

Healthy Aging in Taiwan- Past, Present, and Future

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ABSTRACT

Taiwan is facing the challenge of a low fertility rate and a fast-paced population aging process. In 2018, Taiwan's proportion of the aged population surpassed 14%, officially establishing the country as an aged society. By 2025, the number is predicted to elevate to 20%, becoming a super-aged society. As life expectancy rises, sleep disturbances are a widely observed health concern that carries significant implications for the elderly population. As demonstrated by previous research, sleep issues are a reliable predictor of several negative health consequences, so enhancing sleep quality has become crucial for promoting healthy aging in older adults. These issues involve a wide range of aspects, it is necessary to establish a cross-field and crossplatform cooperation mechanism. While aging does not always result in a decline in self-care ability, it does bring about changes in lifestyle and social networks. Therefore, an effective policy should not only focus on providing a care network but also on enhancing the elderly's ability to care for themselves independently. Aging can be seen as accumulating life energy rather than a decline. Currently, sleep disorders in the elderly are mostly treated with drugs. The use of drugs can lead to side effects like drowsiness, dizziness, lack of concentration, and multiple drug use in older adults. Hence, our study also aims to advocate for nonpharmacological approaches, such as Baduanjin, that can enhance the quality of life in older individuals with sleep disorders.

Keywords: Aged society, Baduanjin exercise, Health Promotion, Quality of life, Sleep