

María Victoria Zunzunegui School of Public Health, Université de Montréal, Montreal, QC, Canada