



WE4AHA thematic workshop
Empowering older people in regions
October 8th, 2020

Time : 8th October 2020, 14.00 – 16:30 Central Europe Time

Registration link: <https://ec.europa.eu/eusurvey/runner/ThematicWorkshopRegistration>

Empowerment aims to increase healthy lifespan by providing tools (digital and non-digital) and create more opportunities for managing the health of older adults. Empowered senior citizens enjoy higher independence, a greater control over their own lives and due prominence in decision making in their communities and in the organisations they belong to. Empowerment needs infrastructure, appliance and skills, however true empowerment also requires access to reliable and relevant health-related information as well as a connection to peers who are facing the same challenges.

Empowering older people is, without a doubt, beneficial at individual level. However, from an institutional and health and care system perspective, it is crucial. This is because chronic diseases, demographic change and unexpected pandemics put unprecedented and constant pressure on institutional health and care organisations. Innovation helps us to seek alternative care models and supporting tools that allow the discharge of the institutional health and care from long-term and non-urgent care needs. In reality, innovations (digital or non-digital) that are designed to serve older adults are often limited by regulations and resources (financial, human...).

The inspiring practices in empowering of senior citizens in various cultural environments are coming from Spain, Denmark, Sweden, Greece and Slovenia, altogether from 7 Reference Sites and from the Active Assisted Living (AAL) Programme.

Agenda

Time	Agenda item
14:00 – 14:10	Opening: welcome and introduction: Alenka Rožaj Brvar – RS Slovenia
14:10 – 14.30	Keynote speech, European Commission: Ander Elustondo Jauregui - DG SANTE Empowering through digital tools – European overview
14.30 – 14.35	Introduction Covid experience - actions beyond Covid: Vojko Kavcic - Institute of Gerontology - Wayne State University
14.35 – 15.45	Roundtable - Introduction of the regions and themes of the breakout sessions AAL- Klaus Niederländer Castilla y Leon - Paula Peiro Central Denmark - Karen Thambo Christiansen Crete - Fontini Kounti Navarra - Mikel Izquierdo Slovenia - Gorazd Hladnik Skane - Staffan Karlsson
14.45 – 14.50	Introduction of two moderators from ERRIN - Lucie Durocher and Henriette Hansen and technical explanation for breaking into two sessions - Viktor Kovacic
14.50 – 15.50	Breakout sessions (2 parallel panel discussions with 7 regions) - best practices
15.50 – 16.07	Reports on findings from breakout sessions and discussion
16.07 – 16.25	Conclusions and wrap by the European Commission - Irina Kalderon Libal - DG CNECT