



Mona Ageing and Wellness Centre

Quarterly Newsletter

October 2016

Volume 1, Issue 1

Inside this issue:

Population Ageing	1
MAWC 10 Years	1
Caregiver Training	2
Next Issue	2



Population Ageing

“Population ageing, the process by which older individuals become a proportionally larger share of the population is a demographic phenomenon resulting in more older persons. Referred to as the demographic transition, it is the period of transition from high to low birth and death rates.

Population ageing is one of the most significant demographic events of the twentieth century. Old persons have been defined as persons sixty years and over. Population ageing initially manifested in developed countries by the 1950s in recent times has become a feature of developing countries.

The fifty-year gap (1950 to 2000) between the processes in the two

has meant that although population ageing is a worldwide phenomenon, the circumstances in which countries experience ageing are very different.

Population ageing in the developing world is occurring at unprecedented rates in countries with lower socioeconomic development and therefore lower Gross Domestic Products (GDPs).

These countries are also experiencing rapid rates of globalization, industrialization, urbanization and technology development, unlike the economic boom of the 1950s when the developed countries aged and had money to develop institutional care.”

(Eldemire-Shearer, 2008)

Mona Ageing and Wellness Centre (MAWC) — Celebrating 10 years

The Mona Ageing and Wellness Centre (MAWC) at the end of ten years of existence has continued its mandate of research, teaching and community service addressing age-related health, socioeconomic and health policy needs of the country and the Caribbean.

In its relatively short history, the MAWC has produced outstanding, innovative and robust research that has been published in highly respected and peer-reviewed journals. The MAWC’s research has also been translated into landmark health policies and programmes that have positively impacted the lives of Jamaican and Caribbean older adults.

Caregiver Workshop

The Mona Ageing & Wellness Centre in partnership with the Centre for Outreach in Alzheimer's, Aging and Community Health hosted the inaugural Older Adult Caregiver Training on August 16 – September 8, 2016.

The classes were held two days per week for a total of four weeks. 36 participants attended the training which comprised of a wide cross section of persons from Academia, UWI Management Staff, Caregivers and other lay persons.

Participants were from the parishes of: Manchester, St. Mary, Portland, St. Thomas, St. Catherine as well as Kingston and St. Andrew.

All 36 participants received certificate of participation at the Closing Ceremony which were presented by Prof. Wendel Abel, Head of Department of Community Health and Psychiatry and Prof. Denise Eldemire-Shearer, Director of Mona Ageing and Wellness Centre.

The second Module in the programme will focus on Diabetes Management with an emphasis on essential skills and will commence on October 20, 2016. Kindly contact the MAWC for these and other upcoming short courses.

(McKoy-Davis, 2016)

Next Issue - January 2017

- Built Environment & Health
- Elder Abuse
- Dementia
- Sexual health
- Gerontology Programmes—
MPH and post graduate
diploma



Participants of the Inaugural Older Adult Caregiver Training.

Photo by Mr. Dwayne Fagan



Mona Ageing and Wellness Centre

Photo by Mr. Shane Williams

Tips for Disasters

Keep abreast of weather updates

Ensure you have adequate supplies of prescription medication.

Keep all important documents in waterproof covering such as certificates (birth, marriage), TRN, health cards, medical records and property titles .

Identify the nearest shelter or alternate accommodation in case of evacuation.

Reference

Eldemire-Shearer, D. (2008). Ageing: The Response Yesterday, Today and Tomorrow. *West Indian Med J.*, 57 (6), 577—588.

Subscription is free

contact us @

Mona Ageing and Wellness Centre
The University of the West Indies,
Mona

Faculty of Medical Sciences

3 Gibraltar Camp Way

Kingston 7, Jamaica

Office: 1-876-970-6550

Direct: 1-876-970-6539

Fax: 1-876-977-6346

ageingcentre@uwimona.edu.jm