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Uniting Aged Care

## Social inclusion of older adults

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## Setting the context

- What is social inclusion?
- Research on social participation and older people
- Innovation and intervention

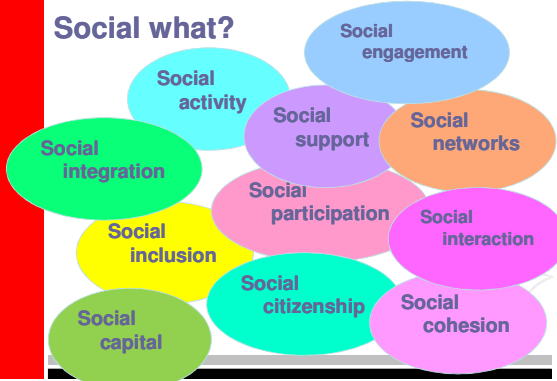


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## Social what?



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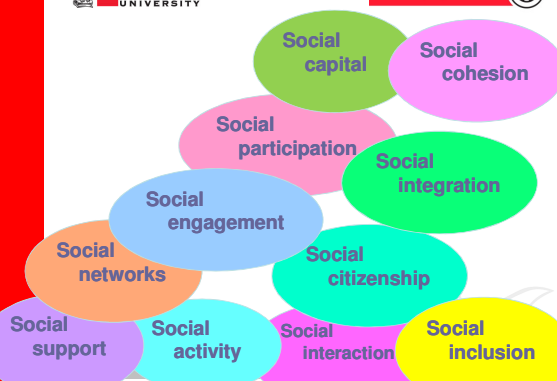
## Working definitions

- **Social participation is: the individual's human right to experience self-determined modes of engagement in all aspects of society**
  - work, health, education, and social and personal relationships
- **Social participation relies upon social inclusion**
  - the societal responsibility to provide the necessary conditions that enable people to experience self-determined modes of social engagement
- **Social participation and social inclusion are required to enable and maximise social capital.**

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## Measuring social inclusion

- **No single, tested or accepted standard measure of social inclusion (Cochrane)**
  - Social indicators
  - Perceived inclusion



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## Importance of social participation

- Indicator of
  - quality of life experienced by individuals
  - extent to which communities function




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## What influences social participation?

- Personal factors
  - Attributes of the person (e.g., education)
  - Basic and complex skills
- Structural factors
  - Competency and effectiveness of social institutions



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## Social participation and older people

- Social engagement → QoL
- Social activity and integration → better health
  - lower risk of mortality
  - Lower risk of dementia
- Older people are less likely to report 'mistrust'



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## Social participation and older people

- Age may contribute to or exacerbate social exclusion
  - Rural communities
  - Chronic unemployment
- Vulnerabilities
  - Poor health
  - Disability
  - Exclusion from material resources



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## Promoting social inclusion

- Attitudes (ageism)
- Social policy and structures
- Service provision





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