ILC Friday three - 13 October 2023

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International Longevity Centre UK

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ILC Friday three

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Solution of the week - citizens' assemblies to empower power



The contrasts between the UK's various political party conferences in recent weeks signal a change in power. Power is often perceived through the lens of authority and control. Yet power should be about agency - the ability to effect change, to influence, and to shape outcomes. All too often, however, it seems that politcal power, even if mandated by a significant voter majority, is wasted.

Whatever happens in the next election, it is how the winners use their power that is key. Power is intricately linked to social capital - the networks, the relationships, and the trust one commands. Real power lies in the ability to foster alliances, negotiate conflicts, and drive consensus. In short, the value of power is empowering others.

In her book *All In*, the Labour politician Lisa Nandy MP cites the example of the East Marsh Estate in Grimsby where residents formed a community group to rebuild lives.

Democracy is difficult. Perhaps as - David Halpern, of the Behavioural Insights Team, suggested at our solutions breakfast meetings in Manchester and Liverpool - we need citizen's assemblies to help us navigate differences and embrace complexity like those being used in Ireland and Canada. Our democracy is powerful and we can, and should, make use of its power more wisely.

We know we can do better than this. What is your sustainable solution for better retail across longer lives? We need your ideas for our Longevity White Paper, supported by Aviva, which will be launched at our Future of Ageing Conference on Thursday 7 December 2023. Let us know via the button below.

LET US KNOW

Giving voice - will Australia's Referendum reduce the gap?



In Australia, the 14 October 2023 will mark an important date in the island nation's history. Voters are participating in a referendum to determine a change in the constitution that will recognise the First Peoples of Australia and establish a body called the Aboriginal and Torres Strait Islander Voice.

Indigenous Australians have lived on the continent for well over 50,000 years and are the oldest known living civilisation on Earth. However, they did not have the right to vote until the 1960s. And they generally have shorter life expectancies, poorer education outcomes and poorer health compared to non-Indigenous Australians. The proposed constitutional amendment aims to address this by giving Aboriginal and Torres Strait Islander people, who represent 3.2% of the population, a greater say on matters that affect them.

Although Australia sits well above the global average on the ILC's Healthy Ageing and Prevention Index ranking 6th overall and 7th in life expectancy, the numbers are unfortunately not so positive for the country's Indigenous population. Figures for

in life expectancy is as much as 14 years.

The Australian Burden of Disease study found that in 2018 Indigenous Australians collectively lost 240,000 years of healthy life due to premature death and ill health. That is the equivalent of 289 years for every 1,000 people. In 2021, the A-level equivalent attainment rate for Indigenous students was 68% compared to 91% for non-Indigenous students. The 2021 census also reported lower employment rates at 52% versus 75%. This was reflected across all age groups and rose to over 80% for non-Indigenous Australians in remote areas.

Ever since the proposal for the Voice was formally endorsed by Indigenous leaders in 2017 it has been hotly debated. Now, with the referendum results just days away, polling suggests the 'No' campaign to be the likely successor, as people believe the Voice will not deliver meaningful change for Aboriginal and Torres Strait Islander people and communities. Time will tell as to whether a Voice to Parliament will be supported but the bigger question remains. Despite the result, what will be done to move the needle and improve social, health and life expectancy outcomes for hundreds of thousands of Indigenous Australians?

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Three blogs - redefining lifelong learning



As part of our lifelong learning programme, we have an ongoing blog series highlighting best practice in the space. So far, we have three posts up.

The first blog, *Empowering Older Entrepreneurs*, is a guest contribution from Suzanne Noble and Mark Elliot, who run Startup School for Seniors. Their inclusive programme educates and empowers middle- and older-aged adults to enter the world of entrepreneurship. Their students are primarily women and people of colour,

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The second blog was *Why we should learn: Lessons from BT*. At BT Internet, their well-rounded approach to employee education looked at both work and life skills. This created better employees and a happier workforce. Would lifelong learning be more successful if we focussed on learning for personal development?

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Our most recent post was *Making lifelong learning fruitful and enjoyable*. Those who had bad experiences in school or other learning institutions may have some anxiety or apprehension about going back into education. Personalisation of learning programmes, adapting curriculums to people's level of knowledge, preferences, measures of success and learning styles are all vital to fully engage people in fruitful and enjoyable lifelong learning.

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MORE BLOGS

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

Future of Ageing 2023 takes place on Thursday 7 December. If you haven't got your ticket yet, please register here.

Please follow us on social media via the links below for our latest news and event updates.

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