

WG1

STRATEGY PLAN FOR SENIORS

• SENIORS in Emilia-Romagna

Elderly residents in Emilia-Romagna to 1 January 2011 are more than 986,000, or 22.3% of the total regional population. Over 75 are 517 000 (11.7% of the total population) and persons who have passed the age of eighty turn out 314,652 (7.1%). The female component is prevalent and constitutes 57.6% of residents aged 65 and over and rises to 65% among the very elderly (80 years and over) with consequences intended to affect the definition of regional policies for older people..

Province	0-14 y	15-39y	40-64y	65and over	Tot.
Piacenza	36.617	80.937	103.432	68.901	289.887
Parma	57.621	129.588	156.504	98.357	442.070
Reggio Emilia	80.489	162.29	183.903	103.701	530.388
Modena	99.503	207.386	249.136	144.989	700.914
Bologna	127.347	273.383	359.430	231.838	991.998
Ferrara	39.401	93.420	136.152	91.021	359.994
Ravenna	50.364	107.515	141.928	92.651	392.458
Forlì-Cesena	52.863	114.947	140.109	87.567	395.486
Rimini	45.676	97.251	118.497	67.820	329.224
Emilia-Romagna	589.741	1.266.722	1.589.091	986.845	4.432.439

The last decade, the incidence of the elderly population is initially increased from 22.2% in 2001 to 22.8 in 2007, the year in which the trend reversed, until reaching the current 22.3. In recent years the pace of growth of the elderly population are lower than those of the young population, if this trend were to continue would lead to a substantial stability of the weight of the elderly. Demographic projections indicate an overall growth in the period 2010-2030 of the elderly population (65 and over) that could exceed 20%. In 20 years, about a third of the elderly residents in the region will have more than 80 years.

• Political drivers in Emilia Romagna:

PAR : a society for all ages : regional actions for elderly people

PAR is essentially an integrated tool and, therefore, does not belong to any specific area of regional planning (eg the Health and Social Plan or Area Plans) but outlines objectives and synergies for the integrated development of all policies. It is not a law, you have no funds and is

not a direct intervention! It was designed as a novelty of cross-sectoral approach that would help all actors (institutions, trade unions and association) to better understand how to improve public policy and private capital towards the elderly population and to ensure to all the enjoyment rights at all stages of life, realizing the goal of "a society for all ages .

Par and physical activity for elderly people

Goals :

1. **Improve the accessibility and usability of sports facilities** also developing within the Regional Observatory on sport specific attention to sports in the elderly population and disabled
2. **Promote use of sports facilities open to the entire population** through time flexibility of access, without prejudice of age or gender in setting priorities.
3. **Making accessible areas that can also be used for physical activities and sports** spread (fitness trails, bike paths in safety, etc.).
4. **Increase the percentage of seniors who practice physical activities continuously** and appropriate to their physical conditions, in particular with the following interventions:
 - Reducing barriers to the participation of older people in sports initiatives (lack of information, transportation problems..)
 - Making an information campaign on the benefits for the people who derive from the adoption of a healthy lifestyle and a regular exercise program
 - Valuing the social gathering and the contrast of the insulation connected to the performance of sport or physical activities
 - Encourage and support the activities of associations and groups that organize physical activities for the elderly with continuity and experience.
 - Testing of qualified figures and specially formed to promote the sport of the elderly with more than 70 years: teachers of physical education (Science Motor Faculty)

• UISP's policy in regard to active aging

UISP realizes project according with Par's general goals and in particular aims to :

DISSEMINATE the values of well-being and healthy lifestyles

COMBAT social isolation and loneliness

PROMOTE intergenerational exchanges

THINK "aging" like a new positive concept

COOPERATE in networking projects with public and private organizations

Specific goals :

- Return dignity, self-esteem and trust people
- Reinforce social exchanges
- Taking care of own body

- Improve flexibility, balance, coordination
- Consciousness of own posture
- Toning and core stability
- Endurance training
- Relax and breathing education

In APA :

- Pain reduction
- Maintenance of residual motor skills
- Improve flexibility
- Increase range of movement
- Stimulation of balance
- re-educational movements
- Managing the disease

- **Target groups**

General population groups :

The population aged over 65, and Emilia-Romagna consists of:

1. 45% of people in good health and low risk of disease, corresponding to an estimate of more than 435,000 people in the region. Among over 74 y the percentage of people in good health down to 28%.
2. 25% of people in good health, but at the risk of illness and frailty, amounting to an estimated 240,000 people in the region, with no significant differences by age (28% among 65-74y and 23% among over 74y) .
3. 18% of people with signs of fragility, amounting to an estimated 174,000 people, this group is most represented among over 74y(31% versus 6% of 65-74y). People with signs of fragility can be divided in two groups: with low signs of fragility (10%) and with marked signs of fragility (8%), these are estimated to be 77 000.
4. 12% of people with disabilities, equal to an estimated 116,000 people, with significant differences by age group (4% among 65-74y and 18% among over74y). Within this group are distinguished partially disabled (10%) and totally disabled (2%), the latter are estimated to be 19,000.

Specific target groups in UISP's activities :

- **Fitness groups :** (gen groups n. 1 and 2) - proposals: soft gymnastic, swimming, water gymnastic , walking groups, traditional sports (cycling, soccer...) , active holidays, swimming, tai chi, qigong, yoga, dances , slowmove
- **Adapted physical activities :** (gen group n. 3 and 4) - proposals : Gymnastic at home, adapted physical activities in gym or swimming pool for :
 - Back pain
 - Stabilized stroke
 - Parkinson's disease
 - Osteoarthritis of the hip and knee
 - Multiple sclerosis
 - Obesity
 - Osteoporosis

- **Teachers**

All the activities are managed by teachers in physical educations (except traditional sports).

They must have:

- University degree in physical education (Motor science faculties)
- Specializing UISP's training courses:
 - a) First level: general course for physical activities with seniors
 - b) Specialized course APA (Swimming pool and Gym)
 - Home GYM (Apartment, home, hospice)
 - SlowMove (Gym)
 - Walking group (outdoor activities)

- **Environment for physical activities :**

Home
Gym
Swimming pool
Parks
Beaches
Rest homes

- **Networking**

Main partnership:

- Health Ministry
- Region / provinces / municipalities (sport and health departments)
- Hospitals
- Primary care physicians
- Sport physicians
- Universities
- Private sponsor and foundations
- Sport clubs
- Social cooperatives
- Volunteering associations

- **Funding**

UISP realizes project according with Par's general goals receiving funds from UE , Government funds, Emilia Romagna, provinces, municipalities from Sport and Health departments , bank foundations, private sponsor and from the participants .