



Executive Summary Workshop Prague

An Active and Healthy Ageing workshop took place in Gröbe's residence in Prague on 29 November 2012 as part of the FRAM project. Experts and other specialists attended and discussed the examples and implementation of good practice to attain an active and healthy environment in the Czech Republic.

Iva Holmerová, a representative of the organizer CELLA, introduced the aim of the workshop. "We intend to design a manual that is based on the research project and that will provide a further insight into the issue of active and healthy ageing. It is aimed to address the needs of the municipal authorities and more importantly the needs of the elderly themselves." "It is those authorities that closely relate to our elderly. They provide and develop the services and activities directed at this population," emphasized Tomáš Roubal, a representative of Ministry of Health CR. The town Prachatice was found to be a good example of the good practice municipality. Its representative Mrs Rabenhauptová brought to light some of its approaches in the problematic. "It is important to provide a solution that fits the problem. We must realize that it is not necessary to 'reinvent America' in the area of active ageing. There are functional tools in place that we don't need to change." Bos Joke, a representative of the good practice in abroad who has also been mentioned in the Good Practice Manual, introduced the so called Meeting Centres in the Netherlands. The centres were directed at people with Alzheimer's disease and were an excellent example of work with this vulnerable group. Other remarkable examples such as ICT technologies and designs were also presented at the workshop, but most attention was given to the needs of the elderly and their carers. Findings of the pilot study - What do the elderly need? - by Michala Peškeová and Olga Starostová suggested that active and self-reliant seniors did not wish to face or discuss the issue of the long-term care. They disliked the fact that they were limited in terms of their choice of and influence on the long-term services. Nataša Slavíková from the civil association Family care represented the families and carers for the elderly. "The demanding nature of caring is going to reflect on the health of those who often have no time or opportunity to rest and switch off," commented Slavíková. Olga Štěpánková from ČVUT (Czech Technical University) demonstrated the options of modern technologies in the area of long-term care. She highlighted on several occasions that the application and further progression of technologies depended on the willingness of the caring institutions to install them. Ondřej Mátl from CEVRO Institute added that there were projects using and testing those technologies. The presentation by David Tichý from FA (Faculty of Architecture) ČVUT and the Centre of Quality Living (civil association) reviewed an issue of the lives of the elderly. He reflected on the possibilities of community living for seniors in so called co-housing. It provided an opportunity to avoid the social exclusion often observed among the elderly.

The Active and Healthy Ageing workshop overall introduced the key trends in the area of good practice. Its mechanisms are to be inspected further in the planned Good Practice Manual which is FRAM's main proposal and is expected to culminate by the summer 2013.

