

PROGRAMS FOR INDEPENDENT SENIORS

Issues: Social and economic development initiatives and health programs continue to focus on the needs of the younger population. The speed of demographic and epidemiological changes requires that the Member States prepare human resources, reorient their services, and promote new financing structures to promote the well-being and health of seniors while continuing to improve the health and well-being of the young population with a life cycle perspective.

Public policies for active aging ensure and promote the rights of older persons; act to remedy inequities in health; and promote specific measures to improve access to basic services including personal safety and protection against age discrimination.

Supports to be developed by the various sectors

EDUCATION	HOUSING	TRANSPORTATION	WORK/SOCIAL SEC.	SOCIAL AND LEGAL	HEALTH
<ol style="list-style-type: none"> 1. Senior literacy and health education. 2. Training or retraining of senior for paid and non- paid work. 3. Teacher training for the education of seniors. 4. Training for health care and social services personnel to work with seniors. 	<ol style="list-style-type: none"> 1. Housing renovation and repair for seniors. 2. Accessible housing for low- income seniors. 3. Group homes, or foster homes and shelters for seniors in extreme poverty lacking family support. 	<ol style="list-style-type: none"> 1. Accessible and senior friendly public transportation. 2. Older driver assessment and training programs. 	<ol style="list-style-type: none"> 1. Employment programs for seniors. 2. Flexible employment programs for older workers. 3. Co-operative or small business loans for seniors. 4. Retirement based on assessed competency, not age. 5. Sustainable pension systems guaranteed by the state. 	<ol style="list-style-type: none"> 1. Promotion of a positive culture of aging in society. 2. Social service information and referral. 3. Nutrition programs. 4. Recreational, physical activity and cultural programs. 5. Associations of older persons, senior centres or clubs. 6. Legal protection against abuse, mistreatment, or financial exploitation. 	<ol style="list-style-type: none"> 1. Health promotion including physical and mental health. 2. Primary prevention and management of acute and chronic conditions. 3. Senior-friendly community health centres. 4. Support groups for seniors and teaching of self- care skills. 5. Immunisation programs for seniors.