ILC Friday three - 24 March 2023

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International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - VR to support understanding of dementia



Many people living with dementia experience visual impairment, which can be disorientating. The Virtual Reality Empathy Platform emulates how someone living with dementia might experience the colours and contrasts of their surroundings - and can give architects, designers, and health and care service professionals valuable insight into the way a person living with dementia sees the world.

Age Scotland uses this VR as part of its dementia training programme developed with the Dementia Services Development Centre at Stirling University. Participants explore virtual home environments to gain an understanding of the daily challenges people living with dementia can experience. For instance, dark rugs can look like deep holes or pools of water and the wrong covering can make the bed difficult to navigate. The training also highlights the simple changes that can help. For example, drawing an outline around a light fitting will make it much easier to see.

eminently scalable. As the metaverse evolves, the potential for the wider application of VR training to develop greater empathy and understanding of a range of conditions grows. See here for more information on Age Scotland's dementia training.

What do you think? Since the start of the year, we've been highlighting examples of policy and practice which could help us adapt to increased longevity. And we've had a great response, with many of you sending us their solutions - thank you. We will collate ideas into a plan for the next Government and launch it at our Future of Ageing Conference on 7 December 2023. So, what do you think? Do you have different or better ideas? Let us know via events@ilcuk.org.uk

LET US KNOW

Health inequalities - can Universal Health Coverage help?



The stark gaps in life expectancy between different parts of the UK, highlighted this week by the Health Equals Campaign, are not inevitable and can be prevented - and addressed. In their recent Health Adviser publication ILC's Partner DAC Beachcroft looks at the positive stories, changes and outcomes that, despite the crises faced by the UK's health service, also form part of the pandemic legacy, many of which aim to reduce health inequality and improve access and outcomes.

However, inequalities in life expectancies and healthy life expectancies become even starker through a global lens. A paper on global health equity co-authored by ILC's Lily Parsey exemplified these differences. For example, in 2016, US men aged 40 years in the highest 1% of earners had an expected age of death of 87.3 years, while in India the poorest men could expect to live to an average of 63.2 years. Access to essential and preventative health services is one of the most important ways in which we can improve later life, but older people's health needs are often overlooked, particularly in low and middle-income countries.

International in the Palace of Westminster to debate the opportunities and barriers to achieving UHC for all people, at all ages. Age International discussed the importance of supporting prevention and treatment, and the ILC shared its findings from our Healthy Ageing and Prevention Index. We highlighted that countries that do better on the Index also have better UHC coverage. There have been significant improvements in the last two decades, especially in the global south, resulting in a reduction of 40% in global UHC inequality. Nevertheless, 30% of the world's population still cannot access essential health services.

Leading policymakers also discussed how, in the run-up to the G20 in India this year, the UK can support UHC and drive forward action on achieving UHC targets. If you are interested in holding governments to account on health equity and want to join the global Healthy Ageing and Prevention Coalition, please contact Arun Himawan via events@ilcuk.org.uk.

READ MORE HERE

Three videos - what's the future for ageing populations?



The ILC-UK was established in 1997 as one of the members of the ILC Global Alliance, an international network on longevity. And that is where we come in, using evidence-based research to provoke and pioneer solutions so everyone can realise the benefits of longevity.

In this interview filmed last year, **David Sinclair, ILC's Chief Executive**, talks about the legacy of Baroness Sally Greengross, the challenges of ageing and the need for engagement locally, nationally and globally to bring real change to an ageing society. See the interview here

Professor Martin Green OBE, ILC's Chair talks about the future of ageing, ILC's impact in the last 25 years, the challenges of an ageing society, and the importance

Nic Palmarini, Director of UK National Innovation Centre for Ageing (NICA) talks about longevity with David Sinclair. Nic joined the ILC's expert roundtable in Lisbon at the beginning of March. After the event, he talked with David about the challenges and opportunities that come with an ageing society. Watch the video here

WATCH MORE HERE

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

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