

How To Promote Active Ageing In Europe Choisir Une Langue

Aging well and continuing to be active are often regarded as THE goals in life, from individual, family, community, and population perspectives. This implies good health and physical fitness, good cognitive and positive emotional-motivational functioning, and social participation and engagement. Increasing life expectancy by means of biomedical advances is not on its own enough, however. Research shows that an individual's psychological condition contributes to their quality of life and well-being in old age – and that behavioral and psychological interventions can also prevent illness, improve cognitive and physical fitness, and increase positive emotional functioning and social participation. This book shows how psychologists and psychological science as a whole can face the challenge of promoting optimal and active aging in a society that is growing ever older.

Around the world, researchers, policy makers, and practitioners are working to ensure cities and communities are prepared for the challenges and opportunities of aged and highly urbanised populations. Bringing together stakeholders from Asia, Australia, Europe, and North America, this book presents new evidence and critical reviews of current knowledge to promote ongoing discussions on: affordable and accessible housing to support ageing in place; built environment supports for health-enhancing physical activity and mobility; and planning and design strategies and approaches to promote healthy and active ageing in cities and communities. The book content is framed by socio-ecological models of ageing and well-being that emphasise the dynamic interconnections between people and environment. Contributions in this edited volume stem from the International Ageing Urbanism Colloquium, 2017, Singapore University of Technology and Design.

Population aging and the associated burden of chronic diseases are one of the main challenges in public health worldwide. This Research Topic on "Active Aging and Disease Management" provides a comprehensive overview of population aging through fourteen comprehensive papers. Chapter 1 discusses an overview of health systems in active and healthy aging, while Chapter 2 focuses on the role of lifestyles, exercise and new technologies. Chapter 3 debates psychological and cognitive issues in aging and finally in Chapter 4, an older people self assessment is proposed and the role of communities and supporters are highlighted. We think that real social and health care integration at community level could be the key point to deliver effective health promotion and preventive intervention. Enjoy the reading!

This comparative resource charts the interface between the University of the Third Age (U3A) movement and active ageing, and in doing so, offers a comprehensive and thorough understanding of what U3A means in different geographical and sociocultural contexts. After first providing introductory chapters to introduce the U3A movement and active ageing in global perspective and tracing the origins of U3As in France, the book sets off charting the international development of U3As in both European and Asian-Pacific contexts. Deliberately, the book moves away from the dominant Anglo-centric US- and UK-rooted analyses of U3As to account for contexts of different political ideology, sociocultural values, geography, and degrees of urbanisation and industrialisation. Lastly, it thematises foreseeable issues, concerns, and predicaments that the global U3A movement faces while meeting the challenges and seizing the opportunities presented by active ageing. The chapters' comparative perspectives encompass: Origins and development: The Francophone model of U3As The development and characteristics of U3As in European and Asian-Pacific geographies From social welfare to educational gerontology: U3As in China, Russia, Taiwan, Malaysia and South Korea U3As in Italy, Spain and Sweden: A dynamic, flexible, and

accessible learning model Late-life learning for social inclusion: U3As in Poland, Iceland, United Kingdom, and Malta The U3A movement in Australia: From statewide networking to community engagement Cross-cultural perspectives on U3As: The case of Thailand The University of the Third Age and Active Ageing boasts welcome contributions to the scholarship on the different histories, structures, and challenges posed by national U3As. Readers from a variety of backgrounds and research interests including gerontology, geriatrics, active ageing, older adult learning, comparative education and educational technology will find this a necessary and valuable resource in better understanding a globalised U3A world. "The University of the Third Age and Active Ageing: European and Asian-Pacific Perspectives contributes to the deep well of histories, experiences, structures, accomplishments and problems of national U3As. It emerges as a tapestry of extraordinary research that offers to guide the U3A movement as it soon enters its fiftieth year of existence." - Prof. Stephen Katz. Trent University

This book constitutes the refereed proceedings of the 5th International Workshop on Ambient Assisted Living, IWAAL 2013, held in Carillo, Costa Rica, in December 2013. The 13 full papers and 7 short papers were carefully reviewed and selected from 23 submissions. The focus of the papers is on following topics: AAL environments, user interaction and assistive solutions, sensing and activity recognition and key application domains.

This book focuses on the nutrients and nutraceuticals that promote active and healthy ageing – recently defined by the WHO as the process of development and maintenance of functional capacity that allows well-being at an advanced stage of life. There has been a rapid rise in the use of nutritional interventions as well as specific nutraceuticals in the management of multifactorial aspects of clinical health outcomes. Written by leading experts this book comprehensively discusses the various ageing phenotypes and age-related diseases. It also assesses the nutritional status of the elderly and the various epidemiological factors that influence it. It reviews the role of dietary fiber in disease-free and fully functional ageing. Further, the book explores the benefits of polyphenols, which are secondary plant metabolites, in protecting against cancer, cardiovascular diseases, and various neurodegenerative diseases.

This book will serve to raise awareness of ways of healthy ageing that are facilitated by different forms of, and approaches to, physical activity, exercise and recreation. It presents a collection of studies focusing on the effectiveness of different methods that promote an active lifestyle among communities and older people in general. The contributions draw upon qualitative and quantitative paradigms that have 'active ageing' at the core of their investigations. The book imparts knowledge about recent advances in physical activity, recreation and wellbeing initiatives that will benefit the academic community and the wider public. It will also dispel myths about ageing and physical activity, 'trouble' popular notions of ageing, and present different intervention strategies and approaches that will serve to improve older peoples' lives and develop an understanding of active and healthy ageing. Examples are drawn from both global and local perspectives, walking initiatives, exercise classes for the over 50s, a 'dancing the tango for the D/deaf' project, an inter-generational dance project, 'Movers and Shakers' exercise intervention studies, and yoga/swimming and windsurfing case studies. Over the past few years, the Institute for Prospective Technological Studies (IPTS) has been carrying out research in the field of ageing, with a focus on the role that Information and Communication Technologies (ICT) can play to promote Active Ageing. IPTS has looked at the issue from several perspectives, including the socio-economic and technological dimensions of both the ageing phenomenon and the Active Ageing policies that the EU is now adopting. Information and Communication Technologies for Active Ageing attempts to reflect aspects of the contribution ICT can make to quality of

life for older citizens in Europe. Benefits can be found in health, employment, housing and elsewhere. The potential market for innovative solutions in ICT for Active Ageing is crucial for the European economy and for the society at large. The European Union has the opportunity to become a research and market leader through innovative applications and services for ageing. Moreover, the promotion of societal values in Europe regarding ageing can serve as a model for other ageing societies. This book is to be expected to contribute to the debates on ICT for Active Ageing and provide important hints for research in the field fostered by the European Commission's Directorate General for Information and Media.

Year on year, countries across the world continue to see an increase in life expectancy, largely attributed to the impact of modern medicine and disease eradication. There is now increasing evidence that environmental factors such as diet and lifestyle also have a significant role to play. However with this increase in years there often comes an unfortunate rise in chronic morbidity, with the quality of later life severely compromised by ill health. With age being the single greatest risk factor for a large proportion of common medical conditions, this latest report from the British Nutrition Foundation looks in detail at the role nutrition and physical activity can play in ensuring that the older adults of tomorrow can lead not only longer, but healthier lives. Written by a team of well known and respected experts Describes the role of diet and lifestyle in the ageing process of the major body organs and tissues including the brain, heart, gastrointestinal tract, musculoskeletal tissues, eyes, teeth and skin, as well as immune and endocrine systems Provides essential information for anyone involved in promoting health and quality of life for older people Each chapter includes a summary of the key points, as well as important recommendations to help identify long-term strategies for healthy ageing An overview of the main messages of the report are provided in a practical question and answer format suitable for lay readers Full of invaluable information on a subject which is set to increase in importance as the average age of populations rise worldwide, this book is crucial reading for students of nutrition, dietetics and food science, clinical nutritionists, public health nutritionists and policy makers. It will also provide an excellent reference for those working in the food industry and for nutritional supplement manufacturers and pharmaceutical companies.

This book brings together the emerging body of work on age-friendly neighbourhoods in Singapore, the Asia-Pacific region, Europe and North America. It begins with an overview chapter on the current state of policy, practice and research on age-friendly neighbourhoods in Singapore. This is followed by an annotated bibliography of published materials on age-friendly neighbourhoods in the above-mentioned countries and regions, encompassing theoretical work and empirical research reported on in journal articles, books and conference proceedings. The annotations for Singapore also map the grey literature, including unpublished dissertations and theses. The aim is to provide a sense of the scope of, issues in, and discourse on age-friendly neighbourhoods, the development of which is increasingly being recognised as a key strategy to support healthy ageing and enhance quality of life in ageing societies.

This book provides an underexplored view of ageing, one that conceives older people as valuable resources in their communities, as active citizens with both voice, and an agency that includes the capacity for resistance. It acknowledges that becoming old with dignity means also paying attention to caring, good health services and the

possibility of good death. The book defines age and ageing as multiple, culturally and historically constructed phenomena that are only loosely connected to the years of one's life. In focusing on the peripheral North located in the Nordic, Canadian and Russian north, it highlights important questions and viewpoints that can be found and adapted to other rural areas. The book answers the following questions: What is the relevance of legislation and international legal agreements in ensuring the rights of elderly people under political and economic changes? What challenges do geographic isolation, changing age structure, and cultural and ecological transformations pose to possibilities for meeting older people's needs for engagement in society as well as for their care? As such this book will be of interest to all those working in population aging. Increased life expectancy and the ageing of the population have been the subject of attention in Western countries, and particularly in Europe, for some years now. The challenge of 'squaring the circle' between ends and means - as well as between personal aspirations and systemic constraints - in health and social care continues to be a major concern for policymakers and all those involved in the delivery of services. This book, *Active Ageing and Healthy Living: A Human Centered Approach in Research and Innovation as Source of Quality of Life*, presents the results of a number of research projects from the Università Cattolica del Sacro Cuore - the largest private university in Italy and in Europe - with a strong commitment to the areas of medicine and health sciences, economics, business, international relations, political science, psychology and communications. Visions and research directions for the future are also presented and discussed. The introduction to the book addresses the challenges posed by an increasingly ageing population and the way in which multidisciplinary research can contribute to positive outcomes. The remainder of the book is divided into two sections. The first proposes promising research directions for future focus, and includes papers on demographic change; frailty in the elderly; the role of diet in healthy ageing; active ageing; and positive technology. The second section deals with recent developments in research into active ageing and healthy living (AA&HL). It addresses numerous topics, including: mechanisms to shift the balance from unhealthy to healthy ageing; nutrition; the role of ICTs for older people; work, retirement and health; and empowering skills for AA&HL.

"This brochure is a fresh and updated version of an earlier publication by the Committee of the Regions and AGE published in October 2009: "How to promote ageing well in Europe". The original brochure evidently responded to an unmet need for clear and concise information on what local and regional actors can do to promote ageing well with European support. The success and excellent reception of this document convinced of the necessity to produce an updated version to mark 2012 the European Year for Active Ageing and Solidarity between generations." --Intr. This book provides the most comprehensive analysis available of the challenges created by Europe's ageing population. Grounded in state-of-the-art scientific assessments by leading European researchers, the book is strongly policy focused. Indeed this book contains a detailed account of the policies required across a broad field, from economic sustainability and extending working lives, to healthy ageing, technological innovation, long term care and political citizenship, for the successful adaptation to the challenges of ageing in Europe and globally. It is a policy manifesto to ensure that the future of ageing in Europe is transformed into a highly beneficial one for

both citizens and societies.

One of the most pressing questions facing society today is how to care for its burgeoning elderly population. By the year 2050, experts predict that one-third of the world's population will be over 60 years old. Health promotion for the elderly is therefore becoming an increasingly important topic in public policy and planning. This book examines the challenges presented by an ageing global population, our varying expectations of healthy ageing, and the importance of exercise and physical activity for the elderly. Drawing on empirical research from around the world, it considers the factors that influence health and well-being in later life and compares practices and policies designed to promote healthy ageing. It presents case studies from 15 countries spanning Europe, North and South America, Africa and Asia, and sheds light on how attitudes to physical activity differ across nations, regions and cultures. *Ageing, Physical Activity and Health: International Perspectives* is important reading for all students, researchers and practitioners with an interest in physical activity, public health, exercise science or gerontology.

The two LNCS volume set 9754-9755 constitutes the refereed proceedings of the Second International Conference on Human Aspects of IT for the Aged Population, ITAP 2016, held as part of the 18th International Conference on Human-Computer Interaction, HCII 2016, held in Toronto, ON, Canada, in July 2016, jointly with 14 other thematically conferences. The total of 1287 papers and 186 poster papers presented at the HCII 2016 conferences were carefully reviewed and selected from 4354 submissions. LNCS 9754, *Design for Aging (Part I)*, addresses the following major topics: designing for and with the elderly; technology use and acceptance by older users; psychological and cognitive aspects of interaction and aging; mobile and wearable technologies for the elderly. LNCS 9755, *Healthy and Active Aging (Part II)*, addresses these major topics: smart and assistive environments; aging and social media; aging, learning, training and games; and aging, mobility and driving.

In January 2012, 33 national articles on the theme of employment policies to promote active ageing were commissioned from the European Employment Observatory (EEO) network of SYSDem experts. This document summarises key messages emerging from these articles and draws links with policy developments, studies and data collected at European level. Further detail on the national-level developments discussed in this report can be found in the national articles, which are available on the EEO website (<http://www.eu-employment-observatory.net/>).

This book is concerned with the general issues of ageing, learning and education for the elderly and then with the more specific issues of why, how and what elders want to learn. This monograph consists of 10 chapters written by various internationally renowned researchers and scholar-practitioners in the field.

This book provides multinational evidence on active and healthy ageing. It generates authoritative new knowledge for mutual learning and policymaking in addressing challenges linked with population ageing. The authors discuss how to achieve better active ageing outcomes through appropriate policies including addressing life course determinants of active and healthy ageing. The chapters are distinctive in their focus on quantitative analysis of active and healthy ageing based on a first-of-its-kind composite measure, the Active Ageing Index developed during the 2012 European Year for Active Ageing and Solidarity between Generations. Contributors include researchers, civil service representatives, policymakers and other stakeholders from national, regional and European organisations. This edited volume provides a multidisciplinary resource for academics and policy makers in various areas of the social sciences, especially those studying population ageing and its consequences, economists, sociologists, social policy analysts and public health experts.

The guide is aimed primarily at urban planners, but older citizens can use it to monitor progress towards more age-friendly cities. At its heart is a checklist of age-friendly features.

For example, an age-friendly city has sufficient public benches that are well-situated, well-maintained and safe, as well as sufficient public toilets that are clean, secure, accessible by people with disabilities and well-indicated. Other key features of an age-friendly city include: well-maintained and well-lit sidewalks; public buildings that are fully accessible to people with disabilities; city bus drivers who wait until older people are seated before starting off and priority seating on buses; enough reserved parking spots for people with disabilities; housing integrated in the community that accommodates changing needs and abilities as people grow older; friendly, personalized service and information instead of automated answering services; easy-to-read written information in plain language; public and commercial services and stores in neighbourhoods close to where people live, rather than concentrated outside the city; and a civic culture that respects and includes older persons.

The report presents the latest Active Ageing Index (AAI) calculations and progress over time. The Active Ageing Index is a practical tool for policymakers that helps identify areas in which older people's potential for active ageing is not yet fully realised. It measures the level of which older people live independent lives, participate in paid employment and social activities as well as their capacity to actively age. The index is constructed from 22 individual indicators that are grouped into four domains. Each domain reflects a different aspect of active ageing. AAI also offers breakdown of results by sex to highlight the differences in active ageing for men and women.

SHARE is an international survey designed to answer the societal challenges that face us due to rapid population ageing. How do Europeans age? Under which circumstances do older people and their families live, how healthy and active are they, and how did the crisis affect them? The authors of this multidisciplinary book have taken a first step toward answering these questions based on the recent SHARE data including a new social networks module.

East Asian societies are changing rapidly, and one of the most important facets of this transformation is population the ageing. of society. "Active ageing" is one of the few concepts available today to effectively address the problems arising from a highly-aged and, particularly in East Asia, fast-ageing society, offering a new social policy paradigm to redirect and innovate new social policies, particularly social services, social transfers, social regulations and laws, towards more investment in and support of the fast rising number of olderelderly citizens. This book focuses on the experiences of East Asian societies where active ageing has been implemented. It presents a thorough analysis of the concept of active ageing and its potential and problems of implementations in different stages of development in East Asia, whilst providing theoretical clarity to, and broadening the concept of, active ageing. Further, the country-focused case studies explore how to design, pursue, measure and evaluate social policies, highlight the problems related to the implementation of the concept of active ageing in social policy and outline the practical implications of active ageing theory forin policy making. Active Ageing in Asia will appeal to students and scholars of social and public policy, social work, gerontology and health and social administration, as well as to policy makers working in the field.

The book provides an interesting analysis of the time-use data to examine the extent to which active ageing is occurring in India. It also synthesizes data from the National Sample Survey Office All India Survey and another survey undertaken in Kolkata, Bhubaneswar, and Ranchi (capital cities of East Indian states) to examine the role of the aged in the Indian Society. Nearly all countries in the world are experiencing an important issue of ageing. India faces its own set of challenges with its aging population

due to the absence of a social security system—the shifting family dynamics questions the contribution of the elderly to the family in every aspect. Econometric models have been used in the book to study gender differences and variations across socio-economic conditions, correlating them to the contribution of the aged to their families and the extent of active ageing. The book broadens the understanding on the aged and facilitates their integration in the society so that they can age more actively. Active Ageing and Labour Market Engagement offers an analytical perspective to professionals, researchers, and policy makers interested in gerontology.

Provides important new insights for academics and students interested in ageing societies, active ageing and voluntary work. It will also be of great value for policy makers and practitioner in third sector and voluntary organisations.

This book demonstrates the efficacy of a multidisciplinary intervention strategy for promoting active and healthy ageing, with the assistance of dedicated technological resources. Taking an applied approach, this book promotes active and healthy ageing through the implementation of an intervention model based on the comprehensive geriatric approach (AGA). The proposed AGA model, entitled AGA@4life, is based on a holistic and multidisciplinary individual assessment protocol, with the consequent design and implementation of intervention strategies tailored to each individual, aimed at preventing frailty and functional, cognitive and social decline of the elderly.

Intervention actions focus on personalized exercise programs, nutrition education, cognitive stimulation, co-morbidity monitoring, therapeutic counselling, and overall promotion of well-being. This book will be of interest to researchers, professionals, and students working in ageing and health, gerontology, and preventative and holistic approaches to well-being.

The Council for Third Age was established in May 2007 to promote active ageing so that seniors in Singapore can enjoy a better quality of life. This folder contains information on health, relationships and financial management.

This book presents an analysis of active ageing and physical activity from a multidisciplinary perspective. With descriptions of exercises, adequately illustrated with pictures, this book shows that regular physical activity reduces the prevalence of chronic diseases associated with ageing, as well as the risk of morbidity and mortality of the elderly. It confirms that exercise programs minimize the psychomotor decline, prevent the loss of functionality, inability and dementia, and foster significant gains in health and well-being, leading to increased quality of life of the elderly.

There is little evidence about the factors that influence the promotion of active ageing, and the level of activity, in older people with mental disorders living in rural areas in Thailand. Objective: The purpose of this study was to develop and test a new instrument: Promoting Active Ageing in Older People with Mental Disorders (PAA-MD).

Europe is ageing. However, in many European countries, and in almost all fields of life, older persons experience discrimination, social exclusion, and negative stereotypes that portray them as different or a burden to society. This pivotal book is the first of its kind, providing a rich and diverse analysis of the inter-relationships between ageing, ageism and law within Europe.

This handbook presents an overview of studies on the relationship of active

ageing and quality of life. It addresses the new challenges of ageing from the paradigm of positive ageing (active, healthy and successful) for a better quality of life. It provides theoretical perspectives and empirical studies, including scientific knowledge as well as practical experiences about the good ageing and the quality of later life around the world, in order to respond to the challenges of an aged population. The handbook is structured in 4 sections covering theoretical and conceptual perspectives, social policy issues and research agenda, methods, measurement instrument-scales and evaluations, and lastly application studies including domains and geographical contexts. Chapter 5 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com./div

What is quality of life? What is quality of life in older age? How can quality of life in older age be improved? This book explores concepts of quality of life in older age in the theoretical literature and presents the views of a national sample of people aged sixty- five years or older. It offers a broad overview of the quality of life experienced by older people in Britain using a number of wide ranging indicators, including: Health Hobbies and interests Home and neighbourhood Income Independence Psychological wellbeing Social and family relationships The result is a fascinating book enlivened by rich data - both quantitative and qualitative - drawn from detailed surveys and interviews with almost a thousand older people. Ageing Well is key reading for students, academics, practitioners and policy makers who are concerned with the research and practice that will help to improve quality of life for older people.

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