

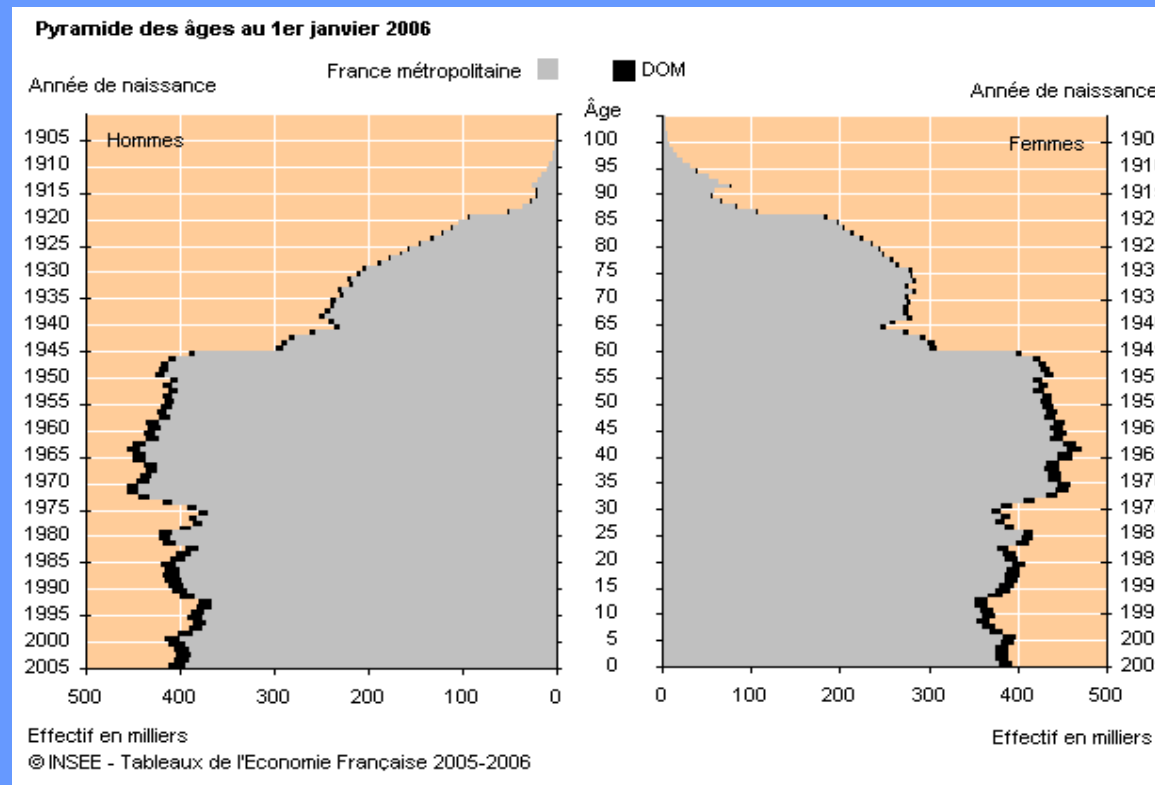
# French National Plan "Ageing Well" 2007 - 2009



Ministry of Labour and solidarity  
Ministry of Health,  
Ministry of Sports

# Context : Demographic Ageing

- French Demography



# Targeted Population

- The accepted expression in France: “the over-fifties” ; les “séniors”
- 55 - 75 years old
- around retirement age
- possibility of an efficient prevention at that age
- the “time to reinvest” period

# General objectives of the “Ageing Well” Plan

- Prevent chronic diseases complications (hypertension, sensorial troubles, walk and gait disorders)
- Support health friendly types of behaviour (nutrition, physical and sporting activities)
- Strengthen the social role of seniors by supporting their participation in social, cultural and artistic life

# Characteristics of the plan

- A global approach towards ageing : support at the same time medical prevention and social well-being
- 9 specific themes,32 measures
- Main topics : maintaining of the intellectual capital,physical and sport activity, nutrition, social and contacts life, role on the health determinants (alcohol, smoking, high blood pressure, ...), environment and life in the “city”



# Main Measures

# Detect and prevent the risk factors related to ageing

- Medical consultations at the time of retirement
- Sessions for retirement's preparation
- Passport for an active retirement

# Promote a balanced nutrition



- Guide within the framework of the National Program Nutrition Health
- Range of answers for specific problems relevant to the “over-fifties”
- Booklet for professionals

# Promote a physical and sporting activity

- Directory of sporting associations
- Support of sporting federations
- Training of the professionals

# Prevent risk factors and disease influencing the quality of life

- Daily life accidents and risk of fall
- Auditory and visual deficiencies
- Oro-dental care
- Wide-spread campaign of communication

# The solidarity between generations

- Intergeneration and “living together”, the melting pot for “ageing well”
- Promotion of inter-generations activities
- Experiences of intergeneration habitat

# Developing “Ageing well” at the local level

- Calls for annual projects
- Label “ageing well - living together”

# Lessons learned

- a framework for prevention strategies
- Ageing well must be linked to a local approach
- Improving the perception of old age

## Finally...



The plan is due to be renewed and a second “Ageing Well” is currently being prepared in order to be presented at the end of 2010