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| *Content type* | **Publications** | |
| *Date* | 28 November 2007 | |
| *Title* | **Successful Ageing and Social Interaction** | |
| *Excerpt* | The increasing proportion of very old people in the population means that how to 'age well', even in later old age, is now an important issue for policymakers and researchers, as well as for older people themselves. | |
| *Body copy* | The key question is how 'ageing well' is best achieved. Early evidence suggested that high physical, mental and social functioning were all important components of 'ageing well', but there are now increasing indications that older people can compensate and experience good mental health even if physical health is poor and that social interaction in particular may be important.  This policy brief draws on research from the [London School of Hygiene & Tropical Medicine](http://www.lshtm.ac.uk/), exploring what factors are associated with successful ageing amongst the oldest old in the UK.  The brief also discusses the implications of the research for health policy directed toward the oldest old age-groups.  The research and this policy brief were made possible by the support of the [Nuffield Foundation](http://www.nuffieldfoundation.org/).  Authors: Emily Grundy, Astrid Fletcher, Sarah Smith, Donna Lamping | |
| *Category (choose one only)* | Culture and society  Finance and wealth  Health and care systems | Infrastructure  Productivity |
| *Culture and society topics (choose more than one if relevant)* | Arts and music  Community  Digital connections  Families  Identity | Inequalities  Isolation  Loneliness  Relationships  Social connections |
| *Finance and wealth topics (choose more than one if relevant)* | Advice  Debt  Financial planning  Housing wealth | Investments  Pensions  Personal finance  Savings |
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| *Infrastructure topics (choose more than one if relevant)* | Built environment  Education | Housing  Transport |
| *Productivity topics (choose more than one if relevant)* | Consumption  Employment  GDP  Growth | Opportunity of longevity  Recruitment  Training  Work |
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