LONGEVITY STRATEGY IN SLOVENIA
Country examples

Dr. Mojca Gabrijelčič Blenkuš,
National institute of public health
Biological construction of reality

CONCEPT OF SUCCESSFUL AGING

A suit named AGNES, an acronym for the Age Gain Now Empathy System, is designed to help young engineers understand the physical limitations of older people.

**Helmet:**
An anchor point for the bungee points that attach to the hip.

**Goggles:**
Minimize the natural yellowing of the eye lenses.

**Bungee Cords:**
Run from helmet to hip, restricting movement. The tension they create makes spinal extension difficult, meant to mimic curvature of the spine. They also help to reduce the rotation of the spine.

**Neck Collar:**
Limits joint mobility and selection and extension of the spine.

**Wrist Guards:**
Reduce the flexion and extension of the wrists.

**Gloves:**
A double layer of rubber gloves to reduce the tactile sensation through the fingers and restrict the movement of the hand.

**Braces:**
Placed at the knees and elbows to compress the musculature, tighten the joint, restrict movement, and induce fatigue.

**Belt:**
Used to anchor the bungee cords and elastic band from hip to wrist.

**Elastic Band:**
Runs from hip to wrist to reduce shoulder mobility and cause fatigue.

**Shoes:**
These are civilian shoes for use in public, but in the lab, foam-padded shoes are used to throw off the subject’s balance.

Vir: [http://agelab.mit.edu/about-agelab](http://agelab.mit.edu/about-agelab)
Vir: http://agelab.mit.edu/about-agelab
Specific health problems in old age, adding to the construction of reality

- Dementia
- Urinary incontinence
- Physical, mental and social frailty
Share of inhabitants, who self-assessed their health as “very good” and “good”, 65 years +, by education level

Equity issues – another element in construction of reality

Source: EHIS Slovenia, 2007 and 2014, NIJZ.
Share of inhabitants who assessed the following **daily activities as difficult**: ability of using stairs, bathing or taking shower, shopping, managing personal finances, 65 years +, by education level

**Source: EHIS Slovenia, 2007 and 2014, NIJZ.**
Decreasing of active/working population in Slovenia in next decades

Source: Institute of Macroeconomic Analyses and Development Slovenia, September 2016
Decreasing and aging of workforce in Slovenia

Source: Longevity society strategy for Slovenia, proposal in public consultation, May 2017
Active and Health Aging in Slovenia, DG EMPL funded project


AHA.SI double role:
1. Preparation of background documents for the longevity strategy
2. MORE IMPORTANT:
   - Participatory engagement and networking of all relevant stakeholders and of citizens
   - understanding the need for change with regard to aging in Slovenia (“we have to feel the need”)

Two state secretaries from the cabinet of the prime minister were involved in AHA.SI

report_ehnet_slovenia_study_visit_2016.pdf

EuroHealthNet role
European Semester and CSRs (including May 2017)
Strategy for longevity society in Slovenia, public consultation in May – June 2017; based on AHA.SI results, too

Four main directions/pillars for the development of longevity strategy for Slovenia:

• employment and adaptations in labour market, together with lifelong learning and migration policies

• independant, healthy and safe life for all generations (social protection systems, health and long term services, health promotion and decreasing inequalities in health)

• social inclusion (cooperation among generations, volunteering, IT communications, ...)

• creation of supportive environments for the wholelife span (in economy, living conditions, infrastructure, ...)

Social policy, adopted in consensus and solidarity in intergeneration cooperation, will be the key for wellbeing of all generations.

Source: Longevity society strategy for Slovenia, proposal in public consultation, May 2017
Strategy for longevity society in Slovenia, public consultation in May – June 2017

Vision:
In the changed demographic circumstances, society and systems provide wellbeing and quality life to all citizens. Intergenerational coexistence, participation of all generations in society and awareness of the importance of quality ageing are highlighted.

Strategic goals:
• Wellbeing of all generations and distant and safe aging in home environment
• Involvement of all generations in economic, societal, social and cultural life, in line with their preferences and needs, in intergenerational coexistence
• Maintenance and improvement of physical and mental health of people of all age

Source: Longevity society strategy for Slovenia, proposal in public consultation, May 2017
Strategy for longevity society in Slovenia, public consultation in May – June 2017

PRESENT MODEL
Age differentiation of tasks/activities

NEW MODEL
Integration of key roles/activities in the whole life cycle

old age

RETIREMENT/LEISURE TIME

active years

WORK/EMPLOYMENT

young age

EDUCATION

Source: Longevity society strategy for Slovenia, proposal in public consultation, May 2017

»... necessity for development of a more flexible and fluid concept, highlighting lifelong learning and longer working activity, with more careers.«
Health and wellbeing are in the heart of the longevity society strategic proposal – health promoting strategy with strong social and HiAP elements.

“we all have to feel the need for change in attitude to ageing”

Implementation action plan(s) foreseen