

A growing and ageing population

Summary and Revision Questions

- 1 What is healthy ageing?
- 2 Assess the impact of a growing and ageing population on the health system and services.
- 3 Assess the impact of a growing and ageing population on the health service workforce.
- 4 Assess the impact of a growing and ageing population on carers for the elderly.
- 5 Assess the impact of a growing and ageing population on volunteer organisations.

Summary of responses

1. Healthy ageing is living in a way that provides the best opportunity for the individual to limit the health issues they face as they age. Engaging in healthy practices such as avoiding risk factors and embracing protective factors will contribute to healthy ageing.
2. To meet the demands placed upon our government and society by a growing and ageing population, the full range of health services will need to expand dramatically. This increase needs to include more specialist health professionals and GPs, more primary and emergency health services such as ambulances and public hospitals, and more housing and accommodation for people who require assistance with basic living needs.
3. The need for increased personnel to work in the aged health workforce is another concern that universities and governments need to provide for now, to ensure that workforce demands are met.
4. The majority of carers currently are parents, grandparents and elderly people. As this age group increases in number, there will be a shortage of carers available for the elderly. This will place further pressure on the health-care system to care for these people.
5. Similar issues will be faced by volunteer organisations. As people will need and be forced to work longer, there will also be a shortage of volunteers, again impacting on the pressures being placed on the health-care system.