

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. The ageing process

The ageing process is a complex one, involving a number of different factors. These include biological, psychological, and social factors. The biological factors of ageing include changes in the body's cells and tissues, and changes in the body's hormones. The psychological factors of ageing include changes in the mind, and changes in the way the mind processes information. The social factors of ageing include changes in the way the individual interacts with others, and changes in the individual's role in society.

The ageing process is also influenced by the environment. The environment can affect the rate at which the individual ages, and can also affect the way the individual experiences ageing. The environment can also affect the way the individual interacts with others, and the way the individual's role in society changes. The environment can also affect the way the individual's health changes, and the way the individual's quality of life changes.

The ageing process is a complex one, and it is important to understand the different factors that influence it. This will help us to develop policies and programmes that meet the needs of older people, and that help them to live a healthy and active life. The ageing process is a complex one, and it is important to understand the different factors that influence it. This will help us to develop policies and programmes that meet the needs of older people, and that help them to live a healthy and active life.

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