

Active and Healthy Longevity in Ukraine



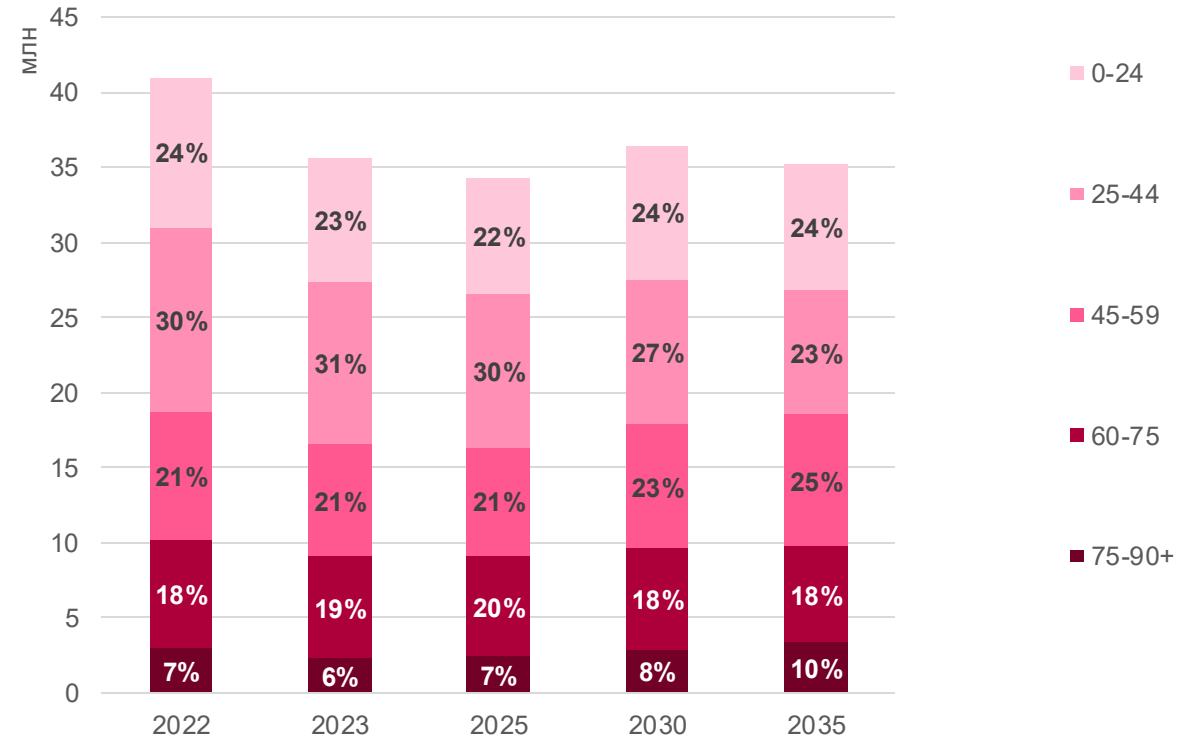
Findings of the Context and Barriers Study

The age structure of Ukraine's population is changing by 2035, people aged 45+ will make up more than half of the population, and those aged 60+ almost one-third

By 2035, people aged 45+ will make up 53%, and those aged 60+ will make up 28%.
By 2022, these figures were 45% and 25% respectively.

Among the key reasons are population aging, migration, and war-related losses.

Population Age Structure Forecast



Older age groups show a greater willingness to return

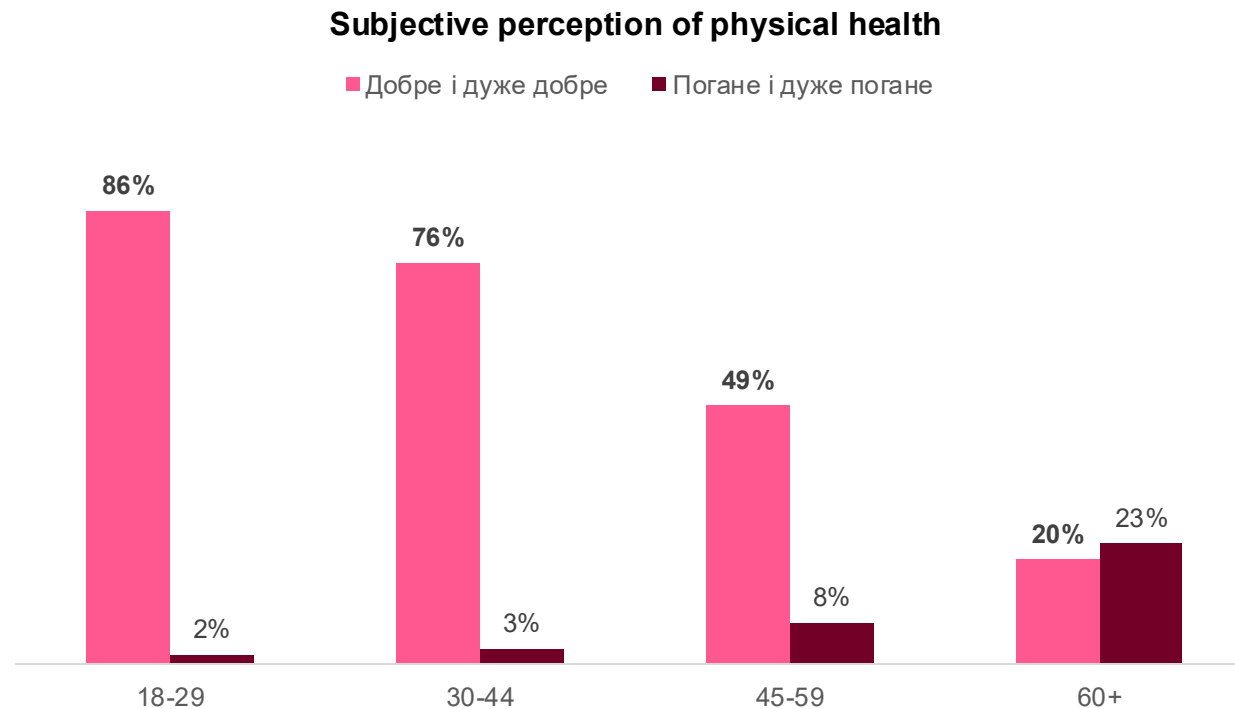
Among those seeking protection abroad, the group **aged 35 and older makes up 62%.**

38% **48%** **50%**

At the same time, older age groups show a greater willingness to return to Ukraine: ages 35–49 (38%), 50–65 (48%), and 65+ (50%).

At age 45+, physical health deteriorates sharply, and the risk of mortality increases.

The subjective perception of physical health significantly worsens after age 45, and becomes critical from age 60.



#1 death rate in the world:

18,6 deaths per 1000 people

85% of all deaths are in 65+ age category
(~15,8 per 1000 people)

Mental health becomes more vulnerable with age

With age, the share of people experiencing severe anxiety increases.

40%

18-45

44%

45-59

54%

60+

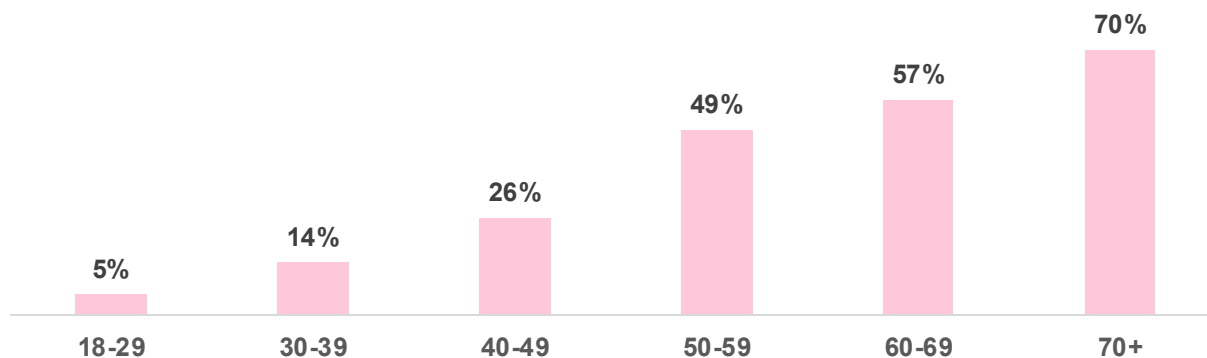
82% People aged 60+ experience stress constantly or periodically.

84% People aged 60+ believe they do not need psychological support. Among the 15% who do need it, less than half (44%) actually receive support.

In older age, people lack digital skills, but there is also a barrier to learning.

67%

Older people did not use digital services because they lack digital skills.



Lack of digital skills increases sharply after age 50.

The main barrier to learning digital skills:

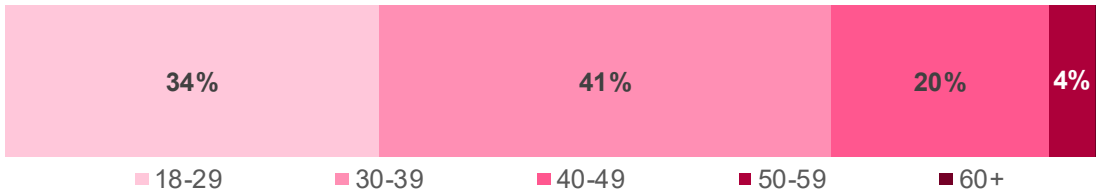
47%

People aged 40+ believe they have already acquired the necessary skills.

In the 50–70 age group, there is a higher level of technical limitations (15%) and lack of understanding of how and why to learn (21%).

Educational opportunities have low coverage among people aged 60+.

Among users of the Prometheus online platform, people aged 50+ make up only 4%, and those aged 60+ up to 1%.



Prometheus: користувачі платформи онлайн-освіти

Awareness of Diia.Education:

61% Have never heard of it at all (60+)

Universities of the Third Age cover only 0.3% of the 60+ population.

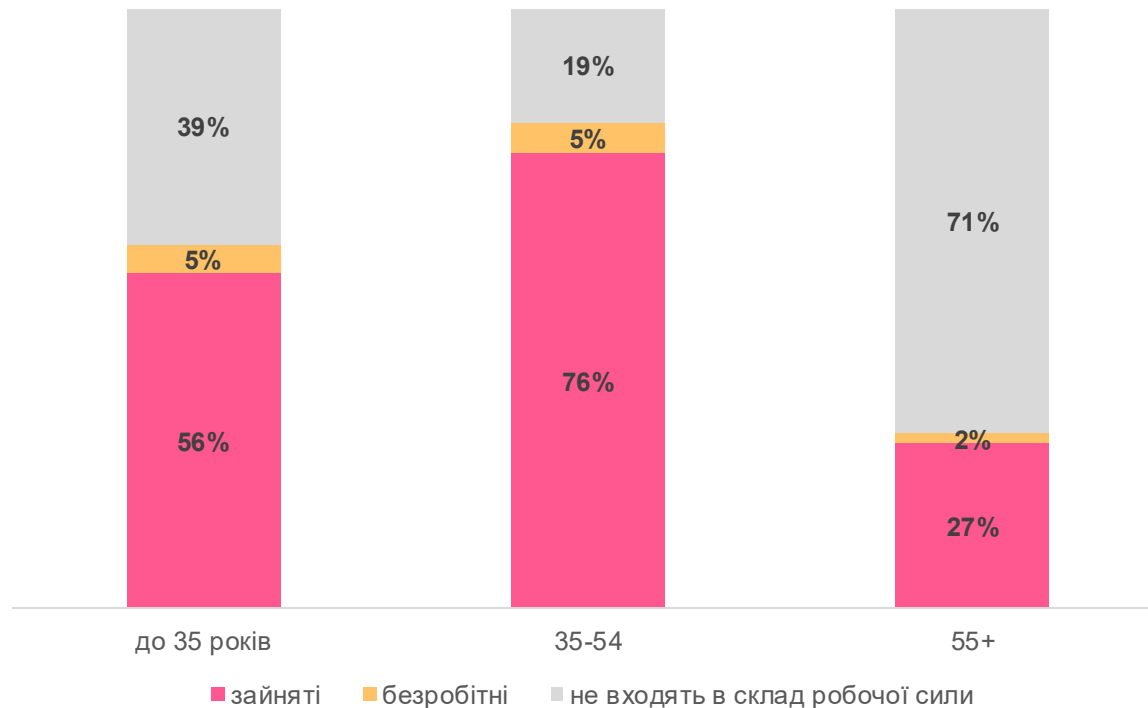
229
Universities of the Third Age
for people aged 50 and older

17 454 Students
~0.3% of the total
population aged 60–
75

Economic activity declines significantly after age 50.

Only 27% of people aged 55+ are employed.

Розподіл за віком груп економічної активності



*назви категорій визначені Інститутом демографії

Faced ageism when looking for a job at age 50+
67% women and 69% men

Against the backdrop of a 15% overall decline in the potential workforce.

Willingness to work also decreases with age

Among respondents aged 60+, 74% are neither working nor looking for a job.
21% have stable jobs or occasional earnings, 5% are looking for a job.

only 16%

...respondents from various age groups are willing to work until the age of 70.

Until what age are you willing to work?*



*20% responded that they are completely unable or unwilling to work.

Most older people in Ukraine live in poverty

Most pensioners live at or below the threshold of meeting basic needs.



Grocery basket
2 942 UAH



Subsistence
minimum
3 028 UAH



56% pensioners
have a pension of
up to **5 000 UAH**

Top 3 expenditure categories:

- food,
- utilities
- medicine

62% People aged 60+ reduce food expenses to
afford medicine.
42% of households are in debt due to medical costs.

92% People aged 60+ are forced to
economize in order to pay for housing (whether
owned or rented).

With age, isolation and the feeling of loneliness increase

The lack of active social and economic life contributes to feelings of loneliness.

3 3 10

People aged 60+ live alone; among those aged 70+, this figure rises to 44%.



8 3 10

older people feel lonely

79% Older people say they feel moderately or extremely lonely.

Urban environments remain largely inaccessible and often unsafe for older people.

According to experts, urban spaces often fail to consider the needs of people with age-related changes.

Typical barriers for older people include:

- Lack of benches for resting
- No public toilets, which are a necessity for older adults
- Inaccessible sidewalks, high curbs, slippery surfaces — all of which pose a direct fall risk
- Insufficient lighting and poor navigation, making it hard to orient in the city

The energy crisis increases risks of trauma and danger for all citizens — especially for older people, who become physically less mobile and less protected during dark hours.

Accessibility of urban environments is key to the safety and quality of life for older people: the presence of green areas, pedestrian infrastructure, and public transport significantly improves the sense of security and the level of social participation.

Older people are more likely to become victims of violence or fraud

Every third report about domestic abuse comes from elderly people (60+)

Main type of victim – **women**
(76%)

However, there was a noticeable increase in reports from men, specifically, of older age, who suffer from abuse from grown children on a financial basis

People of older age and youth
are most likely to become fraud victims

12% **14%**

People 65+

People 18-24

More than half of Ukrainian families have an elderly person, who needs care

60% of families have at least one elderly person, who needs care. Mostly this work falls on woman of working age

Mostly women of working age (45-65 years) provide daily care for elderly people
It's every second woman in families with people, who need care

87% of families never used paid caring services for older people

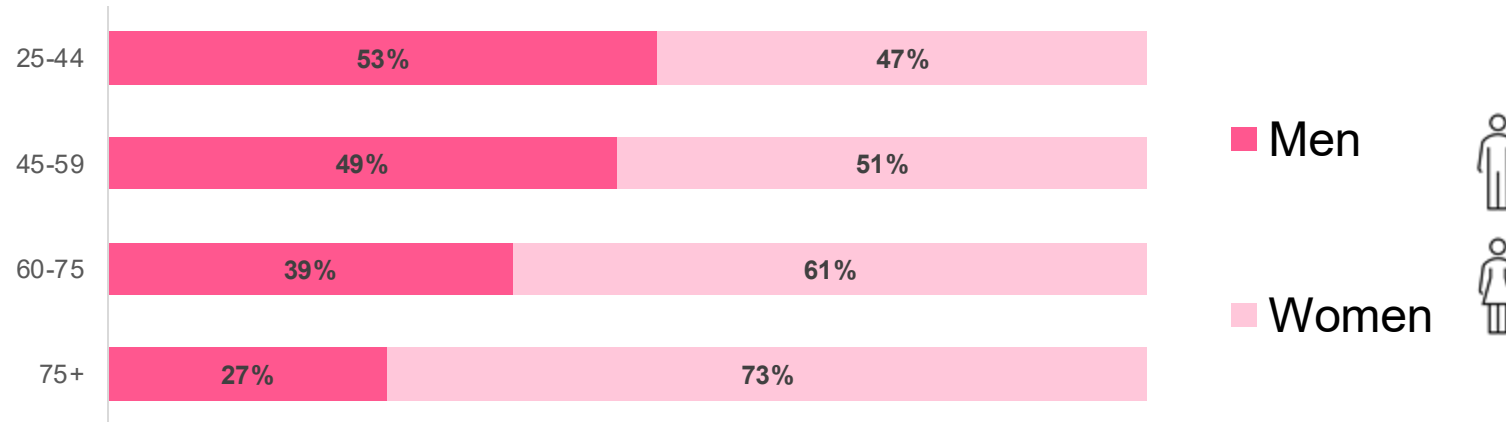
Private services market is not developed only 9% of amalgamated communities have at least one registered social service provider



Only 16% of all caring services are non-governmental

Women are more vulnerable and are surpassing in numbers

With age the **percentage of women** in population structure **significantly increases**



In old age, women are more likely to live alone, have pensions that are 30% lower on average, and high levels of informal unpaid employment (including as caregivers)/ They face increased discrimination, becoming more vulnerable

Attitudes toward age remains prejudiced, and the level of intergenerational interactions is – low

Based on responders' opinions, **older people are included** in the category of those, who encounter rejection barrier

58%

People with disabilities

28%

People over 55

27,4%

Low-mobility category

Remains common and controversial opinions about **the lower ability to learn, higher risk of physical trauma during activities, or “occupying job positions”**. The least acceptable role for an older person is that of a subordinate.

24% of Ukrainians are stating about readiness to support group of people older than 55

Only

2% of volunteers are helping retired neighbors

Thank you!

