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### **Decade of Healthy Aging 2020-2030: international and local arctic context**

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Healthy aging has become an important policy issue at all levels of the society. The key international document is the World Health Organization's (WHO) plan for a Decade of Healthy Ageing 2020–2030 which is the 2nd action plan of the WHO 's Global strategy on aging and health [1]. The Plan consists of 10 years of concerted, catalytic, sustained collaboration to improve the lives of older people, their families, and their communities. Older people themselves are at the core of this plan, and it brings together a variety of actors: governments, civil society, international agencies, professionals, media, and the private sector. The Plan also notes that healthy aging is not only a healthcare issue but also needs to engage many other sectors.

Local practices are mirrored against the recently released WHO Decade Action Plan with paying attention to indigenous elders. According to the Federal State Statistics Service (2021), the population (permanent residents) of the Nenets autonomous area which is situated under Polar Circle is 44111 people. The national composition of the population is distributed as follows: Russians - 29,171 (66.13%), Nenets - 8,213 (18.62%), and other

nationalities [2]. The culture of indigenous peoples has been created by ethno-preserving economic sectors (reindeer breeding, fishing, hunting, picking and processing of berries). Due to harsh climatic conditions, the indigenous population has a number of psychological characteristics that affect the social services working process. It is important to note a number of psychological features of the indigenous population: the predominance of a calm personality type; little sociable with others: they are distinguished by taciturnity and modesty; having their own inner world, which is sometimes incomprehensible to the inhabitants of modern megapolices; their range of ideas about the world and vocabulary, as a rule, are limited to everyday life; have caution towards other people, incredulity; may ignore questions they don't like; not resolute to new changes.

The nomadic lifestyle imposes its own characteristics on the needs for health and social services, communication and interaction with the indigenous older people. Very often social workers do not speak the national language of clients, knowledge of the Nenets language is lost. Due to nomadic lifestyle, they may not be informed or not informed in time about the services that may be provided to them. Most of the older indigenous peoples do not have information technology skills, it will be more convenient and practical to use various paper-bound literature than electronic ones. Lack of access to the Internet affects the getting information of health and social services. Due to their features, indigenous people are not talkative, very cautious, therefore, when working with them, specialists use art-therapeutic techniques that allow them to deeper understand the clients. Taking into account the great social significance of family relations in the Arctic region, family psychotherapy involving people of different generations is also being used more actively. Recommendations will be offered to the municipal and regional authorities, medical and social services working with the indigenous elderly.

**Source:**

1. Decade of Healthy Ageing: Plan of Action <https://www.who.int/publications/m/item/decade-of-healthy-ageing-plan-of-action>
2. Federal State Statistic Service. 2021 <https://rosstat.gov.ru/folder/12781>