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## RIESGO DE EXCLUSIÓN SOCIAL EN LA VEJEZ Y COVID-19: LECCIONES PARA COMUNIDADES AMIGABLES

**Thomas Scharf**

*Newcastle University. President of the British  
Society of Gerontology*

#EusLagunkoiaBBPP20

# COVID-19 and social exclusion in later life: lessons for age-friendly communities

Thomas Scharf  
Professor of Social Gerontology  
Population Health Sciences Institute

@TomScharfNcl

# Overview

## Social exclusion in later life

- What is social exclusion?
- How are older people affected by social exclusion?

## Social exclusion and COVID-19

- What evidence is there of exclusion affecting older people during the pandemic?

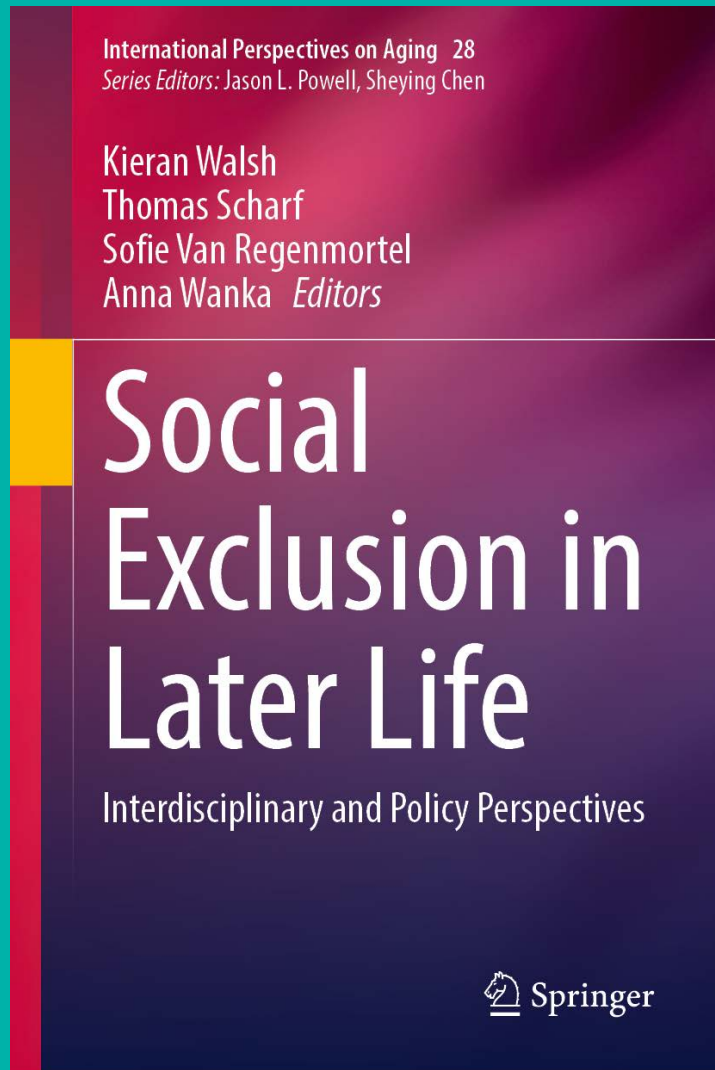
## Lessons for age-friendly communities

- How should communities respond to risks of exclusion in later life?

# What is social exclusion?

- ‘[..] a multidimensional process of progressive social rupture, detaching groups and individuals from social relations and institutions and preventing them from full participation in the normal, normatively prescribed activities of the society in which they live.’ (Silver, 2007)

# How are older people affected by social exclusion?



## Reducing Old-Age Social Exclusion (ROSEnet) COST Action, 2016-2020

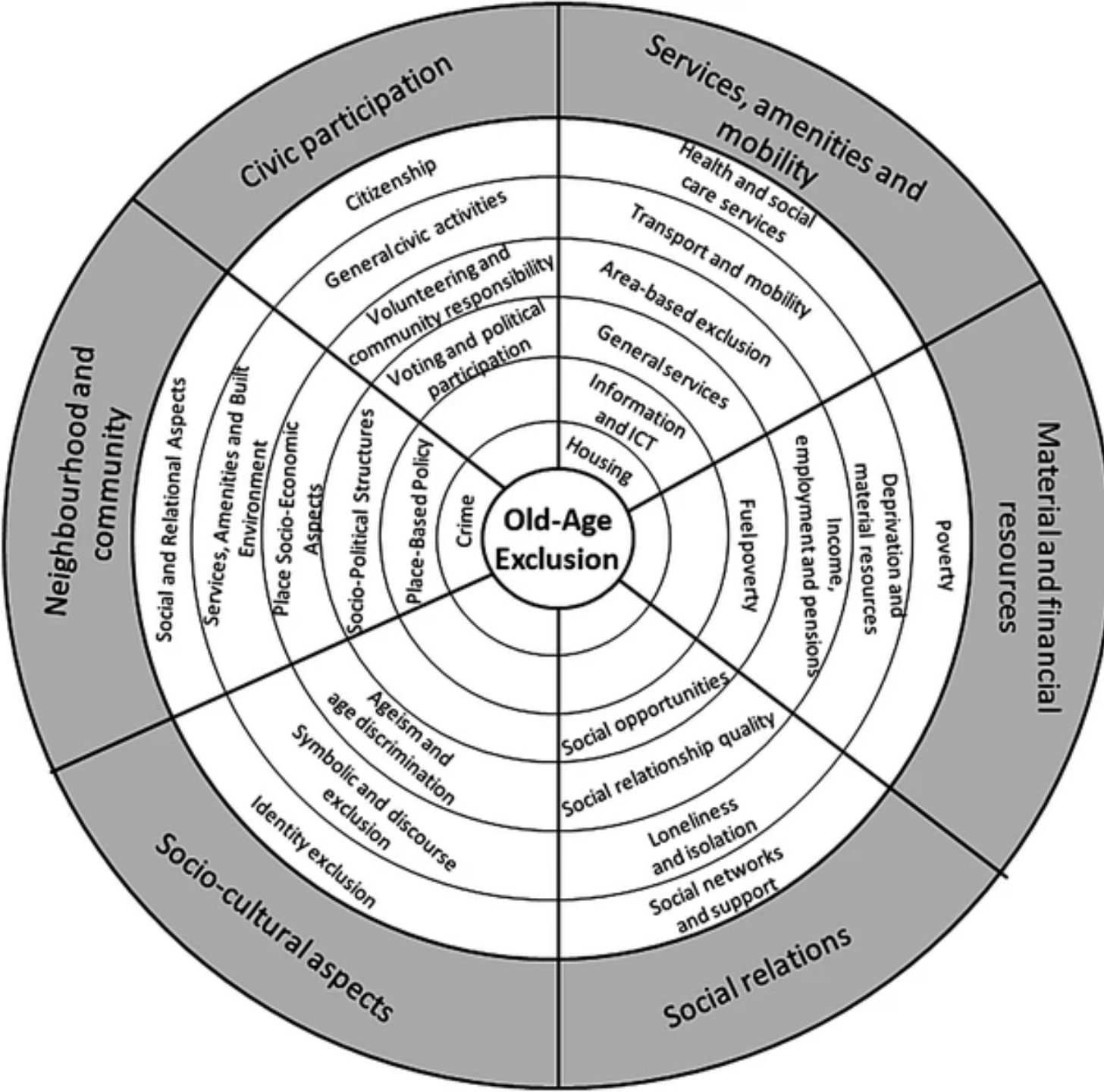
- Network involving over 180 researchers and policy stakeholders from 41 countries
- Older Adult Reference Group to ensure representation of older people's voices
- Focus on overcoming fragmentation and gaps in conceptual innovation on issues relating to social exclusion in later life
- Aim to address disconnect between research and policy and contribute to reducing social exclusion of older people

# Key features of exclusion in later life

- **Accumulated over the life course**
  - Increasing prevalence of some forms of exclusion with age
  - Exclusion as a ‘chronic’, multi-faceted condition
- **Exclusion in later life qualitatively different from exclusion at earlier stages of the life course**
  - Age-related health declines, contracting social (support) networks
  - Older people may have fewer opportunities to escape exclusion than younger people
- **Some groups disproportionately affected by (multiple) forms of exclusion**
  - Value of an intersectional approach on ageing

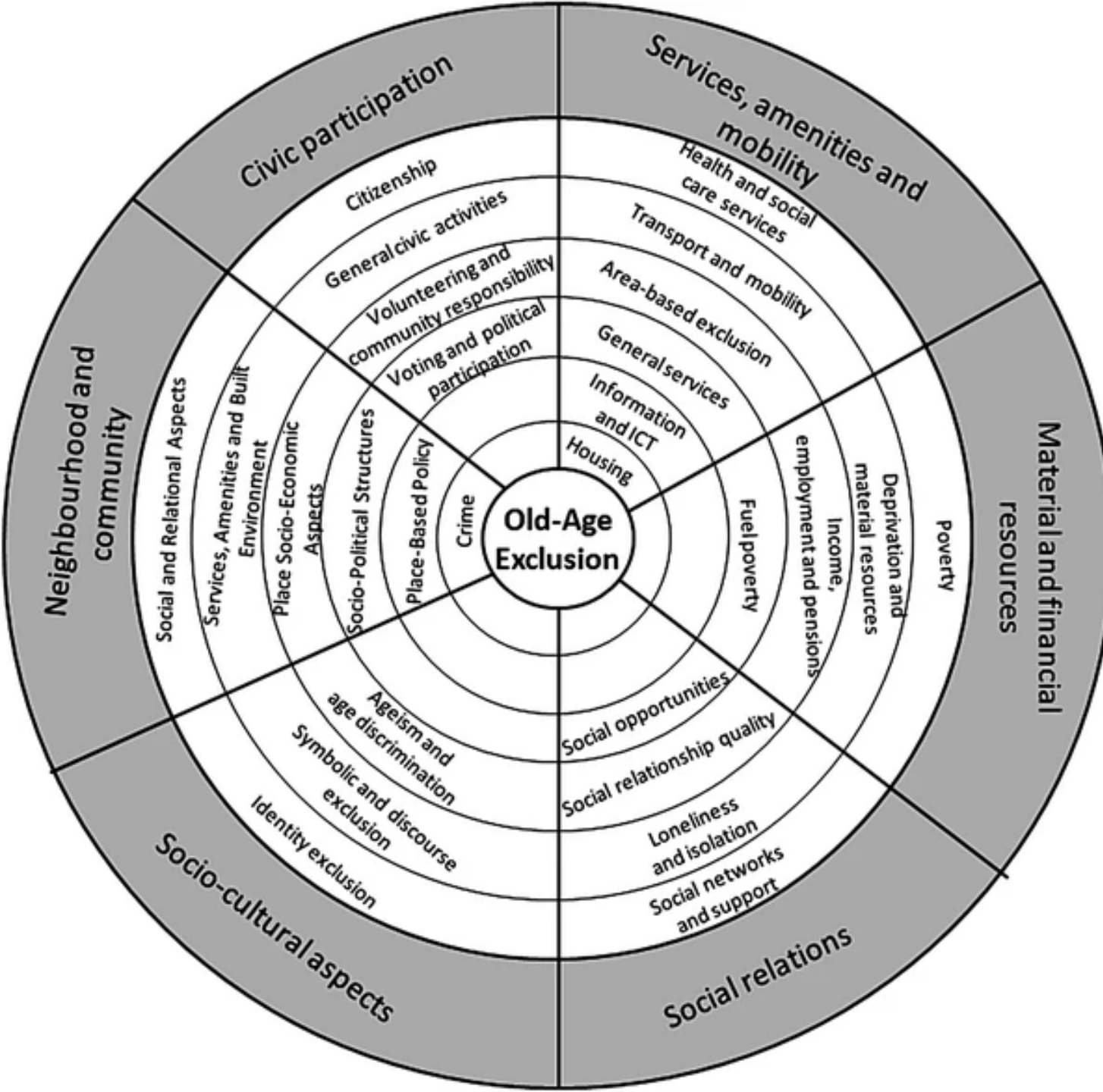
## A revised social exclusion framework

“... a complex process that involves the lack or denial of resources, rights, goods and services as people age, and the inability to participate in the normal relationships and activities, available to most people across the varied and multiple domains of society. [Social exclusion] affects both the quality of life of older individuals and the equity and cohesion of ageing societies” (Walsh et al. 2017; <https://tinyurl.com/y2q8hc6h>)

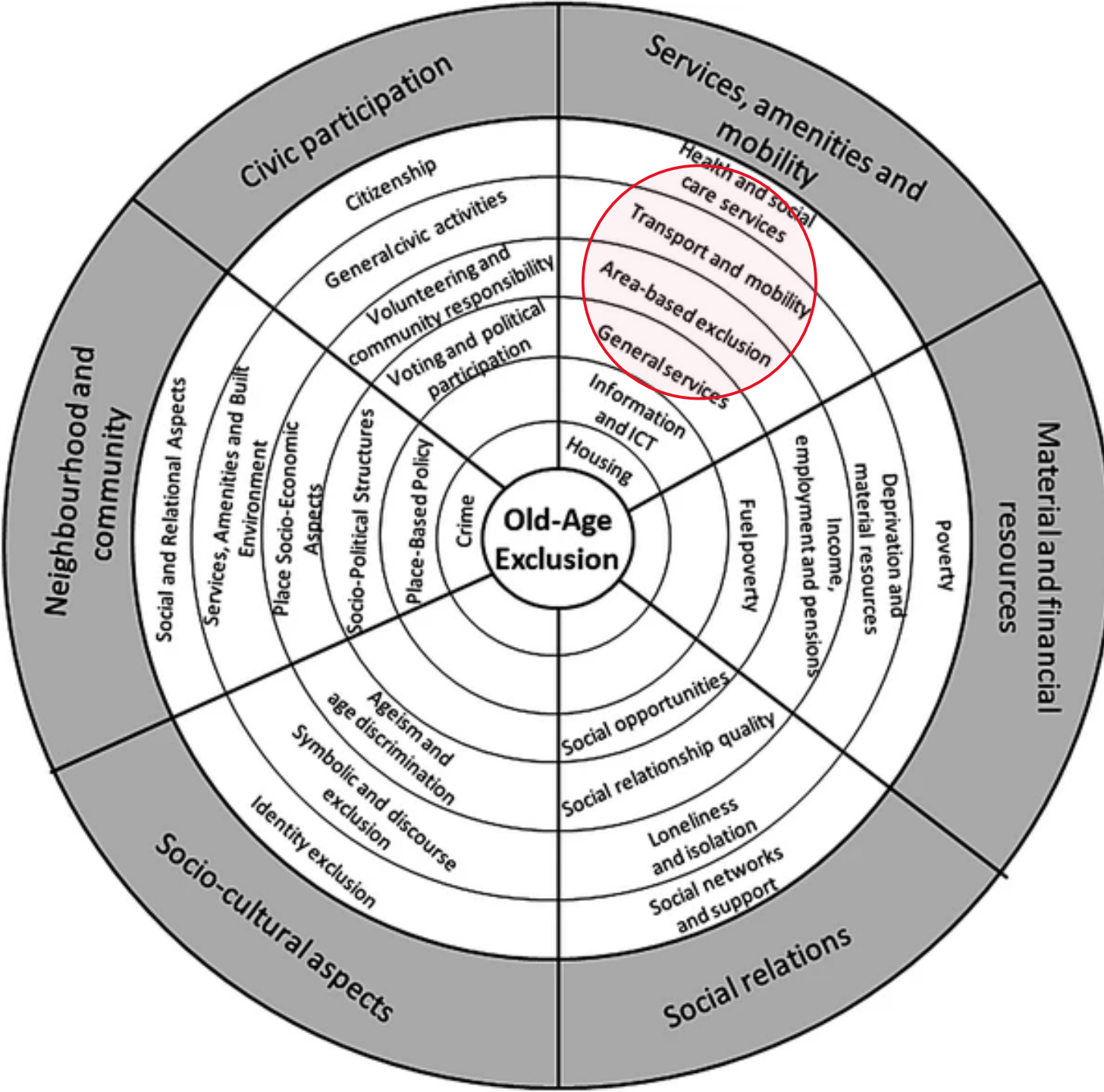


# Social exclusion and COVID-19

- What is the evidence of exclusion affecting older people during the pandemic?

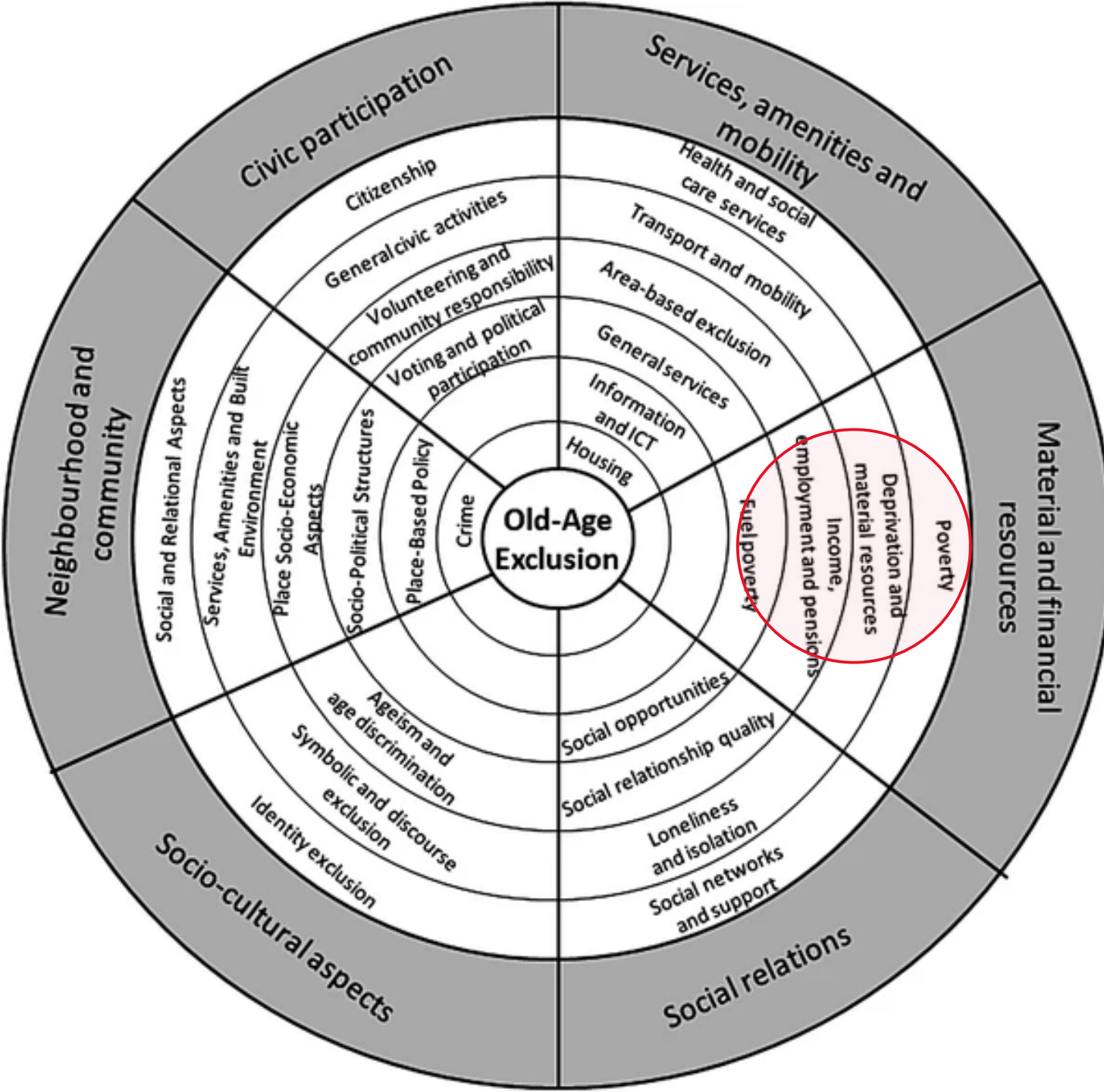






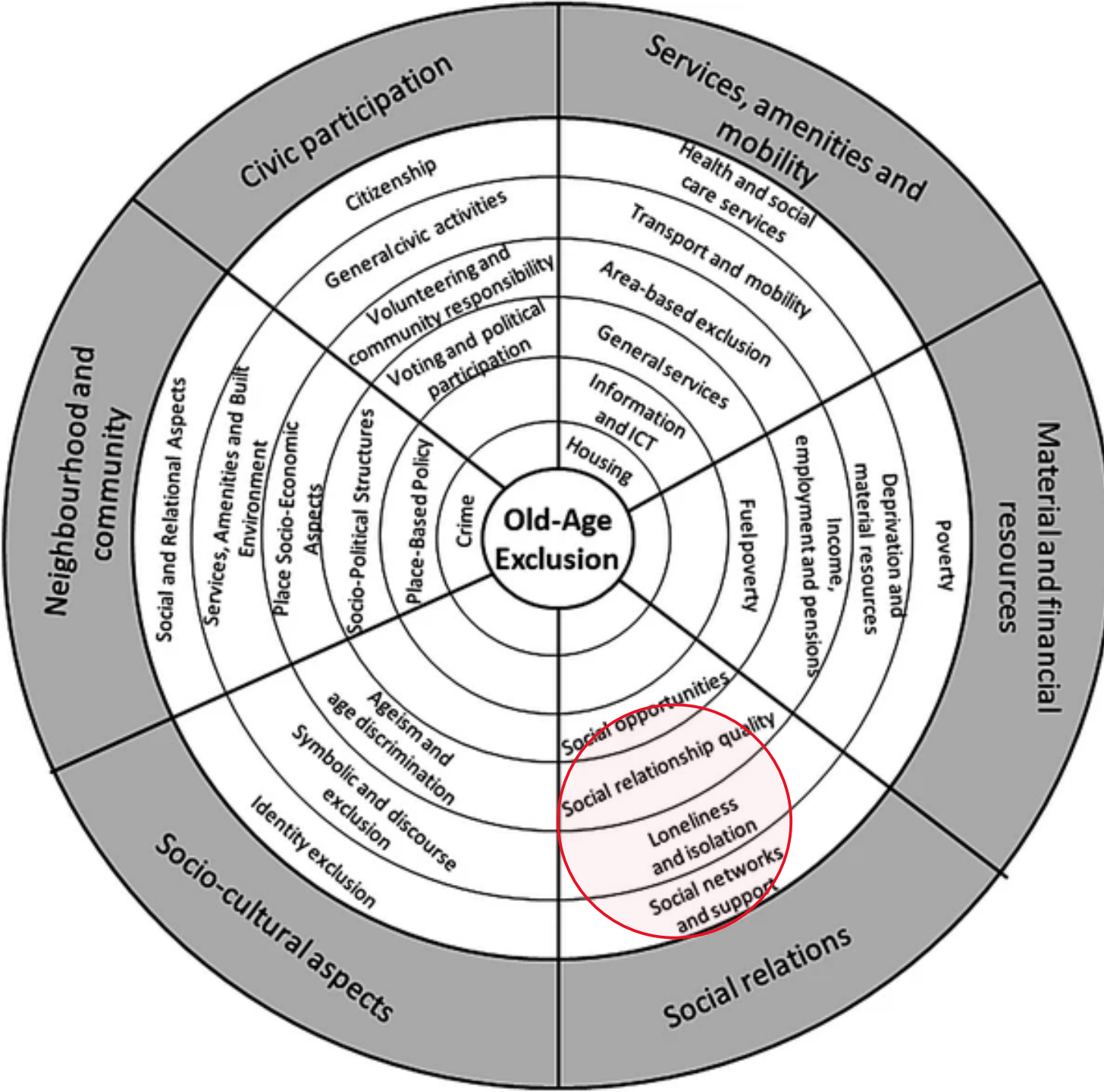
## Exclusion from services, amenities and mobility

- Digital forms of exclusion disproportionately affect older people
- Reduced access to health and social care services
- Restrictions placed on use of commercial services
- Risks associated with public transport use



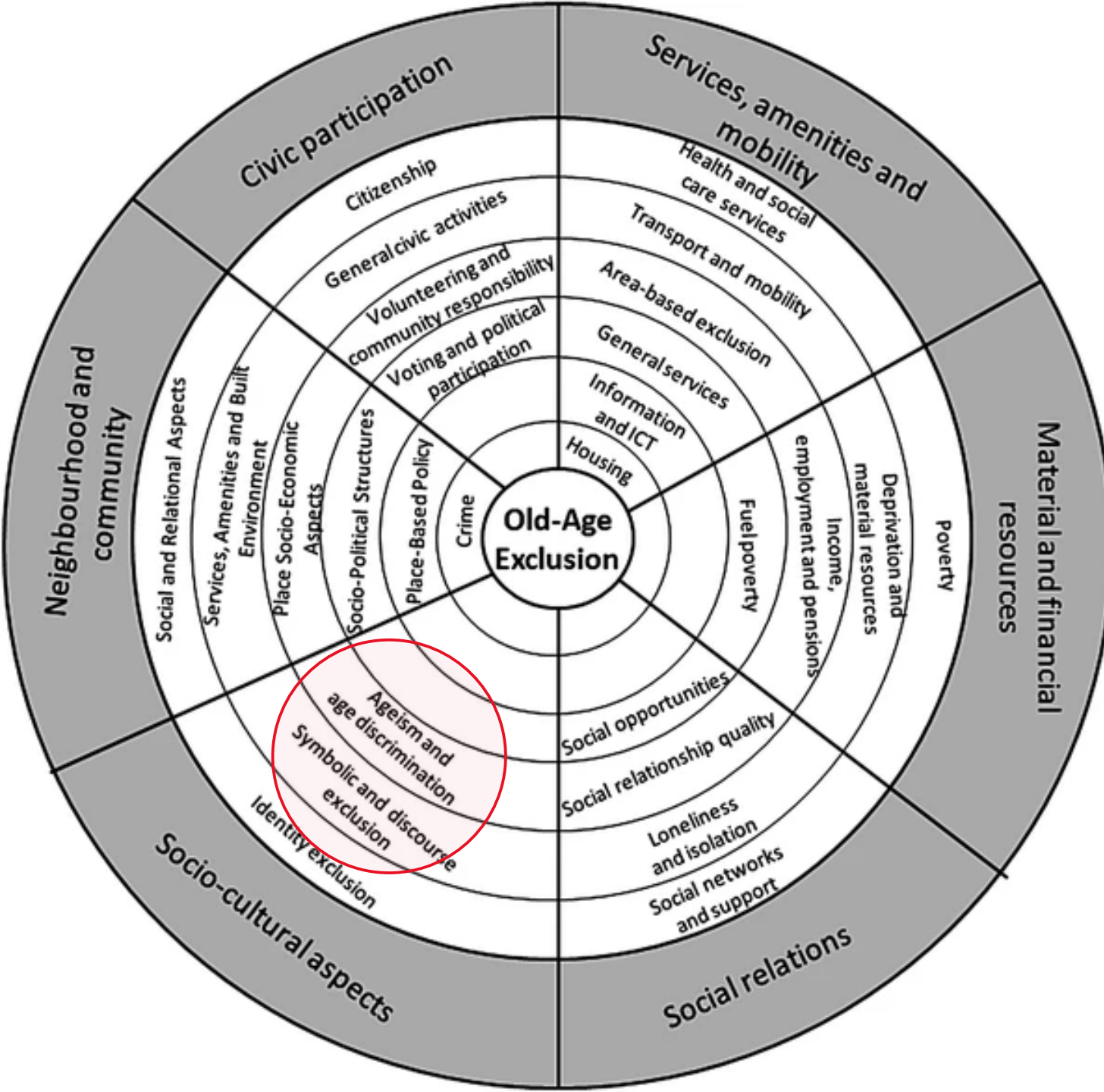
## Exclusion from material resources

- Older workers withdrawing from the labour market
- Growing poverty risks for some older people
- Evidence of people cutting back on essentials to make ends meet



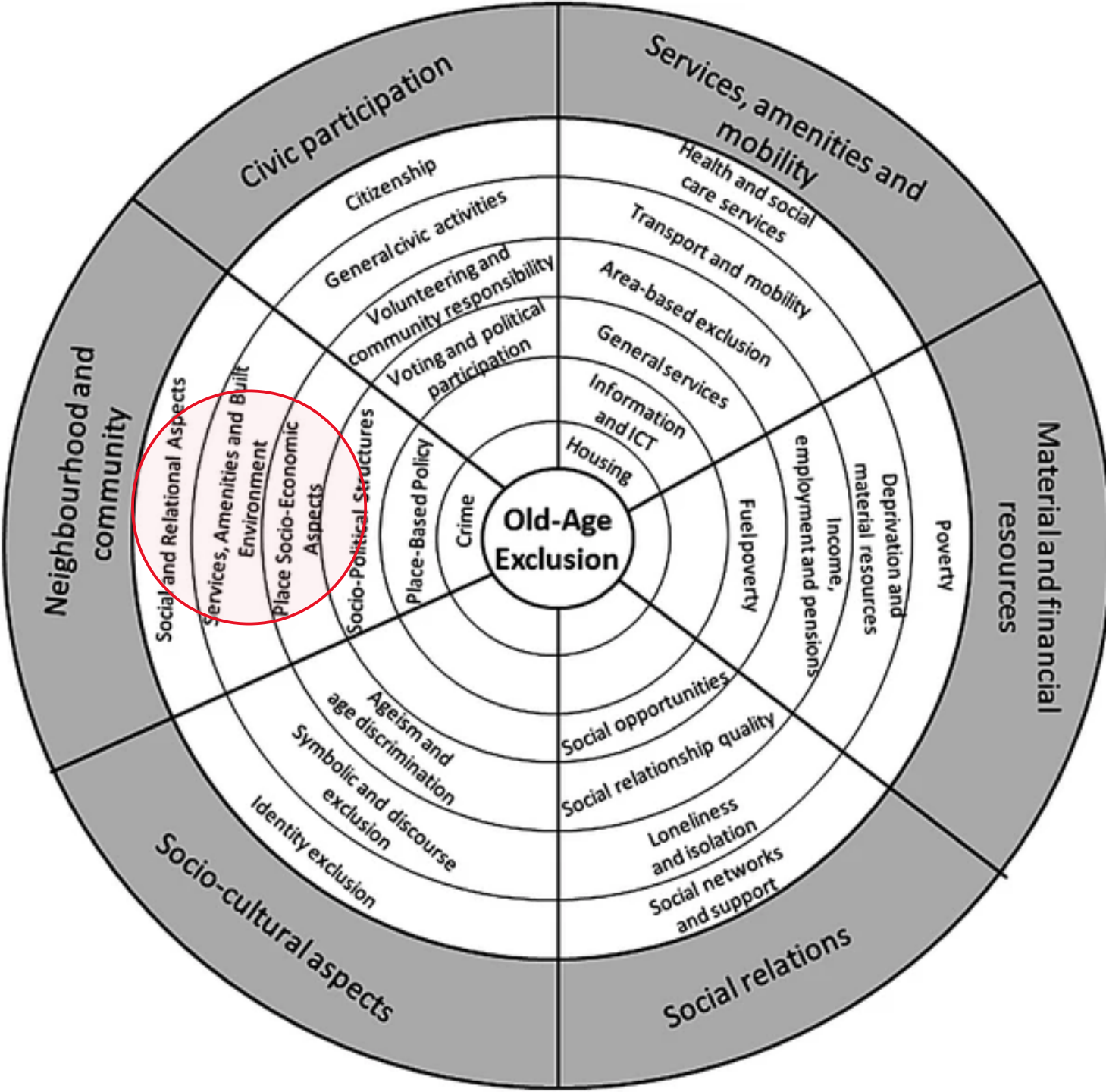
## Exclusion from social relations

- Impact of COVID-19 restrictions on quantity and quality of social interactions
- Unequal risks of loneliness within older population
- Particular challenges for care home residents (and their families)



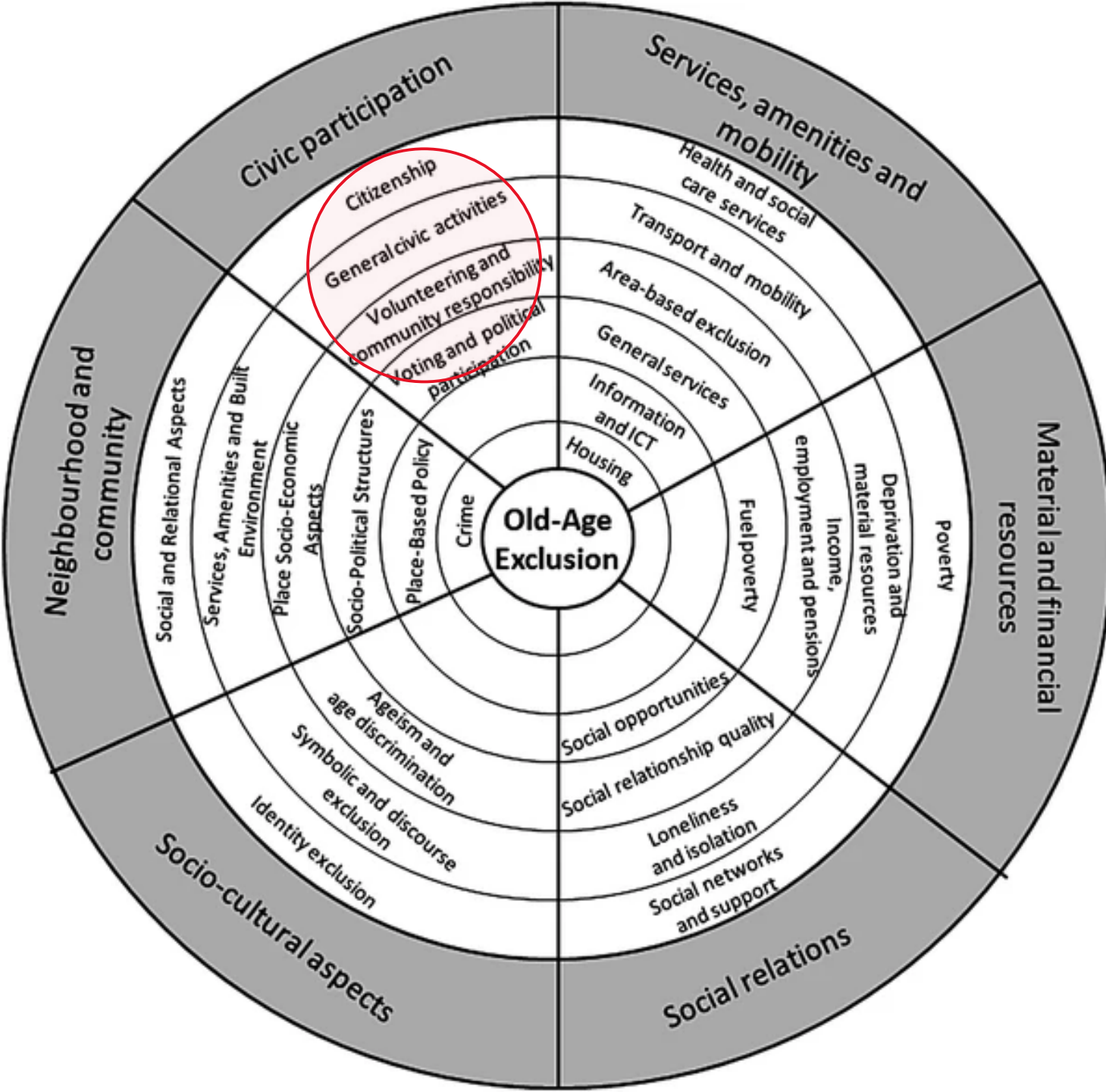
## Socio-cultural exclusion

- Ageism and age discrimination as key features of COVID-19
- Widespread evidence of symbolic forms of exclusion that 'other' older people
- Negative images and language used to represent older people in public discourse



## Exclusion from neighbourhood and community

- Changing feelings about home and neighbourhood/community
- Spatial variation in ability to manage daily life during the pandemic



## Exclusion from civic participation

- Older people prevented from contributing to civic activities (e.g. volunteering)
- Older people's voices often ignored in policy making
- Lack of respect for older people's basic rights (e.g. in care homes)

# Lessons for age-friendly communities

- Responding to different forms of social exclusion should become a strategic priority for age-friendly communities
- This involves focusing on:
  - Reducing poverty and material deprivation
  - Developing responses to loneliness and isolation
  - Improving access to services and amenities
  - Ensuring civic participation of older people
  - Tackling ageism and age-based discrimination