Towards a world where all people can live long and healthy lives.
Across the world, more people are living longer than ever before.

But for many these extra years are not necessarily healthy years.
We don't want to just add years to our lives.

We also want to enjoy our extra years in good health and well-being.
This is healthy ageing:

Adding quality to quantity so that current and future generations can reap the benefits of one of humanity's greatest achievements – longevity.
Healthy ageing is not yet a reality for many around the world. But it can be, if we work together.

Governments, civil society, researchers, businesses, international agencies, media – we all have something we can contribute.
2021–2030: A unique opportunity to work together to transform the world to be a better place to grow older.
A framework for 'doing business differently' with:

- Four action areas
- Four 'enablers'
- And older people at the centre
Action Area 1. Combatting Ageism
Change how we think, feel, and act towards age and ageing
Action Area 2.
Age-friendly Environments
Ensure that communities foster the abilities of older people
Action Area 3. Integrated Care

Deliver person-centred integrated care and primary health services responsive to older people
Action Area 4. Long-term Care

Provide access to long-term care for older people who need it
Enabler 1. Listen to diverse voices and enable meaningful engagement of stakeholders – especially older people's
Enabler 2. Build capacity and nurture leadership to take appropriate action integrated across sectors
Enabler 3. Connect stakeholders around the world to share and learn from the experiences of others.
Enabler 4. Strengthen data, research, and innovation to accelerate implementation
The Decade is for everyone – both current and future generations of older people.

Together, we can make every year count. Not by the numbers, but by how we live and grow in between. #AddingLifeToYears
Get involved!

Learn how to be part of the movement: decadeofhealthyageing.org/get-involved

Join the Healthy Ageing Collaborative: decadeofhealthyageing.org/collaborative