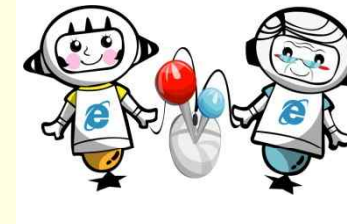




OECD ROUNDTABLE :
BETTER AND ACTIVE LIVES IN OLD-AGE: WHAT ROLE FOR ICT?

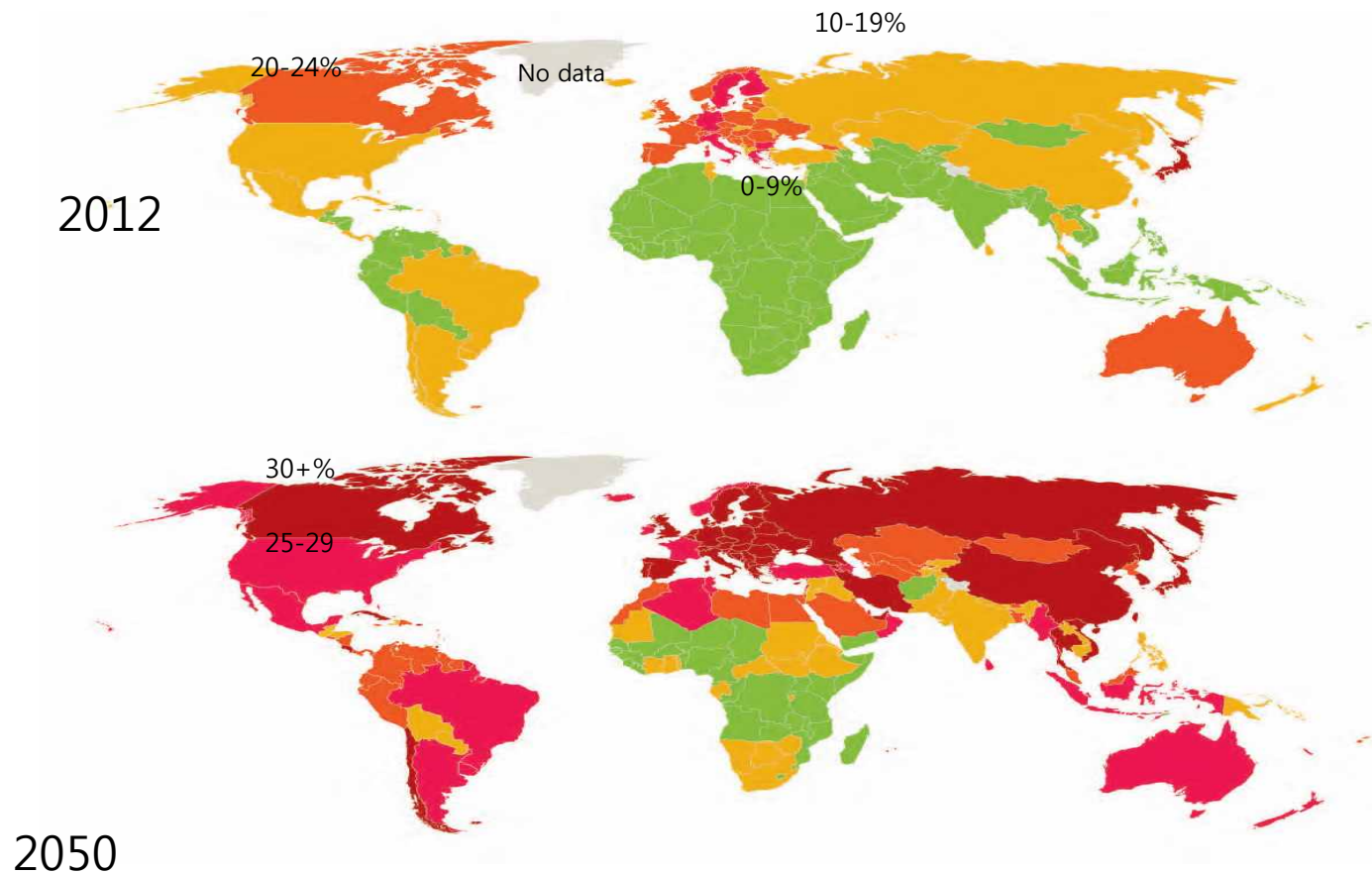


Promoting Active Aging through Digital Aging

Director, Dong-Hee Han (Ph.D)

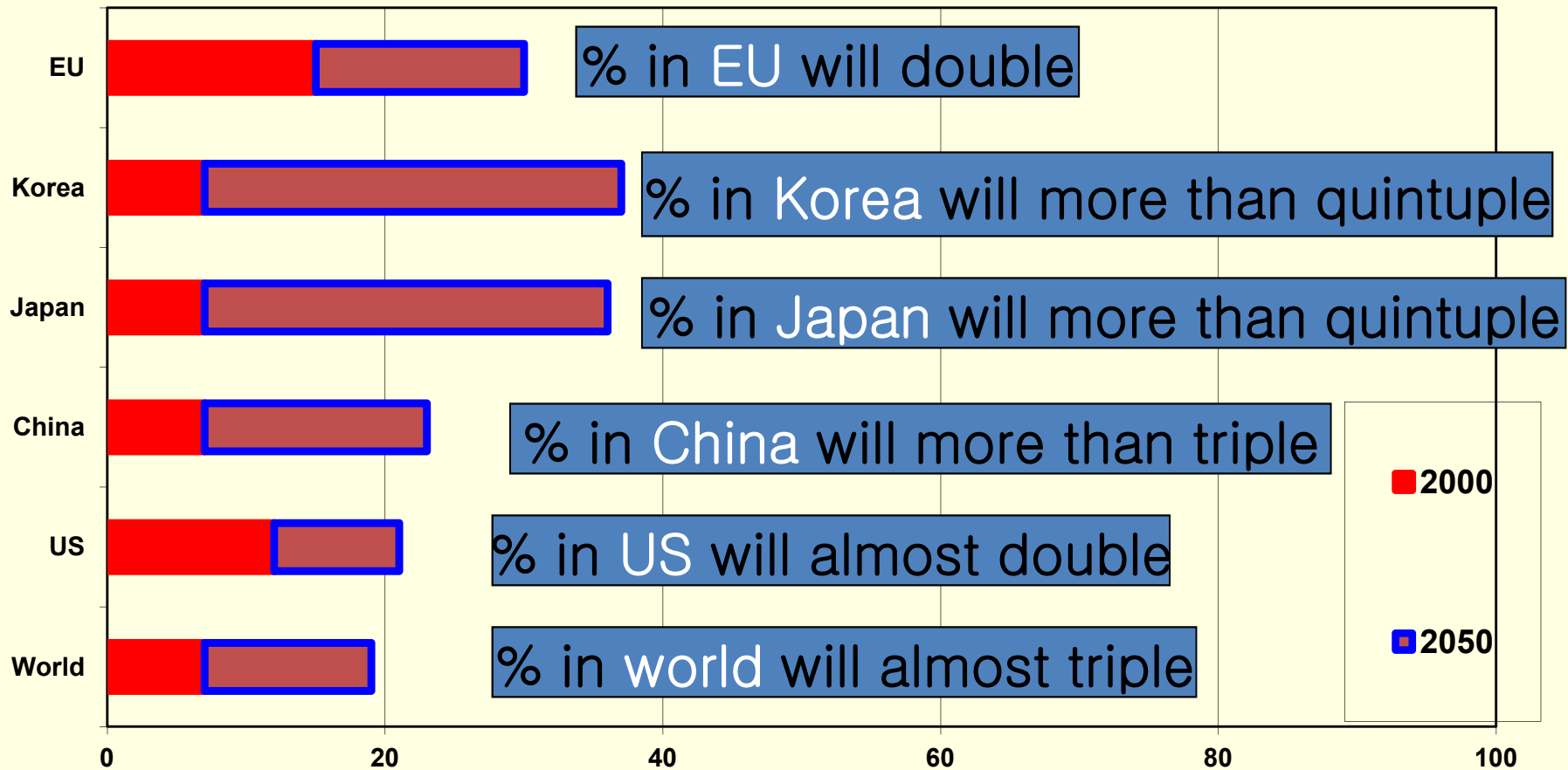
**Research Institute of Science for
the Better Living of the Elderly
(RISBLE) www.wellageing.com**

Proportion of Population aged 60-plus in 2012 and 2050



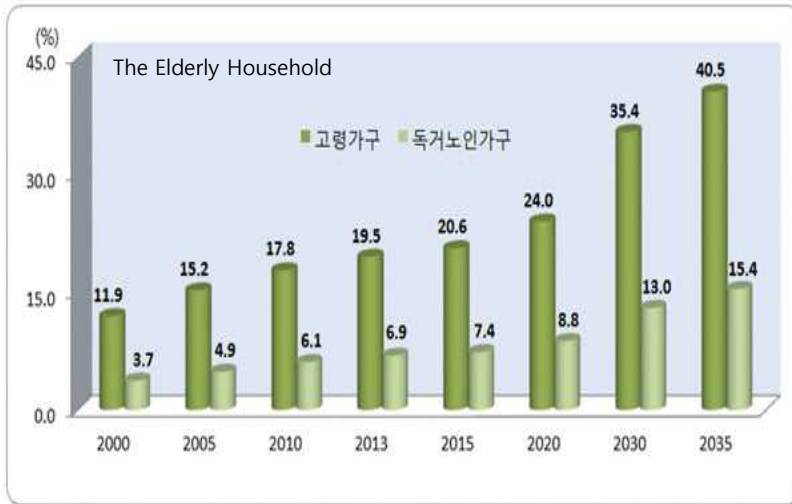
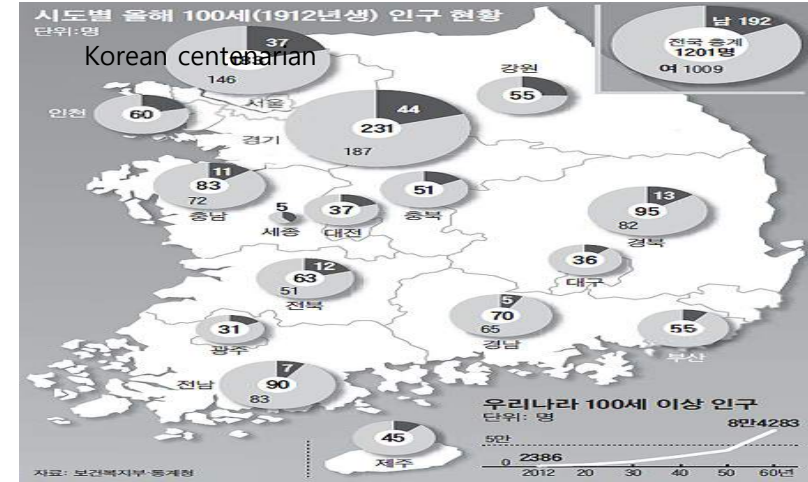
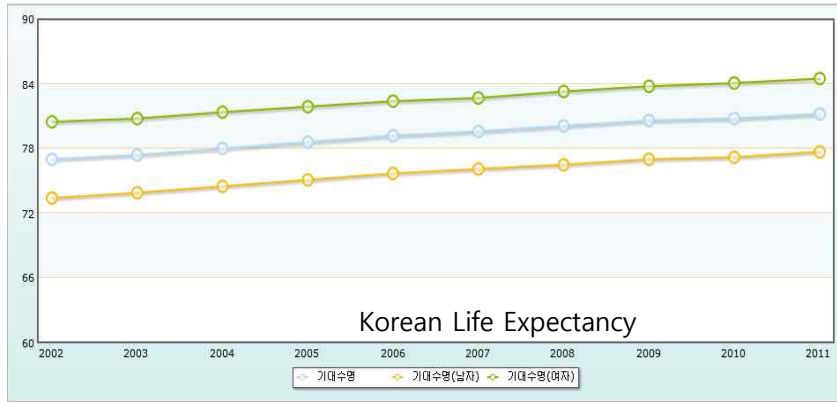
Source: UNDESA Population Division, Population Ageing and Development 2012, Wall Chart, 2012
Note: The boundaries shown on this map do not imply official endorsement or acceptance by the United Nations

Percent of population 65+ doubling, tripling, quintupling



Aging in Korea

지표	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
기대수명 (년)	77.0	77.4	78.0	78.6	79.2	79.6	80.1	80.6	80.8	81.2
기대수명(남자) (년)	73.4	73.9	74.5	75.1	75.7	76.1	76.5	77.0	77.2	77.7
기대수명(여자) (년)	80.5	80.8	81.4	81.9	82.4	82.7	83.3	83.8	84.1	84.5



The Cost of Health Care for the Elderly



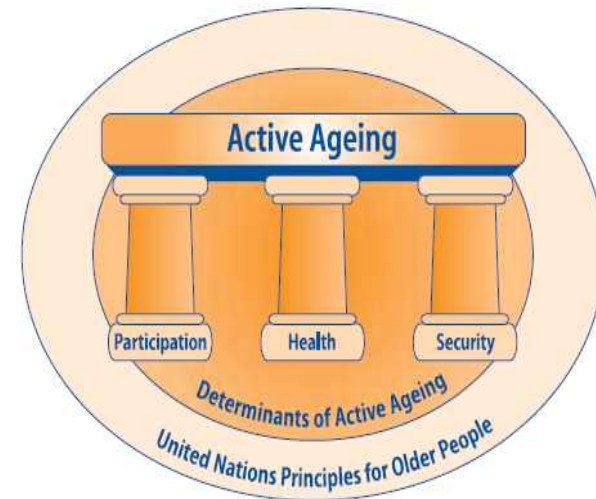
June 23, 2012 (Belong to 20-50Club)





Active Aging

Active Aging is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.



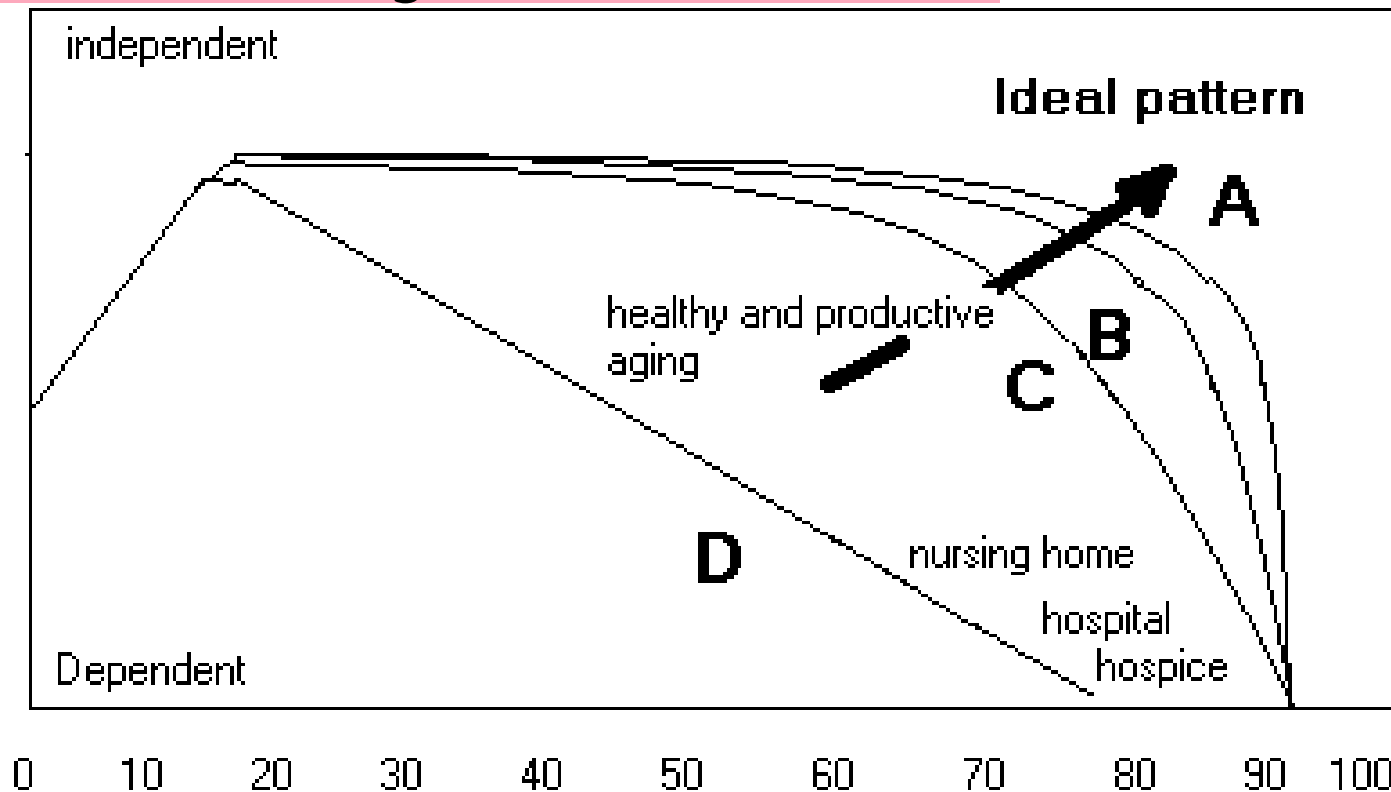
World Health Organization
2002 Policy Framework(WHO,2002)

Active Aging Consortium Asia Pacific (ACAP)



Active Aging means we must stay healthy until death.

- Eat right
- Exercise
- Avoid or manage chronic disease



Important Issues in Aged Society

- **To extend years of being independent**
- **To create an environment for aging in place**
- **To keep healthy and active in late life**
- **Not to be isolated in family and society**

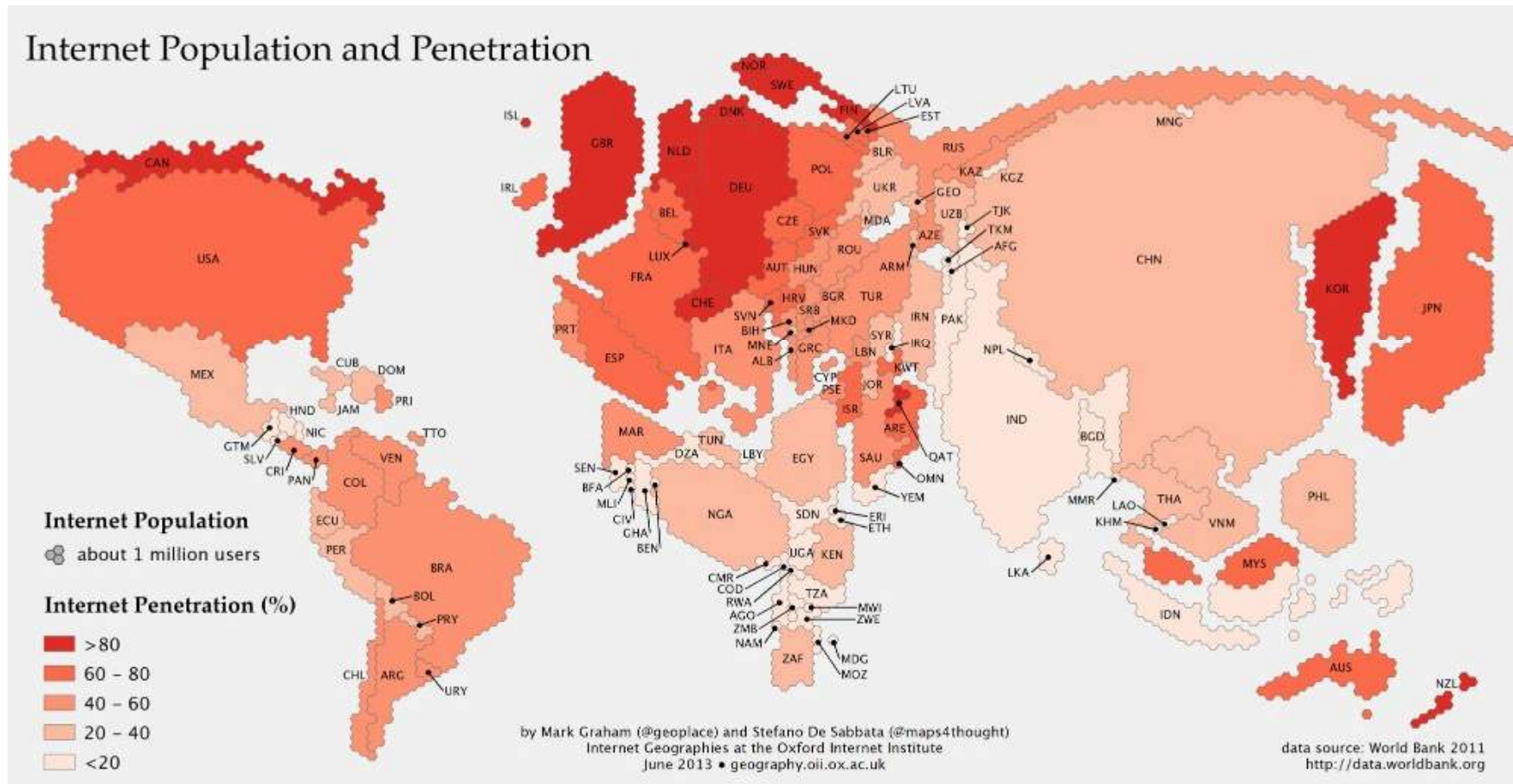
Elder Services Infrastructure



Digital Ageing

- Digital Ageing acknowledges the power of ICT as the most essential tools to raising the quality of life in the information era and effectively preventing social exclusion or isolation. Through Digital Ageing, RISBLE aims to empower the older persons to overcome social as well as physical barriers to their continued participation in society.

Internet Population and Penetration



Population of Using Internet (2002-2011)

	3-9 years	10's	20's	30's	40's	50's	60's over	all
2002	91.4	91.4	89.8	69.4	39.3	17.9	2.3	59.4
2003	94.8	94.8	94.5	80.7	51.6	22.8	5.2	65.5
2004	96.2	96.2	95.3	88.1	62.5	31.1	10.1	70.2
2005	97.8	97.8	97.9	91.0	68.7	35.7	11.9	72.8
2006	98.5	98.5	98.9	94.6	74.9	42.9	16.5	74.8
2007	79.5	99.8	99.3	96.5	79.2	46.5	17.6	75.5
2008	82.2	99.9	99.7	98.6	82.0	48.9	19.0	76.5
2009	85.4	99.9	99.7	98.8	84.3	52.3	20.1	77.2
2010	85.5	99.9	99.9	99.3	87.3	55.2	21.8	77.8
2011	86.2	99.9	99.9	99.4	88.4	57.4	22.9	78.0

Resources: KISA and ISIS

wellageing.com

노인생활과학연구소
RISBLE
Research Institute
of Science for the Better
Living of the Elderly

액티브에이징
ACAP
Active Aging
Consortium
in Asia Pacific

디지털에이징
**Digital
@geing**

치매가족 지원정보망
DFSP
Dementia Family
Support Program

노인과일
Workforce

한국노인학대 방지정보망
KINPEA
Korean Information
Network for the
Prevention of
Elder Abuse



Wellaging Center

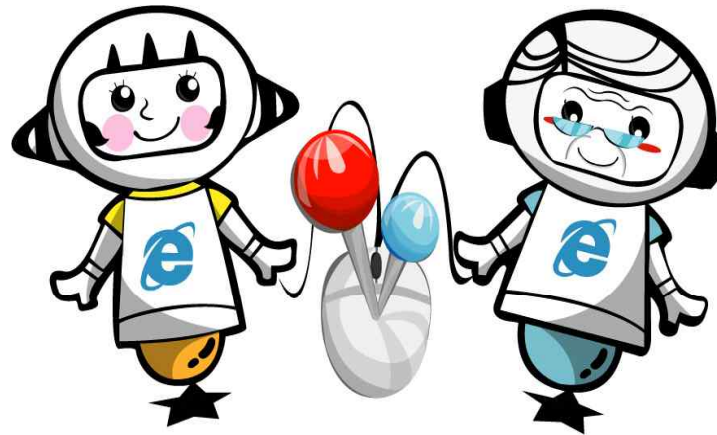
Wellageing centers were founded to conduct elderly training programs for Active Aging, such as informatization and Re-designing programs.

The education programs are performed both via online and offline bases to actively promote the empowerment of the elderly.

New Culture for the Senior with Digital Life



Cyber Neighbor



1080 Cyber Game



Cyber Family



노년기의 생리적 특징

신체적 변화

노년기의 생리적 특징

신체적 변화

신체적 변화

신체 부위	증상	이렇게 해 보세요
뇌	기억력 감퇴	호두, 잭 등의 견과류와 고등어 같은 등푸른 생선을 많이 먹습니다. 메모하는 습관이 많은 도움이 됩니다.
대장	시력 약화, 백내장, 녹내장	육류보다는 생선, 당근과 녹황색 채소가 노년기의 눈 건강에 도움이 됩니다.
피부	주름, 검버섯	피부건강에 제일 중요한 것은 수분입니다. 물을 충분히 마시고, 단백질 식품과 비타민C를 꾸준히 먹습니다. 외출 할 때는 지나친 햇볕을 피하는 것도 좋습니다.
입	미각 약화, 씹기 힘 감소, 치아 약화	노년기에 들어서면 맛에 둔감해지고 소화력이 약해지기 마련입니다. 음식 간은 입맛에 맞춰 되도록 싱겁게 하고 육류처럼 씹기 어려운 식품은 잘게 자르거나 갈아서 먹는 것도 좋은 방법입니다.
심장	심장 박동수 저하	심장을 둘러싼 근육의 힘이 약해지기 때문입니다. 단백질 식품을 충분히 섭취하는 것이 좋습니다.
관절	관절 통증	무리한 운동은 오히려 건강을 해칠 수 있습니다. 지나치게 맵고 짠 음식도 피해야 합니다.





Cyber Family

- As a means of solving social exclusion in every sector of society, Cyber Family, consisted of the elder generations and the adolescent generations, provides a positive model of family that demonstrates a healthy and sound relationship of intergenerational community. Through its intergenerational activities both online and offline, the Cyber Family has been creating a strong solidarity between the two generations and acted as a model to emulate for future family.

New Challenge

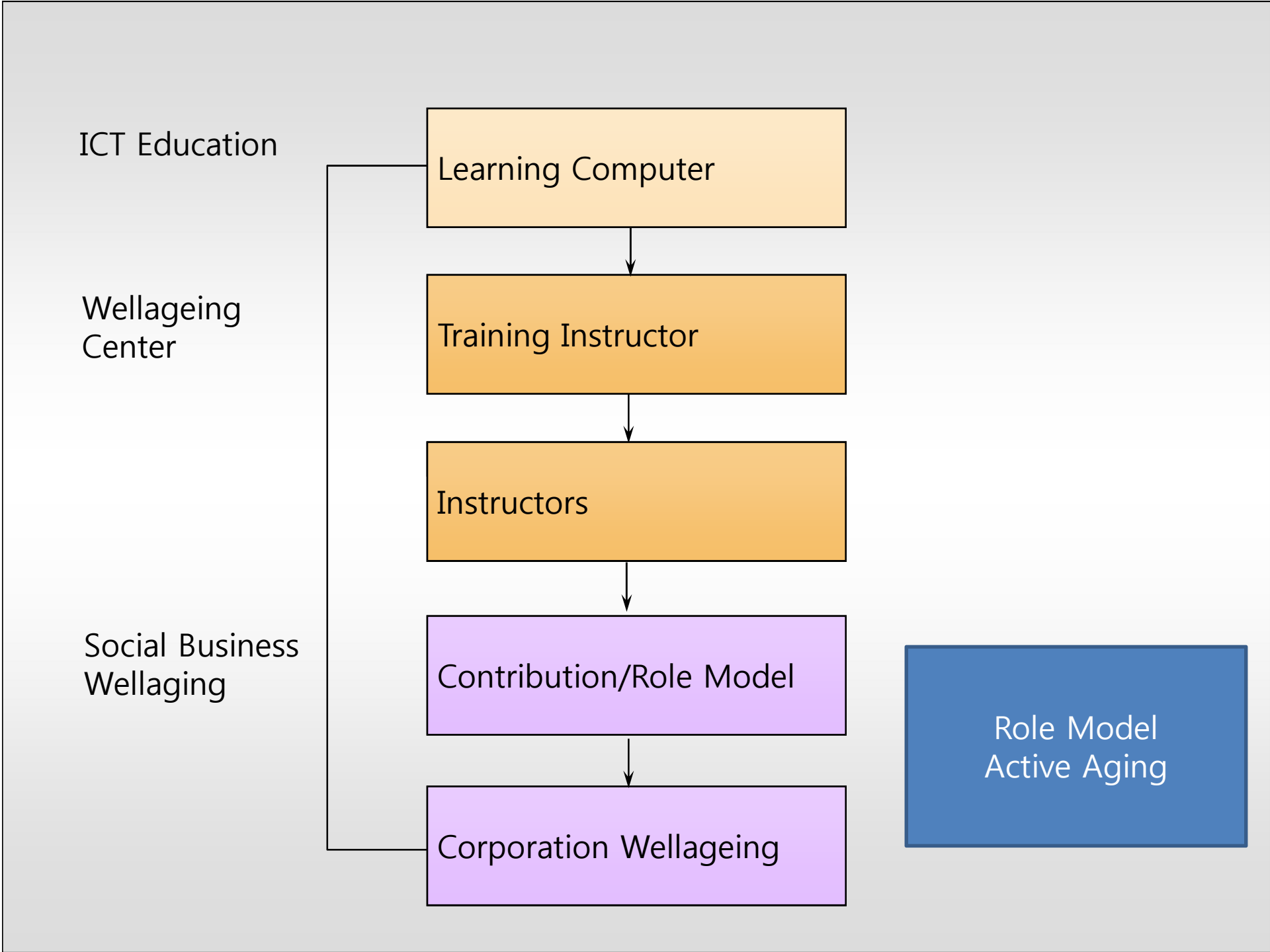
International Cyber Family Project

It will be expected to generate synergy for both the elderly and the young with the former contribution to society as social capitals and the latter gaining emotional support and improving their language skill which will from the intergenerational model for international community



**Sharing Social Capital
Supporting Information
Keeping Dignity in Later Life
Developing Advocacy and
Empowerment Programs
Working Together in Community**

Reaching out by ICT
(Healthy/Unhealthy)
Workforce by ICT
Community base IT network
Health information
Long Distance Care
Personal Emergency Response System
Assisting Communication
Transportation
Social participation
Functional Housing
Security
Intergenerational Solidarity
Education



Future Direction

Social
Participation
(Information,
Workforce, Social Capital
Leisure)

Health Promotion

U-health, ICT, Serious game,
Long term care system,
Information

Safety and Security

Prevent depression and elder abuse, Age friendly environment with
Intelligent technologies, Tracking system,
Robot, Communication, PER system, Continually Life

Warm Internet

Keeping analog culture, New filial piety
Positive image
Cyber family, International cyber family



BETTER POLICIES FOR BETTER LIVES

BETTER AND ACTIVE LIVES IN OLD-AGE:
WHAT ROLE FOR ICTS ?

Technology will assist
and enrich the lives of the late life .

Let's make and share
ideas of age friendly
environment by
technology



Thank You !!!