

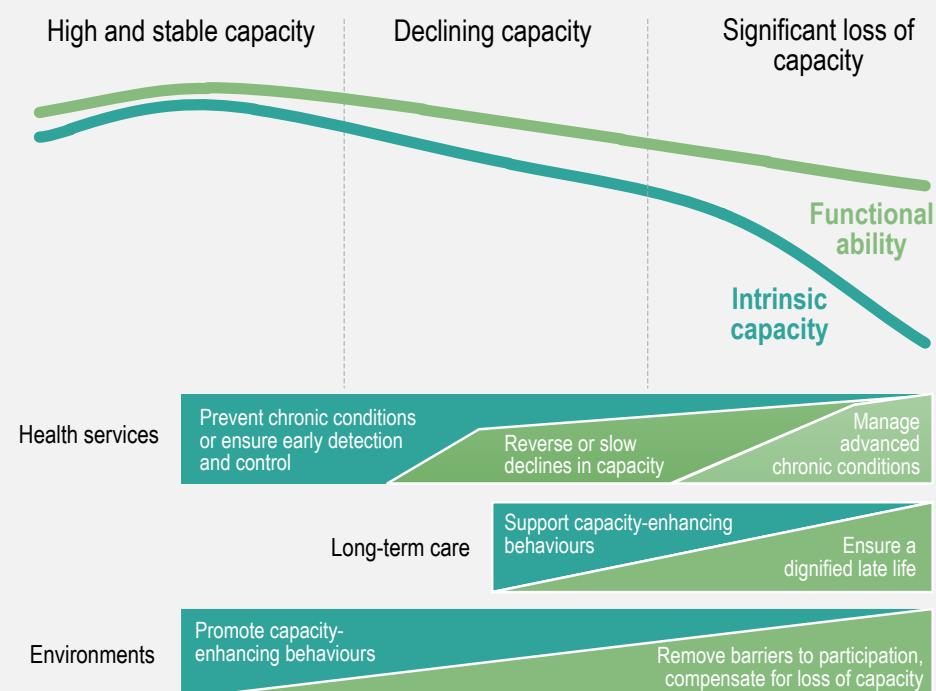
Healthy Ageing Strategy: a strategic framework

The Healthy Ageing Strategy sets the strategic direction for the health and wellbeing of older people for the next ten years. Its vision is that “older people live well, age well and have a respectful end of life in age-friendly communities.”

Life-course approach

The Healthy Ageing Strategy applies a life-course approach to achieving the aim of healthy ageing. ‘Healthy ageing’ does not refer to the absence of disease or physical or mental ill health; it is the process of developing and maintaining the functional ability that enables wellbeing in older age, and reflects the ongoing interactions between an individual and the environments we inhabit.

Figure 2: A life-course framework for healthy ageing



“**Functional Ability**” comprises the health related attributes that enable people to be and to do what they have reason to value. It is made up of the intrinsic capacity of the individual, relevant environmental characteristics and the interaction between these characteristics and the individual.

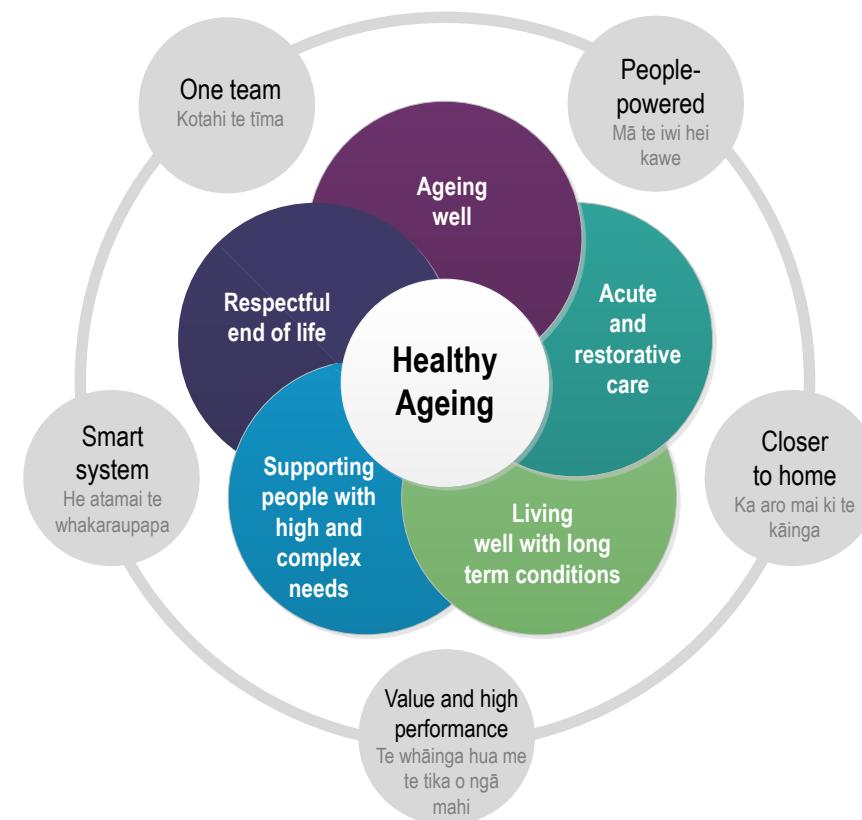
Intrinsic Capacity: is the composite of all the physical and mental capacities of an individual.

Source: World Health Organization

The framework that underpins the Strategy [Figure 1] has five outcome areas relating to the life-course, and its delivery is enabled by the five themes of the New Zealand Health Strategy..

The Healthy Ageing Strategy is a ten-year programme of work that includes an action plan that will be refreshed every two years. The Implementation plan focuses on 48 actions spread across the five focus areas, to be progressed within the first two years, with key stakeholders leading and being involved in their delivery.

Figure 1: Healthy Ageing Strategy framework



Ageing well

Prioritise healthy ageing and resilience into and throughout people’s older years

Acute and restorative care

Enable high quality acute and restorative care, for effective rehabilitation, recovery and restoration after acute events

Living well with long term conditions

Ensure people can live well with long-term conditions

Supporting people with high and complex needs

Better support for people with high and complex needs to ensure they are able to receive the care that most appropriately meets their needs

Respectful end of life

Provide respectful end-of-life care that caters to physical, cultural and spiritual needs

Implementation, measurement and review

Achieving the vision of the Healthy Ageing Strategy in a way that is people-powered, provides services closer to home, delivers value and high performance, and works as one team in a smart system.