



## Summary

1. How is active ageing seen in Austria?
2. How is active ageing seen in Styria?
3. How is active ageing seen in Graz?
4. Definitions of active ageing
5. What does active ageing mean?  
(Brainstorming and discussion in Graz)



## Objectives of the Austrian Government 2012

- Raising awareness
- Exchanging good practices, developing strategies and measures
- Supporting decision makers und stakeholders in creating the necessary framework
- Combating age discrimination



## Measures of the Austrian Government 2012

- Priority ~~s~~participation‰
- Priority ~~s~~work environment‰
- Priority ~~s~~healthy and dignified ageing‰
- Priority ~~s~~intergenerational relations‰



## Ensuring a Society for all Ages, Ministerial Conference in Vienna, September 2012

- Promoting longer working life / maintaining work ability
- Participation, non-discrimination and social inclusion of older persons
- Creating an enabling environment for health, independence and ageing in dignity
- Stimulating intergenerational dialogue and solidarity between the generations
- Promoting quality of life and active ageing



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## Federal Government of Styria

Department for Society and Generations since 2011

- Aims at promoting all issues of generations in all social areas
- Supports projects for intergenerational learning, housing and living



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## Federal Government of Styria - Events

- “ [Age on Stage: Later Learning in Adult Education and its Role in Europe's Development](#)
- “ [Chance giving - Chance living!](#)
- “ [Flat-sharing projects for seniors](#)
- “ [Generations Action-Week in Styria - 1st edition](#)
- “ [InterGen – Intergenerational Learning in Europe](#)
- “ [OsteoLink – online network for people with Osteoporosis](#)
- “ [Styria's government funds initiatives aimed to encourage intergenerational dialogue](#)
- “ [Styrian generations conference Young. Old. Together](#)
- “ [The Styrian 'Two and More Family Pass'](#)
- “ [Time Auxiliary Net in Styria](#)
- “ [Womango 50+](#)



## Service Department for Senior Citizens SeniorInnenbüro Graz

27 Initiatives of Volunteers with a big variety of offers, i.e.

Language talk tables, painting, writing, card playing, singing, museum and cinema visits, internet surfing, needleworks, nordic walking etc



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## Other Voluntary Initiatives

- Royal Jazz Club in Graz
- Greek Dance Group (for all generations)



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## Definitions of Active Ageing - WHO

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.



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## Definitions of Active Ageing (EU 2012)

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. 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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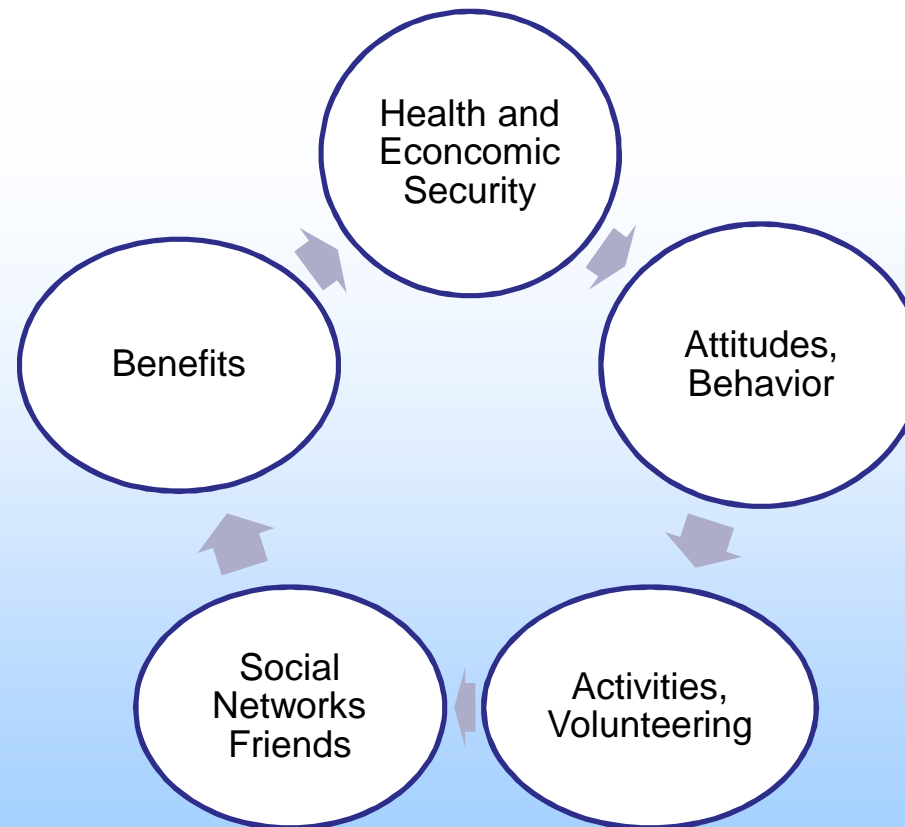


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## What does active ageing mean?





## **Health and Economic Security**

Physical activity . moving your body also moves your mind, healthy nutrition  
Income security, safe environment

## **Attitudes, Behavior**

Active life does not start with retirement, it begins earlier.

To be aware of the ageing process and not deny shortcomings (speaking about them could make things easier)

To be active means acting and not to be passive.

Accept and meet challenges

Concentrate on skills and abilities instead of concentrating on problems

Personal responsibility, to be self determined



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## **Activities, Volunteering**

Structures, ambitions and commitments are important.

To be a useful member in the community gains importance,

Activities should make sense

You can organise your learning activities

## **Social networks, friends**

Are very important, especially when there are little family duties

## **Benefits**

You can live your own rhythm

This phase of life (retirement) could be understood as a form of *freestyle%*

You can choose activities you really like to do

You can organise your time



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## Supplements to Definitions of Active Ageing - Team Graz

"Active Ageing means for me being integrated in society, interested in getting to know new things and striving to lead a healthy life;

On a more personal level active ageing means for me being involved in activities to achieve social goals (a better life for social groups), and trying to be fit enough to be a loving support and good company to family and friends."



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## Supplements to Definitions of Active Ageing - Team Graz

"Active Ageing means for me to live in a peaceful environment, where society puts all efforts to secure dignity of human beings.

Personally I want to continue developing my personality finding a good balance between effort and leisure.+

▪



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## Supplements to Definitions of Active Ageing - Team Graz

Active ageing means for me:

- “ To accept the challenges of ageing in a self-determined way, well informed and integrated into a community.
- “ To manage everyday life together with good friends, helping and motivating each other.
- “ To remain interested in all aspects of life as long as possible



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## Supplements to Definitions of Active Ageing - Team Graz

Active ageing means for me personally:

- “ I wish to stay healthy and independent as long as possible;
- “ to enjoy all the pleasant and interesting opportunities that life still holds ready for me;
- “ and to be open for all kinds of physical, emotional, mental and spiritual challenges.



## Supplements to Definitions of Active Ageing - Team Graz

Active ageing means for me growing older in good health, using my skills, experiences and talents for volunteering in social work, which is a challenge to me.

Active life means to live full of joy: having time for social contacts with family and friends, time to retreat and rest, and for challenging goals like participating in EU-projects.



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Some people,  
no matter how old  
they get,  
never lose their  
beauty .  
they merely move  
it from their faces  
into their hearts.

Thank you very much for your attention!