



Alpine Space Transnational Governance of Active and Healthy Ageing

Report from the
Conference with
international participation

Gozd Martuljek, Hotel Špik,
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Blenkuš

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INTRODUCTION¹

At the conference, local and foreign experts presented various good practices from seven ASTAHG project areas/domains (social, health, independent living, long-term care, culture and tourism, wellbeing and mobility and transport). We had also invited participants from all 4 areas of 4 Helix scheme (Governance, Academia, Industry and Civil society). At the conference the first results of an overview of the state of active and healthy aging in the Alpine space of the Gorica and Gorenjska regions were also presented.

The conference was very well attended, with 112 participants registered and 85 participants attending. Main participants were from health sector. As a organizer, we applied for licence points at Nurses and Midwives Association of Slovenia, Medical Chamber of Slovenia and Social Chamber.

There were 4 workshops in the afternoon part of the conference and all were well attended but the most visited was the workshop with title "Independent living and Long-term care" - entitled: Household community - a form of coexistence.

During the break, participants were able to view the exhibitors' stands: University of Jesenice, project STAR VITAL, Soča Valley Development Centre and ZDUS – the Slovene Federation of Pensioners' Associations.

Information on the ASTAHG Project (poster) and invitations (flyer) to Transnational Governance Board (TGB) were available throughout the entire event. The TGB is focused on the AHA challenge in the Alpine Space and is composed by public and private actors, pertaining to different levels (regional/local) and sectors as well as representing the AS territorial specificities (rural, mountain and urban areas).

More about the project:

- <https://www.alpine-space.eu/projects/astahg/>
- <https://www.nijz.si/sl/projekt-astahg-mednarodno-upravljanje-aktivnega-in-zdravega-staranja-v-alpskem-prostoru> and
- <http://www.staranje.si/aktualno>

¹ Technical translation



Invitation to the ASTAHG local event in Slovenia

With an increasing proportion of the older adults, political decision makers in the Alpine region (AS) regions are promoting an active and healthy aging policy (AHA).

To address the topic as effectively as possible, authorities from different sectors (from healthcare to transport) should coordinate their efforts and work with private operators, local authorities and researchers.

The design, implementation and evaluation of public policies in remote areas represents a challenge at various levels. We will be dedicated to them at the regional ASTAHG event, which we kindly invite you to.

At the ASTAHG event, various challenges will be highlighted with the help of experts from different fields. The main part of the conference will be dedicated to finding effective solutions for the quality of life of the older people in remote areas. We invite you to join us or share your experiences and suggestions with us.

Together we can do more!



Final programme of the conference with international participation

OPPORTUNITIES FOR ACTIVE AND HEALTHY AGING IN THE ALPINE SPACE

08.30-9.00	Registration	
09.00-9.30	Conference opening – welcome speech Rade Pribakovič Brinovec, representative of National institute of Public Health Bogdan Janša, deputy mayor of the Kranjska Gora municipality	
09.30-9.55	<i>Opportunities for active and healthy ageing in the Alpine Space</i> <i>The challenges of the ASTAHG project</i>	Andreja Mezinec , coordinator of ASTAHG NIJZ team, National institute of Public Health, Regional Unit Nova Gorica doc. dr. Luka Kronegger , researcher, Faculty of Social Sciences doc. prim. dr. Mojca Gabrijelčič Blenkuš , National institute of Public Health
09.55-10.15	<i>Key public-health challenges of Alpine municipalities with an emphasis on ageing</i>	prim. Alenka Hafner , Head of Regional Unit Kranj, National institute of Public Health prim. prof. dr. Marko Vudrag , Head of Regional Unit Nova Gorica, National institute of Public Health
10.15-10.30	<i>Social and employment aspects of ageing in the Alpine area-barriers and opportunities</i>	dr. Magda Zupančič , secretary, Ministry of Labour, Family, Social Affairs and Equal Opportunities
10.30-11.05	Discussion first part	
11.05-11.25	Coffee Break	
11.25-11.50	<i>Active and Healthy Ageing Tourism in the Entremont District in the Swiss Alps: Challenges and Opportunities for the Quality of Life</i>	dr. Astrid Stuckelberger , leader of ASTAHG for Switzerland, University of Geneva and Lausanne

11:50-12:05	<i>Mobility planning with an emphasis on older residents</i>	mag. Peter Zajc, mag. Barbara Černič Mali , The Urban planning Institute of the Republic of Slovenia		
12:05-12:20	<i>The position of the older adults in the Alpine space-opportunities and barriers-view CSD</i>	Anita Bregar univ. dipl. soc. delavka , assistant director Social Work Centre of Gorenjska region, Jesenice unit		
12.20-12:35	<i>I start the day with inspiration</i>	mag. Damijana Kravanja , Soča Valley Development Centre		
12:35-12.45	<i>Discussion second part</i>			
12.45-13.50	Lunch break			
13.50-15.25	Interactive discussion in four working groups/ parallel sessions			
	Social care and Health care Introduction to the workshop with presenting <i>the programe for seniors</i> with title: "Active ageting - the coexistence of generations " Nežka Koren, mag. soc. del Social Work Centre of Northern Primorska region, unit Tolmin	Independent living and Long-term care Introduction to the workshop with presenting life in the living community with title: “Household community - a form of coexistence” Peter Prezelj	Culture and tourism Introduction to the workshop with presenting “Ski center Vogel Bohinj” Sandra Fiorelli	Wellbeing, Mobility and Transport Introduction to the workshop with title “Assistance to citizens from the voluntary fire brigade Bovec side” Davor Gašperčič, commander of voluntary fire brigade Bovec
	<i>Moderator: Mojca Gabrijelčič Blenkuš</i>	<i>Moderator: Ria Jagodic</i>	<i>Moderator: Monika Robnik</i>	<i>Moderator: Marko Vudrag</i>
15.25-16.15	Conference closing with Tone Fonezzi - Tof			

The conference was moderated by Andreja Meziniec, NIJZ Regional unit Nova Gorica and Ria Jagodic, NIJZ Regional unit Kranj.

About the conference with international participation

The children are our greatest fortune, with this statement we all probably agree. Conference with title: *"Opportunities for Active and Healthy Ageing in the Alpine space"*, was opened by children from the kindergarten Kekčevi junaki-Kranjska Gora, under the mentorship of Marjetke Šušterčič.



Picture 1: Conference opening

On behalf of the National Institute of Public Health, the event was welcomed by the Radivoje Pribakovič Brinovec, on behalf of the Municipality of Kranjska Gora deputy mayor Bogdan Janša and The Ministry of Health has asked Mojca Gabrijelčič Blenkuš (NIJZ) for a welcome speech on their behalf.



Picture 2: Welcome speech

The conference was attended by stakeholders from different fields such as health, social, education, NGOs and other. Our motto is "Together we can do more" so we strive through the project as well as the event, involve different stakeholders and thus allow them to co-create an ASTAHG project and event

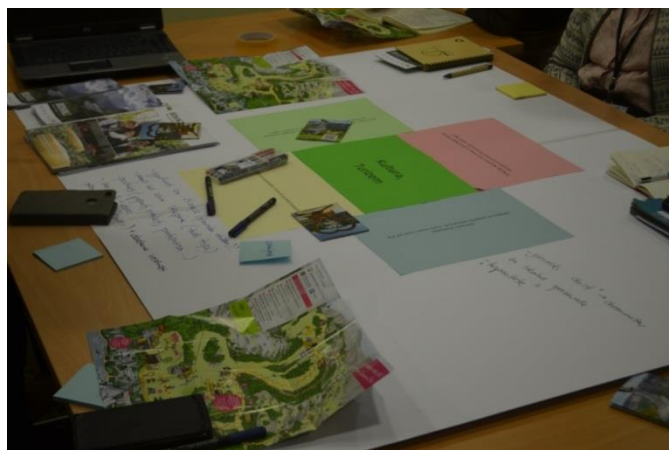
The event was co-created together:

- with active participation;

Plenary session



- with interactive discussion in four working groups/ parallel sessions;



- By presenting their work (we have invited four exhibitors)



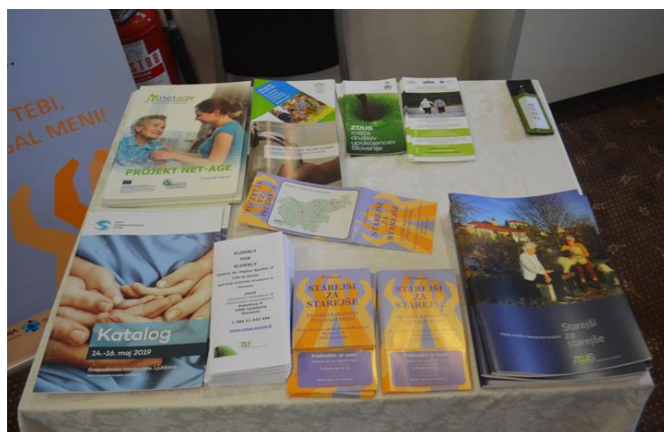
Project Star Vital



University of the Third Age Jesenice



Soča Valley Development Centre



Slovene Federation of Pensioners Associations

- All participants through the Sli.do application to answer three questions and to ask anonymous questions during the event
- Through the evaluation questionnaire completed by the participants at the end of the event (see Picture below as one of the results of evaluation questionnaire).



One of the results: Question regarding overall conference satisfaction average response (1-5)

Key outcomes from the workshops

Workshop	Social care and Health care	Independent living and Long-term care	Culture and <u>tourism</u>	Wellbeing, Mobility and Transport
Key outcomes	<u>Social care</u> <ul style="list-style-type: none"> - change in the perception of aging - physical activity ability to maintain physical fitness - access to healthcare pharmacy doctor, mobile health services 	<u>With whom you are (do you like to be) connected?</u> <ul style="list-style-type: none"> - with different societies, interest groups, - NGO, public services, - humanitarian organizations - Like to connect with: local politics, municipalities... 	<u>With whom you are (do you like to be) connected?</u> <ul style="list-style-type: none"> - hoteliers, destinations with each other, common products 	<u>With whom you are connected?</u> <ul style="list-style-type: none"> - centers for social work, - media
	<u>Healthcare</u> <ul style="list-style-type: none"> - encouraging and rewarding volunteering - promoting health content in other sectors - promoting intergenerational cooperation 	<u>Obstacles</u> <ul style="list-style-type: none"> - disconnection of the system, - modern technology (relationships- alienation) <u>Opportunities:</u> <ul style="list-style-type: none"> - integration of social and health care, - financing arrangements, - new kind of needs (eg. home for hippies) <u>Proposed solutions:</u> <ul style="list-style-type: none"> - strengthening existing services, - volunteering, - shift in thinking 	<u>Obstacles, opportunities:</u> <ul style="list-style-type: none"> - mass tourism Proposed measures: <ul style="list-style-type: none"> - regulation with price (be careful not to lose local people – increase inequalities) - traffic restriction 	<u>Obstacles, opportunities:</u> <ul style="list-style-type: none"> - lack of communication between responsible stakeholders - closing down post offices in remote area - unregularly home visits, - care for information infrastructure



Key outcomes		<u>What could make life easier for the elderly in remote Alpine areas?</u> <ul style="list-style-type: none"> - involvement in the household community, - intergenerational coexistence 	<u>How can tourism enrich the lives of older people in remote areas in the Alpine region?</u> <ul style="list-style-type: none"> - disseminating knowledge of older local people - the elderly may be providers of local product or rooms - intergenerational socializing, 	<u>How can mobility and transport problems of the elderly in remote Alpine areas be addressed?</u> <ul style="list-style-type: none"> - organized free transport for older people, - maintaining a social life, - “traveling pharmacy”
		<u>What contributes to the fact that older people from remote alpine areas can stay at home longer?</u> <ul style="list-style-type: none"> - social inclusion, - accessibility of services, - individuals own activity - flexibility of services 	<u>Obstacles and adjustments:</u> <ul style="list-style-type: none"> - accessibility of services for the elderly, - accessibility of the medical service. 	<u>What factors affect the well-being and healthy and active life of the older people in remote Alpine areas?</u> <ul style="list-style-type: none"> - good practices and examples, - self initiative (a feeling that you are safe), - organized municipal infrastructure - identification of the older peoples needs in rural area

Conclusions

As mentioned, the ASTAHG event was aimed at finding answers to the many challenges in the field of: social, health, independent living, long-term care, tourism, well-being, mobility and transport, with emphasis on AHA in remote areas. The event confirmed that we need intersectoral approach, cooperation as well as additional training on AHA.

Slovenia has adopted a Long-lived Society Strategy and recognized the great challenge of active and healthy aging for all of us. The action plans are currently under the preparation. They would also have to take into account the specificities of the areas that are removed. This issue was being voiced by the European Commission through its mechanisms. However, local implementation will play a key role in contacting individuals who have been assisted and supported by the activity. Access to services plays an important role in an individual's life and has a significant impact on their quality of life too.

We are delighted to have people on ASTAHG various topics, to present good practices and to offer the opportunity to continue with participation.

We would like to thank you all for helping us to have the opportunity to co-created the conference!

More about the conference and ASTAHG project you can find at <http://www.staranje.si/>.

NIJZ ASTAHG TEAM