

# Aktiv aldring – En annullering af alderdommen?

Aske Juul Lassen

Kirsten Avlund Prisforelæsning 2014

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UNIVERSITY OF COPENHAGEN

### PhD thesis

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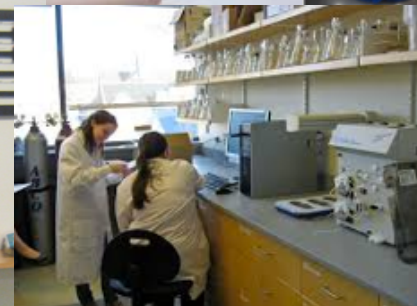
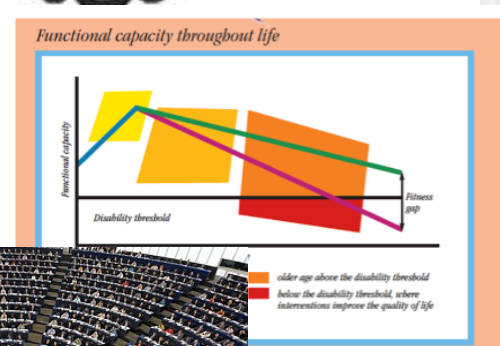
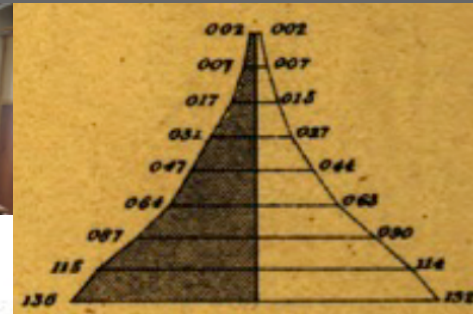
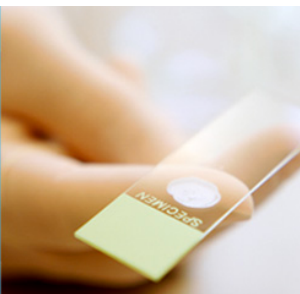
Active ageing and the unmaking of old age:  
The knowledge productions, everyday practices  
and policies of the good late life



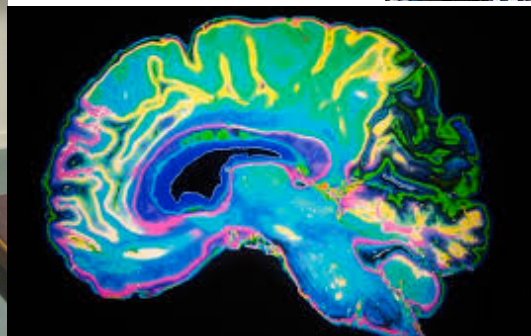
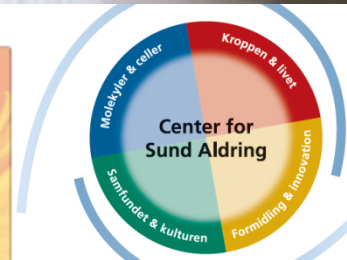
1. Aldring som bekymringsgenstand og formbar proces
2. Etnografisk feltarbejde
3. Dokument- og litteraturstudier om aktiv aldring
4. Aktiv aldring som en annullering af alderdommen
5. Men det forhandles og forandres i lokale forankringer



# Aldring som bekymringsgenstand



older age above the disability threshold  
below the disability threshold, where interventions improve the quality of life





## What is "active ageing"?

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.

Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need.

The word "active" refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Older people who retire from work, ill or live with disabilities can remain active

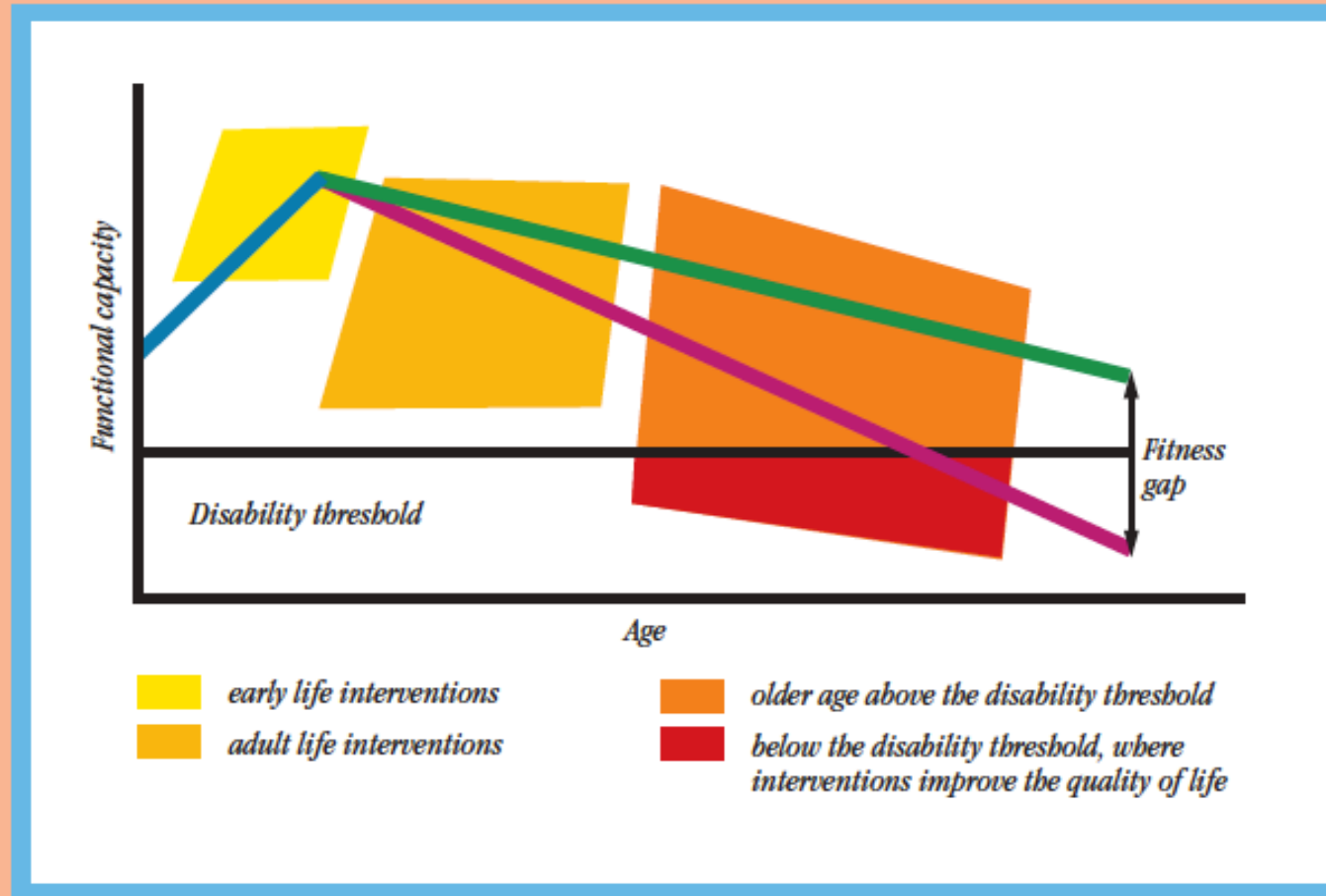


Fra WHO's hjemmeside: [http://www.who.int/ageing/active\\_ageing/en/](http://www.who.int/ageing/active_ageing/en/)



## Aktiv aldring og livsstilsinterventioner

### *Functional capacity throughout life*



## Etnografisk feltarbejde





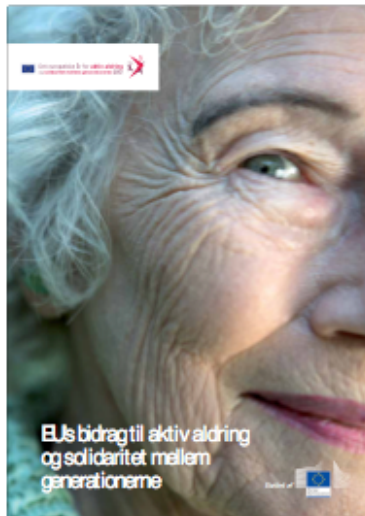
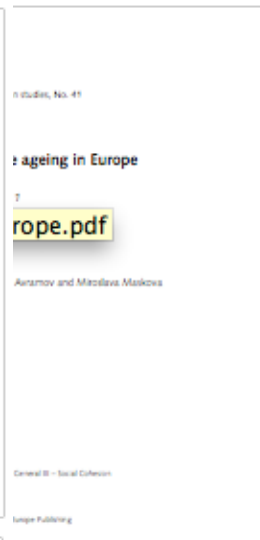
## At holde sygdommene på en armslængde



Daisy, 79 år, enke i de sidste 25 år

- Mange informanter med et væld af sygdomme
- Men i deres travle liv er det som om der ikke er plads til sygdomme. De følger ikke deres medicinske regimer: *”Min læge slås lidt med mit blodtryk”*
- Er det tegn på glemsomhed, nonchalance, ligegyldighed og uansvarlighed?
- Eller en del af en sundhedsstrategi, hvor det er det aktive ældreliv der er vigtigt?
  
- **Det fokus på uafhængighed og ansvar for egen livsførsel, som kommer med aktiv aldring, bliver til noget andet i ældres hverdagsliv**

# Dokument- og litteraturstudier





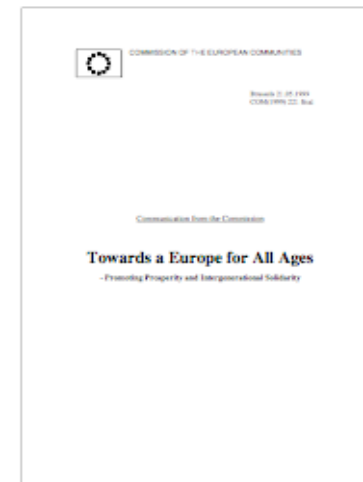
## To versioner af aktiv aldring

### Et ideal for livsførslen

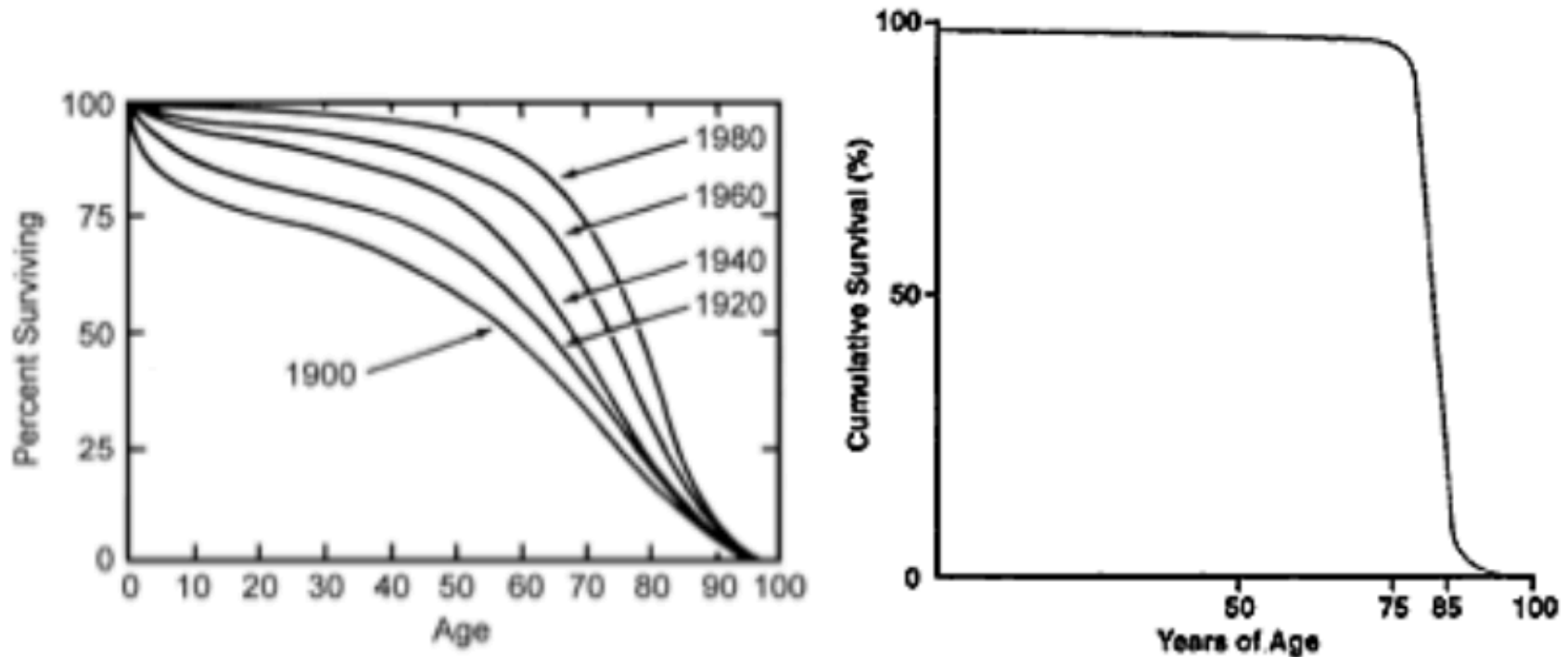
*Active Ageing involves every dimension of our lives: physical, mental, social and spiritual. (World Health Organization 1999)*

### En forlængelse af arbejdslivet ind i alderdommen

*An active society for all ages requires a strategy which both enables and motivates older people to stay involved in working and in social life. (European Commission 1999)*



## Komprimeret sygelighed (compressed morbidity, Fries 1980)



## Struktureret afhængighed (structured dependency, Townsend 1981)

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### The Structured Dependency of the Elderly: A Creation of Social Policy in the Twentieth Century

Peter Townsend

Ageing and Society / Volume 1 / Issue 01 / January 1981, pp 5 - 28  
DOI: 10.1017/S0144686X81000020, Published online: 14 November 2008

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I am arguing, then, that society creates the framework of institutions and rules within which the general problems of the elderly emerge and, indeed, are manufactured. Decisions are being taken every day, in the management of the economy and in the maintenance and development of social institutions, which govern the position which the elderly occupy in national life, and these also contribute powerfully to the public consciousness of different meanings of ageing and old age. There are decisions





## **To måder at annullere alderdommen på – en biologisk og en socialkonstruktivistisk**

As our analysis will show, the two active ageing policies can be claimed to be attempts at unmaking old age because a) lifestyle interventions ideally will hinder the transition from the third to the fourth age, and because b) changing the societal institutions endeavours to radically rearticulate what we mean when we talk about late life. (Lassen & Moreira, 2014:34)

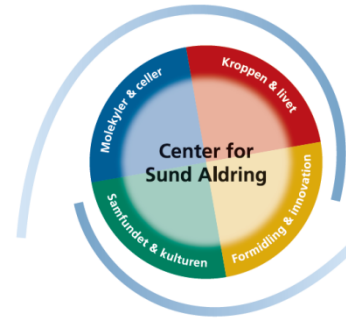
(T)he two distinct active ageing policies in the EU and the WHO draw on the same idea, that ageing is plastic and activity is rejuvenating, but coordinate different cognitive and political conventional arrangements, use different instruments and engage in the plasticity on different levels. This then constitutes two different ways of unmaking the concept of old age. (Lassen & Moreira, 2014:43-44)



## Men aktiv aldring forhandles og forandres i lokale forankringer



# Ikke en annullering, men en forhandling. Noget nyt genereres...



Ishøj Kommune



KØBENHAVNS KOMMUNE

Counteracting Age-Related Loss of  
Skeletal Muscle Mass (CALM)





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## Tak!

Lassen, A.J. 2014. Active ageing and the unmaking of old age: The knowledge productions, everyday practices and policies of the good late life. PhD dissertation, University of Copenhagen.

Lassen, A.J. 2014. Billiards, rhythms, collectives – Billiards at a Danish activity centre as a culturally specific form of active ageing. *Ethnologia Europaea*. 44:1, 57-74.

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<http://dx.doi.org/10.1016/j.techfore.2014.01.006>

