

## **TECHNOLOGY OF EFFECTIVE AGEING**

The world population continues to grow older. The number of older people is projected to grow more than 60% in the next 15 years. By 2030, there will be about 1 billion older people globally, which is equivalent to 12% of the total population. Promoting healthy behaviours to prevent or reduce illness and disability among the ever expanding older population may neutralise the overwhelming demand for healthcare. So, purpose of this work is to provide information about effective ageing and discover new information about technologies for successful ageing.

Here and later we can see terms “healthy ageing”, “successful ageing”, “ageing well” etc. They mean practically the same thing. According to the classic concept of Rowe and Kahn [1], successful ageing is defined as high physical, psychological, and social functioning in old age without major diseases. Technology plays an important role in promoting active ageing by providing tools and solutions that empower older adults to live fulfilling lives.

Effective aging technology is already in active use in Australia, Britain and Japan.

The last one is one of the most successful in the industry. For example, Japan has investigated a variety of technological solutions, such as powered exoskeletons and assistive robots, which can aid in lifting residents, thereby decreasing the likelihood of injuries among both staff and residents. In other locations, software platforms or applications have simplified the process of recording patient data, enabling staff to reduce time spent on administrative tasks and allocate more time to residents or tasks of greater importance.

Japan has been at the forefront of leveraging technology to support its ageing population. The country has pioneered the development of robotic companions, such as Paro [2], a therapeutic robot seal, which has been shown to reduce stress and improve the mood of older adults in care facilities.

Similarly, Singapore has implemented various initiatives to harness technology for active ageing. The “Smart Nation” initiative [3] includes programs like “Silver Infocomm Initiative”, which provides seniors with training in digital skills and access to assistive technologies. Through these efforts, Singapore aims to bridge the digital divide and enable older adults to stay connected with their communities.

In the Netherlands, the concept of “aging in place” has gained traction, supported by innovative technologies such as smart home systems and wearable devices [4]. These technologies enable older adults to live independently in their own homes while receiving personalized care and monitoring. For example, wearable health trackers can provide real-time data on vital signs, allowing healthcare providers to intervene promptly in case of emergencies.

Advancements in healthcare technology hold immense potential for improving the quality of life for older adults. Countries like the United States have embraced

telemedicine as a means to enhance healthcare accessibility for seniors, particularly those living in remote areas. Telehealth platforms enable older adults to consult healthcare professionals, monitor their health remotely, and access vital services without the need for frequent clinic visits.

Loneliness and social isolation are prevalent issues among older adults, leading to adverse health outcomes. Technology can serve as a valuable tool for fostering social connectedness and combating isolation. Countries like Australia have implemented community-based programs that utilize digital platforms to facilitate social interactions among seniors. For instance, “Senior Net” [5] provides older adults with training in using computers and the internet, empowering them to connect with peers and participate in virtual communities.

In South Korea, the government has introduced initiatives such as the “Senior Smile Phone” project [6], which offers older adults user-friendly smartphones preloaded with applications tailored to their needs. These smartphones enable seniors to stay connected with their families, access healthcare services, and engage in recreational activities, thereby enhancing their overall well-being.

The main issue which occurs while conducting the research about technologies of effective ageing is developing it in Belarus. There are some programs, that are already in use.

The first one is National Strategy “Active longevity”. This document, issued as a result of UNECE, is aimed at taking into account the needs of elderly citizens in social policy [7].

The second is National Strategy for Sustainable Development issued by the government of Belarus. The new wording of the Constitution of the Republic of Belarus singles out older people as a category for which the state takes special care. The country has established a system of minimum social standards, which guarantees access of elderly citizens to health care, pensions, social support and social services.

And the last one is developing educational skills of the older generation. This means development of a network of “golden” or “third age” universities. In 2021, an online university of the third age was launched, it offers 18 online courses for the elderly and the opportunity to study remotely from any locality in the country.

The technology of effective ageing holds immense promise for addressing the challenges posed by an ageing population. By leveraging innovative solutions and drawing inspiration from successful practices worldwide, we can create inclusive societies where older adults can thrive and live happy lives. Through collaboration and knowledge sharing, we can harness the power of technology to empower older adults and ensure that ageing is a positive and enriching experience for all.

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## **PARTICIPATION OF THE REPUBLIC OF BELARUS IN INTERNATIONAL LABOR MIGRATION**

The Republic of Belarus is increasingly involved in the global labor market and in the processes of international labor migration, which influences the dynamics of labor migration both inside and outside the country. Therefore, the purpose of the study is to explore the structure, characteristics, trends of international labor migration to Belarus, and the factors influencing it. Thus, in Belarus international labor migration is represented by Belarusian labor migrants leaving for other states and labor migrants arriving in Belarus from other states.

Looking at the dynamics of international labor migration in Belarus, it can be seen that from 1994 to 2009 the number of people leaving Belarus to work was higher than the number of foreign workers entering the country. After that, the situation changed: there were more immigrants than emigrants. The dramatic increase in the number of labor immigrants in 2013-2015 is associated with the Ukrainian crisis. Also, it should be noted that in 2021 the number of labor emigrants and immigrants became closer to each other. The number of foreign people coming to our country to work decreased this year (from 16,368 to 13,705 people). However, the number of Belarusian citizens traveling abroad for employment increased (from 4,723 to 5,732 people) [1]. Most likely, this is due to the COVID-19 pandemic, which made it more difficult for Belarusians to go to work abroad, and foreign specialists did not tend to look for work outside their home countries.

In addition, it should be noted that international labor migration flows are strongly influenced by the real incomes of the population. The growth of income of the population