

ACTIVE AND HEALTHY AGEING: PARTICIPATION FROM THE THIRD SECTOR OF SOCIAL ACTION

4th December 2024



PREVIOUS STUDIES



PROGRAMA DE PROMOCIÓN DEL ENVEJECIMIENTO ACTIVO, AUTÓNOMO Y SALUDABLE:

UN ESTUDIO COMPARADO DE LAS ACTUACIONES DEL TERCER SECTOR DE ACCIÓN SOCIAL EN ESPAÑA Y TERCEROS PAÍSES



Con cargo a la asignación tributaria del 0,7% de IRPF del año 2022

THE STARTING POINT

Participation is a right for all citizens, but it is also a source of satisfaction and quality of life for older people that should be promoted within the framework of active and healthy ageing



OBJECTIVES

General objective

To broaden the knowledge of the Third Sector of Social Action in Spain on the participation of older people in the field of active and healthy ageing

01

COMPARING STRATEGIES TO PROMOTE ACTIVE AND HEALTHY AGEING IN TERMS OF PARTICIPATION

02

ANALYSING GOOD PRACTICES IN SPAIN AND THIRD COUNTRIES

03

REFLECTING ON THE ADAPTATION OF GOOD PRACTICES

04

ANALYSING THE IMPACT OF GLOBALISATION AND INTERNATIONALISATION

05

ANALYSING THE EFFECT OF THE GENDER PERSPECTIVE

METHODOLOGY



Surveys

Professionals
and
volunteers
42 responses



Discussion groups

People older than 60 (2)
Professionals of the Third
Sector (1)
Volunteers (1)



Thematic working groups

Volunteers, professionals
and senior citizens (3)



International workshop with experts

2 ES, 1 NO, 1 CH, 1 UK +
Representatives of the
working groups

DIRECT IMPACT OF THE PROJECT

PARTICIPANTS

GIVES VOICE, DECISION-MAKING CAPACITY, EMPOWERS OLDER PEOPLE TO IMPROVE SOCIAL PARTICIPATION

PROFESSIONALS

PROVIDES TOOLS FOR INCORPORATING OLDER PEOPLE'S PARTICIPATION IN PROGRAMMES AND PROJECTS IN THE FIELD

INDIRECT IMPACT OF THE PROJECT

DISCUSSION GROUPS
AND WORKING
GROUPS

EVIDENCE ON THE NEEDS AND DIFFICULTIES OF OLDER PEOPLE WHEN PARTICIPATING

ANALYSIS

PRACTICAL RECOMMENDATIONS FOR THE PROMOTION OF PARTICIPATION IN THE
THIRD SOCIAL ACTION SECTOR

PARTICIPATIVE
EXPERIENCE

REFLECTION AND DEVELOPMENT OF PARTICIPATORY TOOLS AND METHODOLOGIES IN
TRAINING, LEISURE AND FREE TIME ACTIVITIES WITH THE ELDERLY

PROPOSAL GT1

IMPROVING PARTICIPATION AND PREVENTING ISOLATION

CREATION OF A 'REFERENCE PROFESSIONAL' TO PROVIDE SUPPORT IN DIFFERENT TASKS IN ORDER TO MAINTAIN AN AUTONOMOUS LIFE IN RURAL AREAS



PROPOSAL GT2

**STRENGTHENING LINKS BETWEEN
PARTICIPANTS OF THE
'ACTÍVATE' PROGRAMME FROM
DIFFERENT MUNICIPALITIES**

**VISIBILITY AT A COMMUNITY
LEVEL OF THE ACTIVITIES
CARRIED OUT BY OLDER PEOPLE**

**HOLDING OF AN ANNUAL
REGIONAL MEETING OF THE
ACTÍVATE PROGRAMME**



PROPOSAL GT3

**SEEKING NEW WAYS TO EXPAND
THE NETWORK OF PERSONAL
CONTACTS IN ORDER TO STAY
INFORMED**

**OPEN LETTER WITH CONCRETE
REQUESTS TO FACILITATE REAL
PARTICIPATION IN TRAINING,
LEISURE AND RECREATIONAL
ACTIVITIES**



HYPOTHESIS

Social participation is a citizens' right



- There is no clear awareness of this right
- Violations of this right are perceived

Social participation is beneficial for older people



- Individual benefits are perceived, but social benefits are underestimated

There are barriers to the social participation of older people



- Barriers are perceived differently
 - ❖ Society: internal barriers for older people
 - ❖ Older people: external barriers that society puts up

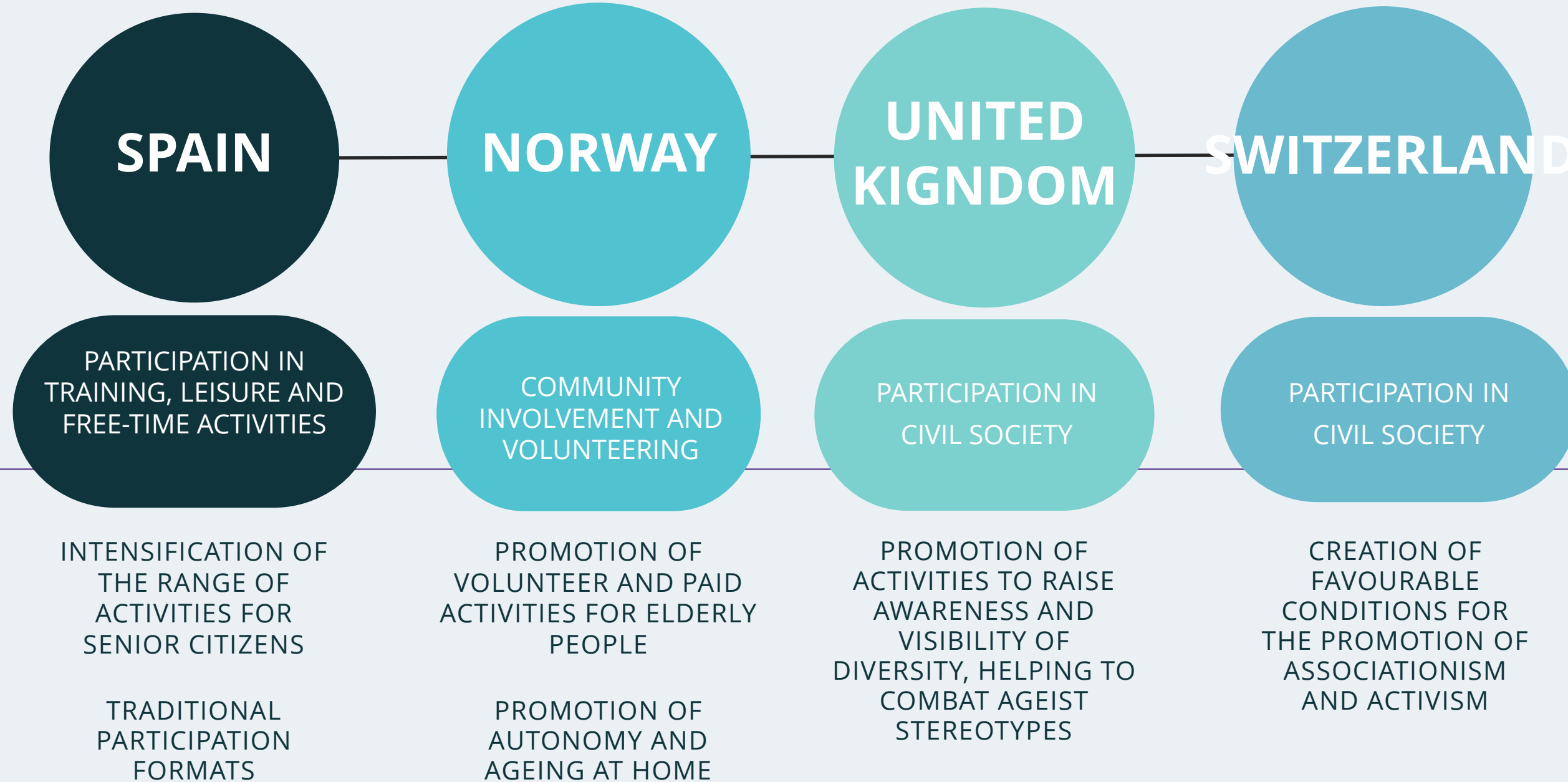
The Third Sector promotes the social participation of older people



- It is perceived that the Third Sector can do more to combat ageism within and outside organisations

LEARNING

STRATEGIES TO PROMOTE PARTICIPATION



RECOMMENDATIONS



GENDER

Incorporating gender mainstreaming and working on masculinities with older people



UNWANTED LONELINESS

Offering adapted and creative solutions through support and accompaniment in the different moments of daily life



DIVERSITY AND INCLUSION

Incorporating learning and forms of participation and inclusion based on diversity (sexual orientation, ethnicity, abilities)



AGEISM

Reflecting on one's own practices and raising social awareness

RECOMMENDATIONS



COMMUNITY PARTICIPATION

Giving more visibility and making forms of participation more flexible and diversified



PARTICIPATION IN CIVIL SOCIETY

Strengthening the culture of participation (accessible, safe spaces, training and capacity building)



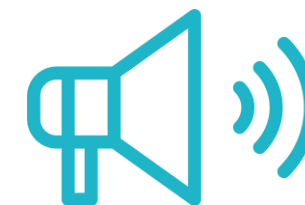
PARTICIPATION IN TRAINING, LEISURE AND FREE TIME ACTIVITIES

Offering more possibilities for involvement, rethinking the formats, adapting times and duration



THIRD SECTOR'S ROLE IN PROMOTING ACTIVE AND HEALTHY AGEING

Building bridges with the rest of the social agents, improving communication and its channelling, contributing to the change to a non-ageist mentality



INTERNATIONALISATION

Contributing to the dissemination of knowledge and good practices and strengthening spaces for dialogue

THANK YOU FOR
YOUR ATTENTION

<https://www.fundaciondiagrama.es/m/envejecimiento-participacion>

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