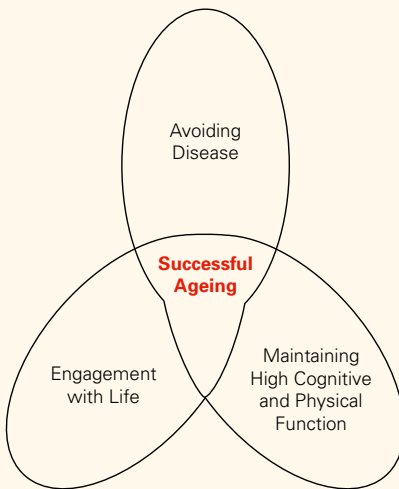


What is Successful Ageing?

We often hear the term 'successful ageing' bandied about – but what does it mean? The seminal MacArthur Study* shunned the prejudiced view of ageing as a problem-ridden experience of degeneration over time, emphasising instead, its life-affirmative, positive aspects. Based on an exhaustive, inter-disciplinary research in the U.S.A., the MacArthur Study identifies the three components of successful ageing as:



- Low risk of disease and disease-related disability;
- High mental and physical function; and
- Active engagement with life.

It is the combination of all the three components which most fully represent successful ageing although each of them is important in itself, and they have a kind of hierarchical order – for instance, being free from physical and mental disability facilitates engagement with life.

When we promote successful ageing at Tsao Foundation, it is the MacArthur Study which we reference.

The checklists, tables and journals in this Organiser are for you to age successfully – by managing and optimising your physical, emotional and social wellbeing over the course of your life.

*Reference: Successful Aging, John W. Rowe, M.D. and Robert L. Kahn, Ph.D. Dell Publishing, New York, NY, U.S.A., 1998.