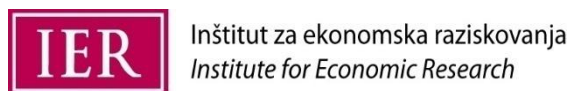


Active and Healthy Ageing in Slovenia – AHA.SI

Coordinator: National Institute of Public Health (NIJZ)

Partners:



AHA.SI – duration and funding

Duration: from March 1st 2014 to February 28th 2016

Funding: European Commission, General Directorate for Employment, Social Affairs and Equal Opportunities (DG EMPL)

Co-funding: The Ministry of Labour, Family, Social Affairs and Equal Opportunities (MDDSZ) and Ministry of Health (MZ)

Aims of the project

1. **interconnect stakeholders** in the field of active and healthy ageing in Slovenia;
2. **increase awareness** of general and various other public on the importance of demographic change and a need to prepare and adopt measures;
3. prepare **a basis for the formulation of proposals for measures**, their timeframe, bearers of implementation and indicators for ageing strategy for Slovenia;
4. contribute to **reducing unjust inequalities among the elderly**.

Subject Areas & Methods

The project focuses on three subject areas:

1. Prolonged employment and delayed retirement (lead by IER);
2. Active and Healthy Ageing for active and healthy elderliness (lead by Emonicum);
3. Long-term care - integration of social and health services at a local level (lead by SSZS).

Diversity of approaches, organizational level of products of the project.

National priorities in longevity society

Country specific recommendations for Slovenia – 2013-16

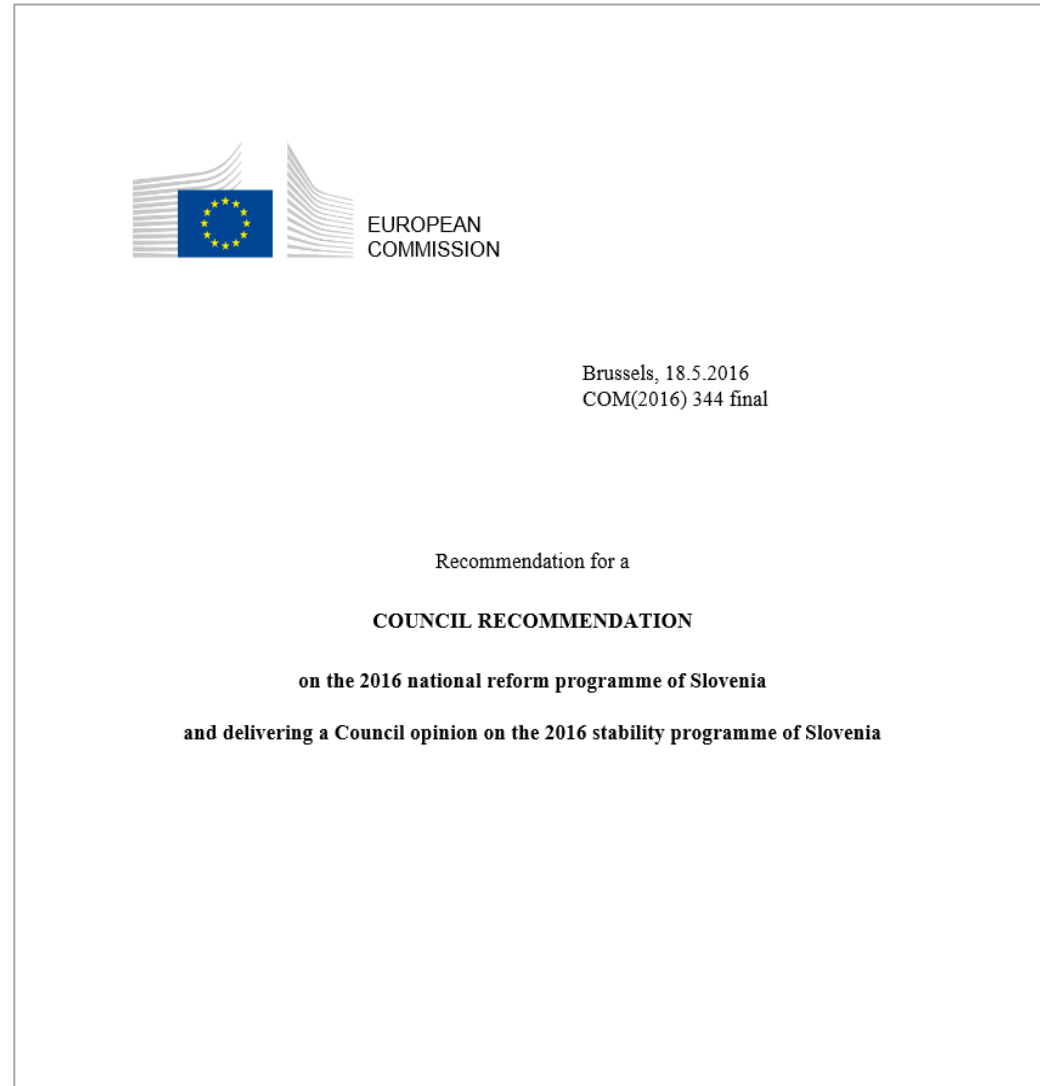
Linked to

- health reform,
- long term care reform,
- pensions reform,
- **reform of employment market, focus linked to older workers**
- others

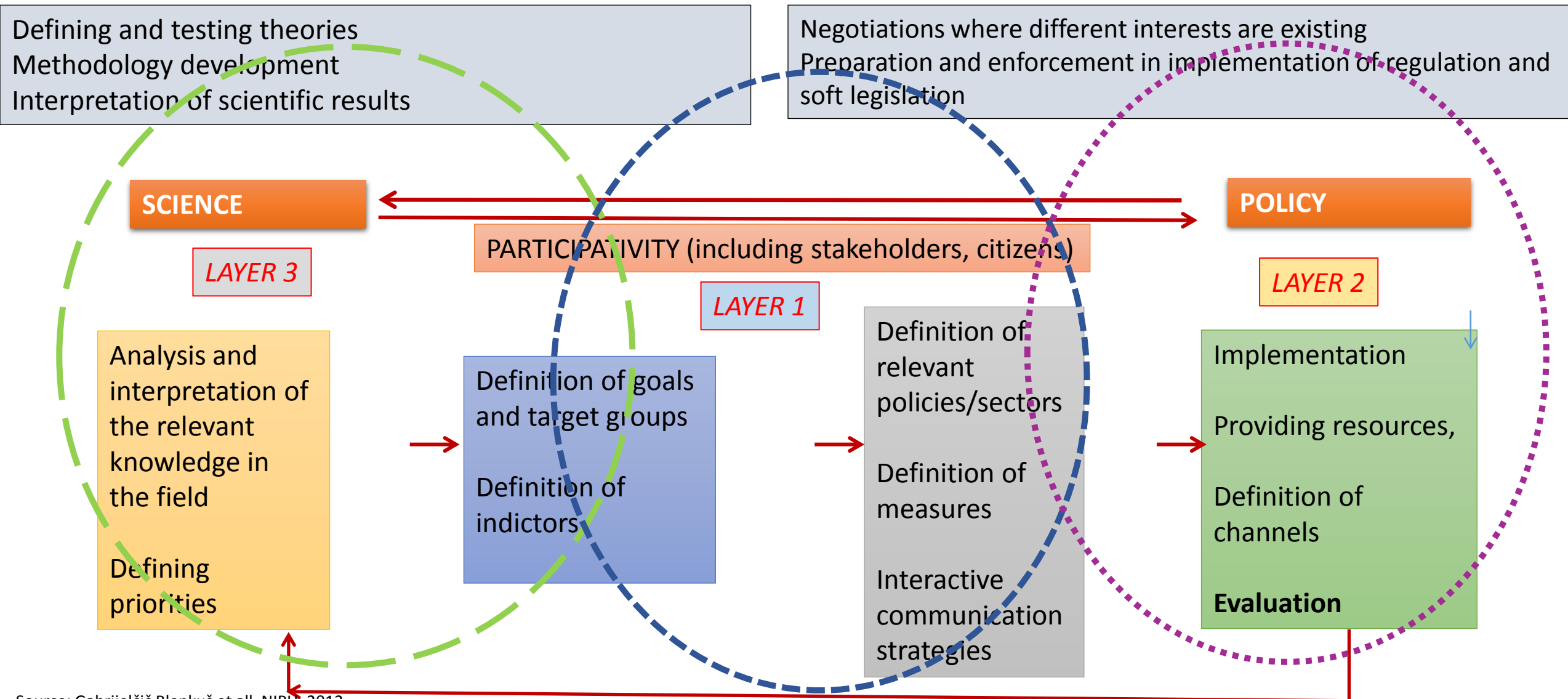
http://ec.europa.eu/europe2020/making-it-happen/country-specific-recommendations/index_en.htm

AHA.Si used the potential of SIP

Social Investment Package



Interlinks of policy and expert cycle – specific know-how area (HiAP, multidisciplinary competence ...), HEALTH PROMOTION

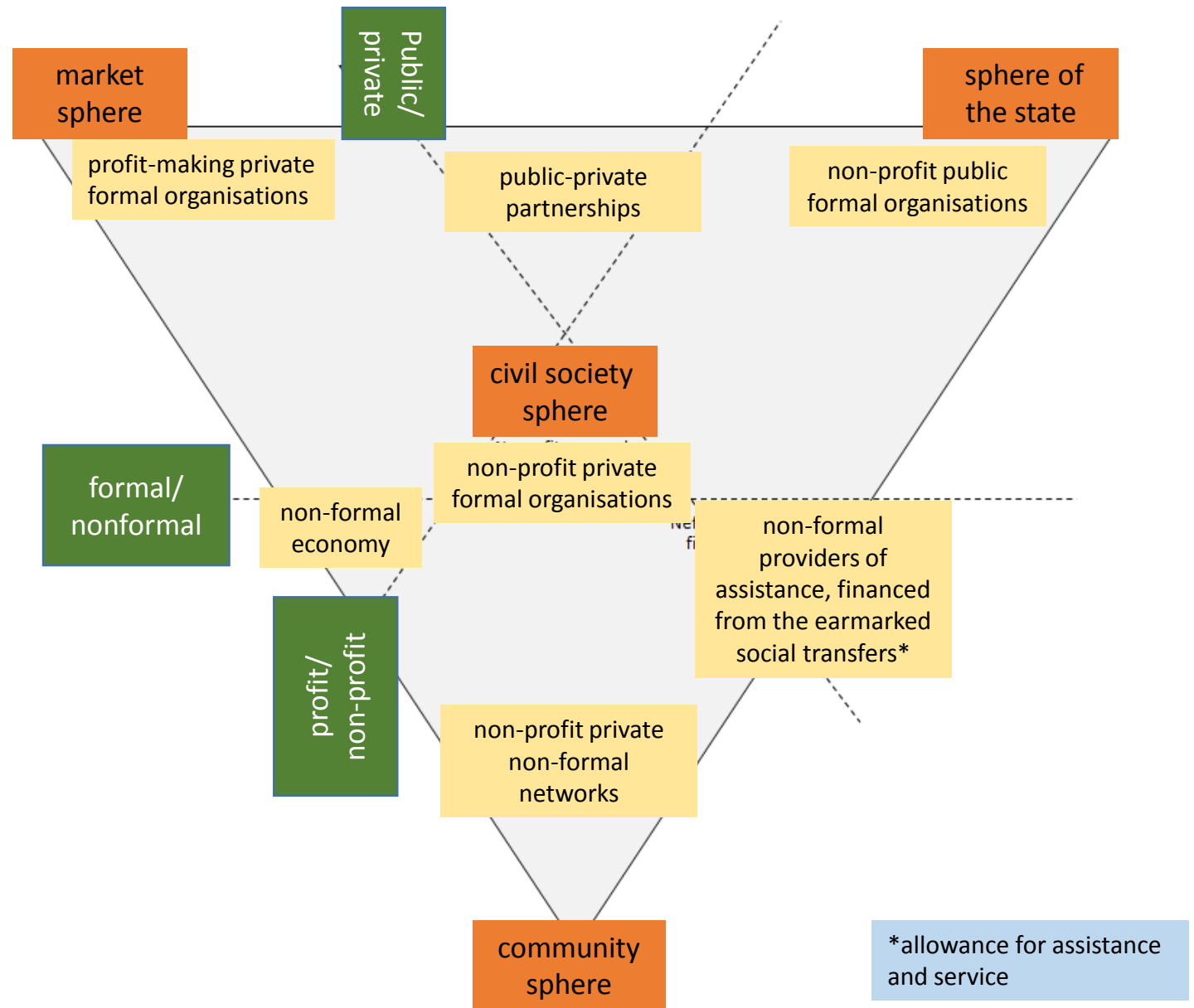


Source: Gabrijelčič Blenkuš et al, NIPH, 2012

[HTTP://WWW.NIJZ.SI/SL/PUBLIKACIJE/VSEVLADNI-PRISTOP-ZA-ZDRAVJE-IN-BLAGINJO-PREBIVALCEV-IN-ZMANJSANJE-NEENAKOSTI-V-ZDRAVJU](http://www.niuj.si/sl/publikacije/vsevladni-pristop-za-zdravje-in-blaginjje-prebivalcev-in-zmanjsanje-neenakosti-v-zdravju)

Activation of society – changing paradigm together with stakeholders

Figure: Welfare mix for the typology of stakeholders



All partners identified the relevant institutions and individuals, and on the basis of that the list of stakeholders was formed which was constantly upgraded during the course of the project.

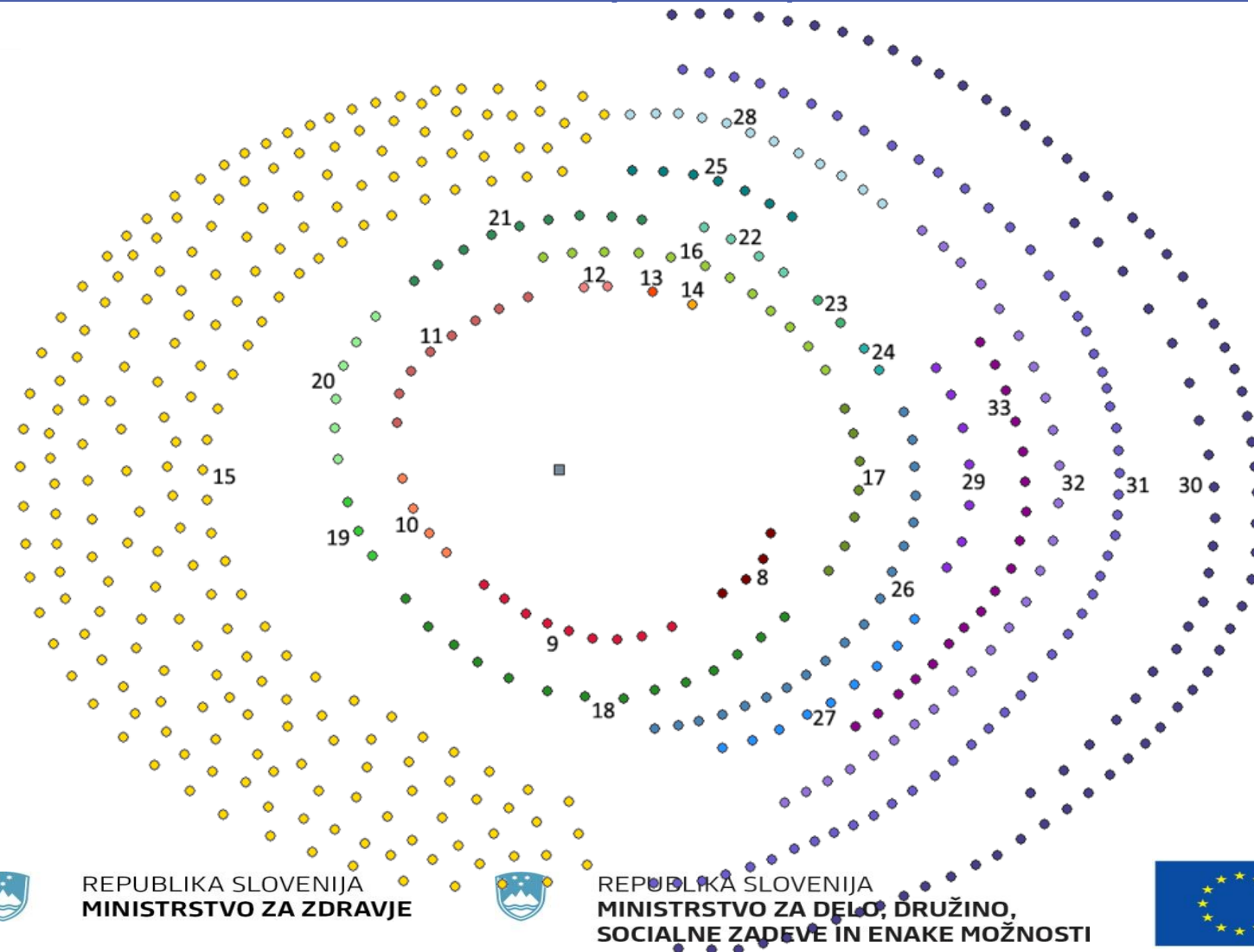
Typology of the stakeholder groups is based on the welfare mix.

non-profit private non-formal networks;



Circle of stakeholders of the AHA.SI Project

- 8 Državni organi
- 9 Poslanske skupine
- 10 Parlamentarni odbori
- 11 Ministrstva
- 12 Slovenija v EU
- 13 Evropski poslanci
- 14 EU v Sloveniji
- 15 Občine
- 16 Regionalne razvojne agencije
- 17 Sindikati
- 18 Državne inštitucije
- 19 Zasebne strokovne inštitucije
- 20 Zdravstvene ustanove
- 21 Univerza v Ljubljani
- 22 Univerza v Mariboru
- 23 Univerza na Primorskem
- 24 Samostojni visokošolski zavodi
- 25 Interesne zbornice
- 26 Nacionalna interesna združenja
- 27 Dobrodelne organizacije
- 28 Neprofitne organizacije
- 29 E-vključenost
- 30 Socialno varstveni zavodi
- 31 Pomoč na domu
- 32 CSD-ji, ki ne izvajajo pomoči na domu
- 33 Reprezentativne invalidske organizacije



The intensity (power) and the direction of relations were defined as follows:

Intensity and relationship of the relation: whereby the **intensity** means how strongly a stakeholder may impact on the successful implementation of the recommendations of a work set, while the **relations** means to what extent he is inclined to the activities of the work set

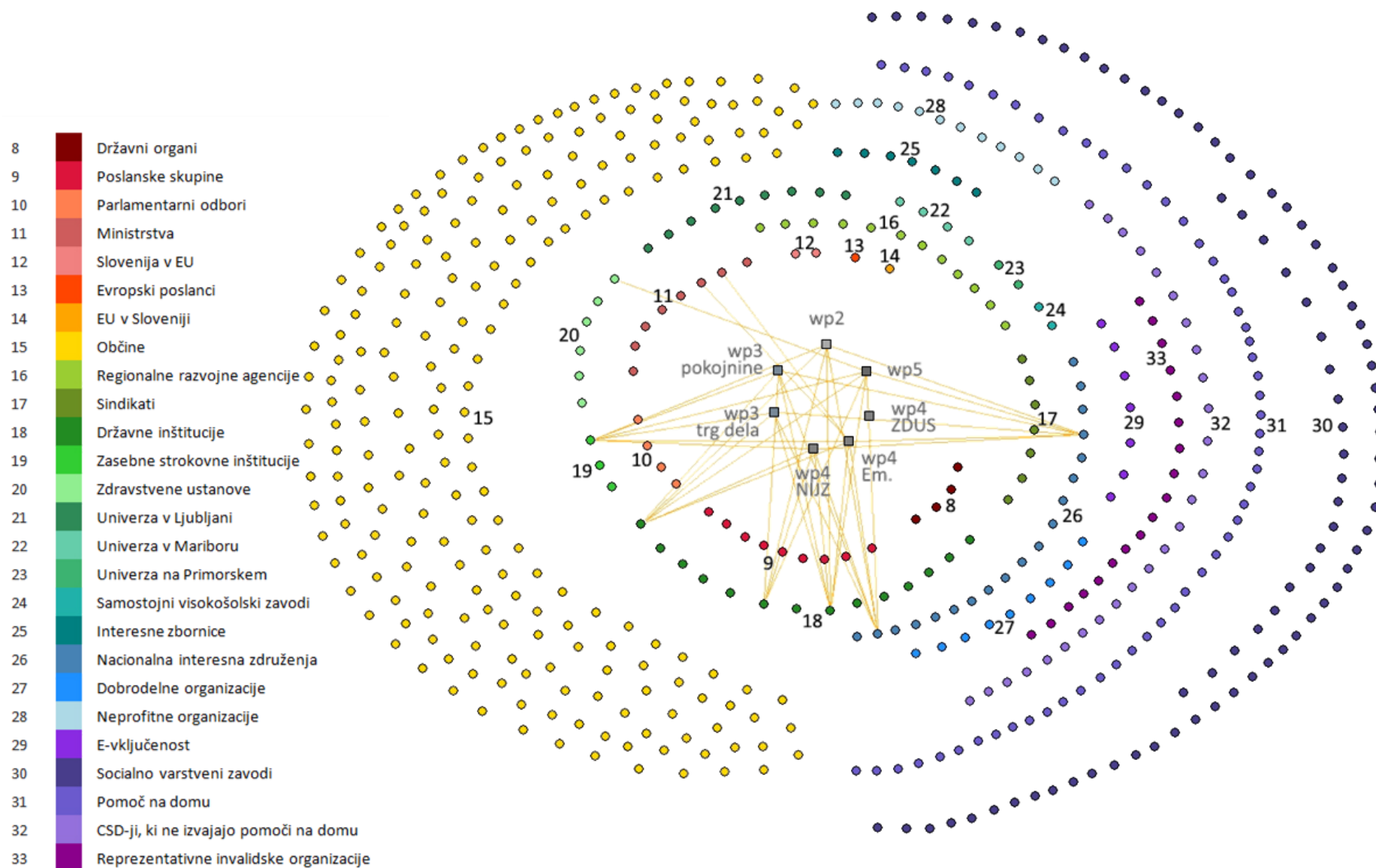
The intensity on the scale from 1 to 5:

- 1– not completely insignificant,
- 2 – little significant,
- 3 – rather significant
- 4 – very significant,
- 5 –extremely significant

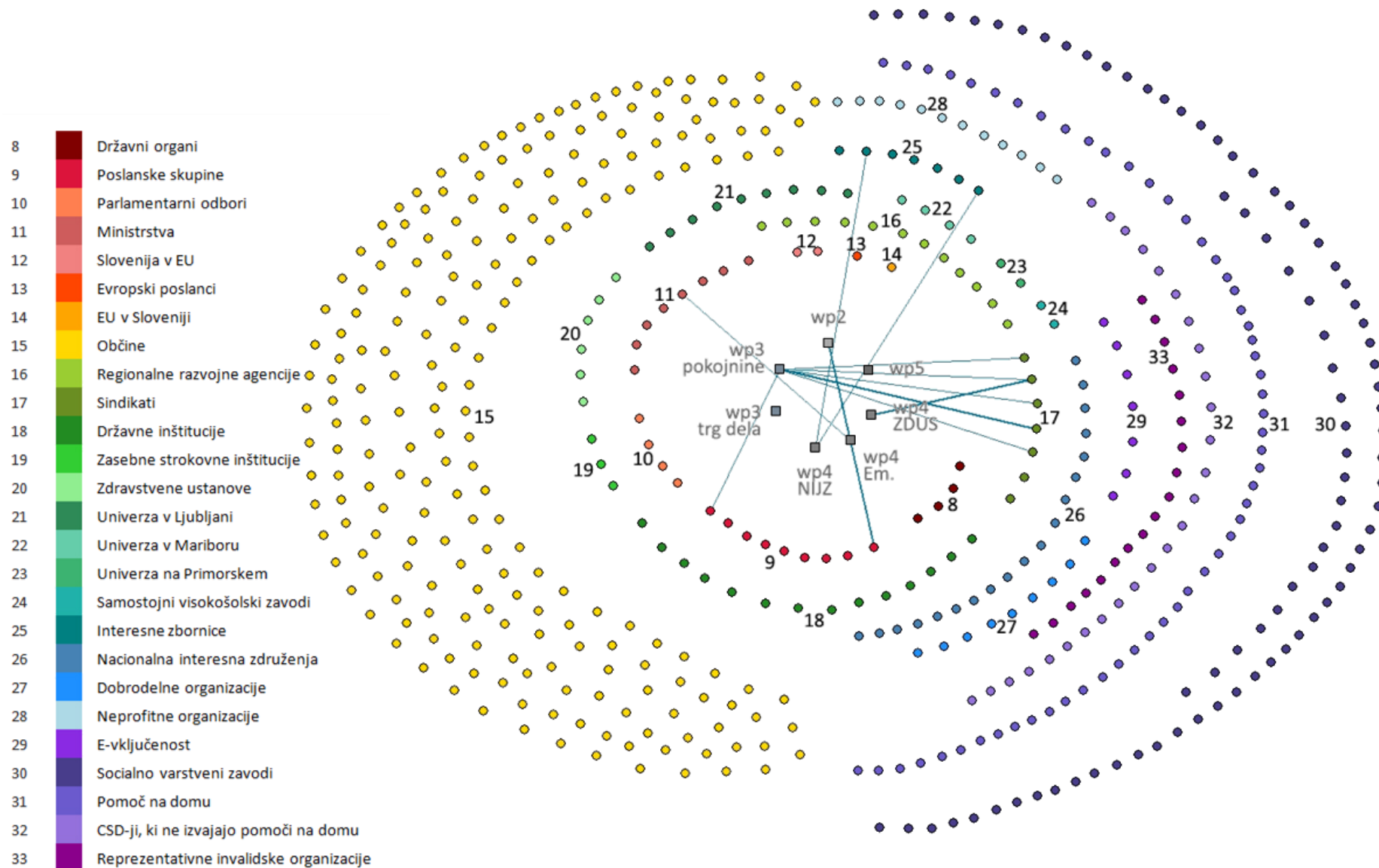
The relation on the scale from -2 to +2:

- 2 –very disinclined,
- 1 – disinclined,
- 0 –neutral,
- 1 –inclined,
- 2 –very inclined

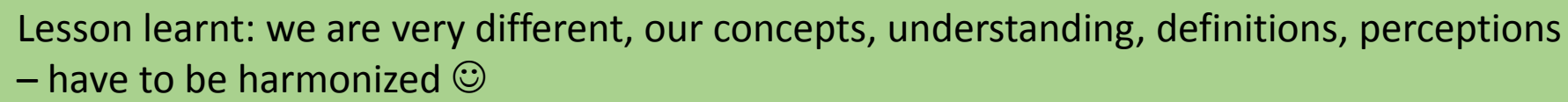
Vsi WP:
SODELAVCI



PARTNERJI (identified negative relations)



PARTNERJI (identified negative relations)



Building multidisciplinary capacity among project partners

1. Two Active ageing index (AAI) workshops

Prof. Dr. Asghar Zaidi, University of Southampton

1. AHA.SI Workshop on Stakeholders and civil society - policy connected engagement

Lars Klüver, Danish Board of Technology – Teknologiraadet
with WHO support

2. Workshop on Public Health Status Foresight Study

Dr. Henk Hilderink, Johan Melse , RIVM

3. Connecting EU and national level in the area of SIP for better health and higher quality of life for longevity society in Slovenia

Clive Needle, EuroHealthNet





Web interviews with stakeholders,

June 2014 and **Sept 2015**

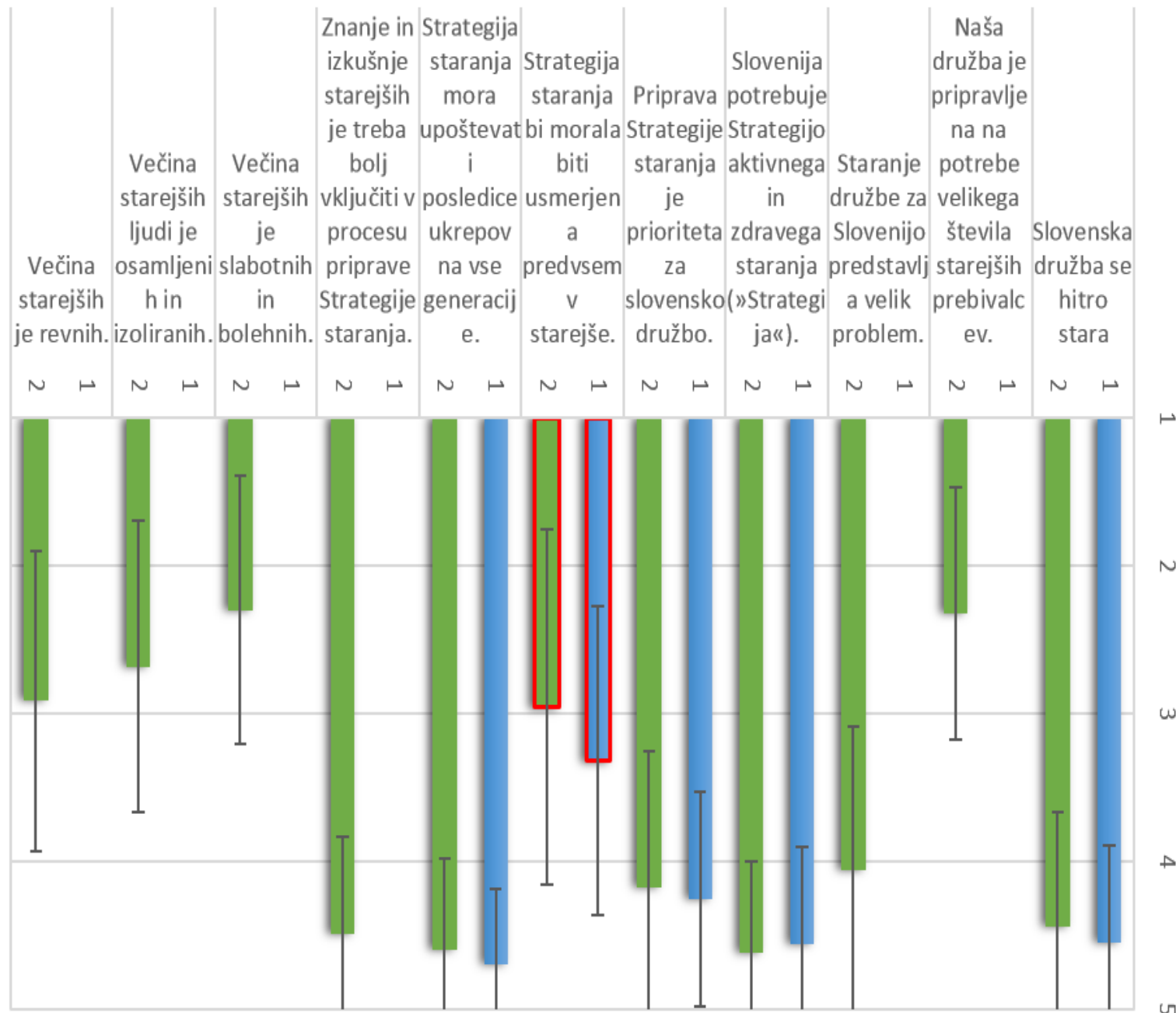
COMPARISON

General and specific content questions
Lickert scale

Legenda:

Blue– 1. round

Green – 2. round



Meetings with stakeholders

From September 2014 to October 2015

We project AHA.SI

organized more than 60 major and smaller meetings with various stakeholder groups and interconnect around themes:

- long-term care, extended employment and
- deferred retirement prevention of falls in the wider
- health and context pre-retirement activities .



Nursing Homes

Trade unions

young ; precarious workers

Public institutions

Slovenian Chamber of Commerce

ESS , ZPIZ

Ministry

Non-governmental organizations

Educational institutions and universities

health Facilities

Municipalities respectively . local communities

Social work centers ,

Scenarios of the future - foresight

Imagine today at the end of the day - evening sitting at home , thinking about the day that has passed: How do you feel? Here is a good day? They are your expectations for this day come true?

Let's move in 2040:

How do you see the future? What work will be carried out by our children or the neighbor's kids in 2040? Will there be any new job? You can imagine?

We are still in the year 2040. The share of people older than 65 years in Slovenia, representing 29.1 % of the population.

How is Slovenia changed due to the increasing number of older people?

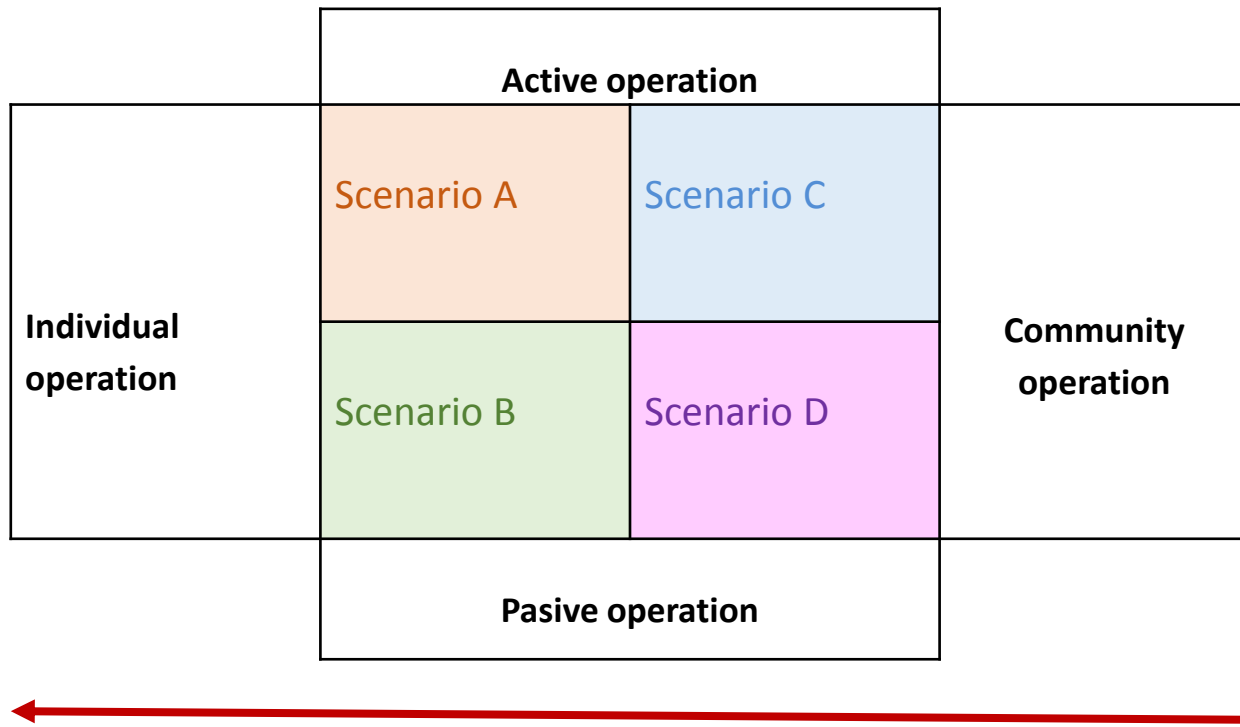
How will your work act with increased number of older people in 2040?

What are the key factors that will by 2040 (and beyond) the most influence on changing Slovenia due to the aging population?



Model of four ekstreme scenarios of the future

Axis: functioning
actively or pasively
in the society



Axis: individual - community

Scenario A

Health	health means quality of life, health care assume a greater extent themselves
Material aspect	working longer, pensions are good, we have adjusted jobs for the elderly
Transferring of life experiences	older people at work teaching the younger ones, are aware of the economic importance of such assistance
Long-term care	the country allows us to long-term care at their discretion organize themselves
The quality of everyday life and socializing	in everyday life we are associated with using modern technologies
Living environment	We have a modern residence with good accessibility to a variety of service and jobs

Which of the described scenarios is closest to you?

We invite you to go to a poster with a scenario you according to your feelings nearby.

What are the key arguments that closest to you is this scenario?

Talk to those who stand next to you.



Which of the scenarios you perceive as the **least close** to you?

We invite you to go now to the poster with the scenario that you according to your feelings at least close.

What are the key arguments that you at least close to it is this scenario?

Talk to those who stand next to you.



Proposal for stakeholder participation in the future **sustainability plan**

At the last conference, the project partners collected proposals and initiatives of the participants for their fields in terms of the possibilities of cooperation after the project and sustainable maintenance of the network of stakeholders. Key questions were asked:

- What would you want to happen to the network of stakeholders after the project?
- What is required to implement the proposed activities?
- Who may provide the required resources?

Steering group – importance of close collaboration

Questionnaire to the policy parties in the election period

Close and intensive work with the project Steering group:

- 5 meetings
- Members invited to the all regular project partners meeting



Ministry of Education,
Science and Sport

Ministry of Defence

Ministry of external affairs

Intersectoral policy development

Pre-retirement activities

By definition, pre-retirement activities are activities through which a worker (also unemployed) **gains the required knowledge for planning the future life BEFORE** retiring, to:

- improve the quality of life of future pensioners,
- empower them for active involvement and contribution to the society in the period of ageing,
- prolong the healthy life expectancy and
- reduce the burden of a disease and the expenses of a long-term care.

Source: http://www.staranje.si/sites/www.staranje.si/files/upload/images/m20_pre-retirement_activities_april_4_2016.pdf
http://www.staranje.si/sites/www.staranje.si/files/upload/images/aha_si_dp4_predupokojitvene_priprave_na_starost_english_final.pdf

Some existing good practices in Slovenia

Participant, MD: » I want that you will keep pre-retirement seminar, because it is truly the perfect preparation for a really big change in life«

Developments at the MESS level.

Transposition of the project to the regional level

National Institute of Public Health, central and regional units





Priloga 4: Slike iz dogodka

Skupne slike

Nine NIJZ regional units:

- 3 starting in 2015;
- 6 joining in 2016.

NIJZ is taking activities forward with the regular annual funding program of MoH.

