

## Productive Aging in Taiwan

### 有貢獻的老年

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### positive aging

- A positive attitude towards life
- Have courage to face various life challenges and adversity
- Longan Community after 921 earthquake
- <http://www.youtube.com/watch?v=ag3gmQ-8hFQ>
- Such attitude can be learned



## Taiwan elders' successful aging concepts

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- Lin (2006) studied 451 Taiwanese elders regarding their successful aging concepts
- Six domains : health, family, economic security, adaptation to life changes, social relationship, learning
- Compared to international literature, more focus on **family relations** and **economic security**



## productive aging

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- Caro, et al. (1993): PA indicates any activity which may produce goods or services, with or without pay
- Four main categories :
  - (1) **paid work**
  - (2) **volunteerism**
  - (3) **life long learning**
  - (4) **care-giving**

## Taiwan Centenarian Study (Yang, 2010)

- Centenarians may continue to be productive.
- common modes of productivity: self care, watch over family affairs, care for family, praying, an important symbol for family and community
- Special modes of productivity: annual presents from the government, occasional gifts from family and visitors
- **To be alive is to be productive.**

## Diligence by Y. S. Wang

When I was young, life was hard.  
My mother passed away when I was only three.  
School was only a dream to me. I started working at factories .  
But I fought hard against adversity and finally opened my own beauty parlor.  
I also went to evening schools. Now I can read and write freely.  
At my old age, I continue to work hard.  
Productivity is my name.





## Paid work

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- OECD Age-Friendly Employment Policies
- Governments should secure sufficient retirement income or senior allowance.
- To encourage continued employment
- To restrain age discrimination
- To develop age-diverse workforce
- To foster life long employability



## Reality of older workers

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- Older workers are competent and willing to learn but education and training programs tailored to their needs are lacking.
- Older workers are more committed and loyal.
- Older workers are valuable resources.
- Employment for older workers ≠ Unemployment for younger workers (not a zero-sum game)
- It is highly possible to create innovative employment for older workers.
- For example: community-based intergenerational work team



## Taiwan Labor Policies

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- 2005 New system of social insurance for retirement pension: personal account to guarantee retirement pension
- 2007 Law to fine employers for age discrimination
- 2008 Law to extend official retirement age to 65 (originally 60)



## Strategy 1: Provide incentives to employers

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- Provide financial support for employers to develop employee training programs
- Encourage region-wide training collaboration for industry upgrade
- Supplement NT\$12,000 per older worker per month for as long as 12 months
- Altogether 614 older workers received supplemented employment in 2011.



## Strategy 2: re-engineer human resources

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- Offer localized and diverse training courses
- Re-engineer skills of older workers for realistic employment
- **Altogether 18,320 older workers received employment-focused training in 2011.**



## Strategy 3: On the job training


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- Provide on the job training fees up to NT\$70,000 during 3 years for each older employee 45 years and older
- **Altogether 23,891 older workers received on the job training in 2011.**



## Strategy 4: Develop effective matching mechanism

- 356 employment service centers nationwide
- 24 hour toll free employment service line (0800-777-888)
- E web of employment with a special zone for older workers
- Employment opportunity computers for immediate on-line job search
- ibon at 4700 7-Eleven stores for most updated employment opportunities and training courses



## Strategy 4: Support older workers

- Altogether 241,345 older workers requested services and 116,4987 were successfully employed. 5,977 were 65 years and older and 2,159 were employed.
- Micro financing for older or women entrepreneurs: Altogether 714 loans were granted.



## Strategy 5:

### Short term employment in the public sector

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- Targeted groups: older workers and disadvantaged workers
- 2009 till now
- To maintain their motif for employment and self confidence



## Volunteerism

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- Older volunteers need proper recruitment, training, supervision and inspiration.
- Older volunteers participate in a whole range of services at government offices, public transportation, libraries and museums, hospitals, eco protection activities, and **community care**.



## Community volunteer centers



**Volunteers at Da-Lin Center with an average age of 76**



## Da-Lin volunteer center

- Started in 2002 with 8 seniors with an average age of 76
- Took care of 12 other local elders



## 不老傳說



## Life long learning

- Mr. Liang: got his Master's at 80, later became research assistant for his advisor at Graduate Institute of Central Asia Studies, Ching Yun University
- Mr. Chao: got his Master's at 98 at Nanhua University, Department of Philosophy



## Symbol of senior learning centers, Ministry of Education

- Colorful leaves: prosperous development of life long learning; rich curriculum and diverse modes of learning
- Heart: care for the elderly
- The letter 'e' : technical innovation
- Smiling faces of two seniors: Seniors enjoy learning.



## 2006 Senior Education Policy by the Ministry of Education



## Strategy 1:

### Foster intergenerational relationship

- Started the National Grandparents Day in 2008
- Officially designated the fourth Sunday of August as the Grandparents Day in 2010



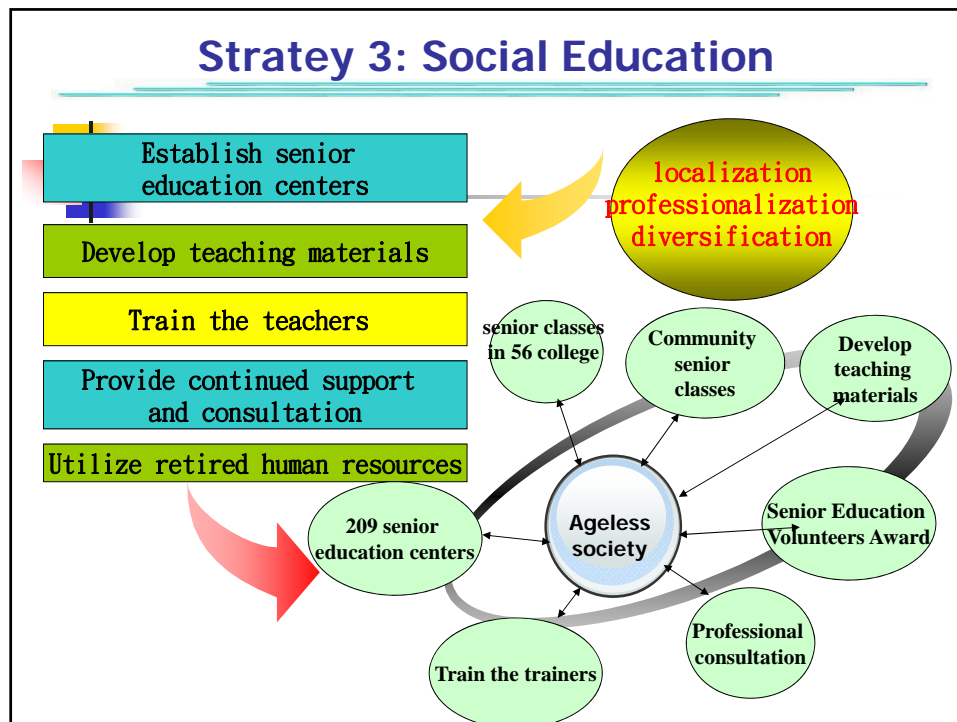
## Strategy 2: Inclusive learning

### Vitalize current school system

- 4 hour compulsory intergenerational lectures per semester
- activate available school space for community seniors' education
- Provide opportunities for life long learning
- Organize volunteers to serve community elders

### Non-degreed Senior classes in colleges

- For people aged 55 and older
- Focus on intergenerational exchanges
- Programs are designed by individual colleges.
- Provide diverse curriculum
- Organize senior learning clubs



- ### Care giving
- Self care
  - Care for others

## Taiwan centenarians



## Taiwan centenarians



## Taiwan centenarians



## Care for family: direct or indirect care



## Care for community elders living alone



## Dream chasers

- Every one has a dream, including senior citizens.
- They need resources and support to chase their dreams.
- It is never too old to chase your dreams.
- What are **YOUR** dreams?



# 不老騎士 by HonDao Foundation



只有「行動」·沒有距離! Action! No Distance!

## TAIWAN'S GRAND RIDERS

"I Didn't Stop Riding Because I Got Old, I Got Old Because I Stopped Riding."



## 不老棒球



## 素人明星--高鐵餐車阿媽



中華民國九十九年十二月三日 星期五 聯合報 中市運動

# 時尚公嬭走秀 孫女晚禮服競賽

弘道辦祖孫服裝賽 7旬嬭大方露「事業線」 調查「穿衣密碼」 8成3孫子願意為公嬭過節

【記者洪敬浚／台中報導】弘道基金會舉辦「阿公阿嬤晚禮服賽」，高齡超過70歲的熟齡長者，變身為時尚模特兒，為活動暖身；最搶眼的，今年74歲的黃合阿嬤，穿上孫女晚禮服，胸前還露出「事業線」，展現好身材。

弘道連續六年，推動元月第二個星期四成為阿公阿嬤節，今年還針對對國小到研究所學生，調查阿公阿嬤「穿衣密碼」，回收3436份問卷。調查發現，9成孫子不知道阿公阿嬤的衣服尺寸，6成不知道阿公阿嬤的身高體重。幸好此次孫子願意慶祝阿公阿嬤節，服裝賽以祖孫團體參賽，孫子替阿公、阿嬤打扮，拍成照片再郵寄參賽，第一名可獲得價值3萬元的碎唱機，70歲到阿公、75歲到阿嬤作天變身，為服裝賽暖身。踴躍阿公穿起上海風大衣，搭配圍巾

彷彿小生葉文正，阿嬤也穿上美麗旗袍，濃濃復古風。最搶眼的黃合阿嬤厚身BLING BLING，穿上孫女的晚禮服，跟著新與阿公走台步。阿嬤離開小外黃，胸前只有一朵白色綉繡點，小露香肩，還大方露出「事業線」。她笑得著著茶，好身材展現漂亮。

弘道執行長林依強說，孝順阿公阿嬤，就從穿衣開始，長輩不必只穿樸素、簡單的衣服，穿得漂亮著美女，熟年生活也可以很亮麗。有意報名者可撥電話：(04) 22000066轉25。



弘道基金會舉辦「阿公阿嬤晚禮服賽」，高齡長者變身時尚



Thank you for your attention!!

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