

Decade of Healthy Ageing 2021–2030

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1. Commitment to action on Healthy Ageing in every country

- establish national frameworks for action on Healthy Ageing
- strengthen national capacities to formulate evidence-based policy
- combat ageism and transform understanding of ageing and health

2. Developing age-friendly environments

- foster older people's autonomy (out-institution)
- enable older people's engagement
- promote multisectoral action

3. Aligning health systems to the needs of older populations

- orient health systems around intrinsic capacity and functional ability
- develop and ensure affordable access to quality older-person centred and integrated clinical care
- ensure a sustainable and appropriately trained, deployed and managed health workforce

4. Developing sustainable and equitable systems for long-term care

- establish and continually improve a sustainable and equitable long-term care system
- build workforce capacity and support caregivers
- ensure the quality of person-centred and integrated long-term care

5. Improving measurement, monitoring and research on Healthy Ageing

- agree on ways to measure, analyse, describe and monitor Healthy Ageing
- strengthen research capacities and incentives for innovation
- research and synthesize evidence on Healthy Ageing

Take home messages

- **promote** concept of HA
- it is about **functional ability**, not chronology
- **include** older people
- **support** informal caregivers
- **take care** of professionals
- **combat ageism**

