



Región de Murcia
Consejería de Presidencia

Dirección General de la Unión Europea
y Relaciones Exteriores



2012 - European Year for Active Ageing and Solidarity between Generations

Lectures in Senior Centres

Region of Murcia Best Practice

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GRUNDTVIG PROJECT LP AEPT 2020



Año Europeo del **Envejecimiento Activo**
y de la **Solidaridad Intergeneracional 2012**





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Main goals:

- **Raise awareness of the contribution that older people make to society.**
- **Encourage policymakers and relevant stakeholders at all levels to take action with the aim of creating better opportunities for active ageing and strengthening solidarity between generations.**

Key idea



- **Active ageing** means growing old in good health and as a full member of society, feeling more fulfilled in our jobs, more independent in our daily lives and more involved as citizens



Focus on change our minds

- No matter how old we are, we can still play our part in society and enjoy a better quality of life. The challenge is to make the most of the enormous potential that we harbour even at a more advanced age.

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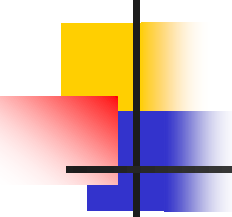
Lectures in Senior Centre. Region of Murcia Best Practice

- Officials from the Department of EU and Foreign Affairs in coordination with the **Social Affairs Institute** of Murcia gave **16 lectures** on different subjects in **10 Senior Regional Centres**

Themes

- *"I European Citizen".*
- *"European Year and the different policies to this challenge"*
- *"Fight against the Climate Change. An European Vision".*
- **Public average 35 per session**

Lectures: Promoting active ageing in these Areas

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- **Employment** – as life expectancy increases across Europe, pension ages are rising, but many fear that they will not be able to stay in their current jobs or to find another job until they can retire on a decent pension. We must give older workers better chances in the labour market.
 - **Participation in society** – retiring from one's job does not mean becoming idle. The contribution of older people to society as carers for others, typically their own parents or spouses and their grandchildren is often overlooked and so is their role as volunteers. The European Year seeks to ensure greater **recognition** of what older people bring to society and create more supportive conditions for them.
 - **Independent living** – our **health** declines as we grow old, but a lot can be done to cope with this decline. And quite small changes in our environment can make a big difference to people suffering from various health impairments and disabilities. Active ageing also means empowering us as we age so that we can remain in charge of our own lives as long as possible



**2012 - European Year for Active Ageing and
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Practise**

- Summarize of favourable results.

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¡¡GRACIAS!!



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