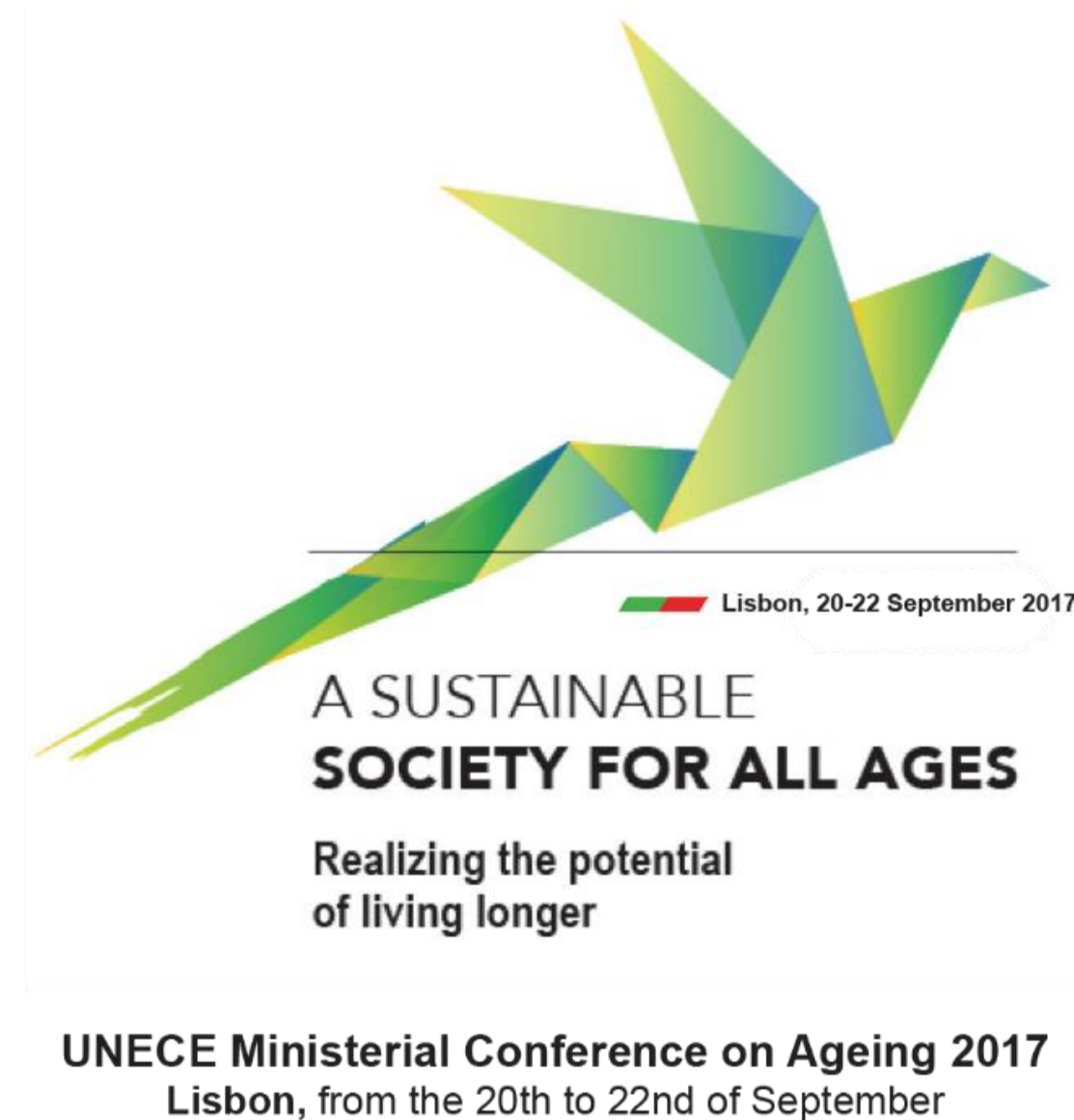


# Zamora Statement

## on Disability & Active Healthy and Positive Ageing



**Project location:**  
Spain



**Contact information:**

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### Project description

This document aims to serve as a reference when implementing transfer processes related to active policies on ageing. It has been created taking into consideration 9 EU key issues on which members and experts from INFAD Association and G21 Association are currently working together.

The Statement consists of 9 key points:

- 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.

### How it contributes to realizing the potential of living longer

The Statement takes as main reference the global and universal nature of aging, its impact on all aspects of life, both in persons and communities, giving common guidelines to be transferable to all countries and regions in order to meet the challenge of aging in the 21<sup>st</sup> Century.

These recommendations link the aging issues to other frameworks such as social, economic and human rights development, taking into account the main guidelines issued by the United Nations in its summits and conferences. The implementation of this Statement in various active aging policies will help to recognize and value the capacity of elderly as key assets of our society, recognizing the potential of the aging population as a basis for future development.

### Timeline of the project

2014-2017 – In 2014, Zamora city (Spain) hosted the X Edition of the Spanish-Portuguese Congress of Gerontology, 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". In April 2017, these conclusions have been recently reviewed at the XXIV International INFAD Congress.

### Lessons learnt

- Combating discrimination. The equality of opportunities and the acceptance of difference.
- Research and innovation in the field of aging.
- The European Association for Innovation on Active and Healthy Aging.
- Encouraging ICT for active aging.
- Lifelong learning, accessibility and intergenerational solidarity.

### Relevance for the UNECE region

This Statement is the result of a work carried out through an international academic cooperation, which addresses the process of aging from different dimensions, with emphasis on the economic, social and human rights perspective. Its implementation will contribute to enhance the challenges of aging in the 21<sup>st</sup> century from a global and universal perspective, both at national and international level.