

Eurocapitales meeting

- **Ageing in Europe – an opportunity or a threat?**
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- **Helsinki, June 17th 2017**



Ageing Population in European Union (EuroStat)

- Between now and 2030, the number of people aged 65 and over will rise.
- There will be more older people (aged 65-79) and very old people (80 and over) but fewer young (0-14) and working-aged people (15-64)
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- **Young people (0-14) 16 %**
 - Most in Ireland (22 %), lowest in Germany (13 %)
- **Working aged people (15-64) 66 %**
- **Older people (65 or over) 18 %**
 - Most in Italy (22 %), Germany and Greece (20 %), lowest in Ireland (13 %)
- **In 2015, the average mean age in European Union (28) was around 43 years; the population 508, 5 milj.**

Some reasons for the Ageing trends in Europe

- **Declining fertility rates (TFR) from the mid-1960s**
 - **France, UK, Ireland, Finland, Sweden > high birth rate countries**
 - **Portugal, Spain, Poland, Greece, Italy, Germany > low birth rate countries**
- **Postponed parenthood**
 - **Women in the EU give birth to their first child at almost 29 years of age on average**
 - **Oldest first-time mothers > in Italy Spain, Luxembourg and Greece**
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Social reasons for the Ageing trends

- Better education
- Improved life styles,
- Advanced health care and Medicine
- **Baby-boom generation getting older**
 - Post-war baby boomers > born between 1945-50
 - In Finland on average 100.000 children were born per year, the top year 1947 (108 168)
 - In the past years, about 60 000 and even fewer babies were born (in 2016 about 52 000)
- **Baby boomer 'identity' > new ways of getting old**



The result: Higher life expectancies

- Life expectancy at birth in Europe
 - Average 80,9 years in 2014
 - 83,6 years > for women, 78 years > for men (5,6 yrs difference)
- Changes in Finland
- 1975 life expectancy for a baby boy was 67,4 years, in 2015 78,5 years (11,1 yrs difference)
- 1975 life expectancy for a baby girl was 75,9 years, in 2015 84,1 years (8,2 yrs difference)



New definitions and sub-groups for ageing populations

- **“Young old” (65-74 yrs)**
- **“Old” (75-84 yrs)**
- **“Old old” or “very old” (85 and more)**

The number of old and very old people is growing



- **In Finland, of women aged 80-84, 70% live alone, of men 26%**
- **Living alone can create psychological and social challenges**
- **Loneliness, depression**

Alzheimer's disease or a related dementia – a ticking time bomb

- **A decline in mental ability, usually progresses slowly**
 - Memory loss; problems in cognitive processes: thinking, problem solving; changes in personality
 - Main cause for disability in later life
- **Alzheimer Europe**
 - Strong pressure and advocacy group
 - The person with Alzheimer's disease and the caregiver
- **In Finland about 100 000 cases with milder symptoms, 93 000 with severe symptoms**
- **About 14 000 new cases yearly**
 - One third of the "old olds" (85 and over) are affected (Alzheimer Finland)



Is ageing a threat/burden or an opportunity?

- **Balance/imbalance between working-age and older population**
 - Older dependency ratio (ODR) is the number of people aged 65 and over for every 100 people aged - 20 to 64
 - Retirement policies
- **Age-associated diseases**
- **Elder care crisis – formal vs. informal family care?**
- **'Sanwiched' family caregivers**



Is ageing **an opportunity?**

- **People are ageing today more healthily than ever before > one of the great achievements**
 - baby boomers > active citizenship, volunteer working, extending work careers
 - grandparenting/grandmothering
- **New business opportunities > 'silver economy'**
- **Age-friendly environments and policies transport, libraries, sport and fitness facilities, lifelong learning**
- **New type of co-living arrangements > Aikalisä**
- **WHO/Europe: Healthy City Movement to support healthy and active ageing**

Good practices in Helsinki

- **Senior parks**
 - Play, sport and meeting places for older people
 - Easily accessible
 - Outdoor activities
 - Lappset Group in Finland
- **Helsinki Alzheimer Association**
 - Member of The Alzheimer's Society of Finland
 - Advocacy and awareness raising
 - Grassroots activities > support and peer groups, day-care services
- **HelsinkiMissio**
 - Non-governmental organisation founded in 1883
 - Employed (90) and volunteer workers (700)
 - Special focus on older people > prevention of loneliness
 - Senior clubs, visits at home, early morning telephone service, walking and talking

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Thank you very much!
Kiitos!

