

the 1990s, the number of people in the world who are under 15 years of age has increased from 1.1 billion to 1.5 billion, and the number of people aged 65 and over has increased from 0.2 billion to 0.5 billion (United Nations 1999).

There is a growing awareness that the world's population is ageing, and that the needs of older people are different from those of younger people. This has led to a growing interest in the study of ageing, and in the development of policies and programmes to meet the needs of older people. This paper reviews the current state of knowledge about ageing, and discusses the implications for policy and practice.

## 2. Ageing

Ageing is a process that occurs in all living organisms. It is a complex process that involves changes in the body's structure and function over time. The process of ageing is influenced by a number of factors, including genetics, environment, and lifestyle.

There are a number of different ways in which ageing can be measured. One way is to look at the changes in the body's structure and function over time. Another way is to look at the changes in the body's chemistry over time. A third way is to look at the changes in the body's behaviour over time.

There are a number of different theories about the process of ageing. One theory is that ageing is a result of wear and tear on the body's cells. Another theory is that ageing is a result of changes in the body's chemistry over time. A third theory is that ageing is a result of changes in the body's behaviour over time.

There are a number of different ways in which ageing can be prevented or delayed. One way is to eat a healthy diet. Another way is to exercise regularly. A third way is to avoid smoking and drinking alcohol.

There are a number of different ways in which ageing can be managed. One way is to take medication. Another way is to use assistive devices. A third way is to live in a supportive environment.

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