

Aging Well: A Review on the Concepts and Dimensions of Aging Well

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ABSTRACT

Challenges and requirements of policymaking in the area of the elderly population have resulted in the emergence of new concepts and strategies for ageing well so that it has been used alongside with a wide range of alternative concepts, definitions, and indexes in the literature related to ageing well. Therefore, the major aim of the current study is to investigate common concepts used in research studies and policymaking in the area of ageing well and to introduce a comprehensive definition of ageing well. The major focus of this study is on the concepts of “successful ageing” and “active aging”, which are regarded as the main concepts having overlapping dimensions in both research and policymaking areas. In this study “integrative review” was conducted on the published papers related to ageing well. Successful ageing and active ageing were used as the keywords while searching for the papers in different databases. As a result of screening, 106 studies were included in this research study. Data were coded and classified in the form of a matrix. In the end, on the basis of the synthesis of data a conceptual framework as regards ageing well was introduced. The findings showed that the multidimensional conceptual framework of ageing well includes the four dimensions of physical and mental health, financial and economic security well-being, and spirituality and transcendence. In order to assess each of the dimensions there is a various number of instruments. Therefore, aging well ought to be assessed at both individual and national levels. Finally, in the area of social policymaking, taking account of the aforementioned conceptual framework, three solutions at three levels of individual, family, and society were introduced.

Keywords: Active ageing, Successful ageing, Social policymaking, Integrative review method