

# Active and Healthy Ageing: an integrated approach to health, social and community care

## EuroHealthNet Country Exchange Visit

Dates: 26-27 March 2026

Place: Venice, Italy (venues for different parts of the programme may vary)

### Introduction

Europe's population is ageing rapidly, bringing both opportunities and challenges for health and social systems, communities, and policymakers. Ensuring that people not only live longer but also live healthier, more active, and fulfilling lives has become a key objective of European public health and social policy. Achieving this goal requires an integrated, cross-sectoral approach that promotes wellbeing, autonomy, and participation throughout the life course. Enabling environments, prevention, and social engagement are all essential to help people maintain independence and connection as they age.

The Veneto Region provides a strong example of how integrated approach can be put into practice. Its Regional Law on Active Ageing and Regional Council for Active Ageing foster collaboration between health, social, and community actors to empower older people, prevent dependency, and strengthen intergenerational solidarity. The Local Health and Social Care Authorities (ULSS) play a crucial role in coordinating prevention and community-based services that respond to local needs. The Region also supports a wide range of local projects and community-based initiatives that translate these policies into concrete actions, focusing on prevention, empowerment, and inclusion.

This exchange takes place within a broader European and global policy context, aligned with the [WHO Decade of Healthy Ageing](#) (2021–2030), the upcoming [WHO European Strategy on Ageing is Living](#) (2026-2023), the [2022 European Care Strategy](#) and the [Council Recommendation](#) on access to affordable, high-quality, long-term care, the EU “Healthier Together” Initiative on Non-Communicable Diseases, and the [EU's Green Paper on Ageing](#). Together, these frameworks call for comprehensive, person-centred, and preventive

approaches that promote healthy ageing, strengthen community care, and reduce social and territorial inequalities.<sup>1</sup>

## Aims and Objectives

This Country Exchange Visit, hosted by the [Veneto Region](#) will bring together representatives of national and regional public health agencies and related organisations from across Europe to exchange knowledge and experiences on healthy and active ageing within an integrated health and social framework.

Participants will:

- Explore policies and governance frameworks supporting healthy and active ageing
- Examine how integrated health and social care approaches contribute to promoting wellbeing, autonomy, and participation among older people.
- Share and discuss good practices, programmes, and innovations that foster active and healthy ageing through community-based, preventive, and person-centred interventions.
- Reflect on lessons learned to inform cooperation at European, national, regional levels and policymaking on healthy ageing, contributing to the implementation of related EU policies and frameworks.
- Visit local initiatives in Treviso and San Donà di Piave to observe practical examples of intersectoral collaboration, including the work of Family and Community Nurses and award-winning projects in active ageing. (TBC)

## About Country Exchange Visits

EuroHealthNet Country Exchange Visits are member-only events that are open to senior delegates. Participants should be comfortable making contributions in English.

The aim is two-fold, namely (1) to exchange good practices and policies on selected core themes and showcase members' work to a selection of European colleagues from diverse EU Member States and, at the same time, (2) discuss how related EU policy instruments may support at national, regional and local levels.

This event is free to attend, but places are limited. EuroHealthNet can fund the participation (travel and accommodation) of a limited number of members. Additional self-funded spots may be available upon request. For any questions or to express interest to participate, please contact [Lina Papartyte](#) at the EuroHealthNet Office.

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<sup>1</sup> EuroHealthNet Policy Briefing on healthy ageing in EPSR principle 18: [‘An effective approach to the implementation of the European Long-Term Care Strategy’](#) (April 2025)

# (Draft) Agenda

Co-moderators: EuroHealthNet and Veneto Region

## Day 1 – 26 March

Address: **Grandi Stazioni Palace**, Fondamente Santa Lucia, Canareggio 23 – 30121, Venice  
Room name: “sala Polifunzionale” (2° floor)

8:45 **Arrival/Registration**

9:00 **Welcome and introductions**

- Greetings with the Regional Councillor and the Directors of Health and Social Services
- Silvia Ganzerla, Policy Manager, EuroHealthNet
- Tour de Table

9:45 **Setting the scene: Active and Healthy Ageing in Veneto and Europe**

- Presentation of the *Regional Law on Active Ageing* and the projects it supports ([link here](#)) – the Directorate for Social Services.
- Introduction to the *Regional Council for Active Ageing*, chaired by the Councillor for Social Policies
- Overview of EU policies and frameworks relevant for healthy and active ageing, EuroHealthNet

10:30 Coffee break

10:50 **Living library: Stories and Dialogues on Active Ageing in Practice**

Through the Living Library format, participants will meet and converse with project representatives who act as “living books”, sharing firsthand insights into innovative initiatives promoting active and healthy ageing in Veneto.

11:15 **Experiences from across Europe. Roundtable discussion on implementing and advancing healthy ageing policies and practices**

Participants will exchange examples of good practices, discuss implementation challenges, and reflect on what is missing or could be strengthened through future strategies and national action plans under the European Care Strategy, Long-Term Care Council Recommendation and the life-course approach to healthy ageing.

- Each participant organisation: 5-minute input
- Followed by open discussion

12:30 Lunch

13.30 **Continuation of roundtable discussion**

14:00 **Health Promotion across the life course: Regional and City-Level Innovations**

- “Healthy Cities” initiative – presentation by the Health Directorate of Veneto Region
- WHO Regions for Health Network (RHN), synergies and opportunities for scaling up integrated regional approaches to prevention and healthy ageing.

Guided discussion and Q&A on what innovative partnerships, investments, and governance models are needed to make this a reality across regions.

15:20 Transfer to the site visit

16:00 **Site visit 1**

A visit to San Donà di Piave to observe good practice in the use of Family and Community Nurses. **(TBC)**

17:30 End of Day 1 – Return to the hotel

19:00 Group dinner

## Day 2 – 27 March

### 9.00 Site Visit 2

Visit to an award-winning project recognised by the Veneto Region for excellence in Active Ageing with a strong social and community component. **(TBC)**

10.30 transfer to the meeting location

### 11:00 Reflections and Takeaways: towards future policy and practice

Building on the Veneto experience and European exchanges, participants will identify lessons learned and reflect on:

- What should happen next to strengthen healthy ageing across the life course?
- How to better incentivise and invest in prevention and health promotion across the life-cycle?
- Which enabling conditions can help scale up integrated health and social approaches?

12:30 Coffee and light lunch

### 13:15 Spotlight on National Actions Plans under the European Care Strategy

Discussion on National Action Plans and how to increase their focus on healthy ageing.

### 14.15 Conclusions and closing

15:00 End of meeting



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