

Promoting healthy ageing

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Aging populations and average life expectancy are increasing over the years. Likewise, diseases or disabilities due to ageing have been increasingly becoming a worldwide issue, with additional strains on the society and public resources. As such, there is a need to promote healthy ageing and sustain well-being. Nevertheless, there are challenges to promote healthy ageing among older adults. Older adults with proactive management resources are likely to self-manage their ageing process. However, others may not have the self-regulation or resources to manage their own well-being. For instance, individuals with higher income

and educational levels are better at self-regulating and self-managing their resources in enhancing health and well-being. It is therefore important to identify the key individual characteristics and attributes are associated to healthy ageing. Based on self-determination theory, only when basic psychological needs are BE satisfied, then individuals will thrive in the context of healthy ageing. This theoretical chapter aims to provide insights for promoting healthy ageing and self-determined attributes for well-being in elderly adults.

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