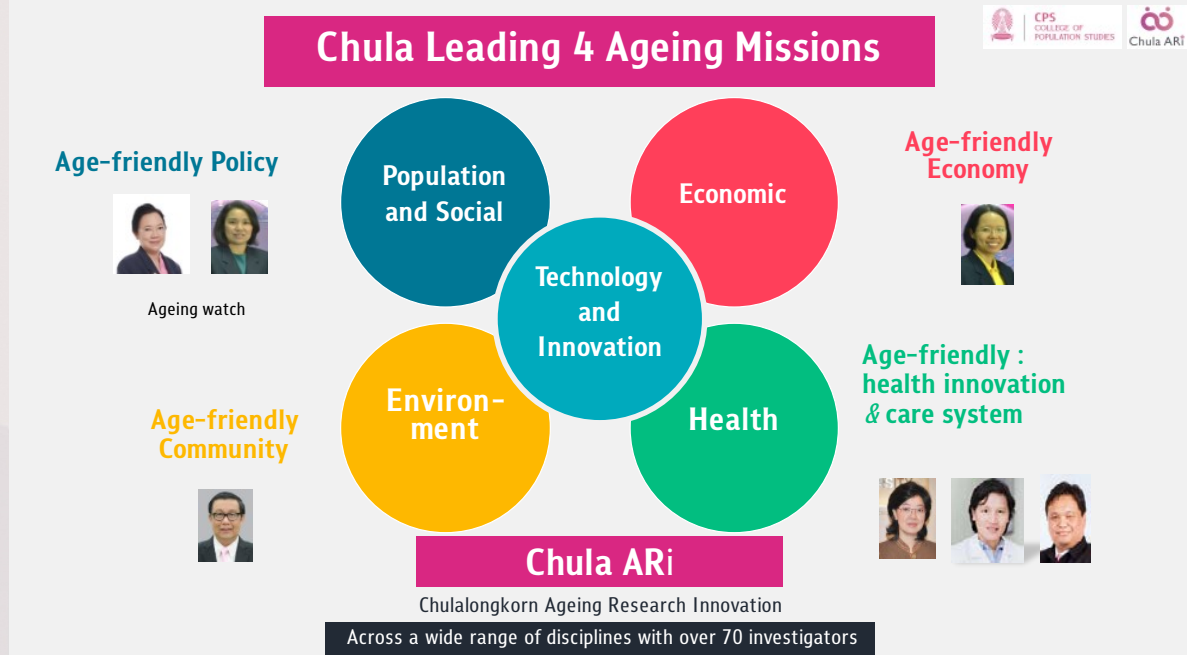# Chula ARi and SDGs

As the world enters the 21st century, it also celebrates humanity's success in living significantly longer, and thus making the world's population an ageing society. However, with success comes challenges.   The rapid transformation for a developing country such as Thailand has become an issue that affects the quality of life of the population and sustainable development of the country.

Chulalongkorn University, an internationally recognized national institution, has the capability to develop and guide Thailand in tackling the challenging conundrum of an ageing society. This is achieved through combining knowledge and wisdom from diverse fields possessed by the University, namely physical and biological sciences, social sciences and humanities. In addition, the University acts as a center, joining forces with various partners within and outside the University, namely local communities, as well as national and international organizations, to deal with the challenges of the ageing society under the Chulalongkorn Ageing Research Innovation or known in short as Chula ARi.

Chula ARi is a research and innovation platform supported by the Second Century Fund of Chulalongkorn University. The direction and goal of Chula ARi are to integrate the interdisciplinary aspects of the older persons with research and proactive academic services to develop research knowledge and innovation, leading to policy making for the development of tools and their mechanisms to support older persons' quality of life. This also includes but not limited to older persons' participation and economic conditions, population, society, health, environmental impact, technology and innovation.

Chula Leading 4 Ageing Missions

Age-friendly Policy

Ageing watch

Population and Social

Economic

Technology and Innovation

Age-friendly Economy

Environ-ment

Health

Age-friendly : health innovation & care system

Age-friendly Community

Chula ARi

Chulalongkorn Ageing Research Innovation

Across a wide range of disciplines with over 70 investigators

Chula ARi recognizes the importance of database development in order to continue to improve the quality of life of the older persons in all dimensions. By setting up a foundational system and database on the older persons, from data collection to presentation of information through an application, and from the development of the database system, it has evolved to surveillance on the older persons, known as Ageing Watch. The Watch surveys and monitors situations related to the older persons, including enhancing knowledge to reduce risks and increasing the quality of life of the older persons and disseminating information and knowledge to the public.

Translation research findings into community system in response to aging society

Translating research into prototype system for older persons in Bangkok is a heart of Chula ARi. We employ research findings as fundamental information for understanding the need of community and older persons. Then we share the findings with all stakeholders and community leader. Finally, we bring all thinking power of all stakeholders to seek the suitable and holistic system in response to ageing society in each urban community settings.

On the economic front, Chula ARi also recognizes challenges faced by both the older persons and those about to enter old age in urban areas. As increasing age is an obstacle to income generation and with increased expenditure, Chula ARi has set up a social security system, as well as promoting savings and organizing seminars on income generation.

Healthwise, Chula ARi has installed 'humanitude' care and intense home care which cater to both bed-bound and general older persons. The program also provides additional knowledge to older persons and their caregivers through multiple sources. The knowledge provided includes nutrition, physical education, oral health care, proactive physical and mental checks for the older persons in the area and surveillance of the Covid-19 situation in the community. The program also plans for potential Covid-19 crisis, empowering the community for self-maintenance and providing support in terms of consumer products.

Chula ARi also piloted changes in housing design to suit the older persons' physical conditions so they may live safely both inside and outside their homes. This also includes the restructuring of travel system to heighten their safety and ease, to enhance their quality of life and to stabilize food provision in times of crisis.
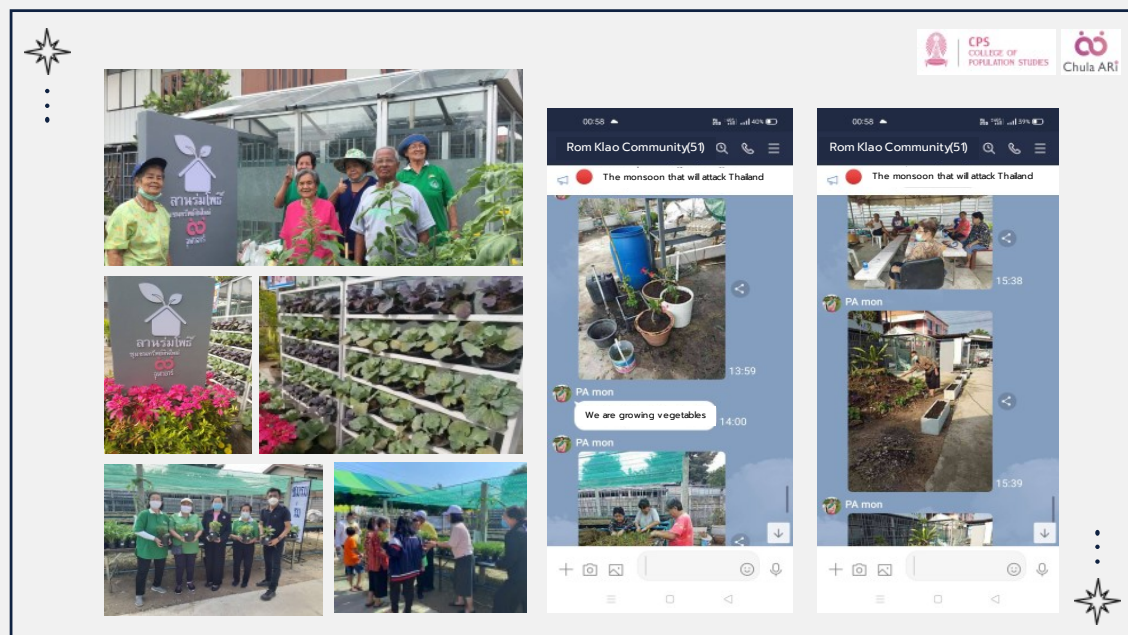
Given advances in innovation and technology, Chula ARi has developed robots to care for stroke patients, with additional utilization of telemedicine to enhance physical therapy and assist physiotherapists to revitalize the use of patients' limbs. These innovations are being used in communities and public services to promote and restore health to the general public.

Innovation for Health Restoration
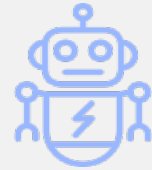
Giving the Rehabilitation Robot to various hospitals.

Chula ARi creates research that impact national policies in the form of the Action Plan on the Older Persons, Phase 3, which is a master plan for the ageing society from 2023 to 2037. This is in accordance with the national strategy and is also an important mechanism in driving the national strategy into concrete and practical results by the National Commission on Older Persons. On July 30, 2021 the Commission passed a resolution, approving the Action Plan for the Older Persons, Phase 3 and will be brought to the Cabinet meeting and be promulgated.

From the results of the development of systems and mechanisms by Chula ARi to support the ageing society, Chulalongkorn University received an award for excellence in social development in the category of agency with excellent CSR performance from the Ministry of Social Development and Human Security.

The rehabilitation robot received the second prize in the category of robotics and software for medical and public health services from the medical robotics contest (i-MEDBOT Innovation Contest 2021), organized by the Center of Excellence for Biology (a public sector) or known as TCELS, the Ministry of Higher Education, Science, Research and Innovation on September 3, 2021.
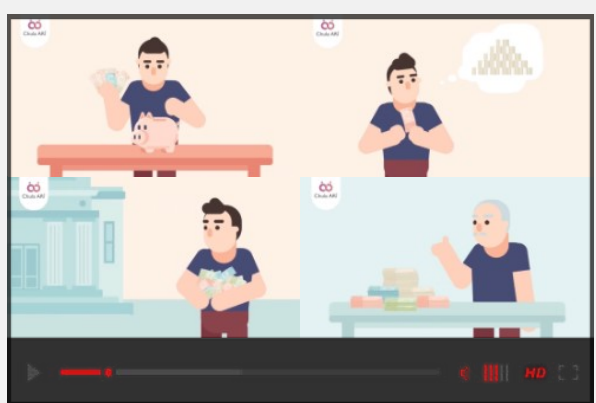
Chula ARi also responds to the sustainable development proposed by the United Nations on:

SDGs 1:   Poverty elimination,

SDGs 3:   Ensuring healthy life,

SDGs 4:   Promoting life-long learning,

SDGs 8:   Career and economic development,

SDGs 9:   Innovation and infrastructure development,

SDGs 10: Reducing inequality,

SDGs 11: Creating sustainable urban society,
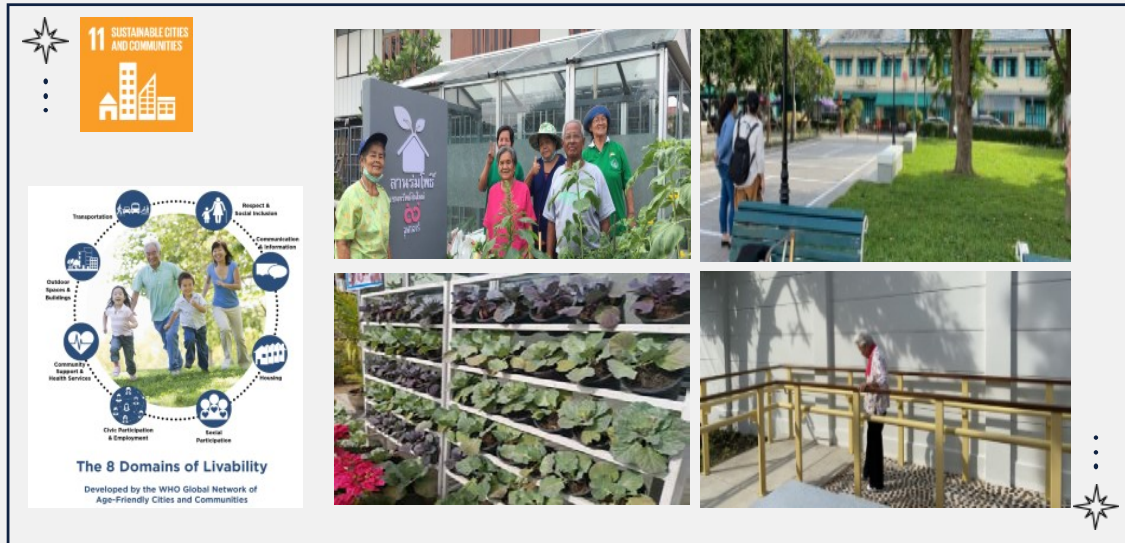
SDGs 17: Creating co-operative network to achieve said objectives.

Thai ARi project is a product of the extension of action research and the expansion of a model system for the ageing society in metropolitan areas to mobilize educational institutions, communities and other sectors to improve the quality of life of the older persons to other urban communities. These communities are expected to empower the older persons so they may co-exist happily with people of all ages, in order to support the ageing society in the future.

These are the development plans to support the ageing society in the future:

1) Data-driven policy to drive government policies to support the ageing society at the local level.

2) Health and medical services to promote preventive measures, care and health rehabilitation at the community and household level, with healthcare robots to reach out to healthcare professionals timely and quickly.

3) Economic and social aspects; pushing for appropriate measures to increase opportunities for the Thai economy through innovative services and products to support the ageing society or provide opportunities for older persons to be employed, using 'universal design' which is suitable for people of all ages in the urban areas in all regions of Thailand.

4) Education for all members of the Thai society to be aware and prepared to support continuous learning through all stages of their lives.

Evidently, Chula ARi fuels cooperation between universities in the creation and transformation of research into policies and practices that produce concrete results. The project aims to create a model of systems for local ageing population that is consistent with the context of each region and information systems to drive life-long learning. The project is also preparing the new generation to become quality senior citizens and develop economic stability and innovation which will provide sustainable foundation in the life of the older persons. The ultimate goal is the sustainability of the system that can be self-operated and self-regulated by the local community, with support from local universities.