

ZAMORA STATEMENT ON DISABILITY AND ACTIVE, HEALTHY AND POSITIVE AGEING



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This document aims to serve as a reference when implementing transfer processes related to active policies on ageing. The Decalogue has been created taking into consideration 9 EU KEY issues on which INFAD - G21 are currently working together with their members and experts.



> Zamora city (Spain) hosted the X Edition of the Spanish-Portuguese Congress of Gerontology (2014) organized by INFAD Association.

> During the Congress, experts in ageing from Europe agreed on concrete conclusions in order to create a document titled: "ZAMORA STATEMENT ON DISABILITY AND ACTIVE, HEALTHY AND POSITIVE AGEING".

> These conclusions have been recently reviewed at the XXIV International INFAD Congress, held in Almería, Spain (2017 April).



RESULTS AND CONCLUSIONS

- 1.- REINFORCE the existential dimension of the elderly person.
Respecting the dignity of the person and the vital psychological contract until the end of life.
- 2.- ENCOURAGE social participation.
Activating in the group of elderly and people with disabilities patterns of committed leadership, social participation and decision making, as a strategy to combat stereotypes.
- 3.- PROMOTE lifelong learning.
Promoting lifelong learning to achieve neuronal plasticity, neurogenesis and cognitive reserve.
- 4.- ACTIVATE the knowledge opportunity.
Implementing research and innovation processes in which economic agents (the silver economy) can explore new ways to optimize individual and ecological development of the elderly.
- 5.- POTENTIATE social contributions.
Encouraging the involvement of the elderly and people with disabilities in all social challenges, both in the areas of entrepreneurship and social innovation.
- 6.- IMPROVE healthy living habits.
Promoting healthy lifestyles that foster self-responsibility and personal self-care in health promotion, personal autonomy and well-being.
- 7.- DEVELOP new technologies to our elderly.
Facilitating the adaptability of ICTs to the special needs of the elderly and people with disabilities, through the development of user-centered prototypes.
- 8.- PREPARE processes of adaptation to retirement.
Making flexible retirement schemes based on job demand and professional performance.
- 9.- PROVIDE support resources in vulnerable contexts.
Activating socio-family and community support systems to avoid any type of isolation, especially in rural areas.



Conferencia Ministerial de Envejecimiento de la Comisión Económica y Social de Naciones Unidas para Europa (CEPE) en Lisboa (Portugal): Una sociedad sostenible para todas las edades: Entendiendo el potencial de vivir más, que concluirá el tercer ciclo de seguimiento y evaluación de la Estrategia de Implantación Regional del Plan de Acción Internacional de Madrid sobre Envejecimiento. LISBOA . 21 y 22 de septiembre de 2017.

