“Strengthening links between policy and research to promote quality of life and active ageing in Russia: challenges and benefits”

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The Madrid International Plan of Action on Ageing (MIPAA) was adopted at the Second World Assembly on Ageing, which took place in Madrid on April 8-12, 2002.
“Demography is a simple science. It has only three variables: mortality, fertility and population flows”, claims J. Chamie, director of the UN Population Division. But those variables touch on the “basic fundamentals of human existence”.

POPULATION OF RUSSIA
AND ECOSOC PROGNOSIS (MEDIUM VARIANT)

<table>
<thead>
<tr>
<th>Year</th>
<th>Population (million people)</th>
<th>People aged 60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>148.5</td>
<td>23.9</td>
</tr>
<tr>
<td>2005</td>
<td>142.7</td>
<td>24.7</td>
</tr>
<tr>
<td>2010</td>
<td>141.9</td>
<td>25.2</td>
</tr>
<tr>
<td>2025</td>
<td>129.2</td>
<td>30.8</td>
</tr>
<tr>
<td>2050</td>
<td>111.8</td>
<td>36.2</td>
</tr>
</tbody>
</table>
POPULATION OF RUSSIA OVER WORKING AGE*

* Ministry of Social Development, 2008
Per every 1,000 prs of working age there were:

- 2007 – 326 prs over the working age
- 2010 - 347 prs over the working age

In 2021 life expectancy for the whole population will be 71.8 years, of which it will be:
- 66.2 years for men and
- 77.3 years for women.

The proportion of people over the working age in the total population of the country is 24.6%.
"In Africa, it is said that when an old man dies, a library disappears."

United Nations Secretary General
Kofi Annan

Second World Assembly on Ageing
Madrid, Spain 8 -12 April 2002
During the past few decades the Russian reality regarding the ageing has radically changed.

Today we are in need of experts, possessing high professional competence in all areas of ageing issues management and responsibility.
MAJOR ELEMENTS FOR BUILDING NATIONAL CAPACITY IN AGEING

I. International Infrastructure

II. Human Recourses

III. Policy Development including Mainstreaming

IV. Research data collection and analysis

IV. Financial Resource
GERONTOLOGICAL SOCIETY OF THE RUSSIAN ACADEMY OF SCIENCES (RGS)

2510 members

President – Prof. V.N. Anisimov
Vice-President – Prof. V. Kh. Khavinson

46 REGIONAL BRANCHES
EDUCATION IN GERONTOLOGY AND GERIATRICS IN RUSSIA

- Educational and training activities play a foremost role in a capacity-building effort. **Today a course of gerontology and geriatrics is given at 12 leading institutions of Russia.**

- The RGS and SPb Institute of Bioregulation and Gerontology initiated the process of establishing a **scientific specialty “Gerontology and Geriatrics” in Russia**, it was introduced into the official list of specialties in 2001.

Nowadays there are 4 Dissertation councils in:

1. Russian Research Institute of Gerontology (Moscow)
2. St. Petersburg Institute of Bioregulation and Gerontology (Saint Petersburg)
3. Research Centre on Clinical and Experimental Medicine (Novosibirsk)
4. Samara State Medical University (Samara)
INTERNATIONAL SCHOOLS
IN GERONTOLOGY AND GERIATRICS

ORGANIZED BY THE INIA SATELLITE CENTRE IN ST. PETERSBURG:

• The International Institute on Ageing – United Nations, Malta
• Russian Gerontological Society
• St. Petersburg Municipal Medico-Social Geriatric Centre
• St. Petersburg Institute of Bioregulation and Gerontology
EDUCATING THE POLITICAL LEADERS about population ageing is a critical priority for policy initiatives.

Most nations need to rethink employment, education and income maintenance policies in light of increasing demands for and by older workers for meaningful jobs.

(Olshanski, Rattan, et.al.; 2011)
TRAINING SEMINARS FOR DEVELOPMENT AND IMPLEMENTATION OF THE NATIONAL POLICY IN AGEING 2008-2011

UN ECOSOC
UNFPA
REGIONAL UN COMMISSIONS

10 SEMINARS IN ALL WORLD REGIONS
UN WORKSHOP
On policy formulation, planning, implementation and monitoring of the MIPAA for Eastern Europe and Middle Asia
Saint Petersburg
December, 2008
PROGRAMME

“Prevention of age-related pathology and expanding healthy period of life for the population of Russia”

OBJECTIVE: to improve health and quality of life, to extent the period of able-bodied life of elderly people, as well as to enhance the economic effectiveness of utilization of labor resources due to decreased morbidity and disability and premature death rates.
INTERNATIONAL FORUM
“SENIOR GENERATION”

INTERNATIONAL FORUM
SENIOR GENERATION
MARCH 31 – APRIL 3, 2011

International Congress
“Social Adaptation, Assistance and Elderly Health in Present-day Society”

Saint Petersburg Institute of Bioregulation and Gerontology
of the Russian Academy of Medical Sciences
“SENIOR GENERATION” FORUM

- **International congress:**
  “Social adaptation, support and health of elderly people in modern society”

- **Exhibition “Care, aid and assistance”**

- **Exhibition and trade-fair “Everything for the health”**

- **Master-classes in arts and crafts** *(Textile painting, beads plaiting, knitting, floristics, patchwork, stroke painting, souvenirs made of birch bark, etc.)*
PRIORIT NATIONAL PROJECT “EDUCATION”

THIRD AGE UNIVERSITIES

- Basic computer skills
- Creative departments
- Sports departments

Health improvement initiatives

- established in more than one half of all regions of Russia
- educational programs to about 10,000 ‘senior’ students per year
Since 2007 over than 3000 people “graduated” from the University

Moscow – Saint Petersburg – Samara – Novosibirsk – Kazan
– Nizhny Novgorod – Kursk – Sochi

MAIN IDEA: involvement of the older population in active social life

OBJECTIVES:
1. adaptation of old people to the modern life
2. providing opportunities for self-realization of old people
3. socializing of old people
PC USAGE SKILLS TRAININGS

Conducted by students of several St. Petersburg’s Universities

- Using the main computer programmes
- Opportunities of Skype system
- Creating on personnel email address
- Social Networks
- Personal account: Payments control without leaving home
- IP-TV.

Online consultations by lawyers of the International College of Lawyers

Online meetings with cinema and theater authors

Saint Petersburg Institute of Bioregulation and Gerontology
of the Russian Academy of Medical Sciences
WORKING PENSIONERS IN RUSSIA*
*RF Ministry of Health and Social Development, 2008

2001 2004 2005 2006 2007

Million people

5,76 7,82 8,59 9,34 10,2
- the tool which promotes the development of intergenerational relations by representatives of older generations within the framework of “Mentor” program which is implemented in the regions of the Russian Federation.

In 2010 44 thousand instructors were engaged in in-depth training of 72 thousand graduating students.
POLICY ON AGEING

realized in the framework of strategic documents adopted at the Federal level:

- The Concept of Demographic Policy of the Russian Federation to 2025
- The Concept of Socio-Economic Development of the Russian Federation to 2020
- similar documents adopted at regional level
“This reminds us of the vital role older persons play as intermediaries between the past, the present and the future; of the veritable lifeline they provide in society.

Without the knowledge and wisdom of the old, the young would never know where they come from or where they belong. But in order for the old to have a shared language with the young, they must have the opportunity to continue learning throughout life.”

- KOFI ANNEN,
UN SECRETARY GENERAL
Madrid, 2002
THANK YOU!