Promoting Sustainable Cities and Communities for Older Persons through Understanding their Preferable Social Activities

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Abstract. Malaysia is on track to become an aged nation by 2030, with older people accounting for 15% of the total population. Changes in a country’s demographic composition of older people have a significant socioeconomic impact, given that medical and long-term care services account for the majority of government spending. Promoting an active and healthy lifestyle among older people has become critical to their ability to live independently. Social participation among older persons is one way to encourage active ageing. The purpose of this study was to learn more about older people's preferred social activities to better understand their preferences to promote sustainable cities and communities (SDG 11). A qualitative research approach was used in the study by using a semi-structured interview with a total of 41 older persons. Three states including Penang, Selangor and Kuala Lumpur were selected as the main location to reach the targeted participants in the study. All the older participants were selected based on the inclusion criteria including; (1) older persons aged 60 years and above; (2) older persons who participated in the social activities; (3) activities centres located at three urban areas including Penang, Kuala Lumpur and Selangor. The findings of the study found five (5) types of preferred activities among older persons: (1) Leisure learning activities; (2) Religious activities; (3) Community-related activities; (4) Home-based activities; and (5) Job-related activities. In conclusion, there is an apparent need to provide aged-friendly areas and create a good built environment to assist the older persons, in keeping with the national agenda to achieve aged nation status and achieve the SDGs.

1. Introduction

By 2030, Malaysia is heading to aged nations status which older persons is expected to make up 15% of the total population [26]. The ageing population of a country has a substantial impact on the country's economic progress. The majority of government funding is used to cover the rising costs of long-term
care and medical expenses [13], [36]. The government has urged all parties to play a role in supporting
the needs of older persons as one method to alleviate such high costs. Besides, the continuous and active
participation of these groups in the economy, employment and community give substantial benefits to
the sustainable development of a country. The active participation of older persons in the community
can help to strengthen the social capital by inheriting the culture, values, beliefs and good morale to
youth generations.

Many countries including United Kingdom, Singapore and Japan have put an impressive stance on
supporting their ageing population through a lifelong learning program, volunteering program and other
social activities. For instance, lifelong learning is becoming increasingly important for older persons in
Singapore. It can help the Singaporean older people in adapting to the changes and challenges that come
with their stage of life. While in Malaysia, the University of Third Age (U3A) was established by the
Institute of Ageing in 2007, which has received a rising number of enrollees among Malaysian retirees.

Apart from that, religious activities are another popular learning activity among Malaysian older
people, given our country’s multi-racial and religious beliefs. Numbers of religious institutes such as the
Al-Jenderami Institute and Pusat Pendidikan dan Penjagaan Warga Emas Darul Insyirah have been
established to fulfil the rising demands among Malaysian older people. Other than that, some of the
religious centres such as Mahindarama Buddhist, Penang have attracted retirees to do volunteering
activities and religious activities. Religious activities teach people to be compassionate to others in
addition to bringing them closer to their Creator. Encouraging older persons to participate in social
activities can help them to adapt to the changes after retirement year. They can pass on their valuable
talents and life experience to the younger generation. Therefore, numerous parties such as the
government, the community, families, and other related parties must pay undivided attention to the
national agenda in order to achieve ageing nation status and achieve the SDGs.

2. Literature Review

2.1. The Key Concepts in Understanding the World’s Ageing Trend

Few concepts were brought to the attention of academia to understand the world’s ageing trend including
the earlier concept of Quality of Life (QOL), Active Ageing Concept and Ageing in Place Concept.
Quality of life (QOL) was primarily used by the scholar to measure two dimensions: objective dimension
(measuring indicator of QOL based on health, social and economy) and subjective dimension (based on
individual perspectives towards the factor influencing QOL). However, the subjective dimension is hard
to measure, considering the differences in older person’s outlooks in life. Some may view the QOL
domain related to home as important by giving them autonomy and supports to live independently [19],
which is inspired by the concept of Ageing in Place. Prior study [32], found that the concept of “Ageing
in place” is closely related to the aspects such as place, social networks, technology, support and
personal characteristics. Other studies [12], also highlighted that the life domains of QOL are influenced
by individual level to social-level outcomes. Other domains highlighted in previous study [19] include:
physical, social, spiritual, cognitive, psychological and environmental. While Active Ageing Concept is
the holistic approach that combined both health and participation that was introduced by WHO in 2002.
The participation of older persons in meaningful activities can help to improve the wellbeing of older
persons through social interaction. In the Malaysian context, the concept of Active Ageing refers to the
“optimizing opportunity for better physical, social and mental aspect of the ageing population, to
enhance life expectancy, quality of life (QOL) and efficiency [1].

2.2. Sustainable Development Goals (SDG)

Similar to 192 countries, Malaysia has also recognised the importance of the Sustainable Development
Agenda 2030 by incorporating the ideas into policy and political agenda [9]. 17 goals with altogether
169 targets are pulled together to help the countries in addressing the critical importance for community
and the world [42]. Given that Malaysia is on the final leg of its journey towards the 11th Malaysian Plan
(2016-2021), Malaysia has started to address all together 17 critical importance on the policy agenda.
Nonetheless, various stakeholders must pay close attention and play their duties conscientiously towards achieving our visions and mission by 2030. The ageing population has been recognised as the vulnerable group that may affect the economy of the country. United Nations [42] has also addressed the issues of older persons in SDG’s goals. Goal 11 of the SDGs has been identified as critical to advancing the national plan toward attaining the status of an ageing nation. Goal 11: Sustainable Cities and Communities will be the starting point for this section's discussion.

| Goal 11: Sustainable Cities and Communities | Target 11.1 | By 2030, ensure access for all to adequate, safe and affordable housing and basic services and upgrade slums |
| | Target 11.2 | By 2030, provide access to safe, affordable, accessible and sustainable transport systems for all, improving road safety, notably by expanding public transport, with special attention to the needs of those in vulnerable situations, women, children, persons with disabilities and older persons |
| | Target 11.3 | By 2030, enhance inclusive and sustainable urbanization and capacity for participatory, integrated and sustainable human settlement planning and management in all countries |
| | Target 11.4 | Strengthen efforts to protect and safeguard the world’s cultural and natural heritage |
| | Target 11.5 | By 2030, significantly reduce the number of deaths and the number of people affected and substantially decrease the direct economic losses relative to the global gross domestic product caused by disasters, including water-related disasters, with a focus on protecting the poor and people in vulnerable situations |
| | Target 11.6 | By 2030, reduce the adverse per capita environmental impact of cities, including by paying special attention to air quality and municipal and other waste management |
| | Target 11.7 | By 2030, provide universal access to safe, inclusive and accessible, green and public spaces, in particular for women and children, older persons and persons with disabilities |

2.2.1. Goal 11: Sustainable Cities and Communities

To achieve the goal of 11 sustainable cities and communities, the government can take proactive steps to provide an accessible and supportive environment for older persons [5]. One study in Malaysia [6], pinpointed the need for age-friendly spaces to encourage social participation among older persons. Target 11.7 also highlighted the need for safer, inclusive, accessible, green and public spaces. A safer environment such as good sidewalks, adequate lighting and access to transportation can increase the social activities among older persons [38]. Prior studies [35], highlighted the provision of social space for meeting places among neighbors can help to enhance a sense of safety and familiarity among older persons in their neighborhood area. Besides, target 11.1 focuses on the need of providing safe, affordable and adequate housing to everyone. To achieve such a target, the incorporation of age-friendly criteria into the home design is indeed necessary to make minimal changes or renovations and lower the expense of adjustment among homeowners and housing developers [6]. Another study has [17] also pinpointed the need for understanding older persons’ preferences and needs on housing to improve their quality of life. This is critical in empowering older people to be self-independent and participate actively in their communities.

While in Japan, the Japanese government's drive to reuse old playgrounds and transform them into outdoor gyms is another exemplary practice that the government might benefit from. This programme has attracted a large number of Japanese seniors who now exercise in parks with their friends regularly.
This programme not only improves physical health but also improves social contact among older persons. Numerous studies have shown how important it is to create inclusive and accessible outdoor environments, such as senior playgrounds, parks and meeting areas to encourage social participation and a healthy lifestyle [33], [31], [34], [24]. Aside from that, the country's ageing population has become the primary consumer, with purchasing power over the majority of goods and services [20]. Older people have been identified as new market segments with unique diverse demands [20]. This has put a new challenge to service providers and businesses to tailor to their needs and understand their preferences and interests. Hence, there is a need for incorporating the idea of inclusive, accessible, safe and adequate into the implementation of sustainable cities and communities. This may encourage social participation among older persons, as a way forward to promote active ageing in our country.

2.3. Social Participation among Older Persons

Social participation is one of the elements of the active ageing paradigm, according to Tang [40]. Older people's participation in social activities and participation in social networks might help them improve their self-esteem, self-worth, and confidence. The concept of active ageing is a comprehensive approach that combines ideas from both productive and successful ageing. World Health Organisation [43], defines the active ageing concept as continued participation by the older person in social, economic, cultural, and spiritual aspects as well as civic concerns; not merely by being physically active or exhibiting mere participation in the labour field. The concept of active ageing can be utilised in social activity programmes that benefit the entire ageing population.

Many countries, including Malaysia, have implemented active ageing programmes to encourage older people to live active, healthy, and independent lives. Although Malaysia lags behind other countries in terms of promoting active ageing, various initiatives have been launched, including the establishment of the University of Third Age (U3A) and 143 Activity Centres for the Older Persons (PAWE) throughout all Malaysian states [5]. One way to promote active ageing is through social participation in a few social activities including lifelong learning activities, volunteering activities, religious activities and others [7], [15]. Participation in social activities by older people might help them deal with ageism's obstacles, such as being labelled as weak, old, or incapable. This is a good opportunity for older people to compensate for their loss such as job loss by taking on a new and meaningful role in the community. However, there is a strong need for government, community, and family support to encourage older people to participate actively in social activities [40], [5]. As part of their Successful Ageing Program, the Singaporean government, for example, has made a determined effort to adopt lifelong learning programmes among older people.

Social participation among older persons is indeed crucial in helping them to stay engaged with the community. Few studies have debated the definition of social participation among older persons [15], [3]. A content analysis was conducted by Aroogh and Shahboulaghi [3] to seek a better understanding of definitions and measurements of social participation. Based on their findings, social participation among older persons refers to “emphasis on community-based activities and interpersonal interactions, based on resource sharing, active participation and individual satisfaction” [3]. This suggests that older people must interact with social networks and participate in social activities to be socially participation. Other studies [15] found that social participation can occur in both outdoor and indoor environments. The author argued that many studies associated social participation with the outdoor environment. However, older people with physical disabilities are more likely to participate in indoor activities. Prior study [15] has shown that they can still communicate with their relatives, friends, and neighbours through social media.
3. Methodology

3.1. Qualitative Research Approach
A qualitative research approach was used in the study by using a semi-structured interview with a total of 41 older persons. The best way for approaching informants was found to be qualitative research, which focuses on one-on-one interaction [29]. Social constructivism is applied in the study; considering the study are heavily relied upon the participant’s views of the situation being studied [8]. As the study explores the preferable type of social activities among older people; hence it is important to gather information about participants’ preferences and experiences in participating in such social activities.

3.2. Sampling Technique
Purposive sampling technique and snowball sampling technique were used to reach the targeted participants of the study. Before using the snowball sampling technique to enlist other possible informants who engaged in other social centres, the researcher first reached out to the targeted participants who fit the described criteria.

3.3. The Population, Sample Size and Inclusion Criteria
Three states including Penang, Selangor and Kuala Lumpur were selected as the main location to reach the targeted participants in the study. Based on the statistic represented by the Malaysia Department of Statistics (2010), three states including Kuala Lumpur (118,788), Selangor (202,667), and Penang (155,911) have the country's largest proportions of older people. Furthermore, these three states were chosen as informants for three reasons; (1) they have a relatively high number of older people in Malaysia; (2) most social activities are located in these three urban areas; lastly (3) they are urban areas. All the older participants were selected based on the inclusion criteria including; (1) older persons aged 60 years and above; (2) older persons who participated in the social activities; (3) activities centres located at three urban areas including Penang, Kuala Lumpur and Selangor.

3.4. Data Collection
The study received approval from the Research Ethics Committee (REC) UiTM before data collection. The in-depth interview lasted 15 to 50 minutes and was conducted in two languages (Malay and English). Some of the older informants took some time to reflect on prior events in their lives and to comprehend the researcher's inquiries. Apart from that, the researcher also sent out the application to several organisations that offer a few types of social activities to older persons. Only 8 out of 16 organisations, including the University of Third Age Kuala Lumpur and Selangor, Activity Centre for Older Persons (Selangor), Batu Cave Temple (Kuala Lumpur), Samadhi Vihara (Selangor), Mahindarama Buddhist (Penang), and Jalan Sri Muniswarar Temple (Penang), gave their consent to the researcher. The staff from these 8 organisations assisted the researcher in setting up the study and locating potential informants (older persons) who fit the study’s inclusion criteria. Five (5) informants were eliminated from the study for a variety of reasons, including failing to match the given criteria (4 informants) and leaving the interview session early (1 informant). Only 41 older people who met the study's requirements agreed to participate in the interview.

4. Findings
This section discussed the findings of the study, in which the demographic profile of older persons is elaborated based on the genders, marital status, educational background, working experiences, races and religions. Lastly, the findings of preferable social activities among older persons are further discussed in the following sub-section.
4.1. Demographic Profile of Older Persons

Based on Table 2, a total of 41 informants participated in this study that comprises 21 male informants and 20 females’ participants. In terms of age group, the proportion of males and females were comparable in the age group of 60-69 years old and 70-79 years old. Female informants were slightly predominance in the age range of 80 years and above and hold the most status of single and widowed.

| Table 2. Demographic Profile of Participants |
|----------------------------------------------|
| **Variables** | **Male** | **Female** | **Total of Informant** |
| **States** | | | |
| Penang | 11 | 6 | 17 |
| Selangor | 8 | 11 | 19 |
| Kuala Lumpur | 2 | 3 | 5 |
| **Age group** | | | |
| 60-69 years old | 15 | 15 | 30 |
| 70-79 years old | 5 | 5 | 10 |
| 80 years and above | 0 | 1 | 1 |
| **Marital status** | | | |
| Single | 0 | 2 | 2 |
| Married | 20 | 8 | 28 |
| Divorced | 0 | 1 | 1 |
| Widowed | 1 | 8 | 9 |
| N/a | 0 | 1 | 1 |
| **Working Status** | | | |
| Retired/ not working | 17 | 20 | 37 |
| Semi-retired | | | |
| Full time | 3 | 0 | 3 |
| Part time | 1 | 0 | 1 |
| **No of children** | | | |
| None | 1 | 0 | 1 |
| Only 1 to 2 children | 7 | 8 | 15 |
| 3 to 5 children | 12 | 9 | 21 |
| Above 5 children | 0 | 2 | 2 |
| N/a | 1 | 1 | 2 |
| **Races** | | | |
| Malay | 0 | 6 | 6 |
| Chinese | 13 | 9 | 22 |
| Indian | 8 | 5 | 13 |
| **Religions** | | | |
| Islam | 0 | 6 | 6 |
| Buddhist | 10 | 8 | 18 |
| Hinduism | 7 | 4 | 11 |
| Christianity | 4 | 2 | 6 |
| **Education background** | | | |
| Never go to school | 0 | 2 | 2 |
| High School/ SRP/ PMR | 3 | 3 | 6 |
| SPM | 7 | 7 | 14 |
| STPM/Diploma/Degree/Master/PhD | 5 | 3 | 8 |
| N/a | 6 | 5 | 11 |
| **Total number of informants** | 41 informants | | |
Apart from that, both female and male informants were considered to have good educational backgrounds by completing Sijil Pelajaran Malaysia (SPM). However, two females were found disadvantaged without having a chance for education due to family poverty. In addition, male informants were decided to work part-time to seek additional income, passionate about their jobs and contributed their skills and knowledge by taking an offered position in organisations. Male informants' higher educational attainment is also linked to their current work experience (PhD and Master level). Last but not least, in support of Malaysia's variety, multi-racial ethnics and religions are taken into account in this study. Three main races were represented among the participants including Malays, Chinese and Indians (with four major religious beliefs: Islam, Buddhism, Hinduism, and Christianity).

4.2. Preferable Social Activities among Older Persons
As shown in Figure 1, the study found five (5) types of preferred activities among older persons: (1) Leisure learning activities; (2) Religious activities; (3) Community-related activities; (4) Home-based activities; and (5) Job-related activities.

![Figure 1. Summary of Preferable Social Activities Themes and Sub Themes](image-url)
4.2.1. Lifelong Learning Activities (Leisure)
Lifelong learning activities have become a trend among older persons: they will most likely select their preferred course to catch up on their hobbies and interests, which they may have missed over the years of working. Joining the lifelong learning activities gives the opportunities to older learners to upgrade their skills for life survival in this challenging era. Out of 41 informants, five (5) informants registered a few courses offered by the University of Third Age, Kuala Lumpur including herbal gardening, arts and musical instrument, digital photography and mobile technology, choir, and languages courses. These lifelong learning activities were slightly different from the formal learning at the universities or college level. In this study, lifelong learning activities is one of the informal learning that can be divided into two types: leisure and religious activities. Both leisure and religious activities were undertaken in the classroom and outdoor settings. In addition, male informants have varied inclinations (interests) or preferences when it comes to the courses in which they are enrolled. They were more likely to learn about technology (photography and smartphone) and health-related activities. Meanwhile, female informants choose to enrol in the art and painting class that normally engage with a group of people and friends.

4.2.2. Lifelong Learning Activities (Religious Activities)
Religious activities are part of the informal learning class, in which both took place in an institutional setting (religious institution) and sacred places (temple and church). 5 female informants decided to move away from the children house to a religious centre to receive education from the registered religious teacher. These five (5) informants, who have a similar history (they lost their husband), choose to relocate their children to a religious centre. Given their advanced age and strong desire for religion and companionship, they have decided to find religious institutions for learning. In addition, the informants claimed that the religious facility provided them with adequate lodging, while food and laundry were taken care of by the staff. This can help them to concentrate on their religious education without having to worry about food or other essential needs. While another nine (9) informants went to their holy places such as a temple to worship, to meditate and to get peace of mind on weekends or special occasions (who mostly practised Buddhism, Hinduism, and Christianity).

4.2.3. Community-related Activities (Volunteering Activities)
The community-related activities frequently entail meaningful involvement between older persons and the community, such as volunteering and social work. The volunteer activities can be divided into two types including paid voluntary activities and non-paid voluntary activities. Nine (9) informants participated in unpaid volunteer work (librarian, mentors, committee members) in this study, which mean no rewards or incentives were paid upon their contribution. These informants were eager to lend a hand with their resources and abilities to others. This is how these informants express their gratitude and positive sentiments through their social work contributions. For example, one female informant used gardening at church to channel her positive energy and express her respect for the environment and religion.

4.2.4. Home-Based Activities (Hobbies Activities)
There are nine (9) informants who said they would rather spend time with their families at home or meet up with friends at the activity centre. Five (5) informants of 9 visited their friends at the activity centre near their home frequently. They occasionally prepare meals together, eat together, and engage in mild morning exercise. In the afternoon, they would normally return to their home to rest and nap. For example, one male informant has made it a habit to see his pals at the activity centre every day for the past ten years.

4.2.5. Job-Related Activities
There are three (3) informants who choose to do the job-related activities due to passion and interests (tourist driver and book writer). For instance, one male informant who worked as a writer was his
passion to share his knowledge with people. He felt it was part of his responsibility to educate people about Tamil literature and faiths. He took this profession, not for the money, but to give back to society by sharing his skills as a book writer. Even though he was 71 years old, he never gave up and stood still beneath the scorching sun to distribute his book to those who passed by. He starts working as soon as he finishes praying.

5. Discussions
Based on the findings of the study, the preferred social activities highlighted by the older persons, are in line with Goal 11 of SDGs as detailed in Table 3.

Table 3. Mapping the Preferable Social Activities with SDG 11

| Social Activities       | Sustainable Development Goal 11                                                                 |
|-------------------------|-----------------------------------------------------------------------------------------------|
| Leisure activities      | Target 11.2 – Older people are more likely to participate in leisure activities in an outside setting with a group of friends. As a result, aged-friendly amenities, such as public transit, are required. This relates to a goal of providing safe, cheap, accessible, and sustainable transportation solutions to all people, as highlighted in Target 11.2. |
| Religious activities    | Target 11.4 – Participating in religious activities can help older persons engage more profoundly with the socio-cultural aspects of their lives. Religious activities drew people closer together and taught them to value their culture and heritage. It is the older person who will preserve the culture, beliefs, and values of previous generations. This relates to the core agenda of SDG target 11.4: strengthening and protecting cultural and natural treasures, one of which is accomplished through continuous participation of older persons in both socio-cultural aspects. |

Few studies are found consistent with the findings of the present study [7], [21], [27], [22] that discussed lifelong learning among older persons. Lifelong learning activities are becoming popular among older learners in most countries like Singapore, United Kingdom, Canada and Taiwan [21]. Older persons have become wiser and selective in seeking the learning courses that are par with their ages and capabilities [11]. Besides, the term old learner has been replaced with updated and new terms such as third age learner and lifelong learner. For example in Taiwan country, Taiwanese older persons believed that participating in lifelong learning is a symbol of happiness. There is a famous quotation from Conscious belief that most of them believe in, which says "It's never too late to learn" and "joyful learning, forget ageing". This quote can help them to settle their mind from their anxieties, concerns, and preconceptions [22]. Another study [27] shows that learning can help older persons to boost self-esteem, self-confidence and to counter ageism’s challenges. In another study conducted in Korea [7], lifelong learning is an essential component of active ageing, which takes into account older people's engagement in a systemic transformation of their surroundings and the creation of daily goals. Apart from that, other informal learnings like religious activities are found blooming in most Asian countries like Malaysia, Indonesia and Brunei. Zimmer in his study [44] also added that religious places such as temples, churches, and mosques have become a central location for getting into the social network, engaging in community and volunteering activities, concentrating in religious activities, and other activities.

Following that, the current study discovered that one religious institution provides opportunities for older people to volunteer in activities such as librarians, clinics, teaching Dharma in schools, and other social services. The volunteer activities can be divided into two types including paid voluntary activities.
and non-paid voluntary activities. A few studies also highlighted the primary factors that motivated the older volunteers, including a strong feeling of community, a sense of purpose in life, and the desire to give back to society [25], [23], [18], [16], [4]. The older volunteers have a strong will to lend a hand to others with what they are capable of to give back to their society and religions without expecting anything in return. While other studies [25], found a few push factors that motivated the older volunteers including a sense of community, a strong social network, aged-friendly environment (community and volunteering management). Lee [23] also added that the stronger feeling of life purpose and good self-rated health were also motivated by the older volunteers.

Another popular social activity among informants is home-based activities, which refers to leisure activities that are usually done at home or outside. The older persons prefer to engage in home-based activities such as doing domestic duties, caring for grandchildren, watching television, doing mild workouts, visiting religious places on weekends, and other similar activities. This is supported by the findings of a few studies [39], [40], which discussed the benefits of leisure activities that are closely related to home-based activities. Tang [39] has also emphasised the importance of creating a supportive and aged-friendly environment to encourage older people to participate in social activities. According to Ismail [17], creating safer housing and a positive built environment not only creates a sense of security among older persons but also fosters social contact within their community. Leisure activities encourage older persons to interact with family, neighbours, friends, and the community [39]. While other studies have demonstrated that leisure activities provide benefits for older people's life satisfaction and happiness [2], [14]. Last but not least is job-related activities that are participated by older persons as their passions and interests such as writing books, guiding the tourists to different destinations and others. Few studies revealed that good education background encouraged continued employability among older persons [28]. Mohajan [28] also states lifelong learning may provide more opportunities for older people to learn new skills and knowledge, which could aid in dealing with the ageing population.

6. Conclusion and Limitations

Following Malaysia's rapidly ageing population expansion and increased social participation, there is an apparent need to provide aged-friendly areas and create a good built environment to assist this demographic. This study will contribute to the government's adoption of the Sustainable Development Goals (SDGs) by assisting in the creation of sustainable cities and communities for the benefit of Malaysian seniors. One of Goal 11, which is to ensure equitable access to all-sufficient, safe, and resilient housing and basic services, with a focus on the needs of those in a vulnerable circumstance, in which older persons are included. Moreover, the study's generalisation should only be applied to older people who participated and engaged in social activities to keep healthy and active. The findings of the study found five (5) types of preferred activities among older persons: (1) Leisure learning activities; (2) Religious activities; (3) Community-related activities; (4) Home-based activities; and (5) Job-related activities. Given their participation during their golden years, this group can be called active ageing. Participating in these social activities allows older people to improve their skills, socialise with friends, maintain good health, and participate in meaningful activities. As a suggestion, the preferences of older persons including the preferable social activities should be incorporated into the implementation of social programmes. As a way forward, the government should take into account the preferences of older people when choosing social activities by incorporating these efforts into the implementation of social activities programmes. To reach the status of an ageing nation, the government should place a strong emphasis on older persons’ needs, such as sustainable cities and communities that encourage social participation. Furthermore, the COVID-19 pandemic had a significant impact on the previous policy, necessitating proactive government intervention as a means of dealing with large-scale shocks while remaining compatible with long-term fiscal and social viability to meet the requirements of the older persons. Regardless of shocks, the well-being of older persons should not be jeopardised.
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