



## **Ageing in Asia: Challenges and Opportunities**

### **Introduction**

The world's population is undergoing a historic transformation, with unprecedented rates of ageing, particularly in parts of Asia. In this course, we will study this demographic shift, focusing on the unique experiences of Asian societies as they confront rapidly ageing populations. We will analyse the social, economic, health, policy and cultural impacts of this change, exploring both the challenges and the opportunities it presents. Through critical analysis, students will gain valuable insights into the complexities of ageing in Asia and the strategies needed to foster a future where all generations can thrive.

### **Course Objectives**

By the end of this course, students should be able to:

1. Describe global population changes and interpret population ageing from social and demographic perspectives.
2. Examine how the ageing process presents both opportunities and challenges from multiple perspectives.
3. Understand the health, economic, and social implications of ageing.
4. Identify and apply concepts and practices related to active ageing and quality of life, including lifelong learning, social participation, and age-friendly cities.
5. Develop the competence to identify emerging topics important for future research and practice.

### **Course Outline**

**Session 1:** Demography of ageing

**Session 2:** Health and well-being of older adults

**Session 3:** Economic, social, and policy implications of ageing

**Session 4:** Active ageing and quality of life

**Session 5:** Group presentation

## **Duration**

3 hours x 5 sessions= 15 hours

## **Teaching Methodology**

This course will employ diverse teaching methods to enhance learning and engagement. Primarily lecture-based, the course will provide foundational knowledge and theoretical frameworks. Interactive class activities and discussions will be integrated to encourage critical thinking and allow students to apply concepts in practical contexts. Case studies and real-world examples will be utilised to illustrate key points. Additionally, group project and presentation will foster collaboration and deepen understanding of the course material.

## **About the Instructors**

### **Associate Professor Premchand Dommaraju**



Premchand Dommaraju is an Associate Professor of Sociology and Director of the MSc in Applied Gerontology programme at Nanyang Technological University. His research focuses on socio-demographic issues related to marriage, families and households, and ageing in Asia. His works have appeared in leading social and demographic journals, including *Population and Development Review*, *Demographic Research*, and *Population, and Population Studies*.

### **Assistant Prof Shannon Ang**



Shannon Ang is Assistant Professor of Sociology at Nanyang Technological University. He uses primarily quantitative methods to pursue his research interests in life course sociology, focusing on the health and social lives of older adults. So far, he has studied the social support and social participation (including online participation) of older adults, and their implications for mental and physical health outcomes. Findings from these studies have been published in academic journals such as *Social Science and Medicine*, *Demography*, *American Journal of Epidemiology*, and *Journals of Gerontology Series B: Psychological and Social Sciences*, amongst others.

## **Assistant Prof Sabrina Luk**



Sabrina Ching Yuen Luk is Assistant Professor in Public Policy and Global Affairs, School of Social Science, Nanyang Technological University, Singapore. She holds a Ph.D. in Political Science and International Studies from the University of Birmingham. Her research areas include healthy ageing, healthcare and long-term care reforms, smart cities, and crisis leadership and management. Dr. Luk is the leading contributor to the UNESCAP report on Evolution of Science, Technology and Innovation Policies for Sustainable Development: The Experiences of China, Japan, the Republic of Korea and Singapore.