

CONFERENCE ON “ACTIVE AND HEALTHY AGEING”

Swedish initiatives to include the elderly in the workforce

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A reformed Pension System

Pension reform in the year 2001

- Flexible retirement age from 61
- The later you leave the higher pension
- A right to stay until 67
- Part time retirement

Average retirement age now 63,3

Tax incentives

- **Tax reduction on income from work for the individual**
- **Tax reduction for employers**
- **No social tax for employees older than 65**

Gender Equality

- **Almost as many women as men in the labour force**
- **Without accessible child care and elderly care of good quality the labour market would be significantly smaller**
- **Almost 10 percent of the female labour force work in elderly care**
- **Gives women income and pension rights and the society more tax revenues and consumption**

Social stimulation and anti-discrimination

Healthy ageing initiatives and health promotion strengthens health and prevents illness

Socially active are healthier and live longer

- **social interaction and support**
- **meaningfulness and feeling needed**
- **physical activity and healthy lifestyle**
- **no discrimination in work life – widened to other sectors**

Healthy ageing initiatives

The Swedish National Institute of Public Health has devised a strategy for strengthening health through social interaction, physical activity and good eating habits

- **creating meeting places by encouraging regions and municipalities**
- **increased cooperation with NGO:s**
- **government grants to municipalities and county councils for preventive home visits**
- **support and relive for relatives that care for elderly**