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A new window on health and well-being through Adult Learning and Education (ALE)

WHO Parallel Workshop

Thursday, 16 June 2022
16:30 to 17:45h

Workshop Objectives

1. Harnessing new discoveries in geroscience and brain plasticity which link ALE to positive health outcomes in adults and especially older adults
2. Presenting new theories and philosophies in educational gerontology
3. Presenting policies and programmes on ALE focusing on opportunities and challenges for older people



Workshop Programme

- Video: Voices of Older Learners
- The UN Decade of Healthy Ageing: linking ALE to health and wellbeing of older adults (SDG 3 & SDG 4)
- Panel 1: The Science
 - Prof. Annabel Chen Shen-Hsing
 - Dr. Macarena Sanchez-Izquierdo
 - Mr. Hany Hashem
- Panel 2: The Practice
 - Professor Didier Jourdan
 - Ms. Christine O’Kelly
 - Dr. Mariana Santimaria
 - Prof. Tonic Maruatona
- Q&A

Voices of Older Learners

From the

University for Seniors

At the

American University of Beirut Lebanon

<https://youtu.be/8I5e4B4vfW4>





UN Decade of Healthy Ageing 2021-2030

Dr. Anshu Banerjee

Director Department of Maternal, Newborn, Child and
Adolescent Health and Ageing
World Health Organization

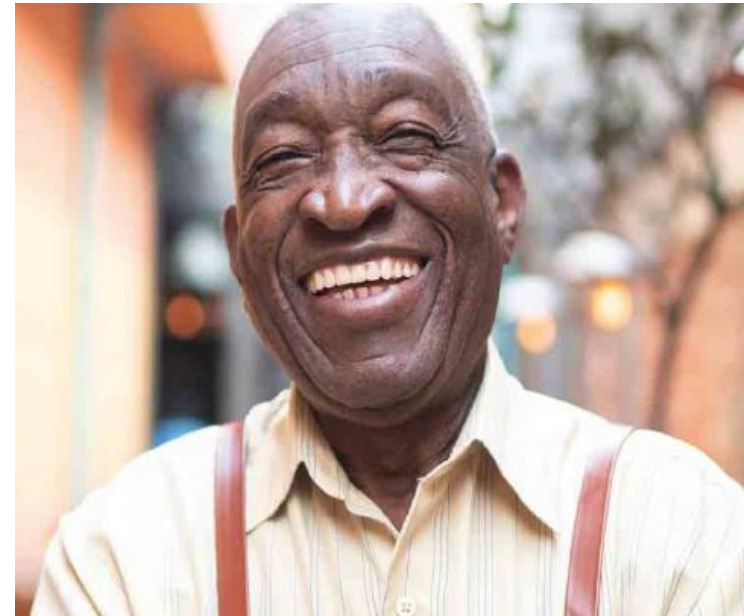
WHO parallel workshop
CONFINTEA VII – 16 June, 2022



UN Decade of Healthy Ageing 2021-2030

Endorsed by the World Health Assembly and the United Nations General Assembly in 2020

Global collaboration that is bringing together diverse sectors and stakeholders including governments, civil society, international organizations, professionals, academic institutions, the media and the private sector.



Vision

A world in which all people can live long, healthy lives

Action areas

1. change how we think, feel and act towards age and ageing;
2. ensure that communities foster the abilities of older people;
3. deliver person-centred integrated care and primary health services responsive to older people; and
4. provide access to long-term care for older people who need it



Healthy Ageing

“Developing and maintaining the functional ability that enables well-being in older age”

Functional ability

Having the capabilities that enable all people to be and do what they have reason to value



ABILITY TO **LEARN,** **GROW &** **MAKE** **DECISIONS**

Continued personal growth – mental, physical, social and emotional – is important for enabling older people to do what they value, and the ability to make decisions is key to older people's sense of control.



Important areas for action include:

- **Challenge negative attitudes and stereotypes**
- **Improve literacy in older people**
- **Invest in accessible opportunities for lifelong learning and growth**
- **Facilitate choice and control.**

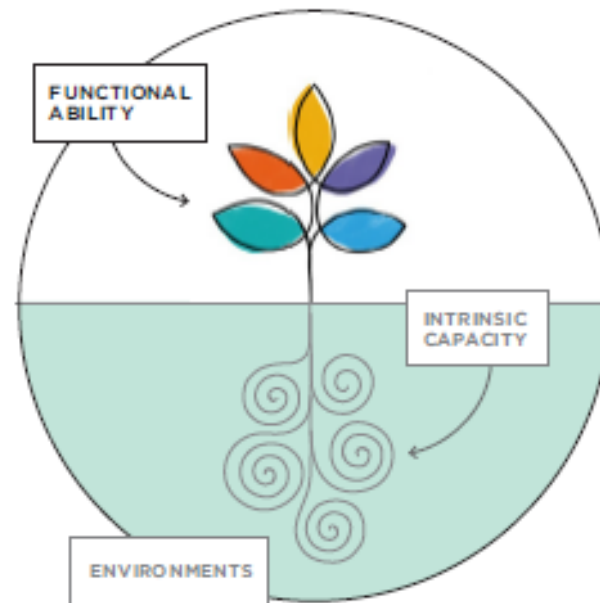
“ ‘Healthy ageing requires
life-long learning’ ”

UN Decade of Healthy Ageing
2021-2030

UN Decade of Healthy Ageing 2021-2030

Scoping review results

- Adult Learning and Education improves older people's capacities, and abilities to learn, grow and make decisions, maintaining social relationships and contributing to society
- It does so by increasing physical activity and memory performance, and reducing depression. It also reduces mortality rates.



DECADE OF HEALTHY AGEING BASELINE REPORT

UN Decade of Healthy Ageing 2021-2030

ALE's contribution to positive health outcomes is critical today more than ever before in light of the worldwide demographic shift towards population ageing.

Importance of connecting SDG 3 (health and wellbeing) and SDG 4 (education) and mainstreaming ALE and health into multisectoral policies and programmes in governments, civil society and private sector.

Nguyen Thi Diem, Chairwoman of the Intergenerational Self Help Club of Thuy Ung and Association of the Elderly of Phung. Active participant in social and volunteering activities in the community, Viet Nam



"We must listen to the voices of older people on what matters most to them in their daily lives."

– Olive Bryanton

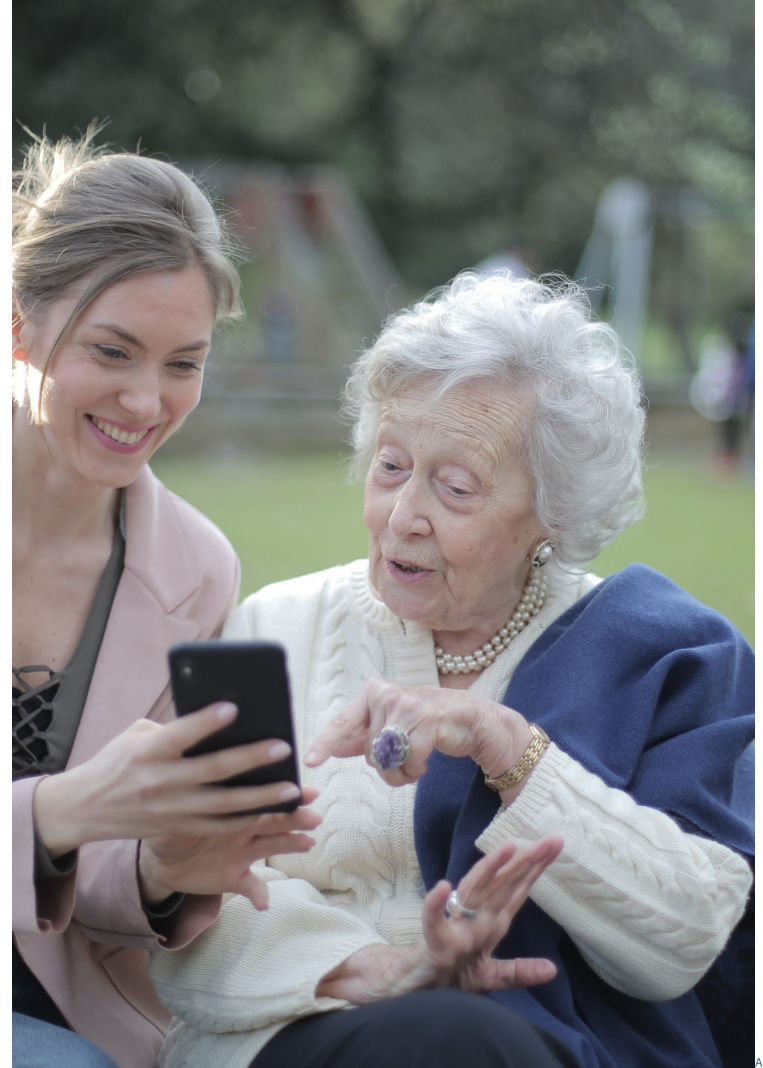
Olive Bryanton, Activist and Leader in the Older Adult and Caregiver Advisory Committee, AGE-WELL, and many other organizations. At the age of 82, she graduated with her PhD thesis on *Pioneers in Aging: Voices of Women Age 85 and Older Aging in Place in Rural Communities*, Canada

The Workshop

The workshop addresses the science and practice of ALE from a global perspective.

The first panel: The Science: presentations will harness new discoveries in geroscience, neuroscience and brain plasticity, neuropsychology and educational gerontology.

The second panel: The Practice looking at how ALE is being implemented globally through programs, interventions and policies.



Prof. Annabel Chen Shen-Hsing

Clinical neuropsychologist and Professor of
Psychology, Director of the Centre of
Research and Development in Learning
(CRADLE)

Nanyang Technological University, NTU,
Singapore

Topic: Overview on the cognitive and
mental health benefits of lifelong learning
from neuropsychological research



Dr. Macarena Sanchez-Izquierdo

Associate professor in the Department of Psychology of the Faculty of Human and Social Sciences, Universidad Pontificia Comillas, Spain

Topic: Promoting Active Aging Through University Programs for Older Adults



Mr. Hany Hashem

Doctoral candidate in Education at Örebro University, Sweden

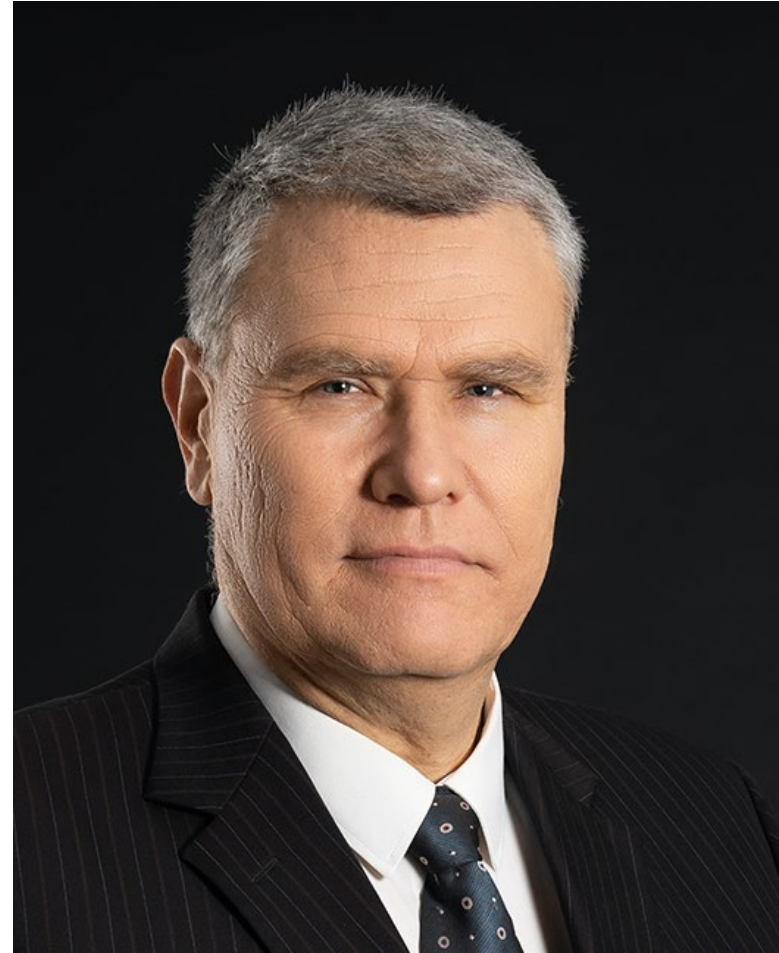
Topic: A late-modern rationale for the education of older people, with a special focus on the agency and reflexivity of older learners.



Professor Didier Jourdan

Chair holder of the UNESCO chair "Global Health & Education" and head of the WHO collaborating center for "Research in Education & Health". Member of the board of the International Union for Health Promotion and Education.

Topic: Lifelong learning for health: a key challenge for healthy ageing



Ms. Christine O'Kelly

Age-Friendly University Global Network
Coordinator, Dublin City University, Ireland

Topic: The Age Friendly University
movement worldwide



Dr. Mariana Santimaria

Professor of Public Health, Elderly Health and Gerontology, responsible for the Vitalità-Center for Aging and Longevity at Puc-Campinas, Brazil.

Age Friendly Universities Coordinator at PUC

Topic: The Age Friendly University at the Puc-Campinas, in Brazil



Prof. Tonic Maruatona

Professor of Adult Education in the
Department of Lifelong Learning and
Community Development
Deputy Dean of the Faculty of Education
University of Botswana

Topic: Lifelong learning policies: challenges
and prospects from African countries.



THANK YOU!

MERCI!

شكراً

Our vision
is a world in which
all people
can live long
and **healthy lives.**

