

Vol 1, Issue 23, 9 December 2010  
**AgeWave Australia enewsletter**

Welcome to the **YOURLifeChoices** *AgeWave Australia* enewsletter.

**The wisdom issue**

Welcome to the December 9 issue of *AgeWave Australia* which is being written in Istanbul in the wake of the distinguished Senior Citizens of the World congress, hosted by Turyak, the leading seniors citizens' NGO in Turkey. Over the past three days elder statesmen and women from around the world have shared views on three main issues; the GFC and other related crisis in employment, the ecosystem crisis and the ways wisdom can be used to help mankind survive. These views have been drawn together into a final declaration to be shared with all governments across the world.

Happy reading,  
Kaye Fallick,  
Publisher, **YOURLifeChoices**  
Director, International Federation on Ageing

**About Turyak**

The Turyak seniors council organisation was founded in 2003 as an umbrella body to foster research for solutions to the problems of the elderly. Turyak aims to defend the right of all senior citizens to lead a life of honour, dignity and independence, wherever they may be in the world, regardless of language, religion, race, nationality or gender. It aims also to work together and cooperate with all pertinent national and international organisations in developing social policies related to the elderly and their rights. In his opening address at the Congress

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**Wiser heads**



*"On the societal balance sheet, seniors are assets not liabilities."*

Mete Bora  
Chairman, Turyak

**Diary dates**

**7th World Ageing & Generations Congress**

*Demographic Change & Innovation*  
*Organised by the World Demographic & Ageing Forum.*

Aug 29 - Sept 2, 2011  
University of St. Gallen,  
Switzerland

[Find out more](#)

in Istanbul, Chairman and founder, Mete Bora, noted that isolation continues to be one of the major problems faced by older [Turkish citizens today](#).

### Comment

It's a funny thing that you can travel half-way around the world and listen, via an interpreter, to impassioned pleas in Turkish, Arabic and other Middle Eastern languages, to a message that is oh-so-familiar. It is not so much poor physical health that is killing many older people, but a lack of connection with mainstream society. In Turkey it is the result of a breakdown in extended family households, in Australia by an erosion of community spirit and obligation to our neighbours. Whatever the reason, this is shaping up as one of the key issues of ageing demographics and one which will need to be addressed sooner rather than later.

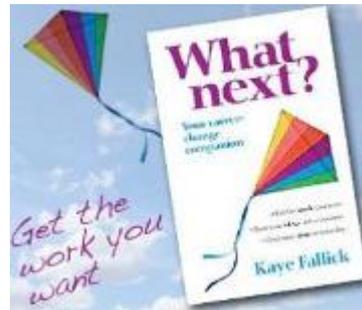
### [For further information/comment](#)

## Retirement officially deceased

In her keynote speech at the Turyak Congress, Dr Jane Barratt, Secretary General of the [International Federation on Ageing \(IFA\)](#) looked at the semantics of ageing demographics.

"Instead of concentrating on the concept of retirement, which, for most, let's consider the intention of a healthy and long life. So how can we protect the rights of older people? We can start by looking at the words we use – such as the 'coming demographic tsunami'. The word 'tsunami' conjures up images of tragedy, fear and death – the exact opposite to the contribution that billions of older people will and can make. Our role is to examine the consequences of demographic change, and to create

### Books



### Competition

an enabling environment which fosters choice and control, thus allowing senior citizens to make the best contribution to their family, their community, their nation and their world.”

#### **Comment**

On behalf of the IFA, Secretary General Dr Jane Barratt has hit the nail on the head. Retirement is an outmoded concept. How to achieve a long, happy, healthy life is the aim, and work will form an integral part of this. Those commentators and marketers who insist on talking to 'pre-retirees' and 'retirees' as though they are a race apart from the rest of society are simply missing the point. The solution? Take the time to ask any 50-something or 60-something who you know, about their future plans – and you'll realise there is a new 'world order' when it comes to (non) retirement...

#### For further information/comment

#### **From Russia with (lots of) love**

The surprise 'hit' of the Turyak gathering was Professor Leonid Roshal, whose business card states 'children's doctor of the world'. This 77-year old pediatrician, with a team of 20 of Russia's top doctors, travels the world under the auspices of the International Task Force of Pediatric Disaster Medicine, providing emergency assistance to child victims of wars, terrorism and natural disasters. The taskforce was created by Prof. Roshal in 1988 in the wake of the Armenian earthquake. It was Prof. Roshal who helped negotiate on behalf of hostages when terrorists seized a theatre in Moscow, and again during the school hostage crisis in Beslan in 2004. The good doctor had a simple message for congress delegates in Istanbul, "Adults are stupid,



children are not. It is the children who see more clearly the need to end conflict.”

Read more about Prof. Roshal and the awards he has won for his courageous service to the [children of the world](#).

#### **Comment**

Enough said, the good doctor is, of course, correct – kids are so much smarter than adults when it comes to major policy. But surely the real challenge is not to expect an international panel of kids to rule the world, but to learn to listen to, and derive the most important learnings from, all generations rather than fall into the trap of believing in a phoney generational war. [Read more](#) on this trap and then resolve to become better informed about intergenerational imperatives – our [featured conference](#) being just one amongst many.

#### **For further information/comment**

### **eHealth iPhone app**

Attendees at the recent Federal Government's eHealth conference were given a demonstration of an iPhone app which allows doctors to access a patient's records in less than a minute. The government is investing more than \$460 million, over a two-year period, in a national electronic health record system which is due to start operating from July 2012.

Results which can be accessed include X-rays and allergies, thus making diagnosis quicker and safer. Such instant access may reduce medication errors which currently account for 190,000 admissions to hospital each year. The iPhone app is in the concept stage, but a very real example of how technology

can be utilised to help health professionals deliver better results for their patients. The conference's plenary proceedings can be accessed at:  
[www.ehealthconference.gov.au](http://www.ehealthconference.gov.au)

**Comment**

The future just arrived. Although still described as in the 'concept' stage, it's merely a matter of time before our full health records can be accessed by a doctor to whom we have given our consent. Whilst there are very real concerns regarding privacy and hacking, the choice between a better diagnosis because of fuller information and potential death from a wrong diagnosis based on incomplete knowledge, is currently real. Confronted with a choice between death and a battle regarding my privacy, I know which I would prefer.

[For further information/comment](#)