

LAGUNKOITASUNARI
BURUZKO EUROPAKO JARDUNBIDE
EGOKIEN

lagunkoia
EUSKADI
Bizitzaz betetako bidea
Un camino, mucha vida

VII. JARDUNALDIA
VII JORNADA
DE BUENAS PRÁCTICAS EUROPEAS
EN AMIGABILIDAD

4 OCTUBRE
URRIA

de 9:00 a 13:30
Auditorio Museo Guggenheim.
Bilbao

9:00etatik 13:30etara
Guggenheim Museoa.
Bilbo

EUSKO JAURLARITZA
GOBIERNO VASCO

BERNARDINUA, JUSTITZA
ETA SOZIALERAKO POLITIKAREN SAIALA
DEPARTAMENTO DE FAMILIA,
JUSTITIA Y POLÍTICAS SOCIALES

1

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Un camino, mucha vida



Anja Machielse
Catedrática de Humanismo
y Resiliencia Social y
profesora titular de
Resiliencia de los Mayores.

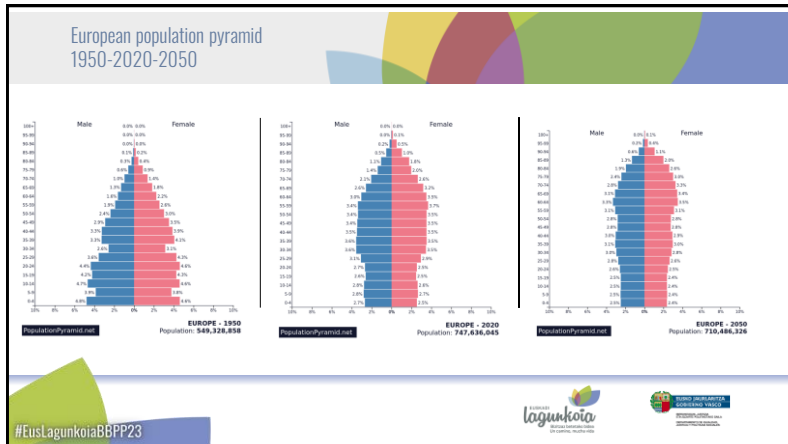
Conferencia inaugural
"Envejecimiento significativo
y participación"

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2



3

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4



5



6

gerontology

AUTONOMY

Wellbeing


- PHYSICAL
- MENTAL
- SOCIAL
- FINANCIAL
- WELL-BEING

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7

-
- How does society view older people?
 - What is important for older people themselves?
 - Sources for meaningful ageing
 - Meaningful ageing and participation
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8




Mr. Bakker



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9



"I never thought that, after such a happy life, I'd end up feeling this sad. I never imagined people could be as unhappy as I've been these past few years."

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How does society view older people?



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12

**FRAGILE
HANDLE WITH CARE**

DECLINE

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13

SUCCESSFUL AGING
A Neuroscientist Explores the Power and Potential of Our Lives
DANIEL J. LEVITIN

Healthy Aging
Living Longer Better

Active Aging

POSITIVE AGEING
LIVING WELL IN LATER LIFE

Productive Ageing
On the Art of Staying Active and Alive

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14

Successful Aging

Definition: Absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms, and chronic diseases such as cancer, coronary artery disease, and stroke.

- Eat plenty of vegetables and fruits. High intake of fiber gives people an 80 percent greater chance of living a long and healthy life.
- Stay Social. Depression is a danger for people as they get older. Work on building a network of friends and finding new friendships and activities to stay active as you age.
- Keep Thinking. Exercising your brain is essential. If you don't use it you lose it.
- Keep Moving. 30 minutes a day reduces your risk for heart disease, stroke, diabetes and osteoporosis.

metabolic-balance.com

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FOREVER YOUNG

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EXCLUSION

"TREATED LIKE I WAS SENILE"
—Li Callahan Weimann

"PASSED OVER FOR 'BEING NEAR RETIREMENT'"
—Joseph Bednark

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Lege proiektua

17

AGEISM IS HARMFUL

Ageism has far-reaching IMPACTS ON ALL ASPECTS OF PEOPLE'S HEALTH

Ageism takes a HEAVY ECONOMIC TOLL on individuals and society

PHYSICAL HEALTH MENTAL HEALTH SOCIAL WELL-BEING

#AWordsAllAges

GLOBAL AGING POLICY INSTITUTE

Ageism Violates Human and Civil Rights

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18

NEW NARRATIVES

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HOLISTIC PERSPECTIVE

Physical
Emotional
Mental
Social
Spiritual

Holistic Health

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20

Spirituality is...

- top-left petal:** Having an inner spiritual journey
- top-right petal:** The search for the sacred, the transcendent, and the eternal
- bottom-left petal:** Being connected with self, others, nature, and the universe
- bottom-right petal:** An experience of meaning, purpose, and fulfillment

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21

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22

What is important for older people themselves?

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Maslow's hierarchy of needs

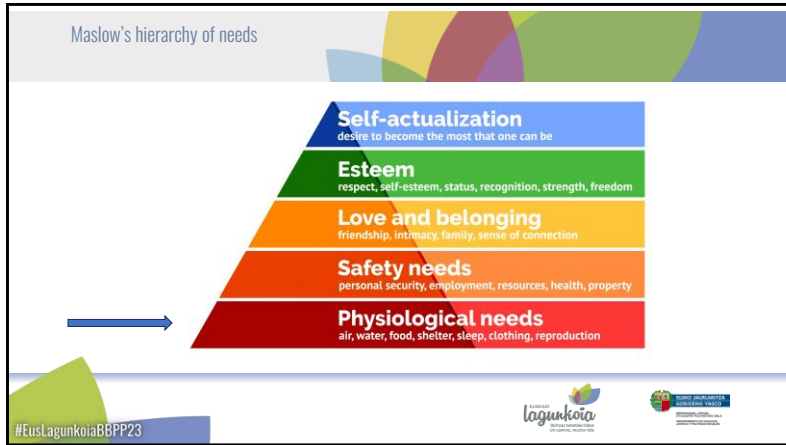
- Self-actualization** (blue): desire to become the most that one can be
- Esteem** (green): respect, self-esteem, status, recognition, strength, freedom
- Love and belonging** (orange): friendship, intimacy, family, sense of connection
- Safety needs** (red-orange): personal security, employment, resources, health, property
- Physiological needs** (red): air, water, food, shelter, sleep, clothing, reproduction

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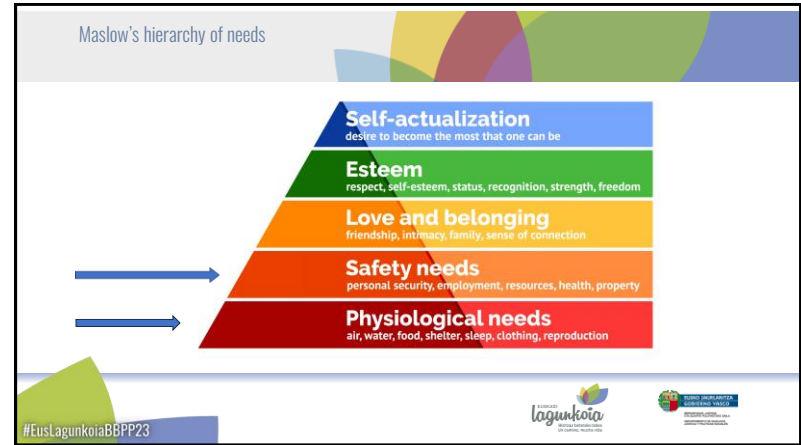
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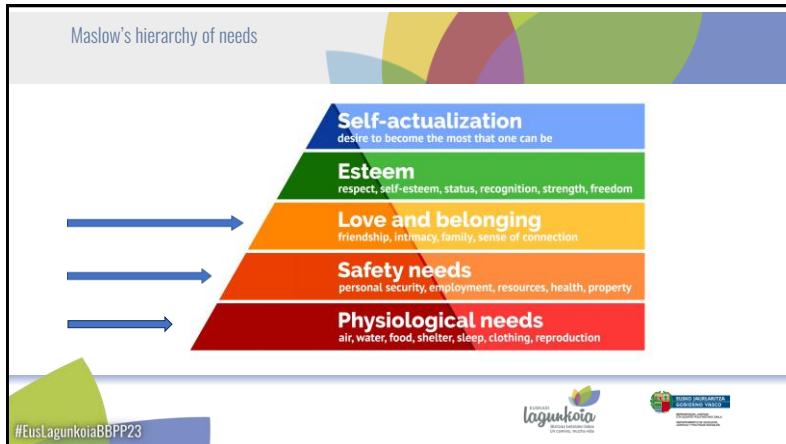
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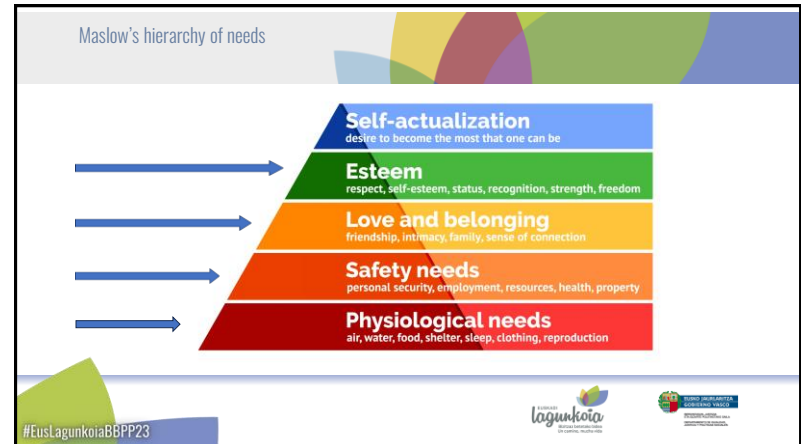
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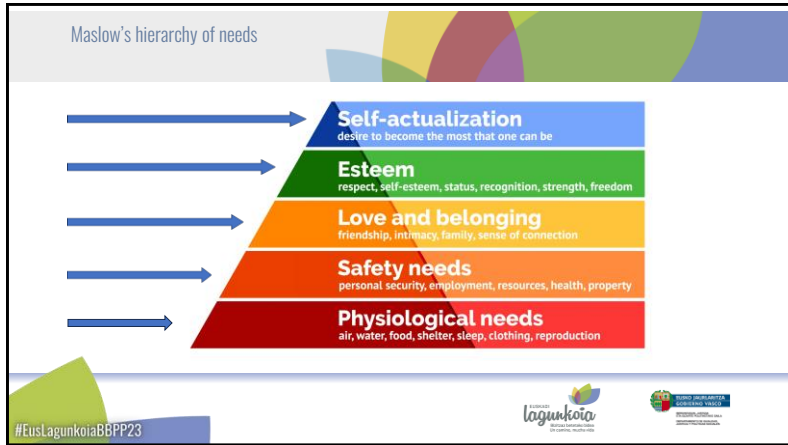
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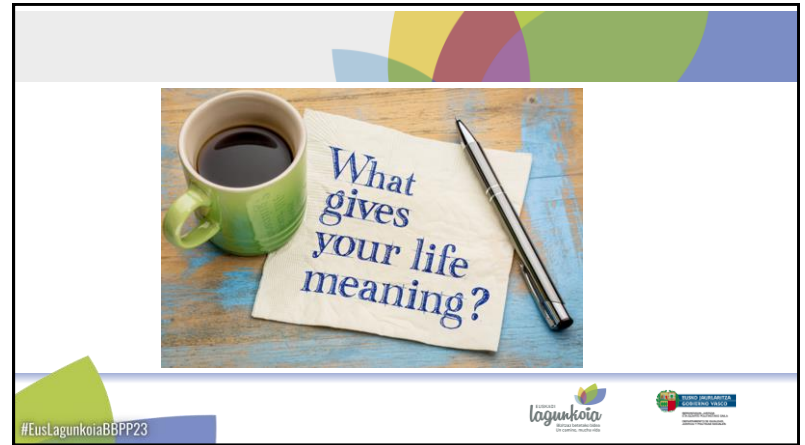
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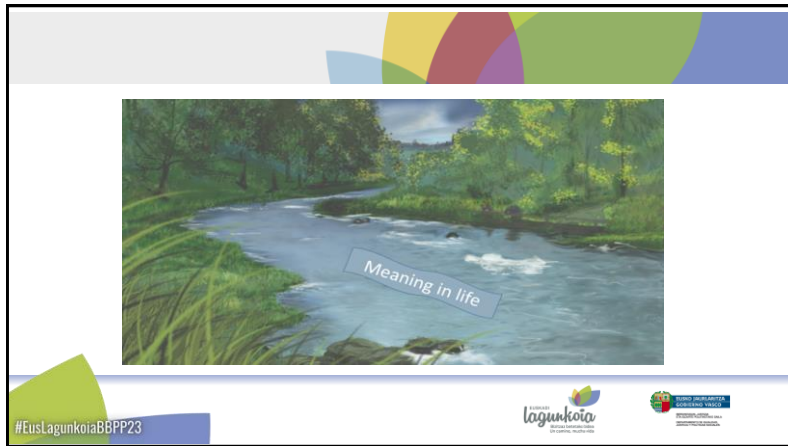
28



29



30



31



32




"I just want to enjoy the rest of my life. Make myself comfortable. Having a good time."

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33



"If I can help people, that gives joy of life, that gives a good feeling. People show that they are happy. That is important in my life."

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34

efficacy

"Being dependent, that's not easy. That you have to ask for everything. Asking is hard. Asking and not being able to do it yourself anymore."

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self-worth

"I am proud of myself-yes proud. I have always managed, and I am proud of that. Despite all the problems, I have always found the strength to keep going."

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36



Coherence

“When I look back, I can say: I have a wonderful life, a blessed life. When I see what others have gone through sometimes. Then I can only be grateful.”

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CONNECTEDNESS

“I have family and friends around me whom I can visit or do things with.”

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38

CHALLENGES

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40

Personal relationships





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“Fortunately, there are some people who understand how I am put together and who let me know that I am important to them.”

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42

Social integration





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“It’s the community that makes my life worthwhile.”

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Social support

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Socioemotional
Selectivity Theory

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48



49



50



51



52

Integrity vs. Despair

WHAT'S YOUR STORY?

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53

Gerotranscendence
A Developmental Theory of Positive Aging
Lars Tornstam

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54

SPIRITUAL DEVELOPMENT

DROGHEDA

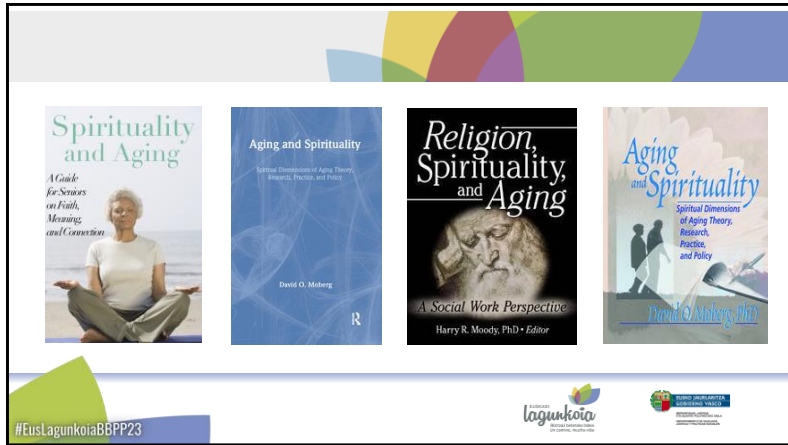
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55

Sources for meaningful ageing

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56



57



58



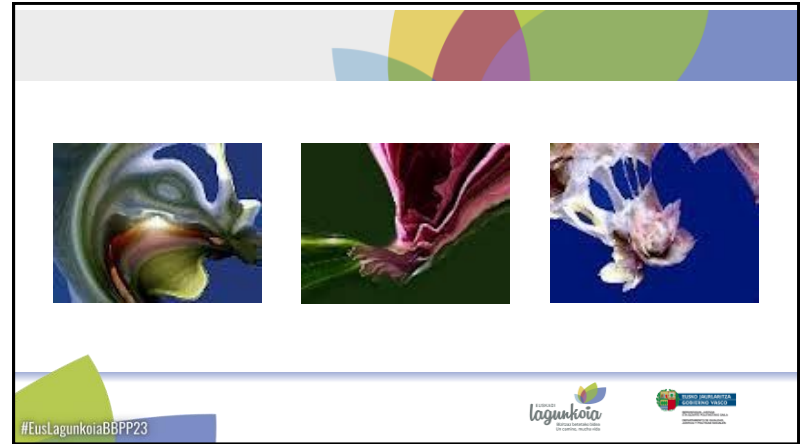
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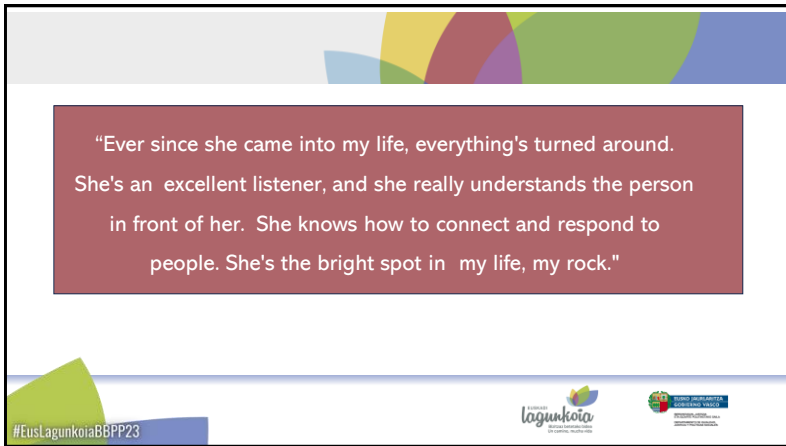
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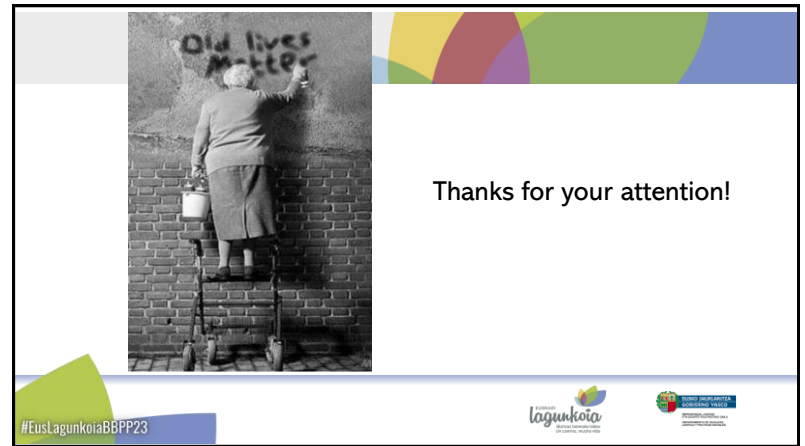
61



62



63



64