"Message From Your 90-Year-Old Self"

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AGEING and HEALTH

Between 2000 and 2050, the number of people aged 60 and over is expected to double. In 2050, more than 1 in 5 people will be 60 years or older. By 2050, 80% of older people will be living in low- and middle income countries.

EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old.
Some require full time assistance for basic everyday tasks.
Health is crucial to how we experience older age.

WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL
- Age-related changes
- Genetics
- Behaviours
- Disease

ENVIRONMENT THEY LIVE IN
- Housing
- Assistive technologies
- Social facilities
- Transport

WHAT IS NEEDED FOR HEALTHY AGEING

- A change in the way we think about ageing and older people
- Creation of age-friendly environments
- Alignment of health systems to the needs of older people
- Development of systems for long-term care

Healthy Ageing... being able to do the things we value for as long as possible

globalwellnessday.org
"Let's change the way we think about ageing."

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Thank you.