



## A Global Program Exchange for Positive Aging

INSTITUTE FOR THE FUTURE (ITF) [www.iftf.org](http://www.iftf.org)

Health Horizons 2014 Program and Conference - 4/5 June 2014

Preparation for Jan's presentation

**+ 1,2 billion + 60 in 2025:** As we look out toward 2025, we can see demographic patterns that are at once unprecedented and seemingly unsustainable. A global population of 1.2 billion people + 60 suggests a stark future in which many of our traditional health institutions are overwhelmed by a gap between capacity and demand.

**New adaptations:** But these numbers conceal a wave of new adaptations by the entire population—adaptations to our rapidly changing economic, social, technological, and natural environments—that have the potential to transform the human experience of aging and how we pursue health, well-being, and joy in our lives.

**Novel and innovative efforts:** In 2014, Institute for the Future's Health Horizons program embarked on a global exploration of the most novel and innovative efforts to help us overcome this gap and create a sustainable and resilient landscape for aging.

**Can our institutions manage the speed and scale?** In one short decade, the scale of the coming challenges of age-related illnesses and demographic shifts threaten to upend the assumptions of people, families, and organizations around the world. And while this demographic shift is all but certain to take place, we face a widening cone of uncertainty about whether the whole paradigm of our institutional support of aging well can manage the speed and scale of these new demands. From growing demands on health care institutions to strains on family and informal caregivers, the gap between our existing capacities and emerging demands is widening.

### SPRING 2014 | REWRITING THE RULES OF AGING: MAP AND CONFERENCE

**Sense the early signals of innovation:** To take advantage of this window of opportunity, we need to do more than understand the demographic transition in numbers. We will need to sense the early signals of innovation that point to ways humanity will rewrite the rules of aging.

**Track down the weak signals of small-scale efforts:** We will explore innovations emerging from our formal institutions to organizations and communities outside the health system and track down the most novel efforts—the weak signals of small-scale efforts that point to entirely new approaches and systems—that have the potential to scale over the next decade and transform how we approach aging. We'll look beyond incremental change to identify the inventive approaches that answer questions like:

- How will people push the boundaries of the biological, social, and cultural experience of aging to radically improve the human experience?
- How will different people balance work, retirement, and family life to redefine their aspirations and expectations as they age?
- How will individuals and families take advantage of technological advances to transform approaches to caregiving, self-care and community health?
- How are leading-edge medical practices collaborating with peer-to-peer networks to expand into communities, reach aging patients in new ways, and ultimately enhance medical outcomes?

**Gaps between capacity and demands:** During our two-day event, we'll meet the visionaries who are driving these new approaches to aging, share our research on how their efforts can intersect, spread and scale, and work collaboratively to explore how these new efforts will not only address the gaps between our capacities and health demands, but also highlight entirely new ways to age well.

## FALL 2014 | REDEFINING AND REINVENTING AGING

**New practices:** This reinvention of aging isn't just coming from institutions. In a world where traditional ways of doing things are breaking down, individuals, families, and communities are likewise breaking out of traditional patterns, redefining expectations and actively creating new practices around aging.

**Personas:** To bring these future needs to life, The IFTF will develop a set of personas that will immerse you in the lives of individuals as they age over the next decade. Designed to provoke practical insight, these personas will offer a tool to explore how to innovate to enhance person-centered approaches to health and well-being in aging.

**Boomers and innovation** In 2006, Richard Adler returned to IFTF as a research associate to co-lead a multi-client research program called Baby Boomers: The Next 20 Years, based on the premise that the aging of our population is not just an economic burden but also provides exciting opportunities for innovation. He was named an IFTF Distinguished Fellow in recognition of his contributions to the Institute.

**Three intersecting lenses** Kathi Vian leads IFTF's Ten-Year Forecast Program and has been looking at the global future through three intersecting lenses: the evolution of smart networking and social media, the innovations in open economies, and the extreme environments in which human communities will evolve over the coming century.. She is a visual thinker and author of IFTF's annual Map of the Decade.

**From large scale to distributed networks:** Kathi's current research focus is the urgent futures that will challenge us in the coming decade as we transition from a world organized at the scale of large institutions to a world organized by distributed networks of social, political, and economic value. She is particularly interested in the tools and social innovations that will reshape the way people organize to get things done in the face of extreme global inequities, an uncertain climate, a transformation of the nature of work, and a basic redefinition of our human biology.

**Small actions** can make a big difference in a world of turbulence.