



Executive Summary: Workshop Healthy Ageing – Austria

A workshop organised as part of the FRAM project took place at the beginning of November 2012 and unveiled an Austrian recipe on Active Aging at the municipal level.

An opening presentation summarised the existing work on the project by the Austrian contributor the *European Centre for Social Welfare policy and Research*. The following presentations introduced projects that meet criteria to solve the problematic of active and healthy ageing at the municipal level. **Pflege Zukunft** was one example. It included a wide variety of activities in the field of social welfare, counselling, provision of social services, or education.

Another project **Village Service** was based on the collaboration of all involved at the municipal level. Volunteering was incorporated as another aspect of successful implementation. In the same time the project was a remarkable example of good practice in terms of establishing neighbourhood ties and friendly relations. **Ageing in the friendly neighbourhood** then focuses on helping the seniors in their daily routine, hiring medical equipment, or meal delivery. The project is a prime example of the intergenerational connection.

Visits to other facilities that specialised in the direct care of the elderly were also part of the workshop. The Caring Home in Wels was one with a strong community aspect and first of its type. It cares for the elderly with dementia. People with this diagnosis continue to live their daily routines and do whatever they were used to doing during their productive lives. That is a recipe for better mental health and well-being of people with dementia.

The next visit was also to a facility with a homely character. Both Diakonie House and Dragons House were opened to the public. Diakonie had even its own café run by the residents. The last institution to visit was a care home in **Gastpoltshofen**. Its services were task oriented and included palliative care as well.

This practical workshop unveiled several examples of good practice in the area of active aging. These are transferable to a Czech environment. The workshop was an important source of content for the Toolkit especially its section good practice abroad.

