

# “Enhancing the Quality of Lives of Women in their Ageing” A celebration and a Challenge”

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- ▶ The ageing transformation is classified when older people become a proportionately larger share of the total population.



# Factors that affect the ageing populations are :

- ▶ 1. INCOME SECURITY
- ▶ 2. ACCESS TO QUALITY HEALTHCARE
- ▶ 3. ENABLING ENVIRONMENT

# 1. INCOME SECURITY

- ▶ Investments in pension systems are seen as one of the most important ways to ensure economic independence and reduce poverty.



## 2. ACCESS TO QUALITY HEALTHCARE

- ▶ Access to quality healthcare-age friendly and affordable healthcare information and services that meet their needs. A life course perspective should include health promotion and disease prevention activities.



### 3. ENABLING ENVIRONMENT

- ▶ Enabling environment-age friendly place that promotes the development and use of innovative technologies and experience diminished mobility, visual and hearing impairments.



# Some physical changes in our body as we aged:

- ▶ Bones
- ▶ Heart
- ▶ Brain
- ▶ Digestive system
- ▶ Senses
- ▶ Teeth and Gums
- ▶ Skin



# 10 Steps to a Healthy & Happy Aging:

- ▶ 1. Stay physically active for a healthy mind and body.



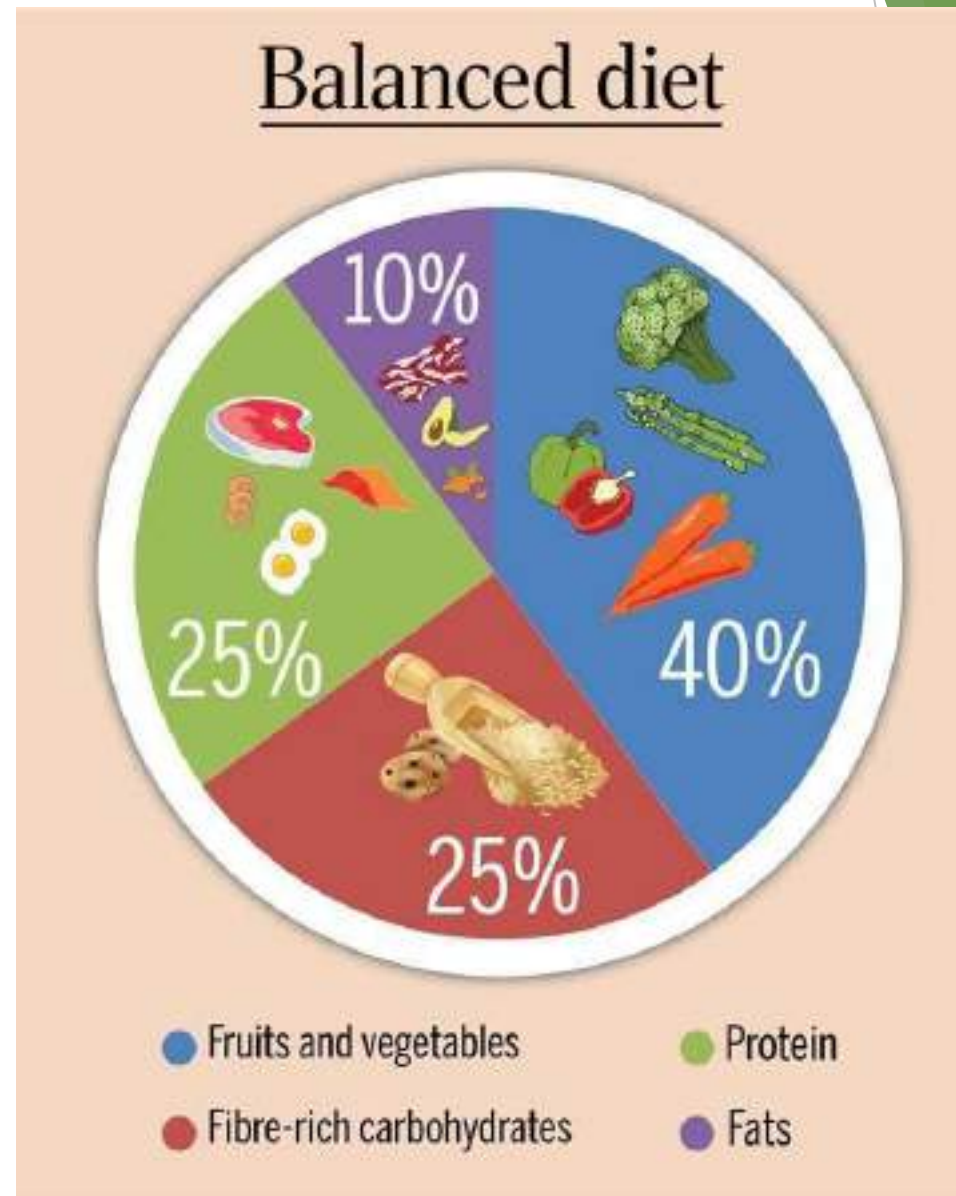


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- ▶ 2. Stay socially active with friends and family within your community



- ▶ 3. Follow a healthy, well balanced diet



- ▶ 4. Don't neglect yourself , schedule check up



- ▶ 5. Take a vacation/  
meditate/ explore  
the world



6. Drink  
moderately....  
Wine is good for  
the heart



- ▶ 7. Quit smoking to lower the risk of cancer and heart diseases



- ▶ 8. Sleep like a baby... enough slept that your body needs



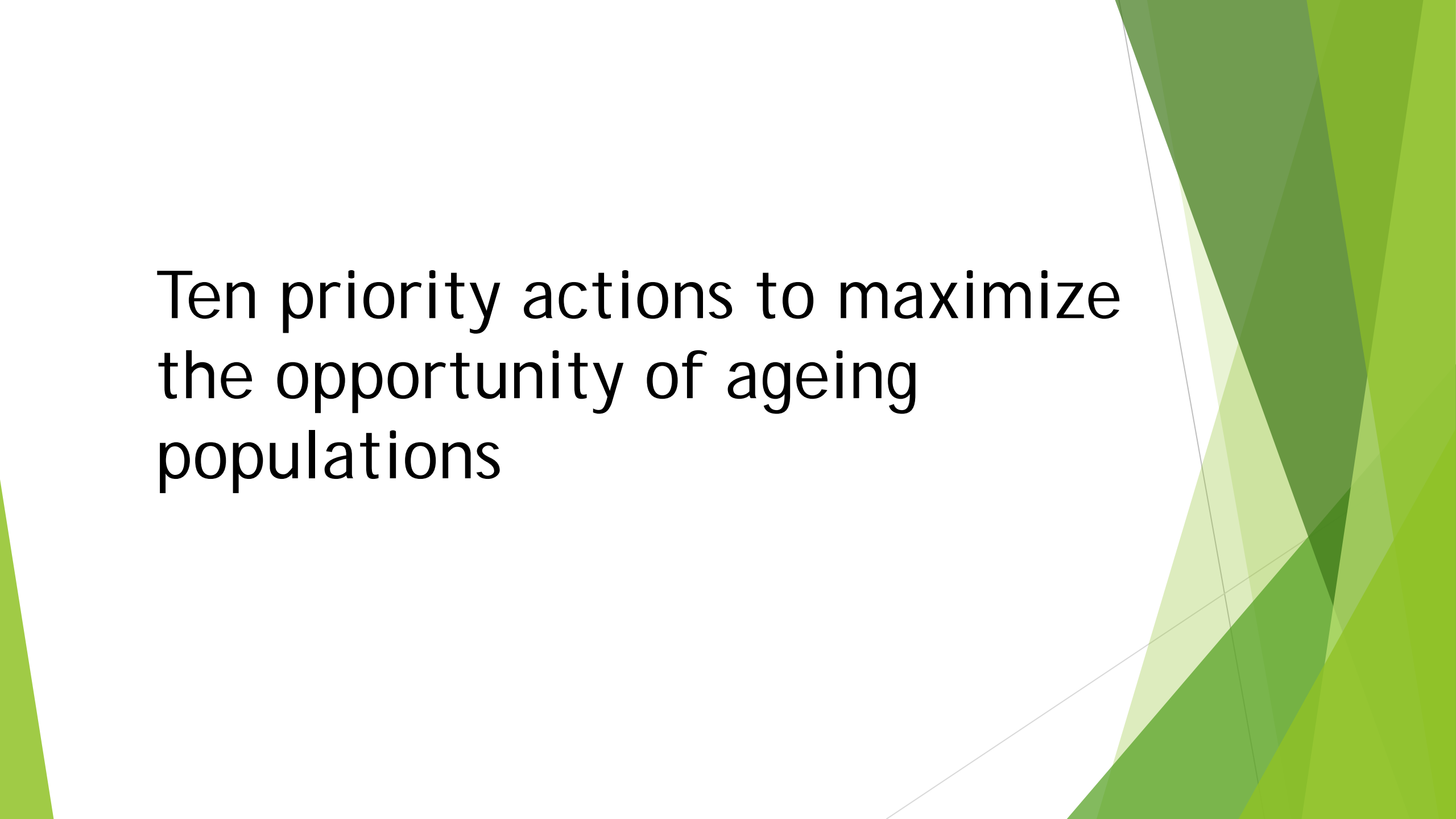
- ▶ 9. Discuss changes in sexual function with your partner






- ▶ 10. Pray,  
relax, chill  
savor the  
moment...




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# Ten priority actions to maximize the opportunity of ageing populations

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- ▶ 1. Recognize the inevitability of population ageing and the need to adequately prepare all stakeholders (governments, civil society, private sector, communities, and families) for the growing numbers of older persons. This should be done by enhancing understanding, strengthening national and local capacities, and developing the political, economic and social reforms needed to adapt societies to an ageing world.

- ▶ 2. Ensure that all older persons can live with dignity and security, enjoying access to essential health and social services and a minimum income through the implementation of national social protection floors and other social investments that extend the autonomy and independence of older people, prevent impoverishment in old age and contribute to a more healthy ageing.
- ▶ These actions should be based on a long-term vision, and supported by a strong political commitment and a secured budget that prevents negative impacts in time of crisis or governmental changes. 3. Support communities and families to develop support systems which ensure that frail older persons receive the long-term care they need and promote active and healthy ageing at the local level to facilitate ageing in place.


- ▶ 4. Invest in young people today by promoting healthy habits, and ensuring education and employment opportunities, access to health services, and social security coverage for all workers as the best investment to improve the lives of future generations of older persons. Flexible employment, lifelong learning and retraining opportunities should be promoted to facilitate the integration in the labour market of current generations of older persons.


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- ▶ 5. Support international and national efforts to develop comparative research on ageing, and ensure that gender- and culture-sensitive data and evidence from this research are available to inform policymaking.

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- ▶ 6. Mainstream ageing into all gender policies and gender into ageing policies, taking into account the specific requirements of older women and men.

- ▶ 7. Ensure inclusion of ageing and the needs of older persons in all national development policies and programmes.



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- ▶ 8. Ensure inclusion of ageing and the needs of older persons in national humanitarian response, climate change mitigation and adaptation plans, and disaster management and preparedness programmes.

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- ▶ 9. Ensure that ageing issues are adequately reflected in the post-2015 development agenda, including through the development of specific goals and indicators.

- ▶ 10. Develop a new rights-based culture of ageing and a change of mindset and societal attitudes towards ageing and older persons, from welfare recipients to active, contributing members of society. This requires, among others, working towards the development of international human rights instruments and their translation into national laws and regulations and affirmative measures that challenge age discrimination and recognize older people as autonomous subjects.





# GLOBAL VILLAGE CARE CENTRE

*"We strive to serve our residents with Quality care, Dignity and Compassion"*

## About Us

**Global Village Care Centre** is committed to meeting the Health Care and Needs of your Love ones. Our Registered Nurse and Professional Caregivers provide comprehensive health care service at their highest standard of care integrity and dignity. We are within a township and close to Taiping General Hospital about 4 kilometer, 4 to 5 minutes car ride away, KTM train station 3 kilometer, Bus station about 5 kilometer , Taiping Lake is about 7 kilometer from our nursing care village.

**Global Village Care Centre** is designed to create a comfortable, safe and friendly environment where our senior residence can receive personal attention and personal care that will help speed up their recovery. As a leading service provider in rehabilitation, convenient and nursing care home in the country we uphold our mission and vision daily.





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### **Mission**

Provide the best care to the elderly at very reasonable cost  
We look into the best environment and facilities for comfort  
living and continuous healthy activities.

### **Our Vision**

Happy and Comfortable life style for the need and love ones.

### **Our Value**

We value the life of the people in physical, mental and emotional  
needs. We also value team spirit and community life style.





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## OUR SERVICES

- ✓ Aged Care
- ✓ Respite Care
- ✓ Dementia Care
- ✓ Palliative Care
- ✓ Short Term
- ✓ Long Term
- ✓ Post - Operative Care
- ✓ Independent Living





**5 Healthy & Nutritious  
Meals per day**

*(Vegetarian and  
NON-Vegetarian)*



**In House Monthly  
Doctor Visit**



**Monthly Grooming**



**Laundry  
Services**







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BRANCH



## ASAM KUMBANG





**GLOBAL VILLAGE CARE CENTRE**  
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**BRANCH**



# KAMPONG BOYAN





**SANDRA SANCHEZ MONTANO**  
Chairperson  
Philippine Commission  
on Women

For women to lead in the new climate  
of change we should:

- A**udit yourself
  - B**uild your Network
  - C**ollaborate
  - D**evelop technologies
  - E**merging innovation...
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