

Recommendations for the adoption of active ageing policies

**Project “National multi-level co-managed coordination of active ageing policies”
on active ageing”, Work Package 2 - Task 2**

**Davide Lucantoni, Pietro Checcucci, Marco Socci, Roberta Fefè,
Giovanni Lamura, Francesco Barbabella, Andrea Principi**

September 2022

This is the English translation of the Italian report published in April 2021:
<https://famiglia.governo.it/media/2329/raccomandazioni-per-ladozione-di-politiche-in-materia-di-invecchiamento-attivo.pdf>

Translation from Italian to English by the company: Eurostreet (<https://www.eurostreet.it/>)

We thank all the representatives of the Administrations involved, at the various levels of Government, for their active collaboration, which is decisive in making this work possible.

All the documents produced by the project " National multi-level co-managed coordination of active ageing policies " are available on the project website:

<http://famiglia.governo.it/it/politiche-e-attivita/invecchiamento-attivo/progetto-di-coordinamento-nazionale>

Table of contents

I. Introduction	5
I.I <i>Why the need for these Recommendations?</i>	5
I.II <i>The model of the Guidelines: evolution and characteristics</i>	6
I.III <i>Focusing on ageing</i>	7
I.IV <i>Policies for active ageing in emergency situations</i>	7
II Methodology	8
III. A proposal for Recommendations	10
1. MIPAA Commitment 1: To mainstream ageing in all policy fields with the aim of bringing societies and economies into harmony with demographic change to achieve a society for all ages.....	13
1.1 Purpose	13
1.2 National examples	13
1.3 Examples of the Regions and Autonomous Provinces	14
2. MIPAA Commitment 2: To ensure full integration and participation of older persons in society ..	15
2.1 Purpose	15
2.2 National examples	16
2.3 Examples of the Regions and Autonomous Provinces	17
3. SDG 17: To strengthen the partnership	18
3.1 Purpose	18
3.2 National examples	19
3.3 Examples of the Regions and Autonomous Provinces	20
4. MIPAA Commitment 3, SDG 1, SDG 10: To promote the fight against inequalities and poverty, fostering a fair and sustainable economic growth	21
4.1 Purpose	21
4.2 National examples	22
4.3 Examples of the Regions and Autonomous Provinces	23
5. MIPAA Commitment 4: Modification of social protection systems in response to demographic changes and their socio-economic consequences	24
5.1 Purpose	24
5.2 National examples	24
5.3 Examples of the Regions and Autonomous Provinces	25
6. MIPAA Commitment 5, SDG 8: Adapting the labour market to respond to the economic and social consequences of an ageing population	26
6.1 Purpose	26
6.2 National examples	27
6.3 Examples of the Regions and Autonomous Provinces	28
7. MIPAA Commitment 6, SDG 4: Promotion of lifelong learning and adaptation of the educational system in response to economic , social and demographic changes	29
7.1 Purpose	29
7.2 National examples	30
7.3 Examples of the Regions and Autonomous Provinces	31
8. MIPAA Commitment 7, SDG 3: To promote initiatives to ensure quality of life, independence, health and well-being at all ages.....	32
8.1 Purpose	32
8.2 National examples	32
8.3 Examples of the Regions and Autonomous Provinces	34
9. MIPAA Commitment 8, SDG5: Enhancement of the gender approach in a society characterised by demographic ageing	35

9.1 Purpose.....	35
9.2 National examples	36
9.3 Examples of the Regions and Autonomous Provinces	36
10. MIPAA Commitment 9, SDG 16: To support families providing care to older people and to promote intergenerational solidarity	37
10.1 Purpose.....	37
10.2 National examples	38
10.3 Examples of the Regions and Autonomous Provinces	38
11. SDG 11: Sustainable cities	40
11.1 Purpose.....	40
11.2 National examples	40
11.3 Examples of the Regions and Autonomous Provinces	41
12. Older people in emergency situations	42
12.1 Purpose.....	42
13. MIPAA Commitment 10: Cooperation for the promotion and full realisation of the Regional Strategy for the implementation of the Madrid International Plan of Action on Ageing (MIPAA).....	43
13.1 Purpose.....	44
IV. Summary of Recommendations.....	46
References.....	50
Appendix 1	53
Appendix 2	56

I. Introduction

This introduction aims to provide a theoretical framework, albeit not particularly detailed, to motivate the adoption of Recommendations to address the challenges raised by demographic ageing. The structure of the document allows different ways of consultation that takes into account the specific needs of each type of reader. For operational purposes, it is possible to consult the document starting directly from the Summary of Recommendations (p.47) and it is also possible, depending on the specific interest that motivates the reading, to carry out a more detailed analysis on the national /regional examples proposed in the discussion of each chapter.

I.1 Why the need for these Recommendations?

As a demographic phenomenon and at the same time a product of the transformation and development of production systems and social coexistence, the ageing of the population has for around twenty years prompted different areas of reflection among public decision-makers at national and international level, with a view to identifying policy development hypotheses that make them more coherent with the problems, needs and new social demands that this phenomenon proposes. This occurs on several fronts: the opportunities for participation or expression of the fundamental and emerging rights of the various cohorts of the population (UN, 1948), in particular the older ones, the conditions of development and the quality of life along its entire course, the sustainability of the welfare and social protection systems.

The concept of active ageing (AA) is thus developed as one of the possible responses to the social, health and economic demands of a population that is prone to the rapid demographic ageing that characterises almost all Western societies (Walker, 2014). The aim of AA is to foster the development of policies and services in support of a "lifestyle" through which each individual can draw psychological and physical health benefits, also related to the perception of a good quality of life, by pursuing their own particular interests and aspirations, activating in one or various areas of the social and personal contexts. The AA concept assumes that the older person is valued as a resource for society as a whole, thus promoting the sustainability of the welfare system in terms of reducing public spending for social and health assistance and care interventions, enhancing the productive contribution deriving from the activities they decide to undertake (in the labour market, in the form of volunteering, etc.), as well as balancing the social security system (Walker, Maltby, 2012).

Active ageing is defined by the World Health Organisation as "*the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age*" (WHO, 2002). The aim of this definition is to go beyond a strictly welfare vision, in which the older person is considered as a passive citizen, mainly due to his impact on the health-care system, to propose a concept of ageing that is oriented throughout the life span, in order to improve its quality (Martineau and Plard, 2018). For this paradigm shift to be effective, it is necessary to involve in the process also the representatives of civil society and the Third sector (Li and Hsieh, 2020).

Considering the breadth and complexity of the topic, the goal of this document is to summarise a number of methodological aspects, through Recommendations, which can facilitate the development of a shared vision that is capable of guiding policy interventions, through the coordination of the different levels of *governance* of the national territory. This coordination aims to harmonise interventions at national level with the international political and legal frameworks, to which the European Union and Italy constantly refers.

In this regard, in addition to the Madrid International Plan of Action on Ageing (MIPAA), approved by the United Nations in 2002, with the 10 commitments that compose it¹, it is appropriate to recall the 2030

¹The 10 MIPAA commitments are the following: 1) To mainstream ageing in all policy fields with the aim of bringing societies and economies into harmony with demographic change to achieve a society for all ages; 2) To ensure full

Agenda for Sustainable Development (UN, 2015), and in particular the Sustainable Development Goals (SDGs) recognised therein, with the aim of pursuing an idea of development that "meets the needs of the present without compromising the ability of future generations to meet their own needs" (UN, 2015).

It is important to specify that, although the proposed Recommendations are included in a document (this one) that follows the methodological steps usually envisaged for the production of Guidelines (as evident below), these last term do not characterise the title of the document. This choice was made to differentiate from the usually normative interpretation assigned to the tool of the Guidelines (especially in the Public Administration), that this document, as result of a research-action project, rather than the output of a specific government body, cannot have.

1.II The model of the Guidelines: evolution and characteristics

The choice to use the same methodology that is usually adopted for producing Guidelines, is motivated by the need to identify a tool for creating policies, that is able to emphasise their specificities, while maintaining the characteristics of flexibility and adaptability to the particular needs of the user. Unsurprisingly, the Guidelines are used today in many areas, each of which, starting from common characteristics, has developed its own particular procedures based on the specific needs of the reference sector. A factor common to the various models for the production of guidelines (SNLG - <http://www.snlg-iss.it>) is the methodological dimension: they are characterised as a systematic process of elaboration, synthesis and evaluation of the evidence obtained from the analysis of the literature and from the experiences realised within practices. This, with reference to a purpose of knowledge on relevant issues, to be translated into operational objectives consistent with social demand (Brownson et al., 2006). The Guidelines generally result in reasoned recommendations, in support of professional practice and individual action, but should not be confused with more rigid tools such as protocols and procedures which are mainly used for purposes such as minimising costs or adopting standardised behaviours. Indeed, the Guidelines pursue the aim of assigning an active role to all the actors involved, through the activation of complementary mechanisms of accountability and the identification of priority goals. As a result of this process, the enhancement of the specific skills of those who are the recipients, and the recognition of the multiple socio-cultural differences that characterises the national territory, are achieved (Cartabellotta, 2016).

The production of these Recommendations is therefore based on a targeted approach to the implementation of evidence-based policies, through the collaboration of all the actors involved, to produce the enhancement of not only technical-scientific skills, but also political and organisational ones (Pabari et al., 2020). The political-organisational goals and actions can thus be implemented more rigorously, on the basis of scientific contents produced according to standards of excellence (Plebani and Trenti, 2002). These standards are derived from the application of consolidated methodological skills, from systematic reviews and from critical-interpretative analyses of the literature, to minimise potential systematic errors (bias) that may occur in the elaboration phase, as well as the practical and ethical implications that may derive from it. Furthermore, as well as in the production of Guidelines, the drafting of these Recommendations also represents an educational and formative opportunity for those who participate, as it is necessary to understand and embrace the perspective they propose ("Evidence-Based Medicine" Group, 2003). Naturally, for the

integration and participation of older persons in society; 3) To promote equitable and sustainable economic growth in response to population ageing; 4) To adjust social protection systems in response to demographic changes and their social and economic consequences; 5) To enable labour markets to respond to the economic and social consequences of population ageing; 6) To promote life-long learning and adapt the educational system in order to meet the changing economic, social and demographic conditions; 7) To strive to ensure quality of life at all ages and maintain independent living including health and well-being; 8) To mainstream a gender approach in an ageing society; 9) To support families that provide care for older persons and promote intergenerational and intra-generational solidarity among their members; 10) To promote the implementation and follow-up of the regional implementation strategy through regional co-operation.

Recommendations to be effective, it is necessary to take into account the limitations, in terms of sustainability, imposed by the broader professional, economic and social context of relevance. In this regard, the concept of Social Innovation may be useful (Kesselring, Smith et al., 2014) inasmuch it proposes to tackle the problem of policy sustainability using strategies, including bottom-up ones, based on the collaboration of various stakeholders. In Italy, initiatives related to Social Innovation are supported by the application of the Constitutional principle (art.118) of horizontal subsidiarity (Ladu and Bernardini, 2021) which calls for greater integration/collaboration between the State and civil society (Arena and Cotturri, 2010) to maximise not only economic resources but also the relational and cultural capital of private initiatives, in order to tackle social problems and to improve the quality of life of the population (Monteduro, 2017).

I.III Focusing on ageing

In the specific case of the development of innovative policies in favour of ageing, the intent is to go beyond a "silos", and therefore sectorial, vision, in accordance with the MIPAA commitment no.1 (Mainstreaming ageing in all public policies), to convey the problem of demographic change not only across all levels of national and sub-national governance, but also in the daily dimension of everyone's life. Population ageing is an internationally relevant issue, since on the one hand the increase in life expectancy stems from medical-scientific progress and from the "lifestyles" adopted by civil society, on the other it involves a series of economic and social costs that can result in a decline in the quality of life of the population. This is underlined by the fact that life expectancy in good health (e.g. free from problems such as disability) does not seem to increase (Weber and Scherbov, 2020).

The implementation of policies in favour of ageing involves a multitude of figures both at institutional level and from private organisations (public decision-makers, researchers, others stakeholders), each with their own specific needs, aims and orientations. The proposed approach encourages the convergence of the various points of view towards a shared perspective, which will later result in a holistic and integrated joint action. In addition to the need of stimulating the paradigm shift regarding ageing, the need to produce national Recommendations arises from the requirement to integrate them within a broad system of principles, values and tools that can be shared through a single framework of reference, aimed at reducing the fragmentation of existing regional and national policies and allowing monitoring activities of the emerging challenges connected to ageing on the national territory. This, with particular attention in taking into account specific local needs, to highlight more clearly any critical issues and the possibility of intervention.

The Recommendations, if used at various levels of governance, would not only favour the vision of the older people as a resource, but also the intergenerational dialogue and the transmission of knowledge deriving from professional and life experiences to the new generations, as well as those resulting from the exercising of good practices. The idea is to trigger a virtuous and autonomous process that leads to internalization of the paradigm of active ageing by the whole society, which is also positively reflected on the aspects linked to the sustainability of policies. This would imply the overcoming of a conception of social categories focused on an age-based definition, which acts by modifying the mechanisms of self-perception and the growth opportunities of both the young and the older (Fernandez-Ballesteros et al., 2017). In fact, active ageing should be understood in a "life course" perspective, given that ageing begins from birth.

I.IV Policies for active ageing in emergency situations

Emergency situations can be of various kinds (economic, demographic, energetic, climatic, etc.) and are characterised by serious interruptions in the economic and social functioning mechanisms of communities. Furthermore, they can be caused by wars, humanitarian crises and unpredictable events such as health crises, natural disasters (earthquakes, large-scale fires, hurricanes) or man-made ones (UNECE, 2020). These events significantly hinder progress towards sustainable development, particularly if they occur in a globalised

context such as that of today's society. For this reason, it is necessary to plan and undertake actions in advance to protect the most exposed sections of the population, such as the older one.

In this perspective, promoting policies for active ageing means not only adopting preventive measures to reduce the burden on the health system and on social protection systems, also in anticipation of future conditions of stress, but considering older people as a significant part of the human and social capital that can be mobilised to cope with crisis situations, favouring inclusive solutions both during emergency management and for post-emergency recovery.

The ageing of the population has had profound consequences on the planning of policies and on the implementation of programs in various socio-economic emergency situations, as it involves forms of vulnerability and inequalities related to gender, to the development of citizenship for those who belong to a different ethnicity, to education and income levels, as well as to health conditions, that can be critical factors throughout the life span. During an emergency situation, these inequalities contribute to increasing the risk of marginalisation of the older population (UNECE, 2020). Government actions are called upon to protect the human rights of older people during the crisis, and to capitalise on the contribution they are able to offer in response to the emergency. However, the evidence shows that older people are often overlooked by emergency response strategies and this contributes not only to aggravating their vulnerability but also to weakening the ability of the entire social fabric to respond and adapt.

Such a reflection is clearly stimulated by the contingency represented by the health crisis due to the Covid-19 pandemic, the consequences of which have had and continue to have a negative impact mainly on the older population (even if new developments of the virus have lowered the average age of the most seriously affected subjects), bringing to the attention of the public debate a number of emerging issues (such as demographic ageing) on which various institutions have focused internationally (UNECE, 2020).

In the specific case of the Covid-19 pandemic, in fact, older people continue to be associated mainly with issues such as fragility, vulnerability and the need for assistance. This is symptomatic of an incomplete integration of the active ageing paradigm into the Italian welfare system. Also, actions taken to protect older people often overlook the various nuances that distinguish this category, in particular the variety of roles that older people play in society as caregivers, volunteers and leaders of the community (UN, 2020).

These problems are amplified by phenomena such as the digital divide: the lack of digital skills has represented an extreme element of discrimination and marginalisation of the older population, not only in relation to the ability to access information on the pandemic and the socio-economic measures undertaken by governments, or the ability to access services such as telemedicine and online shopping, or relating to interaction/communication with relatives and friends during the lockdown and physical distancing, but also in terms of active participation in the life of the community. In this regard, the problems that emerged during the pandemic can represent an opportunity to identify new intervention measures that are effective in dealing with changes, in a more inclusive and sustainable manner, respecting human rights and targeting the prospects outlined by the commitments of the 2030 Agenda for Sustainable Development.

II Methodology

As envisaged in all the various phases of the project " National multi-level co-managed coordination of active ageing policies ", the elaboration of this document is also carried out by the project team in collaboration with the stakeholders' network ² (institutional and civil society) relating to the project.

²The stakeholders who have provided their contribution are listed below: Ministry of Education; Ministry of Labour and Social Policies; Ministry of Health; Ministry of Economic Development; Department for Youth Policy and Universal Civil Service; Sports Department; Department for digital transformation; Abruzzo Region; Basilicata Region; Emilia Romagna region; Friuli Venezia Giulia Region; Marche region; Piemonte region; Sardinia Region; Tuscany region; Umbria Region;

Methodologically, there were two main stages in reaching the formulation of the Recommendations. The first phase concerned the analysis of the national report on the state of the art on active ageing policies (Barbabella et al., 2020), which is based on reports relating to 35 Administrations, between Ministries, Departments at the Presidency of the Council of Ministers, Regions and Autonomous Provinces (Barbabella and Principi, 2020). The 35 Reports, as well as the national report, were drawn up in a participatory manner with the aforementioned stakeholders' network according to the methodology described in Barbabella and colleagues (2020).

In the second phase, the contributions provided by the stakeholders' network, at different times of the design process, were acknowledged.

The network provided an initial contribution (November-December 2020) by participating in a consultation through a questionnaire (reported in Appendix 1), mainly consisting of open questions³ and aimed at best conveying, in this document, the results of the national report on the state of the art, including reflections on any neglected and/or underestimated aspects, in order to possibly revisit them. Whenever possible, the contributions of the network are highlighted in this text, also indicating, in square brackets, the organisation that has provided them from time to time.

The questionnaire also contained a section on the Covid-19 pandemic. An in-depth study in this sense was necessary as the survey of the state of the art was carried out during a period prior to the pandemic itself (see in Barbabella et al., 2020) and it was therefore of primary importance to recover this aspect in the scope of the project, not only in the perspective of this document (for elaborating the Recommendations), but also through an additional study, reported in Appendix 2, which at least partially recovered the state of the art in relation to this topic.

A further contribution was provided by the network in February 2021 through feedback to the draft of this document, with general observations, proposed amendments and additions. The research team took into account the critical-interpretative observations received, refining and re-orienting the contents, finalising the document in early April 2021.

In harmony with the report on the state of the art, the reference framework taken from the MIPAA and the 2030 Agenda for Sustainable Development was also proposed for the preparation of this document. The index of topics therefore recalls the 10 Commitments of the Regional Implementation Strategy (RIS) for the UNECE Region, in addition to the 9 Sustainable Development Goals associated with MIPAA (Strand, 2019), as well as a point dedicated to "Older people in emergency situations".

At the beginning of each topic, the recommendations related to it are reported in order to allow a rapid transfer of knowledge in certain contextualised practices (Candiani and Villa, 2013). The recommendations are followed by a general description and examples of policies at national and regional level, with their relative strengths and/or weaknesses. The document and its recommendations aim to be streamlined and to send clear messages through simple language [FNP CISL; Marche Regional Health Agency]. Regarding the introduction to the individual topics, it was considered useful not to overburden the document with detailed information that would reflect what is already present in the national report on the state of the art on active

Valle d'Aosta Region; Veneto region; Autonomous Province of Trento; Cattolica del Sacro Cuore University; University of Rome "Tor Vergata"; Marche Regional Health Agency; ANPAL; Forum of Family Associations; ProMIS; AUSER; ANCeSCAO A.P.S.; Anziani e Non Solo; Italian Healthy Cities Network; Confindustria; Age Italy; UILP; FNP CISL; HelpAge Italia; SPI-CGIL.

³The consultation (via questionnaire) was open for a long time in order to allow comparison even *in itinere*. The questionnaire can be accessed via the link: <https://forms.gle/rxFidDkQXnSsejab9>.

ageing policies, available for further consultation on the website of the Department for Family Policies (<https://famiglia.governo.it/media/2641/active-ageing-policies-in-italy.pdf>).

With respect to the recipients, a unified vision was captured by the stakeholders who participated in the consultation. The recipients of this document and the recommendations contained therein should primarily be public decision-makers on the subject of active ageing. This essentially refers to politicians/administrators and technical officials at various territorial levels of government (national, regional, municipal, inter-municipal, etc.), but also the policy makers of civil society organisations and the Third sector, also structured into multiple levels (national, regional, local).

Recipients are also organisations that promote networks, and all the various types of stakeholders who are relevant in this context, which interact with the development paths of policies at all levels, in the field of active ageing, also including the older people themselves, who contribute to the development of public policies (and the services/initiatives deriving from them). While some of the recommendations may relate more specifically and directly to the level of public government (such as the promulgation of norms and laws), they therefore indirectly involve all the recipients to the extent that each is involved according to their specific competences, to achieve the objective of each recommendation.

Recommendations are purposely provided on a general level. This is mainly for two reasons. Firstly, because it is necessary that they represent a long-lasting tool [ANCeSCAO] and that they are therefore not linked to contingent elements belonging to a particular historical period. In some cases, one or more short-term objectives are indicated that suggest the first steps to be carried out towards the operationalisation of the recommendations provided, so that they are able to represent a concrete operational tool in the medium and long term [Age Italia]. Secondly, they seek to represent reference criteria in every possible context (national, regional, municipal, of individual organisations, etc.). Setting out the recommendations in detail remains a prerogative of the decision-making process in ways that could (and indeed should) vary according to the various contexts [Autonomous Province of Trento] in order to designate and coordinate projects with respect to local and national needs [Veneto Region].

III. A proposal for Recommendations

Through the recommendations included in this document, an attempt was made to respond to the need, which emerged from the analysis of the state of the art (Barbabella et al., 2020), to act simultaneously on two main levels: to promote and guide the development of policies for active ageing; to implement the mechanisms of connection and coordination of the interventions envisaged by the policies, enhancing participation processes and multilevel co-planning. In this regard, also thanks to the contributions offered by the stakeholders, many useful insights become evident for the interpretation and implementation of the tools and solutions proposed in the recommendations that follow.

The need for the involvement of all stakeholders (see SDG 17, “strengthening the partnership”) has largely emerged from the consultation, as territorial political, economic, social, health and cultural alliances are fundamental for medium and long-term structural planning [Forum of Family Associations]. The focus was on a wide range of stakeholders, to be added to traditional public decision-makers, to encourage a bottom-up approach [Abruzzo Region]. For example, the need to involve more the Third sector, so that it can affect the adoption of policies [Age Italia], a part of which is represented by the union organisations of pensioners SPI CGIL, FNP CISL and UILP UIL, and by the respective volunteering associations AUSER, ANTEAS and ADA [SPI CGIL, UILP]. It is therefore important not only to interface with the institutions but above all with the many bodies and associations that carry out the interventions, seeking to reach the older people themselves [Department for youth policies and universal civil service]. It is therefore a matter both of starting from the older people themselves, to make them actual protagonists and not only the recipients of projects [Valle d'Aosta Region] and to involve their representatives[SPI-CGIL]. The latter should therefore be involved

(through the organisations present in the area) in the co-creation of the enabling conditions for active ageing [ANCeSCAO].

Beyond the older people and their stakeholder organisations, the partnership should be strengthened with other useful elements, with a view to active ageing. For example, a scientific and global multidisciplinary approach is important, including the humanistic disciplines [FNP CISL], and the collaboration with ISTAT [HelpAge Italia] should be strengthened.

The contribution of stakeholders should be substantiated above all through the participation (co-planning, co-decision), together with the institutional representatives, in long-term tools for analysis, planning and monitoring at national and regional level. As short-term objectives, in this regard (see MIPAA 1, mainstreaming ageing), the establishment of a National Observatory for active ageing, and regional tools such as "Permanent regional tables on active ageing", or similar, have been identified. In fact, it is necessary to decide how the recommendations should be operationalised as, given the model which is common and universally applicable, the contents of this model will differ according to the various contexts.

The contribution of the stakeholders clarified the macro-areas of action (reported below) of these tools, and therefore the main tasks that these, together with the institutional representatives, should deal with in each level of governance (both national and regional). The contents highlighted in each of the following macro-areas do not differ between the national and regional level but instead are addressed through different tools for each level - such as the preparation, for the national level, of a National Observatory, and of Tables for the regional one, as envisaged in the short-term objectives of the MIPAA commitment no.1 (mainstreaming ageing).

GOVERNANCE

Guaranteeing close collaboration and commitment at all levels of government [Department for sport - Presidency of the Council of Ministers (PCM)], through a model that encourages the integration of responsibilities, skills and resources [AUSER] aimed at an actual synergy between the institutions [Basilicata Region]. In this perspective, it is necessary to analyse the existence and to evaluate the actions carried out by pre-existing national and regional Tables/Observatories on these issues, to avoid duplication [Tuscany Region] and to integrate the relevant contents (for example, the Prevention Plan and the Passi d'Argento surveillance system) [Autonomous Province of Trento]. Finally, it is necessary to constantly monitor the composition of the tool to ensure that all relevant stakeholders are included (for example, at national level, the aspects of technological innovation and digitalisation should also be included - through the Department for Digital Transformation) [FNP CISL].

COORDINATION AND GUIDANCE

The implementation of the recommendations [Abruzzo Region] should be encouraged through a national coordination in support of the regional institutions [Basilicata Region], who supervises the work of the actors and provide precise guidance to the operators of the Region and of the Third sector, as well as greater harmonization of the regional regulations, through the involvement of the regional administrations. Membership should also be encouraged in European networks, and in European funding opportunities, to explore the challenges and opportunities of active ageing [Age Italia]. More generally, it may be useful to provide guidance for filling regional laws with content and actions, through participatory paths of discussion [SPI-CGIL]. Finally, it is appropriate to analyse the different contexts that exist today in the various parts of Italy, including intra-regional ones, and the activation of measures that make it possible to overcome fragmentation, while respecting regional autonomies [ANCeSCAO], considering the profound territorial differences that greatly diversify the quality of life of older people [Sardinia Region].

PLANNING

To facilitate the planning of policies both at central and regional level [Abruzzo Region, Veneto Region], through a national organic plan for active ageing [Cattolica del Sacro Cuore University]. To stimulate planning [Valle d'Aosta Region] and the adaptation of regional measures to the needs that emerge from the initiatives implemented in the territory [Veneto Region]. To identify good practices and key aspects to be implemented in national and regional plans for active ageing [Cattolica del Sacro Cuore University, Valle d'Aosta Region, Tuscany Region, AUSER, Marche Regional Health Agency], also from the European context [Anziani e Non Solo], with scaling and replicability of positive initiatives towards other Regions and contexts [ProMIS, Marche Regional Health Agency], and with an agenda of national and regional political priorities on which to focus initiatives with concrete action plans [AUSER, ANCeSCAO]. Thus, creating a system and consolidating innovative policies on active ageing. This should take place also through any policies and pilot actions [Friuli Venezia Giulia Autonomous Region, WHO Italian Healthy Cities Network] in order to identify practical actions to be implemented, also highlighting the resources (in terms of time and costs) necessary to achieve them [Marche Regional Health Agency].

RESEARCH, MONITORING AND EVALUATION

Stimulating in-depth analysis and monitoring [Basilicata Region], for example: understanding the reasons for the non-implementation of the policies adopted; understanding the impact of the policies and concrete actions and identifying, through an evaluation, the corrective and supplementary measures, to achieve the expected results in response to the needs of citizens [HelpAge Italia, WHO Italian Healthy Cities Network]. Carrying out an analysis of the effectiveness of the measures taken, in order to evaluate whether to propose a greater strengthening of measures already adopted, or whether to revisit them if they do not lead to results, by outlining hypotheses for future development [Confindustria]. For the purpose of efficient monitoring, it is important to make the data available to everyone and not only to professionals [AUSER]. This, would allow to compare the results obtained in each Region [Forum of Family Associations], by using internationally standardised statistical indicators, also with the situation of other European States [ANCeSCAO]. For this system to be effective, it is important to define minimum standards to be achieved for the priority areas of intervention, which should also be supported economically [Autonomous Region of Friuli Venezia Giulia].

Another issue, which clearly emerged from the consultation with the stakeholders' network, is that of the urgent need to develop a national legislation on active ageing. In this perspective, in addition to facilitating what has so far been discussed, it would facilitate the implementation of actions not previously activated [Tuscany Region], also stimulating a fruitful dialogue between the Government and the Regions [Veneto Region]. A national framework law to be enacted as soon as possible [Age Italia] is desired as a binding element, so that the Recommendations can work to produce the desired changes [FNP CISL], with dedicated resources and operational planning at regional level [Anziani e Non Solo]. This, would allow to strengthen the various regional laws [SPI-CGIL] and to produce new ones that include all sectors of active ageing, transferring and integrating the good practices developed in each context [Marche Regional Health Agency].

Once the Recommendations have been produced, a pilot phase is necessary for their implementation in the various contexts, in a flexible manner and with an improvement perspective with respect to the state of the art. In particular, the implementation in the field of the provisions of this document, in order to understand the effects and to modify the interventions in progress [WHO Italian Healthy Cities Network]. This is exactly what the next phase (Task 3) of the "National multi-level co-managed coordination of active ageing policies" envisages: promoting, with the participation of all stakeholders, the implementation of the recommendations in the various national and regional contexts (Ministries, Departments at the Presidency of the Council of Ministers, Regions, Autonomous Provinces).

1. MIPAA Commitment 1: To mainstream ageing in all policy fields with the aim of bringing societies and economies into harmony with demographic change to achieve a society for all ages

Recommendation no.1

To provide long-term tools for coordination, analysis, planning and monitoring of active ageing policies at national level, by involving all the Ministries, Departments at the Presidency of the Council of Ministers, Regions and Autonomous Provinces.

Recommendation no.2

To provide long-term tools for coordination, analysis, planning, implementation and monitoring of active ageing policies at regional level, involving all regional departments/services, as well as other important institutional regional actors.

Short-term objectives:

- a) Creation of a National Observatory on Active Ageing.
- b) Creation of regional tools such as "Permanent working tables on active ageing", or similar.

1.1 Purpose

The purpose of this commitment is to overcome the sectoral visions and to foster a system perspective in order to address the challenges related to ageing. In the field of active ageing, positive experiences both at the national and local levels, are those that promote and put into practice an inter-ministerial or inter-departmental (at regional level) collaboration, overcoming the classic approach that delegates the production and management of interventions in this area to social and health policies.

1.2 National examples

At national level, the most organic example in this sense is provided by the project of " National multi-level co-managed coordination of active ageing policies ", with the Department for Family Policies (DIPOFAM) as the reference government body, within the framework of which these Recommendations are produced. The project involves representatives of all the Ministries, the Departments at the Presidency of the Council of Ministers, and other government bodies, precisely to promote the integration (mainstreaming) of active ageing policies. This project also favours mainstreaming, at the regional level, seeking, through a reference person in each Region and Autonomous Province, to involve all the departments and/or services. This is a pilot initiative, launched in 2019 and expiring in early 2022.

The Ministry of Foreign Affairs and International Cooperation (MAECI) has undertaken to carry out support and coordination activities between the departments responsible for active ageing and more generally on the issue of human rights, with the aim of reaching a shared position through the preparation of a unitary document of Recommendations to be presented to the XI meeting of the Open Ended Working Group on Ageing (OEWGA), in April 2020, postponed due to the Covid-19 pandemic.

The Ministry of Labour and Social Policies (MLPS) adopts active ageing as a tool for interpreting the interventions to be implemented in the field of social safety nets, labour and social security policies. The MLPS is decisive in this sense as it is also the competent Ministry for the appointment of the UNECE national Focal Point for ageing, responsible for the preparation of the five-year Monitoring Report on the state of implementation of the MIPAA/RIS on the national territory.

The Department for Youth Policies and Universal Civil Service of the Presidency of the Council of Ministers, while not specifically dealing with active ageing, promotes an intense intergenerational exchange in the context of universal civil service.

On the regional side, compared to the national level, a mainstreaming aging perspective seems to have taken root for a longer time. There are some examples of how mainstreaming in all public policies is pursued among the Regions that have adopted a transversal law in the field of active ageing (aimed at promoting active ageing at regional level, in a transversal and organic way among its various areas such as volunteering, life-long learning, informal care activities, etc.). In other Regions, effective collaboration between the various departments/sectors can be seen, although not in the presence of a law specifically dedicated to active ageing.

In many cases, at regional level, despite the presence of a law for the organic promotion of active ageing, the integration between departments/services, although formally envisaged, for various reasons (for example, because of the recent promulgation of the law, which, therefore, is still being implemented, or due to lack of resources, because active ageing is not on the agenda at a political level, etc.), are struggling to find substantial implementation.

1.3 Examples of the Regions and Autonomous Provinces

The Friuli-Venezia Giulia Region (Regional Law 22/2014), through the inter-directional technical table, fully involves the seven regional central offices: Central Directorate for health, social policies and disability; Central Directorate for work, training, education and family; Central infrastructure and territory management; Central Directorate for Culture and Sport; Central management of production activities; General direction; Central Directorate for Local Self-Government, Security and Immigration Policies and the Brussels Office. The table is coordinated by the Health, Social Policy and Disability Directorate.

The Veneto Region, in implementation of Regional Law 23/2017, has systematically developed the collaboration between departments in three areas: social services, health and work/training, through the permanent work table for active ageing, coordinated by the Management for social services.

In the Marche Region (Regional Law 1/2019), the mainstreaming is envisaged thanks to the establishment of the Permanent Regional Table on Active Ageing, which involves representatives of all the regional services.

The Autonomous Province of Trento has developed active ageing policies in four sectors: civil volunteering; lifelong learning; health promotion and prevention; sport and physical activity. In these areas, collaboration between departments takes place effectively thanks to the help of participated platforms and entities (e.g. Trentino 4.0 and the Demarchi Foundation) even in the absence of specific tools such as tables and working groups.

The Emilia-Romagna Region has adopted, with Regional Council Resolution 2299/2004, a Regional Action Plan for the older population (PAR [Regional Action Plan]) with the aim of *"creating a society for all ages, which recognises the different needs and capacities of its members, no longer designed by referring to the capabilities of an adult and healthy man, but taking into account the needs of children, young people and the seniors, to overcome any discrimination based on age, listening to the voice, experience and needs of the seniors in defining sector policies, through the active and organised involvement of them in the discussion of policies and interventions that have an impact on the quality of life"*, which therefore also includes all aspects relating to active ageing. In order to achieve the objectives of the PAR [Regional Action Plan], an inter-executive political discussion table has been set up, favouring dialogue between the various departments.

In the Umbria Region, the contents of an organic and transversal law on the promotion of active ageing, approved already in 2012, were subsequently merged into the Regional Law 11/2015 “Consolidated Law on Health and Social Services”, for reasons of legislative simplification. In this regulatory context, social services deal effectively with the coordination of policies for active ageing through collaboration with other sectors/services such as digitisation, health, culture and agriculture, despite the processes of sharing, planning and allocation of funds to promote active ageing initiatives taking place informally (i.e. without the formalisation of an *ad hoc* table), by virtue of the multi-year consolidation of this custom.

The Tuscany Region, in collaboration with various actors in the health and social-health sector, through the Regional Prevention Plan and the Regional Chronicity Plan (Regional Council Resolution no. 826/2018; no. 740/2018; no. 1593/2019; no. 814/2020; no. 1178/2020) has set up a working group "Active and Healthy Ageing" consisting of: Tuscany Region, Local Health Authority and hospital-university companies of the Tuscan Health Service, Regional Health Agency of Tuscany, Sant'Anna School of Advanced Studies of Pisa, Toscana Life Sciences Foundation and representatives of citizens-users.

2. MIPAA Commitment 2: To ensure full integration and participation of older persons in society

Recommendation no.3

To ensure full integration and participation of older people in society at the national and regional levels through specific and adequate laws and regulations.

Recommendation no.4

To ensure actual (rather than just remaining on paper) full integration and participation of older people in society as provided by laws, decrees, resolutions and other regulatory documents.

Short-term objectives:

a) Approval and implementation of a national framework law, for a comprehensive promotion of active ageing, that deals with defining various parameters, including a minimum level that all Regions should guarantee, and ensuring the full integration and participation of older people in society, to which regional and local activities in this area can refer.

b) Approval and implementation of regional laws or similar regulations, for a comprehensive promotion of active ageing (as it is demonstrated that even in the presence of different tools, the objective is achievable, e.g. Umbria Region, Emilia-Romagna Region).

2.1 Purpose

The purpose of this commitment is to promote the integration and participation of the older people in society, in all areas of active ageing, without exception⁴, to ensure that all possible opportunities are

⁴ As part of this project, a general and flexible definition of active ageing has been adopted, which makes it possible to overcome stereotypical views of the older people characterised by passivity and dependence, placing instead an emphasis on autonomy and participation. The definition considers work, social, educational and entertainment activities carried out by older people, including those in the following areas: social participation, training and lifelong learning, work, culture and tourism, sport and leisure, informal assistance (care activities for other not self-sufficient persons and care of grandchildren), agriculture and gardening, civil commitment and voluntary work, co-housing, as

provided, among which older people can freely choose according to their preferences, motivations and predispositions. It is about enhancing the ability of the individuals to express their identity and to implement their own life project. In this sense the legislations must intervene, in a differentiated and balanced way, bearing in mind the three phases of ageing: the self-sufficient older person, the frail one and the not self-sufficient older person [Age Italia]. It is important that opportunities are present for everyone and in all areas, with the opportunity to foster the experience of different paths of active ageing, even passing, if desired by individuals, from one dimension to another. This, depending on preferences or needs, for example, in order to allow people to take care of all aspects of life, also with a view to reconciling work-life, to address ageing with greater resources and motivations [Forum of Family Associations]. The perspective of this approach also goes beyond the micro level, as it allows, through the benefits for society as a whole, to address the issue of the sustainability of ageing [Cattolica del Sacro Cuore University]. The expected results include, for example, that of the reduction of costs, in particular on the health and social services front [AUSER].

At national level, there is a lack of organic and stable initiatives aimed at ensuring the full integration and participation of older people in society. There have been some attempts in this direction, but they have not yet been successful. In 2016, two Bills were presented with the aim of regulating the integration and participation of the older people in society, the first (no. 3538) entitled "Measures to promote active ageing of the population through the employment of older people in activities of social utility and lifelong learning initiatives", provided for the adoption within six months of guidelines defining the methods of access to physical activity programs, identifying actions and programs for facilitating the use of urban spaces for the older population and support measures for promoting intergenerational and family practices. The second (no. 3528) entitled "Provisions for the promotion and dissemination of physical activity among older people as a tool for better health and active ageing" intended to promote the individuals' ability to update their life plan with the aim of optimising social well-being. Furthermore, in 2019, AGE Platform Italia, in collaboration with the representatives of ANAP (National Association of the Older and Retired people), proposed a national framework law on active ageing, which should serve as an organic link for regional legislative initiatives. The proposal contains measures regarding the prevention and adoption of adequate "lifestyles", the adoption of a "flexible retirement" that favours the transmission of knowledge in the workplace, a media communication campaign that highlights the contributions of the older people in society and the establishment of a "Consultation for active ageing" within regional councils, with the participation of representatives of local social forces.

2.2 National examples

On a national level, DIPOFAM undoubtedly represents one of the most active institutions in the field of integration and participation of the older people in society. On the occasion of the proclamation of 2012 as the European Year for Active Ageing and Intergenerational Solidarity, DIPOFAM was appointed by the Italian Government as the national coordinator in charge of organising the country's participation in the European Year. Within the "National work program for active, vital and dignified ageing in a solidarity society", a call for projects with a maximum duration of 24 months was published in the relevant areas, such as employment, participation in society and volunteering, promotion of an independent and healthy life, with 1.025 applications received and 997 projects admitted, of which 49 were awarded. Furthermore, also in order to follow up on the needs that emerged from the outcome of the National Conference on the family, in December 2017, DIPOFAM published a Notice for the financing of projects relating to family policies, with which it promoted the implementation of projects divided into distinct lines of intervention, including "Active ageing and solidarity between generations - Intergenerationality".

In many cases, individual Ministries and Departments carry out activities in this area (for example, the Ministry of Health's activities aimed at involving the older people in prevention programs). The Ministry of

well as any other area concerning the involvement of older people. The generality of the activities considered is desired, precisely in order to leave the discussion open to any area that may be deemed useful and appropriate.

Labour and Social Policies promoted integration and social participation with the 2016 public notices relating to laws 266/91 and 383/2000, and with the #Diamociunamano initiative. The funded initiatives, promoting community service development projects, are often characterised by a strong intergenerational footprint, such as that of the National Association Active Ages for Solidarity (ANTEAS). In addition, as this Ministry deals with issues related to the labour market, within the afore-mentioned initiatives, projects that refer to the participation of mature workers in the labour market are also promoted, such as the "Reconciling life and work in sandwich families" project.

The Ministry of Education has activated 130 CPIAs [Provincial Centres for Adult Education], divided into over 2000 locations, where educational courses are carried out aimed at achieving higher qualifications for adults who do not have them (over 12 million adults between 25 and 64 years old has achieved at most the middle school diploma); in the academic year 2019/2020 the adults attending the education courses numbered almost 230 thousand, of which over 40 thousand were over 45 years old; in the CPIA, training courses are also carried out aimed at strengthening basic skills to promote active citizenship, integration and the employability of adults, including those over 45 years old.

More in general, the issues of participation and integration in society are mainly reflected in the development projects of the Third sector through Law 106/2016 "Reform of the Third Sector, of the social enterprise and for the regulation of universal civil service", which aim to promote and regulate non-profit organisations, social cooperatives and associations for social promotion, from a legal point of view. The law just mentioned does not explicitly deal with active ageing, although experiences in this area can be traced back to it.

Regionally, the integration and participation of the older people in society are mostly conveyed through transversal laws between the different areas of active ageing. Laws of this kind exist in 10 Regions. Implementation mechanisms for such laws have been successfully implemented in rare cases.

Other Regions, despite the absence of a law specifically dedicated to active ageing, have considered this issue in a series of policies aimed at promoting the participation and activation of the older people in various areas of social life.

2.3 Examples of the Regions and Autonomous Provinces

The Veneto Region (Regional Law 23/2017) and the Friuli-Venezia Giulia Region (Regional Law 22/2014) have so far guaranteed substantial funding, and foresee an intense activity of implementation of services and initiatives in all areas of active ageing, involving the older people in carrying out interventions in schools and education, promoting associations and voluntary activities for people aged 65 years old and over, as the main tools through which to stimulate the participation of the older people in the life of the community. Added to this, there are initiatives that promote the enjoyment of cultural and musical events, access to museums and theatres. The Central Directorate for Culture and Sport of Friuli-Venezia Giulia provides financial incentives to offer favourable conditions for users over the age of 65, while in the tourism sector, concessions are promoted for access to ski resorts. Finally, more recent are the initiatives of the Region linked to the Silver economy, in order to promote the creation of products and services targeting older people.

In 2018, the Lazio Region allocated 2.5 million Euro for the implementation of the "Te - Lazio Project for the seniors" with the aim of promoting social centres for the older people and pursuing, among other objectives, an increase in the ability to access services, as well as recreational-motor and cultural activities. Regional Law 11/2016 intends to encourage the participation of the older population in the life of the community, enhancing their interests and experiences.

In the Emilia-Romagna Region, the integration and participation of the older people are reflected, for example, in the promotion of voluntary activities, associations and voluntary civil service as required by Regional Law 8/2014 (in the phase of adaptation to the directives contained in the reform of the Third sector).

An excellent example of how participation and integration are transversally implemented in multiple areas of active ageing is contained in the Regional Law 11/2015 ("Consolidated Law on Health and Social Services"; Consolidating Act) of the Umbria Region which, despite being addressed to the entire population, contains specific indications for the older people (e.g. articles 291, 292 and 293)), as this law, as already mentioned, it merged, for the purpose of regulatory simplification, a pre-existing transversal law for active ageing. The Consolidating Act explicitly promotes interventions and policies to support the integration and participation of the older people, mainly aimed at facilitating an active social life through the dissemination of social centres and meeting places, for socialisation and involvement in activities such as volunteering, sports, free time activities, cultural activities, tourism, gardening/horticulture.

To achieve the 2020 health objectives, the Tuscany Region has in recent years undertaken to implement effective policy actions in response to rapid demographic ageing, with inter-sectoral awareness-raising and public dissemination interventions (Regional Council Resolution no. 545/2017; no. 826/2018; no. 1392/2019).

The Liguria Region considers the integration and participation of the older people in society through regional policies, more specifically through community interventions for active ageing, and regional co-planning by Volunteer Organisations and Social Promotion Associations for the realisation of regional projects and projects on Adapted Physical Activity and Memory Training.

Other Regions and Autonomous Provinces such as Basilicata, Abruzzo, the Autonomous Province of Bolzano, Friuli Venezia Giulia, and Lombardy, have also successfully implemented initiatives in this context.

3. SDG 17: To strengthen the partnership

Recommendation no.5

To ensure that, beyond representatives of institutional/governmental bodies, both at the national and the regional level, also all relevant stakeholders (from the third sector and civil society, the academic-scientific sector, etc.) are included in long-term tools for the analysis, planning, implementation and monitoring of policies in the field of active ageing, in order to guarantee co-decisional participatory mechanisms.

Short-term objectives:

a) To guarantee sustainability over time of the stakeholder network created at national level within the project "National multi-level co-managed coordination of active ageing policies".

b) To create or activate (in case they exist but still they remain on paper) a stakeholder networks in each Region/Autonomous Province.

3.1 Purpose

The sustainable development goal related to the strengthening of the partnership, with a view to active ageing, refers to the need to involve relevant stakeholders in all processes (from the production of policies on active ageing, to the implementation of services and related monitoring) with consultation and co-decision tools. The subject is strongly linked to the previous two, as it strengthens the integration and

participation of older people in society (MIPAA 2) by integrating consultation and co-decision into mainstream ageing tools, as described above (MIPAA 1).

This would make it possible to assume a governance model (at all levels) that pushes the integration of responsibilities, skills and resources [AUSER], which transforms the network into a permanent opportunity for comparison between the different competences, and for the acknowledgement of new needs and/or functional anomalies, in order to make the legislative and operational changes to be adopted prompt and effective [Age Italia], also providing and monitoring the standards to be achieved, with respect to the objectives set [Friuli-Venezia Giulia Region].

At national level, an organic example represented by the above-mentioned "National multi-level co-managed coordination of active ageing policies " project, which involves a wide network of stakeholders (<http://famiglia.governo.it/it/politiche-e-attivita/invecchiamento-attivo/progetto-di-coordinamento-nazionale/rete-di-stakeholder/>). Alongside this organic initiative and specifically aimed at active ageing, partnership experiences with a less specific focus and of less extensive scope are however recognisable in various ministerial or governmental bodies.

3.2 National examples

Among the partnership projects supported by the Ministry of Agriculture, Food and Forestry Policies (MIPAAF), which aim to involve the institutional world, associations and businesses also in the field of active ageing, it is worth mentioning the following: the Generational Pact in Agriculture, promoted by ISMEA (Institute of Services for the Agricultural Food Market) and included in the Program of the National Rural Network 2014-2020, which aims to promote the continuity of agricultural business activities by putting young people in contact, without the necessary means (economic, know-how etc.), interested in undertaking the activity of agricultural entrepreneur, with owners aged over 65 without heirs. The partnership is achieved through the involvement of agricultural professional organisations; the Pact on the promotion and support of Social Agriculture, which aims to consolidate and expand the networks with subjects operating in the field of Social Agriculture. In addition, the establishment of partnerships in this area is supported by the National Social Agriculture Observatory and the National Rural Network.

In partnership with businesses, the Ministry of Economic Development (MISE) funds the creation of products and services relating to technologies for active ageing. Similarly, in addition to the activities related to the afore-mentioned "National multi-level co-managed coordination of active ageing policies", DIPOFAM promotes projects carried out in partnership with Third Sector entities, also involving Public Administrations and Bodies, Regions and Autonomous Provinces.

The Ministry of Education promotes several networks/partnerships between CPIA and other subjects; in particular, it promotes the stipulation of agreements with: 1) Local authorities and other public and private entities (and in particular with training structures accredited by the Regions) to create training courses aimed at promoting the employability of adults, including those aged 45 and over; 2) Universities, Research Centres, INVALSI, INDIRE, ANPAL, INAPP to carry out research, experimentation and development activities aimed at improving training courses for adults, including those aged 45 and over; 3) Regions and Prefectures to carry out interventions for the linguistic integration of migrants; 4) Central and peripheral branches of the Ministry of Justice to carry out educational interventions in prisons.

The Department for Digital Transformation, through the National Coalition for Digital Skills, established as part of the Digital Republic program (which involves more than 170 organizations from the private, public and third sector), favours links and exchanges with stakeholder networks on related issues.

In many Regions the existence of consultation mechanisms for the implementation of partnerships in the field of active ageing is evident, such as permanent round tables and consultations involving relevant stakeholders in the area, in order to guarantee a multidimensional discussion on active ageing. In many regional cases, partnership management tools are foreseen, without being implemented.

All the Italian Regions are included in the national health network “PROgramma Mattone Internazionale Salute” (ProMIS) and several of them have obtained the reference site recognition of the "European Innovation Partnership on Active and Healthy Ageing" (EIPonAHA), launched by the European Commission to promote innovation in the field of healthy and active ageing. The recognition derives from having developed innovative models and solutions that can be transferred and replicated at the European level.

3.3 Examples of the Regions and Autonomous Provinces

The Region of Umbria, despite the absence of a specific table or other structured tools, envisages the involvement of various stakeholders also in the co-planning phases of initiatives aimed at promoting the inclusion of older people in the cultural sector and in projects for digitisation; the regional services that deal with the implementation of active ageing policies organise meetings with stakeholders from civil society to collect useful contributions to operationalise the interventions.

The Emilia-Romagna Region promotes the partnership between public subjects and civil society organisations through the creation of tables and working groups such as the mixed technical group within the PAR [Regional Action Plan], composed, in addition to the managers of the various regional offices, by representatives of local authorities, trade unions and the third sector. The mixed technical group deals with activities such as social reporting and periodic drafting of data and documents, to be returned to citizenship with a view to transparency of the results obtained.

Similarly, the Marche Region, in the permanent regional table on active ageing, has provided for the establishment of a network of partners aimed at integrating the representatives of various regional offices, which also includes third sector organisations such as voluntary associations of older people, pensioner trade unions, the IRCCS INRCA for research and monitoring activities, and other industry experts.

The Lazio Region, despite the absence of an *ad hoc* strategy in the field of active ageing, through the Regional Law 11/2016, which also deals with, among others, the issue of active ageing, relaunches the principle of subsidiarity and cooperation between the Region, the Metropolitan City of Rome and the Provinces, Municipalities, Municipality of Rome capital city, Local health authorities, public assistance and charitable institutions, the third sector, voluntary civil service, trade unions and civil society. In this regard, the Region and local authorities ensure the consultation of citizens and users, both as individuals and through the associations that contributes to the planning and implementation of services.

The Calabria Region has foreseen a strong horizontal coordination activity, through the establishment of a "Permanent Conference on the problems of older people and pensioners" which, however, has not been implemented yet.

The Autonomous Province of Trento has set up the Council of older people to guarantee the participation of institutions, civil society and the third sector, which is currently awaiting renewal.

In the Piedmont Region, the Welfare Directorate is working to accelerate the creation of a table in which local autonomies, associations for the protection of older people and many trade union organisations will participate, in order to prepare the plan for the implementation of the law on active ageing.

The Tuscany Region (Regional Council Resolution 638/2019) has implemented a project in collaboration with the AUSER Toscana, ANCI and Federsanità which has created a network of partners to carry out the

promotion of lifestyles among the adult and older population (information campaigns, promotion of physical activities, walking groups and training for volunteer staff).

Other Regions such as Friuli Venezia Giulia, Liguria, Valle d'Aosta and Basilicata, have successfully implemented initiatives in this context.

4. MIPAA Commitment 3, SDG 1, SDG 10: To promote the fight against inequalities and poverty, fostering a fair and sustainable economic growth

Recommendation no.6

To promote policies to combat inequalities and poverty, in order to guarantee the possibility of ageing actively also to older people with few resources available in terms of health and socio-economic conditions. Opportunities should be provided not only in terms of economic help, but also in terms of activation in the various domains of active ageing, according to the characteristics of the territory and promoting the development of digital skills among older people.

Short-term objectives:

a) To strengthen, in the area of welfare services of the Local Authority, the implementation of counters for, taking into account inequalities between them, accompanying older people towards active ageing paths.

b) To promote the development and coordination of national and regional initiatives, aimed at reducing the digital divide of the older population, and at promoting digital literacy, since the latter are actions capable of combating inequalities and fostering active ageing; and of guaranteeing independence, empowerment and equity of access to services and information, in response to individual needs (digital citizenship).

4.1 Purpose

Inequalities are considered as barriers that prevent access to active ageing paths, which must be guaranteed to the entire older population regardless of differences in cultural resources (which penalise those who have less), income, education and health, precisely in order to reduce them. This vision, consistent with law no. 328 of 2000 - "Framework law for the realisation of the integrated system of interventions and social services", therefore does not include the strictly welfare part of older people in need of social and health care, but rather those cases in which inequalities are given by differences in access to resources and the ability to achieve their own life goals, with respect, for example, to specific socio-economic conditions.

Fair and sustainable economic growth is therefore understood in terms of achieving a reduction in inequalities by increasing available resources, and in terms of guaranteeing access to active ageing even for individuals with scarce resources. The MIPAA commitment and the sustainable development goals in question can be considered as a particular case of what is stated in the chapter concerning commitment 2 (encouraging participation). This goal must be pursued not only with the aim of facilitating active ageing, but also through good practices and the correct application of its principles, planning a common path that is able to systematise and consolidate innovative policies on active ageing, currently for the most part not coordinated at national level, in order to move towards a more equitable and sustainable system, also economically [Friuli-Venezia Giulia Region]. Inequalities and poverty are linked to available opportunities, and are therefore of primary importance in this area [Sardinia Region]. This, also taking into account the inequalities relating to the areas of residence, with particular attention paid to older people resident in

peripheral and rural areas [FNP CISL] where productive, cultural and social activity, due to progressive depopulation, is not facilitated by the maintaining of a stable demographic fabric [Piedmont Region].

4.2 National examples

With Legislative Decree no.147/2017 "Provisions for the introduction of a national measure to combat poverty", and Legislative Decree no. 4/2019 "Urgent provisions on citizenship income and pensions", Italy has developed a law and a national measure to combat poverty, expanding the coverage of the risk of marginalisation of people in old age and/or close to retirement, and situations of extreme deprivation. On 1 March 2019, the income and citizenship pension measures came into force as a means of combating poverty and the risk of marginalisation. These initiatives, while not explicitly providing for measures in the field of active ageing, must be considered within a broader process of reorganisation of the governance, aimed at creating the conditions of economic sustainability for the development of services and actions, within which the policies for active ageing are included. For this purpose, the Social Protection and Social Inclusion Network was established at the Ministry of Labour and Social Policies as a multi-level coordination device for programming, in order to reduce the territorial fragmentation linked to the distribution of expenditure and the development of social services.

Furthermore, the activities to be reported in this area at national level include those carried out by the Ministry of Economy and Finance (MEF) which, although not specifically focused on active ageing, consider demographic evolution as a fundamental variable of the socio-economic context of reference. In this regard, we point out the annex to the Document of Economics and Finance, on the subject of Fair and Sustainable Well-being (BES), which constitutes an important innovation, in which economic measures are examined based not only on their expected impacts on Gross Domestic Product, employment and budget balances, but also in terms of expected effects on households' economic well-being, income distribution, social inclusion, the environment and other dimensions. Some of the twelve indicators identified by the committee are attributable to active ageing, such as healthy life expectancy at birth, body weight, absolute poverty rate or the rate of non-participation in the labour market.

As part of the initiatives related to Agriculture, the Ministry of Agricultural, Food and Forestry Policies, in addition to having established the National Observatory of Social Agriculture, as required by law 141/2015, has developed, through the District Office III and ISMEA (Institute of Services for the Agricultural Food Market), measures aimed at reducing inequalities and poverty, pursuing objectives of equitable and sustainable economic growth, such as the National Bank of Agricultural Land, which focuses on the recovery of abandoned lands to redevelop marginal and depopulated realities, for the benefit of the disadvantaged population.

The Ministry of Health considers the issue of inequalities in the context of the National Prevention Plan, calling on the Regions to draw up detailed analyses of the health and equity profiles of the territory in order to guide interventions on older population also according to social and territorial inequalities, in order to reduce them.

The Department for Digital Transformation addresses the issue of inequalities within the "Digital Republic" program and the "Bread and Internet" initiative, through the creation of a network of digital facilitation points, which are configured as assistance desks (for digital literacy) and which are part of the Operational Plan of the National Strategy for digital skills. These initiatives are aimed at the entire population, thus, they also include older people.

Concerning the initiatives implemented by the Regions, 14 of them have put in place interventions to combat inequalities, poverty and to promote equitable and sustainable growth, in coherence with the active ageing paradigm. These interventions are regularly funded through instruments such as the Regional Operational

Programmes (ROP) and the National Fund for Social Policies, to remove the barriers that prevent the inclusion of older people in the life of the community.

4.3 Examples of the Regions and Autonomous Provinces

Since 2015, the Lombardy Region has foreseen interventions in favour of people with an ISEE [Equivalent Economic Situation Indicator] reference income equal to or less than 20,000 Euro per year, of people who are in conditions of relational poverty (disappearance of friendship and neighbourhood relations, rarefaction of family relationships), and more generally provides interventions aimed at combating the economic and social conditions that exacerbate progressive psycho-physical decay. These measures, financed through the ROP (regional operational program), provide for the disbursement of vouchers to be used for purchasing services within an individualised design of the catalogue. The services in the catalogue have the purpose of encouraging older people to undertake an active "self-generated" ageing process.

The Marche Region has planned (but not yet implemented) a number of *ad hoc* interventions with Regional Law 1/2019, aimed at removing discrimination based on age and socio-economic inequalities, gender, etc. Previous experiences in this area have been achieved thanks to other regulatory frameworks of reference (sporting activity, civil service, social agriculture). In addition, in the period 2014-2020, a number of projects in favour of active ageing were financed through the ROP aimed at promoting personalised physical activity, correct lifestyles and nutrition, digital literacy courses and time bank experiments for volunteer actions. This, in order to enhance the skills of older people to stimulate the resumption of equitable and sustainable growth in the emergency and post-emergency areas of the territorial area hit by the recent earthquake.

The Umbria Region has addressed the issue of inequalities by implementing initiatives related to the digital divide, promoting computer literacy and the ability to access technologies, in order to reduce disparities in the acquisition of resources necessary to participate in the life of society.

The Emilia-Romagna Region provides for measures aimed at combating the digital divide of senior citizens through the "Bread and Internet" program (Regional Council Resolution 1809/2017). Furthermore, in this Region, through active ageing policies, contributions are made to support a fair and sustainable economic growth of the local context through projects for the development of trade in rural areas, also for the benefit of older people.

In the Basilicata Region, particular attention was paid to isolation and exclusion with the Regional Council Resolution 970/2017, which activated community workshops to "support volunteering to encourage the creation of programs and activities to guarantee stronger and broader community cohesion and a more complete integration and inclusion of citizens at greater risk of exclusion". The workshops aim to promote social participation by stimulating intergenerational relationships and by organising activities with a strong cultural impact such as the rediscovery of places, traditions and knowledge, accessible even to older people exposed to the risk of poverty.

In the Campania Region, Regional Law 2/2018 dedicated to active ageing (which has not been implemented yet) aims to promote active participation in the life of the community by overcoming the forms of categorisation or discrimination linked to older age, providing, through the Regional Social Plan, the provision of economic contributions to combat poverty.

The Abruzzo Region, while not explicitly contemplating measures to combat poverty in the Regional Law 16/2016, through the Regional Prevention Plan has promoted socially inclusive motor activities even for those who live in conditions of hardship.

The Lazio Region, as part of the "A poverty cut" tender, has adopted measures to combat poverty through the funding (for 7.5 million Euro) of 76 projects which include, among others, mobility services for older

people to perform recreational and aggregative activities, housing mediation, guidance and training of people suddenly expelled from the labour market or in difficult conditions.

The Tuscany Region with care allowances paid to caregivers has implemented a specific measure to combat poverty, the main beneficiaries of which are older people (Regional Council Resolution 66/19).

Other Regions such as Friuli Venezia Giulia, Piedmont and Abruzzo have successfully implemented initiatives in this regard.

5. MIPAA Commitment 4: Modification of social protection systems in response to demographic changes and their socio-economic consequences

Recommendation no.7

In order to promote adequate social protection in response to demographic changes, and their socio-economic consequences, it is necessary build a new welfare system through the development of a multi-level institutional governance, both at national and regional level, which integrates the perspective of ageing throughout life, and in the different life spheres.

Short-term objective:

a) Realisation of a system of proximity services for protection and social integration of older people who live in disadvantaged areas, for example: mountain villages, inland areas and suburbs.

5.1 Purpose

While generally this commitment is exclusively traced back to the issue of pensions, in reference to active ageing, by social protection it is meant something broader, which, in addition to the theme of combating inequalities and poverty (see the previous point), it includes the construction and redefinition of a new welfare system (with the synergy of trade organisations, local institutions and the Third sector). A new welfare, that is founded on the essential pillars of universality and inter-generational solidarity, capable of consolidating social rights and guaranteeing multidimensional co-planning [Age Italia, Anziani e Non Solo]. This objective is particularly demanding and challenging, also in light of the current absence of dedicated resources that would make its implementation possible.

5.2 National examples

Social security and the determination of the standard healthcare provision are guaranteed by art. 117, constitutional law no. 3, 18 October 2001 "Amendments to Title V of the second part of the Constitution". In this regard, the Ministry of Labour and Social Policies, starting from 2012 has developed forms of social protection such as the New Social Insurance for Employment (NASPI), the Involuntary Unemployment Allowance (ASDI), with specific requirements to benefit the over 50s and a direct link between the use of subsidies and the use of support services for professional development, at least until reaching retirement age. In addition, the Ministry of Labour and Social Policy has established the introduction of the facilitated Early Pension Claim (APE), aimed at facilitating some categories of workers who are more exposed to a worsening of the quality of life attaining the old-age pension.

These measures are linked to the broader process of restructuring of the *welfare* system, already discussed in the previous chapter (Legislative Decree no. 147/2017 "Provisions for the introduction of a national measure to combat poverty", and Legislative Decree no. 4/2019 "Urgent provisions on citizenship income

and pensions"), with the aim of expanding the system of protection against the risks of poverty, long-term unemployment and marginalisation, connected to the fragmented and discontinuous characteristics of the current labour market, also favouring the development of support services for the enhancement of skills and experience gained over the period of a person's life.

The "Treasury Dynamic Microsimulation Model " (T-DYMM) and the "Modernising Social Protection System in Italy"(MOSPI) projects, funded by the MEF, constitute dynamic micro-simulation models for the analysis of the labour market and the Italian pension system, allowing medium-long term distribution analyses to be performed (through both intra and intergenerational perspectives), simulating evolution of the main demographic and economic events with the aim of providing useful tools to public decision-makers.

As part of the initiatives for the European Year for Active Ageing and Solidarity between Generations (2012) and during the organisation of the Third National Conference on the family (2017), DIPOFAM addressed, together with a wide stakeholders' network, various aspects concerning social protection systems and in particular: the relationship between fiscal policies, the demographic crisis and the premises for the development of welfare; the effectiveness of the investment in community welfare, in the development of the social and productive capital of the territories and in the reduction of social inequalities.

As part of the 10th work session of the OEWSGA (2019), the MAECI reported, on behalf of Italy, the establishment of free health care and social support programs for those aged over 65, who are less well-off, such as the Purchase card, social allowance (former social pension) and the "Citizenship pension".

On the regional front, the Regions of Friuli-Venezia Giulia, Emilia-Romagna, Umbria and the Autonomous Province of Trento have adopted concrete measures in support of social protection systems in favour of active ageing, such as framework laws, laws and sectoral social policies.

5.3 Examples of the Regions and Autonomous Provinces

The Friuli-Venezia Giulia Region aims to implement measures of adaptation of the social protection system by strengthening a multilevel governance through "Alpine Space Transnational Governance of Active and Healthy Ageing " (ASTAHG) and "InnovaTion in Health and Care for All"(ITHACA) projects, to create a network of transnational and inter-sectorial actors able to collaborate and effectively address the innovation of public policies on the subject of active ageing.

The Autonomous Province of Trento considers the issue of social protection systems from a social innovation perspective, as a tool to respond to emerging needs, through projects and actions that involve a plurality of public (and even private) subjects. In this regard, the experimentation of the organisational module of "Spazio Argento" was started with the aim of identifying the needs of the older population, reducing the dispersion and overlapping of interventions through the coordination of social and health actors at local level.

The Emilia-Romagna Region has adopted a multi-sectorial approach in the planning and implementation of interventions, mainly linked to the enhancement and support of the family caregiver, and the identification of areas of intervention that are transversal to the traditional user targets for the development and implementation, at local territorial level, of the Regional Social and Health Plan (PSSR), also in favour of active ageing.

The Umbria Region, through interventions in the field of social housing, intends to facilitate ageing in place to enhance the relational network between older people, proposing transversal and specific policies for individual areas of active ageing, as a strategy to favour the adaptation of social protection systems.

The Liguria Region promotes the adaptation of social protection systems through a coordination network between different subjects including, in addition to the representatives of the Region, the social and health districts, the Local Health Authorities, the voluntary associations of the Third Sector and the Geriatric SG Memory centre. This collaboration is aimed at preparing guidelines capable of promoting the dissemination of the two projects on the regional territory: Memory Training (MT) and Adapted Physical Activity (AFA).

The Lombardy Region, for the adaptation of social protection systems, has used social innovation tools, through community funds, to implement a methodology capable of defining the standard costs of the individualised voucher (the fixed cost for each voucher, considers the maximum amount as the same for all, but its composition differs according to the needs of each).

Other Regions such as Valle d'Aosta and Abruzzo have successfully implemented initiatives in this regard.

6. MIPAA Commitment 5, SDG 8: Adapting the labour market to respond to the economic and social consequences of an ageing population

Recommendation no.8

To promote, at all levels and alongside possible existing ones, the implementation of policies stimulating age management initiatives both in the private and the public sectors. These initiatives are necessary to guarantee:

- To mature workers: the development of more opportunities and quality of the working conditions, resources and skills, including forms of work regulation and organization, to enhance intergenerational differences.
- To employers: the achievement of better economic results, also in terms of corporate social responsibility, by at the same time providing older workers with a better work climate, thus improving their work motivation, satisfaction and productivity, enhancing the potential of intergenerational teamwork.

Recommendation no.9

To promote active labour market policies at national and local level, which should be functional to vocational retraining, to skill-updating and to work reintegration of all those who wish so (mature unemployed and/or disadvantaged individuals; retired older people, etc.).

6.1 Purpose

Employment is considered as an important dimension, among those that pertain to the concept of active ageing promoted through commitment 2. Ensuring participation of older people in this area is a necessity for both institutions and companies, in particular in managing the effects of the extension of working life both on the production process and as a function of the mechanisms of intergenerational exchange and transmission of knowledge. In this regard, enhancing and adapting the professional skills and working conditions of people in old age can have significant effects not only in terms of well-being and social participation for the individual, but also for the economic growth of the territory.

In this context, the work-life balance should not be neglected, to allow people to focus on other aspects of life (family relationships and other personal cultural interests, hobbies etc.), to address ageing with greater resources and motivations [Family associations forum]. Particularly important in this context are also the intergenerational relationship, the possibilities of extending active life in the world of work, even after retirement [Auser] as well as measures aimed at favouring the intergenerational relay between young and

old workers. Also significant are all the measures aimed at increasing the employability of older people [Confindustria]. Finally, it is important to introduce, in the context of Age management, the concept of "substantial non-discrimination" and not just formally, as the stereotype of the older worker, considered as a burden, still persists and presents hurdles to be overcome [Age Italia].

Various Ministries (MLPS, MI, MIPAAF, MAECI, DIPOFAM) have developed policies related to active ageing in three main areas:

- the fight against unemployment and the development of new areas of employment in old age;
- the strategic strengthening of skill development processes throughout the life span;
- the development of contexts and forms of work organisation capable of integrating diversity in production development processes

6.2 National examples

The Ministry of Labour and Social Policies (MLPS), which has the greatest expertise in the matter, has introduced incentives for the hiring of over 50s through Law 92/2012, also maintained in Law 108/2014 (Jobs Act), and consist of a 50% reduction in the contributions paid by the employer for the recruitment of over 50s who have been unemployed for more than 12 months and registered in the job availability lists. The incentive is paid for a maximum of 18 months for permanent hires and 12 months for fixed-term contracts. Furthermore, with the Interministerial Decree of 12 October 2017, social security contributions for work-life balance are introduced, promoted on an experimental basis between 2017 and 2018. Finally, with Law no.81 of 22 May 2017, "Measures for the protection of self-employed and entrepreneurial work and measures aimed at encouraging systems that are flexible in terms of times and places of subordinate work", flexible ways of achieving work performance are introduced, in subordinate employment relationships, through "agile work" which consists of organising work by phases, cycles and objectives, without time or place constraints. The latter measures mentioned do not exclusively concern mature workers, but the category of workers in this age group is central in these areas.

Fight against unemployment and the development of new areas of employment in old age

With Legislative Decree 112/2008, the possibility of fully cumulate between early retirement and income from self-employed and dependent work was introduced in all three schemes (remuneration, mixed and contributory). Furthermore, with Legislative Decree 78/2009, Law 201/2011 and subsequent provisions, the principle of adaptation to the personal requirements for access to the pension system was introduced, which gradually increases over the years (the threshold is currently 67 years). In 2012, with the establishment of the "Bilateral solidarity funds for sectors not covered by the CIG/CIGS", a propulsive function of collective bargaining was recovered in the development of reconversion and requalification programs for workers close to retirement. Finally, Interministerial Decree (MLPS - MEF) GU 115 of 18 May 2016 intends to regulate a form of subsidised part time work for mature workers for the three-year period 2016 - 2018.

Strategic strengthening of skill development processes throughout the life span

As part of the National Strategic Plan for the Development of the Skills of the Adult population 2021-2023, through dialogue between the administrations concerned, Italy has equipped itself with tools such as: a shared definition framework on the subject; minimum standards of reference to validate and certify the competences of the national repertoire of education and training qualifications and professional qualifications; standards of attestations and certificates that can be used at European level; a monitoring and evaluation system. This has been developed with a view to making the skills acquired expendable in all contexts (work, daily life and free time), facilitating geographical and professional mobility and increasing the integration and personalisation of education, training and work services throughout the span of life, with particular reference to the Italian population that is most at risk, due to processes of obsolescence of skills,

low levels of qualification or problematic access and use of the institutionalised training offer. In this regard, with Interministerial Decree of 8 January 2018, in agreement with the MIUR and the Regions and Autonomous Provinces, the National Qualifications Framework (NQF) was established as a tool for the description and classification of qualifications, aimed at making them usable at national and European level. With Interministerial Decree of 5 January 2021, the Guidelines for the inter-operability of public bodies that own the systems for identifying, validating and certifying the skills acquired in formal, non-formal or informal contexts were adopted, pursuant to art.3, paragraph 5 of Legislative Decree 16 January 2013, no. 13.

Development of contexts and forms of work organisation capable of integrating diversity in production development processes

The development of intergenerational relationships is explored in various initiatives promoted by the Presidency of the Council of Ministers, both in the projects promoted by the 2020-2022 Three-Year Plan for the programming of the universal civil service, and in the context of the initiatives promoted by DIPOFAM with reference to the European Year for Active Ageing and the 2017 Public Notice. In these areas, “intergenerationality” has been promoted as a resource for the transfer of professional skills and in the development of new forms of work. Finally, with a closer reference to the development of agricultural entrepreneurship, it is worth mentioning the experimentation of the Intergenerational Pact in Agriculture, introduced starting from the 2018 Budget law. The measure provides for the possibility of stipulating a coaching contract between young people aged between 18 and 40 with a business idea in the sector, to benefit from the expertise of a farmer over 65 (retired or not) for a period of maximum 3 years, with the aim of promoting the growth of the company and redistributing its profits.

Although on a regulatory and managerial level the issue of employment is mainly dealt by the central government, actions to consider the aspect of work in mature and old age are also possible at regional level, within the framework of the competence attributed to active labour policies, or in work-life balance, business creation or the intergenerational transfer of entrepreneurial and autonomous activities.

the analysis of the state of the art has highlighted, with respect to the employment dimension, on the one hand, how few Regions are working on this front to support the activity carried out at national level. On the other hand, there is a substantial absence of policies aimed at promoting corporate age management (i.e., the management of public and private employees on the basis of their age by human resources managers, with specific initiatives to be implemented in various areas including: hiring, training, career development, flexibility in work organisation, protection and health promotion, ergonomic practices, re-employment in a different job, etc.), apart from a specific provision in the law promulgated at the beginning of 2019 by the Marche Region, which has not yet been fully implemented.

6.3 Examples of the Regions and Autonomous Provinces

The Lazio Region, as part of the "Welfare to Work" System Action, has promoted a generational relay to increase youth employment and to extend the active life of workers aged over 50 with a view to active ageing, also providing for the provision of bonuses for the hiring of mature and older workers.

The Veneto Region, for the implementation of the regional law dedicated to active ageing (Regional Law 23/2017), provides for the financing of measures to transfer the skills of older workers to younger ones (including ancient and artisanal professions).

In the Umbria Region, the intergenerational transfer of skills concerns the training of older workers on IT subjects by young workers.

The Autonomous Province of Bolzano, through the family and work "audit" certification, pursues the aim of stimulating public and private employers to adopt company measures that help the worker (even mature) in the reconciliation of family and work.

The Autonomous Province of Trento has instead implemented the "Progettone" (Provincial Law 32/1990) to support mature workers who are unemployed or who have been made redundant. The program envisages their insertion in public utility works (in particular in the green sector, cultural services and personal services) in order to accompany them to reach the minimum pension requirements.

In the Basilicata Region, the instrument of micro-credit is used to counter long-term unemployment for persons aged over fifty. The intervention envisages two types of credit: micro-credit A, which intends to favour the employment of subjects at risk of long-term unemployment and with greater difficulty in entering work; micro-credit B for the reduction of poverty, social exclusion and social innovation.

The Regional Law 1/2019 approved in the Marche region provides for innovative measures aimed at disseminating, in the employer sphere, methods of managing and organising personnel based on age differences in order to "align" the regional employment and production system with demographic dynamics. An example, in this regard, can be seen in the courses for health sector operators already implemented as part of the activities of the "Salute d'Argento" Program. The law also provides for the possibility of actions for entrepreneurs or human resources managers, to promote the dissemination of the culture of management of workers based on age (age management of employees).

7. MIPAA Commitment 6, SDG 4: Promotion of lifelong learning and adaptation of the educational system in response to economic, social and demographic changes

Recommendation no.10

To strengthen lifelong learning within a global strategy with the "Plan for the development of skills of the adult population" as a strategic tool, to represent a solid reference base for guiding targeted interventions that could be also funded within the European programming.

Recommendation no.11

To strengthen lifelong learning by promoting intergenerational knowledge exchange in a bidirectional way across various domains (e.g., areas, for example, passing on of knowledge by older people; passing on of digital skills by younger people).

7.1 Purpose

As in the case of employment discussed in the previous paragraph, education is also one of the various dimensions that relate to the concept of active ageing addressed in chapter 2, which deserves further study given its importance.

Poor levels of education can have negative repercussions throughout the life span, becoming an obstacle to the pursuit of healthy and active ageing. The theme of education and learning also has a considerable impact on other important dimensions. For example, that of income (as low education is generally correlated with low income), with direct repercussions on the type of work performed, on the state of health and on the quality of life. Restoring educational centrality to older people is therefore of fundamental importance [FNP CISL].

Free access to lifelong learning, also in line with the needs expressed by the production system [Confindustria], must be understood as a vehicle for individual and collective progress, as a fundamental strategy for the cultural and economic growth of society and for the fight against inequalities of knowledge. In this regard, life-long training must also be accompanied by the recognition of experiences through the "Validation of Previous Skills", while for inequalities due to territorial marginality, it might be appropriate to create in rural and mountain communities, as well as in the large urban suburbs, a "social network" with the offer of non-formal learning for all ages, with the involvement of the Third Age and Third Sector Universities. [Age Italia]. Furthermore, with particular regard to the use of new technologies, digital literacy should be particularly pursued [FNP CISL], as it facilitates overcoming of the digital divide which represents a true social fracture, to support that group of people who, due to age and social condition, would be excluded from intergenerational exchanges. Encouraging computer literacy for people aged 60 and over, means engaging in the fight against the new digital illiteracy and countering the risk of a social and communication split between the very young and adults [Department for sport - PCM]. This objective could be pursued by involving secondary schools of second degree and third-age universities [Age Italia]. Among other aspects, that of digital skills is a topic that concerns not only older people but also operators [ProMIS].

7.2 National examples

Through the inter-institutional collaboration, promoted starting from the creation of the Inter-institutional Table for lifelong learning (Understanding in the Unified Conference of 20 December 2012), Italy has defined a coordination infrastructure for the management of multidimensional training needs and questions within the organisational dimension of the territorial networks for lifelong learning. Within that device of multilevel governance, the Ministry of Labour and Social Policies, in collaboration with the Ministry of Education and with the representatives of the social partners and civil society, has equipped itself with an infrastructure of governance (minimum standards and strategic guidelines for services) aimed at supporting adults in the construction of new formal, non-formal and informal learning paths, as well as certifying the learning acquired and ensuring guidance services throughout the course of life. The inter-institutional Table for Lifelong Learning has led to the preparation of the "National Strategic Plan for the development of skills of the adult population", currently being approved by the Unified Conference. The Plan represents a programming proposal for multi-year operational interventions whose fundamental purpose is to intervene on a substantial part of the adult population to fill the gaps in basic skills and low qualifications. In this way, the beneficiaries of these interventions will be able to regain competitiveness in the labour market and also achieve greater margins for insertion and reintegration into their social and family life contexts.

The Ministry of Education, in order to apply the provisions of article 4, paragraphs 55-69 of Law 92/12 and the European Recommendation on Upskilling Pathways, has prepared the "National Skills Guarantee Plan for the Adult Population" which was incorporated in the "National Strategic Plan for the development of skills of the adult population", prepared by the Inter-institutional Table for Lifelong Learning (C.U. Agreement 20.12.2012) also in view of the implementation of the Measures envisaged in this regard by the Recovery Plan.

From this perspective, examples in this area are also reported by the Ministry of the Interior and by MIPAAF.

The Ministry of the Interior (MINT) has activated training courses aimed at promoting the competence of older people to combat fraud; through seminars and meetings aimed not only at older people themselves but also at a network of stakeholders involved such as banking operators and third sector voluntary associations.

The MIPAAF, through the Intergenerational Pact in Agriculture, has promoted tutoring activities carried out by entrepreneurs aged over 65 or by newly established young people, as part of the "farmLab" project.

Regional interventions in this area mainly concern: 1) adult education in various fields through organisations such as universities of the third age; 2) training and recognition of skills in order to allow older people to carry out activities, including remunerated ones. A number of examples of this are given below. In particular, third-age universities or similar organisations are valued through various regional laws that promote active ageing across the board, or through specific laws dedicated to this aspect.

7.3 Examples of the Regions and Autonomous Provinces

The Friuli Venezia Giulia, in the 2019 Annual Plan, identified two intervention priorities for the Universities of the Third Age: continuous and permanent training in support of active ageing; promotion of protocols with schools and the world of work. In this regard, the Universities of the Third Age are configured as places of meeting and exchange and have a proactive function, involving the older population in the implementation of interventions in educational fields, aimed at the transmission of knowledge and traditions.

The Umbria Region, for the implementation of art. 291 ("Interventions and services for the permanent training of older people") of the Consolidated Law, promotes the participation of older people in educational processes and recreational activities and supports the Universities of the Third Age, activating training courses aimed at planning active ageing, with a particular focus on the issues of civil commitment and active citizenship; the reduction of the gap in real access to technologies; the promotion of eco-compatible styles of consumption, the effective management of savings and road and home safety.

The Abruzzo Region (Regional Law 16/2016) promotes training courses concerning, for example, civil commitment and active citizenship, fighting addiction, support for the University of the Third Age, intergenerational transmission of knowledge, road and home safety, correct lifestyles and nutrition and computer literacy. However, as in the case of many other Regions, the implementation of these policies is limited due to lack of funds.

The Autonomous Province of Trento promotes the training program of the University of the Third Age and Available Time (UTETD) through the Demarchi Foundation (Provincial Law 25/2012). The UTETD initiatives adopt a lifelong education approach for adults and older people, with courses offered in Trento and in various local contexts throughout the Province. The training initiatives mainly concern the acquisition of new knowledge, the transmission and sharing of cultural traditions (e.g. gastronomic, artisanal), the analysis and reflection on new cultural, social and technological phenomena. The aspects of group learning and social aggregation are essential in the training experience offered by the UTETD.

The Piedmont Region (Regional Law 11/2018) supports adult education through the assignment of annual contributions to finance cycles of cultural meetings, expressive, manual and motor workshops, organised by the Universities of the Third Age, Popular Universities, and the University of Time Free.

The Emilia-Romagna Region, in implementation of Regional Law 34/2002, has successfully activated professional training and adult education courses, adopting an approach that is consistent with the principle of lifelong learning. Also in the PAR [Regional Action Plan] activities, permanent education paths are promoted in various inter-sectorial programs, aimed both at the older people and at the socio-health operators involved in the implementation of interventions and projects for active ageing.

The Tuscany Region (Regional Law 32/2002 and Regional Law 1/2014) promotes courses in education, instruction, orientation, vocational training and discipline of the Tuscan Regional Electronic Network, also including specific actions for older people "Paas the network is for everyone. Assisted access points to electronic network services". However, the implementation of these policies in recent years has been limited due to a lack of funds.

Other Regions such as Puglia, Sardinia, Valle d'Aosta and Molise, have successfully undertaken initiatives in this area.

Regarding the area of active ageing related to education, the different tasks that the laws in force assign to the various levels mean that the national level is polarised almost exclusively on formal adult education, while the regional level is more focused on the non-formal type. Furthermore, regarding the Regions, the analysis of the state of the art has highlighted how in numerous cases, although there are specific laws for this, funding has not been allocated for many years.

8. MIPAA Commitment 7, SDG 3: To promote initiatives to ensure quality of life, independence, health and well-being at all ages

Recommendation no.12

In order to improve the implementation of preventative tools, to provide training programs and policies able to strengthen competences in the community, and also including the promotion of active ageing among other tools.

Recommendation no.13

To create bridges between the health (doctors, geriatricians, health workers in general) and the gerontological (gerontologists, professions relating to the social aspects of ageing) perspectives, also through a two-way training for the operators of these two fields, in order to exploit and coordinate in a more effective way the activities developed in the area of active ageing.

8.1 Purpose

Health and quality of life are key elements in the field of active ageing, which, on the one hand, as a result, contributes to obtaining positive feedback in this regard. Participation (chapter 2) is therefore significantly linked to these issues. On the other hand, greater health problems imply greater obstacles in accessing active ageing paths, therefore, also the ability to actively age deserves further study, particularly on the issue of safety, care of older people, and its derivatives. [HelpAge Italia]. Health and quality of life fall within the theme of inequalities, in terms of resources dealt with in chapter 4. On the other hand, the literature informs that benefits in terms of health and quality of life are enjoyed even by people with a poor degree of health, when they manage to be involved.

Despite living longer in Italy, the healthy life expectancy at 65 is lower than that of many other European countries. Bridging this gap must therefore be a priority. A multidimensional perspective of health must aim to give particular emphasis to the principle of "equal rights for all" regardless of age and sex, including the right to care, the right to age with dignity, the right of having projects of life, whatever your age [ANCeSCAO].

Active ageing, therefore, linked to that of lifestyles, can and must be an effective prevention tool [UILP], if addressed with a view to promoting psycho-physical well-being, aimed at reducing risk factors, including environmental ones.

8.2 National examples

At national level, the main activities are promoted by the Ministry of Health as part of the National Prevention Plan (PNP), and the "Gaining Health" program.

The main objective of the PNP is to accompany the individual in all stages of life and to promote healthy and active ageing, with the aim of increasing the healthy life of citizens, in line with the European objectives. The priorities defined in the PNP are then adopted at territorial level by each Region, through the Regional Plans. The structure of the Plan is based on the definition of Central Logical Frameworks, which determine the strategies to be adopted to achieve the health and equity objectives identified for the various Macro Objectives (MO), and the identification of a series of monitoring and evaluation indicators. Furthermore, the strategies are aimed at both the community and at the individual. For the community, lifestyles and healthy environments are promoted through a multi-component approach (transversal to health determinants), by "life course", for schools, workplaces, local communities, health and inter-sectorial services (educational, social, urban planning, transport, agriculture, etc.), with the involvement of all levels concerned. For the individual, the interventions aim at the prevention of behavioural risk factors and promote interventions for early diagnosis and lifestyle modification.

The goal of the "Gaining Health" program is to progressively reduce the burden of chronic diseases on the health system and on society, through an inter-sectorial approach that allows the implementation of interventions aimed at both modifying individual unhealthy behaviours (improper diet, sedentary lifestyle, smoking, abuse/misuse of alcohol), which create environmental conditions that favour lifestyle changes. The principles and the approach of the program were adopted by the Prime Minister's Decree of 12 January 2017 which identified the new Essential Levels of Assistance (LEA). In fact, in the Prevention and public health level, the cooperation of health systems with other institutions, with organisations and institutions of the community is envisaged, for the implementation of inter-sectoral programs with the involvement of citizens, according to the principles of the national program "Gaining health". This, also in order to include, among the provided actions, information and communication to institutions, citizens and health professionals, as well as the activation of inter-sectorial processes for health in all policies, the identification and offer of the most effective health promotion programs.

The implementation of "Gain Health", shared with the Regions and local Health Services, makes use of tools such as epidemiological surveillance systems and projects of the National Centre for Disease Prevention and Control (CCM). The project *Support and enhancement of the "Frailty Prevention" Joint Action through the promotion of physical activity of the over 64s* coordinated by the Higher Institute of Health, aimed at combating the frailty of over 64s through a better definition of frailty and by monitoring the level of physical activity was promoted and financed by the CCM (2016/2019), also in order to support the community project "JA-CHRODIS - Joint action to fight chronic diseases and to promote healthy ageing throughout the life cycle". Among the epidemiological surveillance systems, "Passi d'Argento" also aims to measure "the contribution that the older people offer to society, providing support within their family context and the community, for which aspects such as participation and the psychological and social well-being of the person are central". In this sense, it promotes health and quality of life of older people, carrying out activities to identify and monitor critical and risk areas to suggest measures to maintain their well-being and autonomy.

In the New Guarantee System for the monitoring of health care (Ministerial Decree 12 March 2019), the fragility indicator was introduced as a context indicator for estimating the health need, based on the data produced by the "PASSI d'Argento" aimed at the older population.

Furthermore, for the promotion of physical activity, the initiatives of CONI (National Olympic Committee, placed under the supervision of the Ministry for Cultural Heritage and Activities), through its Regional Committees, disseminates sport in every category of age and population. In this regard, the "Years in Movement" 2018 project, organised by CONI Molise, is aimed at satisfying the needs of the psycho-social sphere of people in old age. The initiative involved around 300 older people engaged in gymnastics to slow down the physiological process of deterioration due to the passing of the years.

Other policies, aimed at increasing the quality of life, have been implemented by different Ministries, with a more specific orientation towards issues such as active and independent life. This is the case of the Ministry

of Economic Development (MISE), as part of the “National strategy of intelligent specialisation” which finances the experimental development of enabling technologies for active ageing and home care.

The Department for Youth Policies and the Universal Civil Service has financed a number of projects with the aim of supporting the older people in disadvantage situations, to guarantee them an independent life for as long as possible.

The MIPAAF includes, in the contents of Law 141/2015, measures in this field through Social Agriculture, with "Services and initiatives that accompany and support medical, psychological and rehabilitative therapies aimed at improving the health conditions and the social, emotional and cognitive functions of disadvantaged persons, also through the aid of reared animals and the cultivation of plants".

In the context of European Innovation Partnership on Active and Healthy Ageing (EIPonAHA), the “Blueprint” initiative should be reported. In this context, twelve virtual people have been developed that represent the different segments of the population with different conditions and needs, the so-called "BlueprintPersonas", in order to predict the actual health care and care needs of certain groups in society and to find solutions to respond to them.

The Regions have ample autonomy in terms of health policies, therefore all the various activities carried out above all (but not only) by the health departments or by the health services of the various Regions fall within this scope, in line with the concept of active ageing, also through the involvement of entities connected to them (for example regional health agencies, local health authorities, etc.), of which only a few examples are reported here that are related to activation of the older people.

8.3 Examples of the Regions and Autonomous Provinces

The Basilicata Region, with Regional Council Resolution 175 of 2018, has promoted a number of initiatives to stimulate the psychophysical activity of people aged over 75, such as: cognitive stimulation, occupational activities, outings and trips to maintain autonomy and sociability, assisted accompaniments for analysis, formalities, payment of bills, enhancement of cultural activities.

The Friuli-Venezia Giulia Region, within the 2019 Annual Plan for the implementation of the measures provided in the Regional Law 22/2014, stimulates the improvement of the quality of life through socialisation and physical activity, as in the case of the “10 thousand steps of health”, carried out by a large stakeholders’ network, to develop trekking and walking paths. A further initiative promoted by this Region consists in a project, carried out within the Udine health authority, in collaboration with general practitioners, concerning physical activity for the over 65s and provides for the establishment of an *ad hoc* sports centre to which access is possible through a medical prescription that allows concessions on the ticket. Within the centre, the older person is taken care of by a specialist doctor and by a sports doctor and is accompanied through physical and /or sports activity. Furthermore, in the Friuli-Venezia Giulia Region, objectives such as the improvement of the quality of life and the extension of independent life are pursued in the context of prevention and monitoring activities such as the "Research Program on the Integration of Services for the Maintaining of 'Autonomy' (PRISMA) which aims to reveal, through a series of screenings on the population, situations of fragility that concern people aged over 75 years, with the aim of activating prevention and management paths also through the involvement of the general practitioner.

The Valle d'Aosta Region, with Regional Council Resolution 363/2017, has activated the European project "PRO-SOL" aimed at people aged over 65 who live in mountain areas, for promoting well-being through healthy lifestyles, initiatives of food education and active life in the third and fourth age. In addition, the

“Lower Valle Inner Areas” project led by the Local Health Authority promotes the facilitation of access to health services by also involving social services and third sector actors in a transversal manner.

The Tuscany Region, with Regional Council Resolution 595/2005 and Regional Council Resolution 1081/2005, has activated the AFA (Adapted Physical Activity) project aimed at the people aged over 65, carried out in groups, for the acquisition of active lifestyles and prevention tools. The AFA, promoted by the Local Health Unit Companies (AUSL) as part of the Integrated Health Plan, is programmed by the District Zones. In a more recent resolution (no. 903/2017), the guidelines for the organisation of the AFA and other initiatives to support physical activity in the community were provided, with the allocation of funds for 180,000 Euro. Furthermore, the Tuscany Region has regulated a partnership with AUSER Toscana, ANCI - Toscana and Federsanità (Regional Council Resolution no.638/2019) to work jointly for the implementation and continuation of actions for the promotion of health and healthy lifestyles of the older population.

Other Regions as well as Autonomous Provinces, such as Abruzzo, the Autonomous Province of Bolzano, Campania, Liguria, Lombardy and Sicily have successfully implemented initiatives in this regard.

As active ageing is mainly treated at a gerontological level, there is a need to create a bridge with geriatric health competences, as the two sides, as became evident from the analysis of the state of the art, seem to have few opportunities to collaborate. In this perspective, the attempt of the Marche Region to create this bridge should be emphasised, exploring the possibility of providing training and new knowledge, in the field of active ageing, to those who work in direct contact with older people, with particular reference to health professionals (including general practitioners) and health and social care workers.

9. MIPAA Commitment 8, SDG5: Enhancement of the gender approach in a society characterised by demographic ageing

Recommendation no.14

To consider the issue of gender inequalities, in all areas of active ageing.

Recommendation no.15

To plan tools to implement gender-related initiatives required by regulations.

Recommendation no.16

To promote specific policies and initiatives to combat violence, abuse and discrimination against older women, also in light of the social transformations of the family under way, thus fostering their activation in the various active ageing domains.

9.1 Purpose

The issue of the gender approach, highly regarded by MIPAA and the 2030 Agenda for sustainable development, can be considered as a specific declination of the more general problem of inequalities. Surprisingly, from the analysis of the state of the art (as we have been talking about equal opportunities for a long time now), little consideration of this aspect is evident in the creation and implementation of policies in the field of active ageing.

In this regard, FNP-CISL considers that it is appropriate to point out the importance of a pedagogy of adults and related methods, for example those of the "pedagogy of participation" and "democratisation of culture", which seek to restore educational centrality to older people. The research and study of these issues by students of all levels would be essential because the cultural and psychological prejudices that hinder good ageing are ingrained since childhood and are especially to the detriment of women [FNPCISL].

9.2 National examples

The Ministry of Labour and Social Policies considers the gender approach in some interventions attributable to three main areas: employment incentives in favour of workers over 50 and women, which are included in the definition of disadvantaged subjects adopted by the Ministry and referring to those sectors of the labour market characterised by a gender inequality rate higher than 25%; corporate welfare measures; the recognition of care work, through Law 205/2017, which promotes measures in favour of gender balance in the distribution of paid work and care functions, also through recognition of the caregiver, and the related establishment of the Fund to support the care and assistance role of the family caregiver.

The Department for Family Policies promoted the project "The pink and the grey. Women, active ageing and presence in decision-making places" which involved 30 women managers between 2014 and 2016 in a series of debates concerning the identification of strategies to increase the presence of women in public and private Boards of Directors and to enhance female talents and the sustainability of family and professional responsibilities.

At regional level, roughly half of the Regions have considered the gender approach in laws and documents.

9.3 Examples of the Regions and Autonomous Provinces

Emilia-Romagna has developed specific measures contained in the PAR [Regional Action Plan] (Regional Council Resolution 2299/2004) and in the Regional Social and Health Plan (Regional Council Resolution 1423/2017) which provides for interventions in the field of: gender medicine as an innovative approach to combating health inequalities. This, contemplating, together with the strictly diagnostic and prescriptive aspects relating to bio-sexual differences, other dimensions that can be indirectly linked to an active ageing perspective, such as social, cultural, psychological, economic and political inequalities, for the determination of prevention and treatment paths; the promotion of equal opportunities and enhancement of gender, intergenerational, intercultural and skill differences, in implementation of Regional Law 6/2014 "Framework law for equality and against gender discrimination", which addresses the discriminatory areas of female subjectivity in a transversal manner in society and acting on various fronts - from employment to the correct representation of women in the media, from women's health and well-being, to preventing and combating gender-based violence, and all forms of discrimination "which prevents the full development of personality and effective participation in the political, economic and social organisation of the Region" (art.2 paragraph 1). The Regional Law 6/2014 also provides for the establishment of a permanent table for gender policies which favours the integration of this issue in all regional policies and contributes to the implementation of the Integrated Plan on equal opportunities for gender and for the gender Budget of the Emilia-Romagna Region. Finally, in the Pact for work (Regional Council Resolution 1646/2015), reference is made to the importance of enhancing and strengthening the role that women play in the regional economy and society through various tools, including public employment services and active policies for work, the promotion and qualification of female employment and entrepreneurship and the harmonisation between life and work. Ultimately, the Emilia-Romagna Region considers the aspects just mentioned as transversal with respect to all regional policies, including those specifically produced in the field of active ageing.

The Tuscany Region has been collaborating since 2017 with AUSER Toscana "Equal Opportunities Observatory" on two macro themes, namely gender medicine and violence, with particular attention to the older age group. The "Silver Code" was created within two A&E points and a CUP [Single Reservation Centre] service at municipal pharmacies, aimed at older women.

10. MIPAA Commitment 9, SDG 16: To support families providing care to older people and to promote intergenerational solidarity

Recommendation no.17

To facilitate caregivers in the access to all relevant information they need (including information on how to carry out care activities in relation to the specific diseases suffered by older people), through the creation of specific digital platforms (or the development of those already existing), for also providing training and information on the management of the disease.

Recommendation no.18

To promote the recognition of the rights and of the activities carried out by the caregiver, in the perspective of combating inequalities, including those related to health; promoting a gender approach, also creating a network in the community in order to facilitate the relationships between families and public and private services, also considering elements of training for family carers.

Recommendation no.19

Through services and devices, to provide older people and their caregivers the possibility of combining the illness and the care activity with their life-project within the community, e.g., relative to the work for the labour market or to other active ageing domains (learning, leisure and cultural activities, volunteering, etc.).

Recommendation no.20

It is necessary to encourage intergenerational dialogue in a positive and bidirectional way, also to the aim of promoting the life-course perspective.

Short-term objective:

- a) Creation of a register of non-self-sufficient older people.

10.1 Purpose

Often, within families, care activities are mainly carried out by women, without formal recognition by the institutions, and, often, without providing adequate interventions for older caregivers [Anziani e Non Solo]. The issue of care for older people suffers from the lack of the gender perspective, within the more general theme of the fight against inequalities. In this sense, the support provided to families, in relation to care activities, should come not only from the bodies in charge, but also from the community in general, with a view to solidarity. In this regard, it is necessary to structure and regulate family assistance services for older people, alongside the policy of caregivers [Age Italia], introducing, for example, the figure of the “family geriatrician” [Auser].

Consider the life cycle perspective is critical for several reasons. Firstly, there will be no adequate support for older people without parallel attention to, and promotion of, the birth rate in Italy as, without an increase in the number of new generations, older people will not have adequate support in the coming decades. Therefore, strengthening and boosting the intergenerational pact in all fields is a priority [Forum of Family Associations], also because cultural and psychological prejudices that hinder good ageing are instilled since childhood [FNP CISL]. It is therefore necessary to think about active ageing, also to prepare future generations to address old age in the best possible way, with particular regard to the phase of transition from adulthood to old age [Forum of Family Associations].

10.2 National examples

An example is the support to caregivers in taking charge of frailties, promoted in determining the Essential Levels of Assistance (LEA), through a process of reorganisation of the governance of services and funds for social policies, in implementation of the Law 328/2000 “Framework law for the realisation of the integrated system of interventions and social services”. In this context, with regard to informal assistance, with Law 205/2017 issued by the Ministry of Labour and Social Policies (MLPS), the function of the caregiver and of unpaid care work was recognised, with the "establishment of the Fund to support the role of care and assistance of the family caregiver (headed by the Functions of the Presidency of the Council of Ministers, with an allocation of 25 million Euro per year for 2019 and 2020 and 5 million Euro for 2021). The law also promotes measures in favour of gender balance in the distribution of paid work and care functions. A further element of interest consists of the re-financing of the Fund for policies for non-self-sufficiency, and the related Plan for non-self-sufficiency 2019-2021, in the context of which discussions have begun for the identification of an allowance for the care and autonomy as a standard healthcare provision.

Other initiatives have been taken by the Ministry of Health, orienting health policies consistently with the life cycle of people, also in order to promote interventions for older people in their homes. An example of such policies is contained in the Operational Health Plan, which, as part of the Intelligent Specialisation Strategy, promotes the “Active & Healthy Ageing” dealing with technologies for active ageing and home care, and the development of assisted technologies in living spaces, in support of maintaining the autonomy of older people, even in fragile conditions.

Over the years, the attention of public decision makers has focused on the quality of relations between caregivers, older people, families and communities, to promote active ageing conditions throughout the life span from an intergenerational perspective. In 2017, following the Third National Conference on the Family, DIPOFAM funded a number of projects on various lines of intervention such as: reconciliation of life times between family and work; intergenerationality; promotion of favourable social and economic contexts for families, with the aim of actively and inclusively involving the community, the family, associations and public and private employers, to encourage the creation of a widespread social network in support of the relationship between family and public and private care services.

At regional level, three areas of intervention are mainly considered: education and intergenerational socialisation; support for older people with disabilities or with other social assistance needs; family caregivers.

10.3 Examples of the Regions and Autonomous Provinces

The Autonomous Province of Bolzano, in implementation of the Provincial Law 8/2013, has activated the Elki Parent-Child Day Centres to allow older people to contribute to the education and care of children of school and pre-school age.

The same resolution provides for the possibility, for private entities, to obtain the "family and work audit" certification as a tool to promote company policies that support caregivers and work-family balance, including by reducing working hours.

The Emilia-Romagna Region, in implementation of Regional Law 2/2014 and in support of caregivers, promotes information/training initiatives, psychological support, welfare and legal advice, the activation of self-help groups, economic support through the provision of care allowances, economic contributions for domestic adaptation, understandings and agreements with employers' associations to encourage greater hour flexibility that reconciles work and care needs, relief services/programs to prevent/counteract the care burden. Furthermore, to increase the awareness of services and citizens on the phenomenon, the Region has created a caregiver card and annually organises the caregiver day.

The Abruzzo Region, through Regional Law 43/2016, promotes services and support networks for the family caregiver which include information, guidance, psychological support, financial support and, in agreement with employers, flexible hours to reconcile work with the assistance commitment. Additionally, solidarity between generations is pursued through the activation of time banks to support the daily needs of families, involving individuals belonging to different generations.

The Campania Region has adopted a law dedicated to supporting the figure of caregiver (Regional Law 33/2017), in particular promoting integration with the operators of the social, socio-health and health services system. However, the law has still not been implemented.

In the Lombardy Region, through the Regional Prevention Plan and as part of the "Schools that Promote Health - SPS-SHE Lombardia Network" program, the "Pedibus" project was activated which seeks to involve older people in activities concerning social security, such as the supervision of particular contexts or environments, or accompanying children on the home-school route. Furthermore, in the context of the community planning document (ROP [regional operational program]), the frailty of the older person is considered through the activation of accompaniment paths of 12 months, with individual interventions in relation to their specific needs (including maintaining the cultural and social level, personal autonomy, family context and multi-professional involvement).

The Liguria Region, in implementation of Regional Council Resolution 431/2016 "Community interventions for active ageing, prevention and support for the frailty of older people" promotes the project "Social Caretakers and Senior Call Centres". Social Caretakers are figures responsible for the surveillance and assistance of older people, through the activities of accompaniment and the delivery of shopping, while the Senior Call Centres, managed by AUSL volunteers, provides assistance to older people to deal with daily problems.

The Region of Umbria, with Regional Law 11/2015 ("Consolidated Law on Health and Social Services"; Consolidating Act) specifies that the civil voluntary service of older people is also carried out through assistance actions, including at home, to minors, the older person and the disabled to support social service operators.

The Marche Region, in implementation of Regional Law 3/2018, provides for measures for the access of caregivers and older people to online platforms, through which it is possible to obtain information on how to manage and carry out care activities according to the specific pathologies suffered by older people. In addition, through Program no. 4 of the Regional Health Plan, the training of caregivers on topics such as osteoporosis and fracture prevention is encouraged.

The Tuscany Region, with Regional Council Resolution 1614/2019, has launched the project "At home, in good company" in collaboration with SPI CGL Tuscany, FNP CISL Tuscany, UILP Tuscany, for assistance of older people in their own homes or in autonomous residential co-housing units, remotely, in order to allow them to remain longer in their living environments, thereby safeguarding their autonomy and the quality of life and relationships. The project was funded with an investment of 30 million Euro.

The Molise Region, with Resolution no. 659 of 23 October 2012, approved the implementation agreement between the Government, the Regions, and Local Autonomies, within which it has undertaken initiatives to promote inter and intra-generational solidarity. Specifically, the reduction of the digital divide, and the strengthening of Internet coverage within the Territorial Areas allow older residents to maintain contact with their emigrant family members. This is in order to address the problem of population ageing on the one hand and the problem of the depopulation of the territories on the other.

Other Regions, such as Basilicata and Friuli Venezia Giulia, have successfully implemented initiatives in this regard.

At both national and regional level, there has been a somewhat limited focus on the perspective of the life course, that is, trying to link active ageing to what happens before reaching old age.

11. SDG 11: Sustainable cities

Recommendation no.21

To promote initiatives to facilitate mobility and access to community services (including educational ones) of older people, both in terms of time-flexibility and of adaptation of public transportation, as well as of pedestrian and cycle walkways.

Recommendation no.22

To promote both the development of enabling technologies and the adaptation of building and urban planning standards, for the reorganization of living spaces, even in co-housing situations, in an active ageing perspective. To also adopt criteria for the assessment of the quality of the houses of older and frail people.

Recommendation no.23

To promote the different types of co-housing (e.g., inter and intra-generational, neighbourhood co-housing, eco-rural villages, social housing, etc.) in older age and innovative strategies of urban regeneration, in order to promote active participation in social life.

11.1 Purpose

In order to guarantee to older people access to all the opportunities for active ageing, it is important to consider the methods of access to the services and active ageing paths which are present in the area, in terms of organisation of transport, adequacy of houses and infrastructures.

In addition, new pace of life in the city should be proposed through the modernisation of timetables (greater flexibility of the opening hours of the PA offices, hospitals, Local Health Authorities and services in general). This change is necessary to promote a better reconciliation of life and work times and to improve the sustainability of cities for everyone and, therefore, also for that part of the population that is no longer young, and would, thus, have less difficulty in accessing services [Confindustria]. A further reflection on urban welfare development dedicated to older population should consist, in addition to requalification of strategic areas, in the revitalisation of social relations and actions to combat loneliness [SPI, FNP, UILP]. These aspects can also be addressed thanks to the presence of a network at the service of the adult population, in particular in the context of services for the development of basic skills and citizenship, connected to the objectives of the 2030 Agenda [Ministry of Education].

11.2 National examples

The Ministry of Health, through the Health Operational Plan - National Strategy of Intelligent Specialisation (SNSI) has promoted interventions in various areas, including: smart and sustainable industry, energy and environment, smart communities and intelligent mobility systems, providing five lines of development of actions. By way of example, a first line, in the context of "Active and Healthy Ageing", pursues the goal of creating residential communities that involve "intelligent" services for older people that are able to exploit technologically assisted living spaces (Living Labs).

The Ministry of Agriculture, Food and Forestry Policies (MIPAAF), as part of the National Rural Development Program 2014-2020, promotes urban regeneration through the creation of inclusive services and spaces for the community. In implementation of the Program, Law 158/2017 "Measures for the support and enhancement of small municipalities, as well as provisions for the redevelopment and recovery of the historic centres of the same municipalities" is valid.

The Ministry of Transport, in collaboration with the pensioners' trade unions and the Antarctic Centre, is committed to supporting and promoting national projects "We are all pedestrians" and "Expertover65", shifting from an idea of road safety for older people to a notion of better liveability of cities, of care for the territory and urban peripheries to improve the accessibility and liveability of urban spaces.

The Ministry of Education, in order to facilitate access to adult education services, has developed interventions to enhance the digital skills of adults, including those aged 45 and over, and to encourage the use of new communication technologies; in particular it has promoted: 1) training courses on digital skills 2) the *agorà* classrooms (classrooms for adults for the remote use of the training courses provided by the CPIA); 3) the Rai Plan "School on TV - Adult Education" (30 episodes broadcast on RAI for adults enrolled in education); 4) specific measures within the "National strategy for digital skills" (verification DTD 1277 of 21.07.2020)

The main areas of the interventions implemented by the Regions are: transport in the context of social accompaniment, the enhancement of inland and mountain areas, the promotion of public transport. Social accompaniment concerns a service offered to facilitate the access of older people to health, social, educational, recreational and public utility services.

11.3 Examples of the Regions and Autonomous Provinces

Social support is carried out by the Lombardy Region, through the ROP (regional operational program), and by the Emilia-Romagna Region, with Regional Council Resolution 2230/2016.

The Marche Region (Regional Law 3/2018) has set up a system whereby older volunteers involved in the civil service can accompany and transport older people who need to access health and socio-health services.

The Valle d'Aosta Region, as part of the "Bassa Valle in Rete" project, envisages the creation and maintenance of cycle and pedestrian paths and walking routes, as well as the adaptation of public transport and the enhancement of artisanal and agri-food activities.

Regarding access to public transport, the Autonomous Province of Bolzano (Provincial Council Resolution 760/2016), the Autonomous Province of Trento (Provincial Council Resolution 62/2019) and the Friuli-Venezia Giulia Region (Regional Law 22/2014) grant discounts and concessions for people aged 60 and over for bus, local train and other means of transport.

The Region of Umbria, within the Regional Regulation 16 of 2012, identifies residential and semi-residential services and social assistance structures for self-sufficient older people (neighbourhood houses, apartment groups and serviced residences). This provision regulates various aspects relating to the functioning of these structures (approximately 70 with 1,200 places), promoting, with a view to active ageing, co-residence/co-housing.

The Piedmont Region, as part of the "UNCCEM" project, has activated initiatives to revitalise rural areas subject to depopulation phenomena, linked in particular to the implementation of new forms of social housing, through the restoration of the existing buildings, and creation of new intended uses, as well as the

transformation of villages into residential structures, in order to improve the sustainability of environmental parameters and the quality of life of older residents.

12. Older people in emergency situations

Recommendation no.24

To provide plans taking into account both older people's needs and the contribution that they can offer in all the stages: preparation, support and response to the emergency.

Recommendation no.25

To promote data collection and data process related to health and living conditions of older people during emergency situations, to encourage the implementation and the transferability of good practices.

Recommendation no.26

To consider the condition of older people in emergency situations, in a cross-cutting way with respect to the MIPAA commitments and the Sustainable Development Goals previously discussed.

12.1 Purpose

While not referring to specific MIPAA commitments or to sustainable development goals (SDGs), the management of older people in emergency situations is a priority issue, both, in general, as evidenced at international level, with the recent dedicated issue of the UNECE policy brief (UNECE, 2020) and in particular, represented, in this period, by the contingency of the Covid-19 pandemic.

Emergency situations test the resilience of individuals and communities, subjecting social and economic structures to significant stress. In this context, older people tend to suffer more from the consequences of the crisis due to their social and biological vulnerability, as well as due to the inadequate response of social protection systems.

Crisis situations must also be addressed with innovative approaches that can place older people and the third sector at the forefront. Strong awareness-raising action is needed at all levels to eliminate any form of discrimination including that relating to age. "Trust in the future" must be restored to the older people, and the value of "solidarity" must be integrated at all levels, including intergenerational ones, as an essential element of any policy for the future. Values are needed, that are able to make us more resilient and that will allow us to overcome new crisis in the future [ANCeSCAO].

Emergency situations, as also revealed during the Covid-19 pandemic, have profound social, human and urban implications that must be interpreted in the light of demographic change, through the creation of spaces, services and technologies that favour active ageing [SPI CGIL]. In the context of the pandemic, it is essential to consider the dramatic effects on the health conditions and quality of life of older people. This is an aspect to be considered transversally with respect to the objectives previously analysed in this document. For example, within the objectives of MIPAA 4 (social protection) and 9 (Informal assistance and solidarity), indices of health coverage and social security must be included [Age Italia]. The pandemic teaches us that the isolation to which the older people are often subjected becomes more evident and difficult to manage in times of hardship in the country. It will therefore be useful to start from the recent experiences to increase interventions in this field and to address them in the context of national policies. This can take place, for example, by developing educational/training courses around digital aspects, which still represents a transversal theme to be addressed in relation to MIPAA 6 and SDG 4 on education and training [Department for youth policies and universal civil service].

Since the analysis of the state of the art on which these Recommendations are based could not address the aspect of the pandemic, as the latter had not yet manifested itself in the period in which the research was conducted, this aspect is discussed based on international analyses.

As part of the United Nations Expert Group Meeting on Older Persons in Emergency Crises (2019), a set of recommendations relating to emergency preparedness, support and resolution were produced, identifying four main areas for action : 1) to increase the protection of older people's rights in emergency conditions and to stimulate the institutions involved in humanitarian actions to be inclusive of their needs, their challenges and their contributions; 2) to promote an inclusive response (with respect to age) to emergency situations; 3) to provide adequate financial tools to ensure that humanitarian action is inclusive; 4) to undertake, support and promote data collection and processing, as well as capacity building, and training on older people in emergency conditions for an informed and aware humanitarian response.

Preparing for emergencies means using the experience of past emergencies to prepare for the future. For example, during the 2003 heat wave, the French government, in partnership with the Meteorological Office and the Department of Health, activated an alert system for health and social care professionals in the event of an excessive rise in temperatures. The government intervened, funding 40% of the cost of an air conditioner for each room in nursing homes, and since 2005 90% of the facilities for older people have been adequately equipped to prevent an increase in mortality during heatwaves.

Finally, setting up databases that contain information relating to past emergencies and identifying the most vulnerable categories mean being able to direct action more quickly and efficiently. In this regard, in the context of the European Conference for Recommendations on the Role of Official Statistics in Measuring Hazardous Events and Disasters (2020), the National Statistical Offices were activated in order to provide assistance to deal with emergency situations, through the planning of specific activities for post-emergency recovery and the dissemination of official statistics such as the geographical distribution of the population most at risk.

In addition, information and communication technologies, including social media, play a crucial role in helping communities to prepare for and react to emergency situations, thanks to the speed with which information circulates on the Internet. Between 2008 and 2017, in Europe, the older population (between 65 and 74 years old) who had never used a computer, decreased from 68% to 40% (UNECE, 2020). Despite this (highlighting the persistent problem of the digital divide), it should be emphasised that older people, due to lack of habit, do not use technology for particularly very long periods, and this contributes to limiting their ability to access services or information.

13. MIPAA Commitment 10: Cooperation for the promotion and full realisation of the Regional Strategy for the implementation of the Madrid International Plan of Action on Ageing (MIPAA)

Recommendation no.27

To keep active ageing at the top of the political agenda at the national, regional and local governmental level, also via media, through an effort by all the relevant stakeholders.

Recommendation no.28

To take into account, in all the relevant laws and policies at all levels, within public, private and third sector organisations, including by older people themselves, each according to the respective competences and available resources, all the recommendations expressed in this document, to guarantee that the rights of older people are respected.

Short-term objective:

- a) To strengthen the available statistics about living conditions of older people.

13.1 Purpose

The strategy for the implementation of the MIPAA (*Regional Implementation Strategy* - RIS) consists of making sure that everything that has so far been discussed is concretely realised. A strategic element, in this context, is determined by the various territorial contexts of reference (Government, Regions and local Bodies) in relation to services and the use of public resources destined for this purpose [Confindustria]. This would fully correspond to the reference framework activated in this area at international level. Since 2008, UNECE has activated the Working Group on Ageing (WGA - which became "Standing" starting in 2020, so now it is the SWGA), an intergovernmental table that represents a regional platform for international cooperation and gathers representatives of the 56 member states, as well as representatives of research and non-governmental organisations in order to accompany the implementation of the MIPAA/RIS. In the November 2020 meeting of the SWGA, it emerged that the Guidelines for the mainstreaming of ageing (UNECE, 2021) follows the steps that were adopted in the project "National multi-level co-managed coordination of active ageing policies ", which was launched in 2019 (Principles, 2020). This also guarantees that the work carried out so far at national level within the project goes in the direction of the international reference framework.

In fact, at national level, starting from 2019, DIPOFAM introduces in its institutional strategy the aspects envisaged by the MIPAA/RIS and by the 2030 Agenda for Sustainable Development, by operating in a multi-stakeholder logic as part of the "National multi-level co-managed coordination of active ageing policies", with the scientific coordination of IRCCS INRCA. In this context, it contributes to consolidating multilevel coordination between all the actors involved in the implementation of sector policies and to creating a more integrated and coherent system of policies, actions and services. The project also constitutes an example of how the production of policies in favour of active ageing, and more generally the promotion and implementation of the MIPAA/RIS strategy, can be implemented through tools such as Social Innovation, coherently with the five dimensions that identify it: problem definition, relevance and consistency; degree of innovation of the solution (ability to respond to social problems and needs in a sustainable and shared way); the ability to develop, implement and maintain initiatives; impact assessment; sharing the innovation process (participation of stakeholders, cooperation with organisations for the exchange of skills, knowledge and resources) (Kesselring, Smith et al., 2014).

The implementation of the MIPAA/RIS Strategy at regional level can no longer be separated from a solid link with what is happening (should happen) at national level, and even from interfacing with other regional bodies. These are aspects that have so far been lacking, despite the existence of high-profile regional experiences, which also include an organic input of all relevant stakeholders from civil society. However, the contribution of the stakeholders' network, must be made organic, permeating and on several levels (at least two: national and regional).

A very important aspect is to consider the international framework adopted (MIPAA and Agenda 2030 for Sustainable Development) as a starting point to be extended and integrated. This reference framework must obviously be considered within the broader perspective relating to respect for human rights (regardless of age and sex, including the right to care, the right to age with dignity) [Ancescao], and coordination with other European initiatives being implemented in all member states must not be neglected: EIPonAHA; Blueprint; I2M; MYFMBL; AAL; WHO Healthy Cities and Age-Friendly Cities and Communities; OECD Healthy Ageing International Federation on Ageing, etc. [ProMIS, WHO Italian Healthy Cities Network]. The international framework and the activity linked to it can represent a useful tool for achieving an instrument that is certainly important, as it is binding, such as a Convention on the Rights of Older Persons [HelpAge Italia].

A subsequent question to ask is how to make sure that everything that has been discussed so far is concretely realised (that the MIPAA is realised). In fact, once the path to be taken is understood and identified, there is one of the most important aspect, if not the most important one, to be addressed, that is mentioned here, at the end of this document, as it is more functional to the logical thread followed. We talk about the matter of the political will to realise what it is provided.

On the one hand, it is encouraging to note that active ageing is a topic of primary importance for public decision-makers, especially for reasons of demographic trend, and also because the various regional experiences in this area show that it is a bipartisan topic, not tied to particular political alignments.

The stakeholders from civil society (including the field of research) must be aware of the fact that they have the specific task of always keeping the topic on the agenda with public decision-makers. Some examples of concrete actions in this area, that can be undertaken by the stakeholders themselves, are suggested by the network, through consultation:

- To directly involve the political and managerial level for the sharing of results and in the working groups [Valle d'Aosta Region]
- To disseminate the results of the project " National multi-level co-managed coordination of active ageing policies " at regional and provincial level and also among citizens, to make the contents known and to guide future policies [Autonomous Province of Trento, UIL Pensionati]
- To create a suitable communication network, exploiting the stakeholders' network [University of Rome "Tor Vergata"]
- To disseminate and discuss the Recommendations in the field of work, universities and information [FNP CISL]
- To promote the actions undertaken involving RAI and the whole field of information services [FNP CISL].

IV. Summary of Recommendations

MIPAA Commitment 1: To mainstream ageing in all policy fields with the aim of bringing societies and economies into harmony with demographic change to achieve a society for all ages

Recommendation no.1

To provide long-term tools for coordination, analysis, planning and monitoring of active ageing policies at national level, by involving all the Ministries, Departments at the Presidency of the Council of Ministers, Regions and Autonomous Provinces.

Recommendation no.2

To provide long-term tools for coordination, analysis, planning, implementation and monitoring of active ageing policies at regional level, by involving all regional departments/services, as well as other important institutional regional actors.

MIPAA Commitment 2: To ensure full integration and participation of older persons in society

Recommendation no.3

To ensure full integration and participation of older people in society at the national and regional levels through specific and adequate laws and regulations.

Recommendation no.4

To ensure actual (rather than just remaining on paper) full integration and participation of older people in society as provided by laws, decrees, resolutions and other regulatory documents.

SDG 17: To strengthen the partnership

Recommendation no.5

To ensure that, beyond representatives of institutional/governmental bodies, both at the national and the regional level, also all relevant stakeholders (from the third sector and civil society, the academic-scientific sector, etc.) are included in long-term tools for the analysis, planning, implementation and monitoring of policies in the field of active ageing, in order to guarantee co-decisional participatory mechanisms.

MIPAA Commitment 3, SDG 1, SDG 10: To promote the fight against inequalities and poverty, fostering a fair and sustainable economic growth

Recommendation no.6

To promote policies to combat inequalities and poverty, in order to guarantee the possibility of ageing actively also to older people with few resources available in terms of health and socio-economic conditions. Opportunities should be provided not only in terms of economic help, but also in terms of activation in the various domains of active ageing, according to the characteristics of the territory and promoting the development of digital skills among older people.

MIPAA Commitment 4: Modification of social protection systems in response to demographic changes and their socio-economic consequences

Recommendation no.7

In order to promote adequate social protection in response to demographic changes, and their socio-economic consequences, it is necessary build a new welfare system through the development of a multi-level institutional governance, both at national and regional level, which integrates the perspective of ageing throughout life, and in the different life spheres.

MIPAA Commitment 5, SDG 8: Adapting the labour market to respond to the economic and social consequences of an ageing population

Recommendation no.8

To promote, at all levels and alongside possible existing ones, the implementation of policies stimulating age management initiatives both in the private and the public sectors. These initiatives are necessary to guarantee:

- To mature workers: the development of more opportunities and quality of the working conditions, resources and skills, including forms of work regulation and organization, to enhance intergenerational differences.
- To employers: the achievement of better economic results, also in terms of corporate social responsibility, by at the same time providing older workers with a better work climate, thus improving their work motivation, satisfaction and productivity, enhancing the potential of intergenerational teamwork.

Recommendation no.9

To promote active labour market policies at national and local level, which should be functional to vocational retraining, to skill-updating and to work reintegration of all those who wish so (mature unemployed and/or disadvantaged individuals; retired older people, etc.).

MIPAA Commitment 6, SDG 4: Promotion of lifelong learning and adaptation of the educational system in response to economic, social and demographic changes

Recommendation no.10

To strengthen lifelong learning within a global strategy with the “Plan for the development of skills of the adult population” as a strategic tool, to represent a solid reference base for guiding targeted interventions that could be also funded within the European programming.

Recommendation no.11

To strengthen lifelong learning by promoting intergenerational knowledge exchange in a bidirectional way across various domains (e.g., areas, for example, passing on of knowledge by older people; passing on of digital skills by younger people).

MIPAA Commitment 7, SDG 3: To promote initiatives to ensure quality of life, independence, health and well-being at all ages

Recommendation no.12

In order to improve the implementation of preventative tools, to provide training programs and policies able to strengthen competences in the community, and also including the promotion of active ageing among other tools.

Recommendation no.13

To create bridges between the health (doctors, geriatricians, health workers in general) and the gerontological (gerontologists, professions relating to the social aspects of ageing) perspectives, also through a two-way training for the operators of these two fields, in order to exploit and coordinate in a more effective way the activities developed in the area of active ageing.

MIPAA Commitment 8, SDG5: Enhancement of the gender approach in a society characterised by demographic ageing

Recommendation no.14

To consider the issue of gender inequalities, in all areas of active ageing.

Recommendation no.15

To plan tools to implement gender-related initiatives required by regulations.

Recommendation no.16

To promote specific policies and initiatives to combat violence, abuse and discrimination against older women, also in light of the social transformations of the family under way, thus fostering their activation in the various active ageing domains.

MIPAA Commitment 9, SDG 16: To support to families providing care to older people and to promote intergenerational solidarity

Recommendation no.17

To facilitate caregivers in the access to all relevant information they need (including information on how to carry out care activities in relation to the specific diseases suffered by older people), through the creation of specific digital platforms (or the development of those already existing), for also providing training and information on the management of the disease.

Recommendation no.18

To promote the recognition of the rights and of the activities carried out by the caregiver, in the perspective of combating inequalities, including those related to health; promoting a gender approach, also creating a network in the community in order to facilitate the relationships between families and public and private services, also considering elements of training for family carers.

Recommendation no.19

Through services and devices, to provide older people and their caregivers the possibility of combining the illness and the care activity with their life-project within the community, e.g., relative to the work for the labour market or to other active ageing domains (learning, leisure and cultural activities, volunteering, etc.).

Recommendation no.20

It is necessary to encourage intergenerational dialogue in a positive and bidirectional way, also to the aim of promoting the life-course perspective.

SDG 11: Sustainable cities

Recommendation no.21

To promote initiatives to facilitate mobility and access to community services (including educational ones) of older people, both in terms of time-flexibility and of adaptation of public transportation, as well as of pedestrian and cycle walkways.

Recommendation no.22

To promote both the development of enabling technologies and the adaptation of building and urban planning standards, for the reorganization of living spaces, even in co-housing situations, in an active ageing perspective. To also adopt criteria for the assessment of the quality of the houses of older and frail people.

Recommendation no.23

To promote the different types of co-housing (e.g., inter and intra-generational, neighbourhood co-housing, eco-rural villages, social housing, etc.) in older age and innovative strategies of urban regeneration, in order to promote active participation in social life.

*Older people in emergency situations***Recommendation no.24**

To provide plans taking into account both older people's needs and the contribution that they can offer in all the stages: preparation, support and response to the emergency.

Recommendation no.25

To promote data collection and data process related to health and living conditions of older people during emergency situations, to encourage the implementation and the transferability of good practices.

Recommendation no.26

To consider the condition of older people in emergency situations, in a cross-cutting way with respect to the MIPAA commitments and the Sustainable Development Goals previously discussed.

*MIPAA Commitment 10: Cooperation for promotion and full realisation of the Regional Strategy for the implementation of the Madrid International Plan of Action on Ageing (MIPAA)***Recommendation no.27**

To keep active ageing at the top of the political agenda at the national, regional and local governmental level, also via media, through an effort by all the relevant stakeholders.

Recommendation no.28

To take into account, in all the relevant laws and policies at all levels, within public, private and third sector organisations, including by older people themselves, each according to the respective competences and available resources, all the recommendations expressed in this document, to guarantee that the rights of older people are respected.

References

Arena G., Cotturri G. (2010), *Il valore aggiunto*, Rome: Carocci.

Barbabella F., Checcucci P., Aversa M.L., Scarpetti G., Fefè R., Socci M., Di Matteo C., Cela E., Damiano G., Villa M., Amari D., Montagnino S.R., D'Agostino L., Iadevaia V., Ferrante A., Lamura G., Principi A., (2020). *Active ageing policies in Italy: Report on the state of the art*. Available online: <https://famiglia.governo.it/media/2641/active-ageing-policies-in-italy.pdf>

Barbabella F., Principi A. (edited by) (2020), *Policies for active ageing in Italy. The state of the art in the Regions, Autonomous Provinces, Ministries and Departments at the Presidency of the Council of Ministers: collection of reports*. Available online: <http://famiglia.governo.it/media/2267/le-politiche-per-l-invecchiamento-attiva-in-italia-raccolta-dei-rapporti.pdf>

Brownson, R.C., Royer, C., Ewing, R., McBride, T.D. (2006). Researchers and policymakers: Travelers in parallel universes. *American Journal of Preventive Medicine*, 30(2), pp. 164-172. Doi: 10.1016/j.amepre.2005.10.004

Candiani, G. Villa, R. (2013) *Parkinson's disease diagnosis and therapy. Guideline 24*. Rome: National System for Guidelines (SNGL) and Higher Institute of Health (ISS).

Cartabellotta A. (2016). International standards for the production of guidelines. *Italian Journal of Orthopaedics and Traumatology*; 42: 376-383. Available online: https://www.giot.it/wp-content/uploads/2016/12/04_Art_FOCUS_-Cartabellotta-1.pdf

Fernandez-Ballesteros R., Olmos R., Santacreu M., Bustillos A., Molina M.A., (2017). The role of perceived discrimination on active ageing. *Archives of Gerontology and Geriatrics* 71, pp. 14-20. Doi: 10.1016/j.archger.2017.02.004.

"Evidence-Based Medicine" group (2003), *Methodological manual for the elaboration of company guidelines*. San Giovanni Battista Hospital. Available online: https://www.cpo.it/workspace/files/lg-manuale-metodologico_2003-4ef47e7fa21c7.pdf

Kesselring A., Smith S., Dobner S. (2014), *Social Innovation for Active and Healthy Ageing. A Case Study Collection*, King Baudouin Foundation, p. 14. Available online: https://ec.europa.eu/eip/ageing/file/911/download_en%3Ftoken=AU3NRuLP

Ladu M., Bernardini S. (2021), Opportunities and challenges of social innovation practices in urban development and public real estate management. Italy as a case study. *Smart Innovation, Systems and Technologies*, 178 SIST, pp. 1012-1022. Doi: 10.1007/978-3-030-48279-4_95.

Li P.S., Hsieh C.J. (2020). A concept analysis of active ageing: The subject of empowerment for the elderly. *Taiwan Journal of Public Health*, 39(4), pp. 386-396. Doi: 10.6288/TJPH.202008_39(4).109037.

Martineau A., Plard M., (2018). Successful ageing: Analysis of the components of a gerontological paradigm. *Geriatric et Psychologie Neuropsychiatrie du Vieillessement* 16(1), pp. 67-77. Doi: 10.1684/pnv.2018.0724.

Monteduro G. (2017), *Subsidiarity and social innovation: building a corporate welfare*, Milan: Franco Angeli.

WHO - World Health Organization, (2002). *Active Ageing: A Policy Framework*; Geneva: World Health Organization.

UN - United Nations Organization, (1948), *Universal Declaration of Human Rights*. Third session of the United Nations General Assembly, Paris. Available Online: https://www.ohchr.org/EN/UDHR/Documents/UDHR_Translations/itn.pdf

UN - United Nations Organization, (2015), *Transforming our world: the 2030 Agenda for Sustainable Development*, United Nations General Assembly. Available online: <https://unric.org/it/wp-content/uploads/sites/3/2019/11/Agenda-2030-Onu-italia.pdf>

UN - United Nations Organization, (2020), *Policy Brief: The Impact of COVID-19 on older persons*. Available online: <https://www.soroptimistinternational.org/wp-content/uploads/2020/08/Policy-Brief-The-Impact-of-COVID-19-on-Older-Persons.pdf>

Pabari M., Amisi M.M., David-Gnahoui E., Bedu-Addo D., Goldman, I. (2020). Evidence-informed policy and practice: The role and potential of civil society. *African Evaluation Journal*, 8(1), a470. Doi: 10.4102/AEJ.V8I1.470.

Plebani M., Trenti T., (2002). *Guidelines and Audits: Clinical Governance Tools in the Healthcare Organization*. In: Plebani M, Trent T. (2002), eds. *Practising Clinical Governance: Quality, Effectiveness and Professionalism in Medicine*. Turin: Scientific Centre Editor, pp. 2354.

Principi A. (2020), *National multilevel co-managed coordination of active ageing policies in Italy. Presentation at the thirteenth meeting of the Standing Working Group on Ageing - United Nations Economic Commission for Europe (UNECE, Geneva)*, Online meeting, 19 November. Available online: <https://unece.org/fileadmin/DAM/pau/age/WG.13/Presentations/Item-4-Andrea-Principi.pdf>

Principi A., Carsughi A., Gagliardi C., Galassi F., Piccinini F. and Socci M. (2016), *Regional guidelines on Active Ageing*. Ancona: INRCA - National Institute of Health and Science on Ageing. Available online: <https://www.inrca.it/inrca/files/PAGINE/RICERCA/DOCUMENTI/Linee%20guida%20Invecchiamento%20Attivo%202016.pdf>

Strand, A. (2019), *Working Group on Ageing (WGA)*, Presentation at the UNECE Executive Committee, Geneva, 1 February.

UNECE (2020), *Policy Brief: Older Persons in Emergency Situations*. UNECE Policy Brief on Ageing No. 25 November Available online: https://reliefweb.int/sites/reliefweb.int/files/resources/ECE_WG1_36_PB25.pdf

UNECE (2021), *Guidelines for Mainstreaming Ageing*, ECE/WG.1/37. Available online: [ECE-WG.1-37 Guidelines for-Mainstreaming Ageing 1.pdf \(unece.org\)](https://unece.org/ece/wg1/37/Guidelines-for-Mainstreaming-Ageing-1.pdf)

Walker A., Maltby T. (2012), Active ageing: A strategic policy solution to demographic ageing in the European Union. *International Journal of Social Welfare*, 21(SUPPL.1), pp. S117-S130. Doi: 10.1111/j.1468-2397.2012.00871.

Walker A. (2014), *Active Ageing in Asia*, Abingdon: Taylor and Francis, pp. 14-29.

Weber D., Scherbov S. (2020). Prospects of activity limitations among older adults in 23 low and middle income countries. *Scientific Reports*, 10(1),10442. Doi: 10.1038/s41598-020-67166-4

Website: <http://invecchiamentoattiva.gov.it>

This study was partially supported by the Ministry of Health through funding granted to IRCCS INRCA for the current research activity

Appendix 1

Stakeholder questionnaire

As underlined in the plenary meeting of stakeholders on Wednesday 21 October, your contribution is very important for the project. Through this survey, you will be able to offer a contribution by answering questions on the topics addressed during the meeting. You will be able to respond, after providing some simple preliminary information about you and your organisation.

The three topics covered by the survey are listed below, for each of which a number of questions are asked:

- 1) Results of the national report on the state of the art*
- 2) Active ageing and Covid-19: impact on policies*
- 3) Guidelines for the production of policies on active ageing*

The part relating to the impact of Covid-19 is integrated with a number of closed-ended questions.

The questionnaires must be sent to the e-mail address: d.lucantoni@inrca.it

Together with the questionnaire it will be possible to attach documents (e.g. files in word format, pdf, power point, etc.).

Preliminary information:

Membership organisation:	
First name and surname of the compiler:	
Role of the compiler:	

1. Results of the national report on the state of the art

1.a) In your opinion, has any important aspect been overlooked or underestimated in the analysis of the state of the art of Italian public policies in the field of active ageing?

☐ Yes

☐ No

☐ If so, which aspects do you think have been overlooked or underestimated?

1.b) In your opinion, should the international framework adopted (based above all on MIPAA and the Sustainable Development Agenda) be integrated with other important aspects?

☐ Yes

☐ No

☐ If so, which ones?

1.c) How can the results obtained from the analysis of the state of the art in the field of active ageing be exploited?

2. Active ageing and Covid-19: how do you assess the impact on policies as a result of the pandemic?

To understand the opinions on the impact of the pandemic and its implications for future policies in the field of active ageing, please fill in the table below (the first part concerning the impact, the second, instead, the sectors considered priority for the future), and then move on to answer the questions below.

	2.a) Areas of active ageing - Impact of the pandemic	2.b) Areas of active ageing - Sectors on which to focus future policies
The theme of mainstreaming ageing in all public policies	Select an item	Select an item
The integration and participation of older people in society (partnership)	Select an item	Select an item
Fair and sustainable economic growth (poverty, inequality)	Select an item	Select an item
The adaptation of social protection systems	Select an item	Select an item
The adaptation of the labour market	Select an item	Select an item
Lifelong learning (education)	Select an item	Select an item
Quality of life and independence (health and well-being)	Select an item	Select an item
Gender approach	Select an item	Select an item
The support for informal care to older people and solidarity (peace, justice and institutions)	Select an item	Select an item
Sustainable cities	Select an item	Select an item
Implementation of the MIPAA Regional Strategy	Select an item	Select an item

2.c) In your experience, regarding active ageing, what have we learned during the pandemic, in reference:

2.c1) to respect for the dignity of older people and their rights (for example to health)?

2.c2) to the problem of the inclusion of older people during "social" distancing?

2.c3) to the greater or lesser consideration of older people in the framework of the measures for the economic recovery?

2.d) In your experience, what are the real possibilities for older people to actively participate in the initiatives undertaken, or to be adopted, in response to the emergency and in the post-pandemic recovery phase?

2.e) In your experience, are there good practices, active or planned interventions, relating to the promotion of active ageing, which takes into due account the effects of the pandemic and/or the subsequent restrictions, as well as the ethical and social implications resulting from these?

☐ Yes

☐ No

☐ If so, which ones?

3. Guidelines for policy making on active ageing

3.a) Who should be the recipients/users of the Guidelines for the production and implementation of policies? What is the role for central, regional/local institutions and for stakeholders?

3.b) For the purposes of producing the Guidelines to promote policies on active ageing, what is the best way to use the results obtained during the analysis of the state of the art?

3.c) Beyond the state of the art (national report and individual institution reports) what further aspects need to be considered for the production of the Guidelines?

The survey is completed. Thank you for your valuable contribution.

Appendix 2

Active ageing and the Covid-19 pandemic

The health emergency due to the Covid-19 pandemic is an emblematic case of the way in which older people, in emergency situations, represent both a highly risky category and a resource. Since the research work to analyse the state of the art regarding active ageing policies could not take into consideration the issue of Covid-19 (as the pandemic had not yet taken hold), use was made of the consultation with the stakeholder network (both institutional and civil society), that, although it was mainly aimed at producing these recommendations, also intended to contribute to an update on the issue of the relationship between active ageing and Covid-19.

The survey concerned in particular: the impact of Covid-19 on active ageing policies; the lessons learned from the pandemic experience, to be deployed for the improvement of these policies; the possibilities for older people to actively participate in initiatives undertaken or to be adopted in response to the emergency and in the post-pandemic recovery phase; experiences of good practices, active or planned interventions relating to the promotion of active ageing.

1. The impact of Covid-19 on active ageing policies.

Although all areas of active ageing are characterised by significant transversal elements and inter-dependence, it is appropriate to adequately and promptly identify the impact that the pandemic has had on active ageing policies in order to promote and implement interventions in the areas of greater criticality.

Impact of the pandemic on active ageing

We asked the representatives to express an opinion on the impact of the pandemic in the various areas of active ageing according to the framework adopted (MIPAA and Agenda 2030 for sustainable development). The average was taken according to the scores reported below, with a range from 1 (minimum impact) to 5 (maximum impact). The last option (I don't know) was not included in the count.

Areas of active ageing	Impact of the pandemic					
	1 minimum	2 low	3 medium	4 high	5 maximum	I don't know / It's not an area I am familiar with

The following table shows the results obtained. The areas are indicated in descending order, therefore starting from the area that was found to suffer the greatest impact, according to the stakeholders' network.

Areas of active ageing	average
Quality of life and independence (health and well-being)	4.41
The theme of mainstreaming ageing in all public policies	4.25
The adaptation of social protection systems	4.20
The integration and participation of older people in society (partnership)	4.12
Fair and sustainable economic growth (poverty, inequality)	4
The support for informal care to older people and solidarity (peace, justice and institutions)	3.83
Sustainable cities	3.75

Gender approach	3.58
Lifelong learning (education)	3.54
Implementation of the MIPAA Regional Strategy	3.42
The adaptation of the labour market	3.08

In general, according to the network of consultants, all areas of active ageing have suffered a significant impact due to the pandemic, as the average rating for each item, according to the sample, is always greater than 2.5.

In particular, the topic of "Quality of life and independence (health and well-being)" is identified as the area of active ageing that has most suffered from the impact of the pandemic (4.41), together with the "Theme of mainstreaming ageing in all public policies" (4.25) and "The adapt social protection systems" (4.20).

The areas of active ageing subject to significant stress, includes that of "The integration and participation of older people in society (partnership)" (4.12) and "fair and sustainable economic growth" (4).

The other themes suffer a minor or residual impact compared to the previous ones, in the perspective of stakeholders consulted, with the theme of work (3.08 on average), as residual.

Areas on which to focus for future active ageing policies

We asked the stakeholders to express an opinion on where to focus efforts for future active ageing policies, in relation to the pandemic. In this case the average range is from 1 (minimum effort) to 3 (maximum effort). The last option (I don't know) was not included in the count.

Areas of active ageing	Sectors on which to focus future policies			
	1 Lowest priority	2 Medium priority	3 Highest priority	I don't know / It's not an area I am familiar with

The following table shows the results obtained. In this case, also, the areas are indicated in descending order, starting from the one for which greatest political efforts would be required, then descending.

Areas of active ageing	average
Quality of life and independence (health and well-being)	2.84
The theme of mainstreaming ageing in all public policies	2.84
The adaptation of social protection systems	2.8
The integration and participation of older people in society (partnership)	2.72
Fair and sustainable economic growth (poverty, inequality)	2.68
The support for informal care to older people and solidarity (peace, justice and institutions)	2.68
Lifelong learning (education)	2.52
Gender approach	2.40
Implementation of the MIPAA Regional Strategy	2.40
The adaptation of the labour market	2.24
Sustainable cities	2.24

In general, according to the consulted stakeholders, the areas that suffer the greatest impact in relation to Covid-19 (previous table), are also the ones that require priority political intervention, in terms of active ageing.

The three areas to which, on average, the stakeholders gave the highest priority for intervention are "Quality of life and independence (health and well-being)" (2.84); "The theme of mainstreaming ageing in all public policies" (2.84) and "The adaptation of social protection systems" (2.8). Pursuing and/or preserving these important areas through a mainstreaming ageing approach are therefore the objectives that should be addressed as a priority for policymaking.

Similarly, "The integration and participation of older people in society (partnership)" (2.72), is considered as one of the areas on which to intervene as a priority, together with that of "Fair and sustainable economic growth (poverty, inequality)" (2.68), equated to "The support for informal care to older people and solidarity (peace, justice and institutions)" (2.68). Thus, at the political level, the issue of the contribution of older people to society (also through informal support), in adequate economic conditions, to be guaranteed even during the pandemic, arises.

"The adaptation of the labour market" (2.24) and "Sustainable cities" (2.24) are considered the two areas that require lower priority for intervention, if related to Covid-19.

2. Covid-19 and active ageing: lessons learned

When older people do not fully enjoy their rights, levels of vulnerability in emergency conditions rise. In this regard, the UNECE Policy brief: Older persons in emergency situations (UNECE, 2020) disseminated information on the impact of the pandemic on the living conditions of the older population, together with a series of recommendations for policy making aimed at protecting and enhancing their contribution. The recommendations concern four areas in particular: 1) Ensuring that there is no age-related discrimination for access to health services and the protection of the human rights of older people; 2) Social inclusion and solidarity during social distancing; 3) Integration of a focus on older people in all socio-economic response programs to the Covid-19 emergency; 4) Social participation of older people and ways of exchanging information and good practices. Find below the stakeholders' contributions related to the first three points, while the last is dealt with later.

Dignity of older people and their rights

A critical aspect that emerged during the pandemic is that in a country such as Italy, where the older population is increasing, their rights are only partially respected [Basilicata Region]. It is clear that respect and dignity of older people must be taken care of beyond the pandemic episode, as a priority of every civil society [Veneto Region]. The older population was in fact the most affected by the pandemic, not only in terms of health but also from a socio-economic perspective [Italian Healthy Cities Network], especially those older people without family support networks, resulting in cases of great fragility and marginalisation [Department for Sport PCM]. Furthermore, the socio-health response has not always been able to act in compliance with their dignity and their rights [Friuli Venezia Giulia]. The crisis of the ordinary healthcare system has led to an increase in insecurity and fears. Moreover, delays have been recorded in access to information [Cattolica del Sacro Cuore University], to life-saving treatments and therapies [Department for youth policies and universal civil service], undermining the right to health that should be guaranteed to the entire population, especially the older one [Forum of Family Associations]. The pandemic, therefore, has exposed the pre-existing contrast between a dominant gerontocracy (restricted to a privileged few) and a world where the older person is seen only as a subject to be assisted and not as an asset to be protected [AUSER]. Social and health services are anchored to anachronistic models of exclusion and imprisonment in older people's own homes, in nursing homes or in sheltered housing where, for example, inhabitants are still defined as "guests" rather than "residents" [FNP CISL]. This, has caused phenomena of marked discrimination based on age and on the lack of consideration for the dignity and self-determination of the older person [Anziani e Non Solo; Marche Regional Health Agency] favouring the progress of an increasingly selective healthcare, as well as the interruption of medical services for patients suffering from illnesses other than

Covid-19 [ANCeSCAO]. In addition to the right to health and care, however, the right to mobility and sociality must also be protected [UIL Pensionati]. In this regard, it is essential to identify useful measures to guarantee not only the rights and protection of older people, but also to enhance their ability to take action and contribute to the response to the emergency [HelpAge]. However, the pandemic and social distancing have also made it possible to experiment with new methods of intervention, such as the use of the telephone to explain symptoms to the doctor and the application of telemedicine methods. These aspects can be implemented for the fight against social isolation and to create new systems of taking charge through the use of technologies [Abruzzo Region]. In this sense, it is important to take the opportunity to rethink lifestyles and services for older people: to strengthen territorial equality and efficiency during periods of health emergency [Tuscany Region] referring to a broader concept of health, understood not only as the absence of disease [Autonomous Province of Trento], and finally relaunching the Silver economy. These measures must be addressed within an adequate regulatory framework that will necessarily provide the indications for the construction of a sustainable and intelligent welfare that enhances the intergenerational pact [Age Italia]. It is also necessary to implement a primary and secondary prevention system [Valle d'Aosta] that is capable of supporting a profound change that has social, human and urban implications by designing new spaces, services and technologies that facilitate active ageing [SPI CGIL].

Inclusion of older people during social distancing

Social distancing is a double-edged sword [AUSER]: if on the one hand it constitutes a necessary measure for the protection of older people, on the other it has greatly amplified problems such as isolation and fragility [Cattolica del Sacro Cuore University]. This is also due to the fact that older people are considered exclusively as a category to be protected and not as an active resource [Valle d'Aosta]. Furthermore, the restrictive measures linked to the pandemic have meant that all the opportunities for meeting, socialisation, cognitive and physical stimulation, which are normally promoted for the health of the older citizens, were suspended or only partially developed [Italian Healthy Cities Network], in particular the activities organised by the social centres for older people, for many of which are the only opportunities for socialisation [UIL Pensionati]. In this regard, the lock-down highlighted the need to increase relationships and support to be provided to families. In some contexts, it is evident that families are more in need of dedicated services (e.g. psychological, family nurse) and information on how to access them, rather than purely economic help [Tuscany Region]. However, it is difficult to keep together the objectives of social inclusion and sanitary isolation [Forum of Family Associations]. Therefore, there is the need to activate more measures aimed at promoting inclusion [Marche Regional Health Agency] to counterbalance the isolation imposed by Covid-19 with greater social proximity and with initiatives that favour social interaction (also in remote) with family and friends [Sports Department PCM]. This objective can be pursued not only by activating proximity actions, but also by investing for the reduction of the digital divide [Anziani e Non Solo] in consideration of the value that technology can have in cases of emergency, as it allows the supply of objects and food through online purchases, it supports health services (telemedicine and remote medical consultations with the doctor) [Abruzzo Region] and can also help reduce isolation, cancel distances and allow a social life to be continued, even if in "virtual" mode [ANCeSCAO]. To encourage the use of new technologies it is necessary to train the older people, so that they are able to develop new forms of inclusion and participation in the choices of support and health that concern them [Friuli Venezia Giulia]. Furthermore, if during the first phase of the pandemic it required impromptu and uncoordinated methods to reduce exclusion, today it would be appropriate to act in preventive terms with targeted policies and enhancing the experiences that arose spontaneously [Autonomous Province of Trento]. For example, many interventions by the Territorial Areas and Municipalities, which through the Third sector have been oriented towards the inclusion of the older people, and above all to alleviate the stress resulting from social distancing [Basilicata Region], as well as the activity of certain trade unions [SPI CGIL] and the universal civil service carried out by young volunteer workers, managed, even during the period of the pandemic, to compensate for the feeling of abandonment that the older people perceived [Department for youth policies and universal civil service]. Finally, to reduce the negative consequences on the inclusion and participation of older people in society, it would be necessary a new culture to face social problems, achieving full integration between health and social policies [FNP CISL].

In fact, inclusion must be correlated to the health needs dictated to cope with the pandemic, not forgetting the psychological aspects of non-inclusion which, while characterising all age groups, are more delicate for children and older people [Veneto Region]. Some ideas on how to pursue this latter goal are: develop a project that addresses comprehensively the problem of the loneliness of older people (digital technology, housing solutions, creative assistance, active involvement); hypothesise an experimental territorial action plan, for the creation of a national coordination through a digital platform that favours the integration of local initiatives, as well as the proposal of new ideas and opportunities on the theme of the loneliness and active ageing [Age Italia].

Take older people into account in the measures to restart the economy

Older people are rarely considered as "active" subjects contributing to the economic recovery, and this is also why opportunities that could promote their involvement are not created [UIL Pensionati]. Too often, the contribution that in many cases older people have offered to their families, guaranteeing their financial support, is overlooked or taken for granted [Autonomous Province of Trento] [Department for youth policies and universal civil service]. These aspects are also amplified by the inappropriate and discriminatory language that the media sometimes use in representing older people as a weak group, which constitutes a burden for the health system [Abruzzo Region]. However, it is important to bear in mind that this gap relating to the recognition of the role and contribution that older people can offer, also in terms of experiences and knowledge acquired over their lifetime [Veneto Region], was already present before COVID-19, at least regarding areas such as innovation, training and the promotion of new technologies [Rete Italiana Città Sane, ANCeSCAO]. Ultimately, older people can be an important resource to be valued (AUSER) through their involvement in support activities (e.g. Civil Service no longer available only for young people but also open to older ones) [Tuscany Region] and the recognition of roles they cover within the community (e.g. the transmission of skills to the new generations) and within the family (e.g. caring for grandchildren) [Marche Regional Health Agency]. However, for this to happen, it is necessary to take into account the needs of older people not only in relation to health aspects [Cattolica del Sacro Cuore University] but also as consumers of goods and services [Anziani e Non Solo]. In fact, for an effective economic restart to occur, it is important to consider the Silver economy [Friuli Venezia Giulia], also because older people are some of the main users of tourism and culture, and contribute to the production of goods for autonomy in the agricultural and food industry [FNP CISL]. The need for a systemic approach at the political level, in planning the restart of the economy, becomes clear also aimed at radically changing the *status quo* prior to the pandemic. Often, measures and interventions are implemented to compensate, rather than eliminate, the causes of the problem. In this regard, it is necessary to encourage the construction of integrated health and social assistance systems, which can better respond to the multiple needs of older people in an emergency context, even by rethinking approaches of community welfare with the third sector being pivotal [ANCeSCAO]. It is therefore desirable to restart the economy by fostering the support of older people, in order to provide them with tools such as telephony and communication in general, which are easy to use and are particularly suitable for combating isolation and loneliness [Age Italia].

3. Covid-19 and the participation of older individuals

The active participation of older people during the pandemic is fundamental for the survival of an extended family network, as well as for the wealth of knowledge and experience that older people can pass on in the recovery phase [Sardinia Region]. However, older people are only a resource if they are valued appropriately [Forum of Family Associations]. While on the one hand the rights and dignity of older people are jeopardised due to discrimination phenomena in access to life-saving treatments and therapies, on the other hand several Regions (such as Lazio and Valle d'Aosta) have recently published tenders aimed at hiring retired doctors and health personnel to cope with the overload of the health system. As evidence of the fact that there are older people interested in acting in support of the social community [Veneto Region], some of those who have

been and are still involved in the management of the emergency - for example, hospital and general practitioners and nurses - are aged over 65 [HelpAge Italia].

Therefore, it is first of all necessary to move away from an incorrect vision centred only on rights, to instead consider older people also as fulfillers of duties [FNP CISL], in particular during a period of emergency in which there is a tendency to value the responsibility of the individual towards the community [Department for youth policies and universal civil service]. Secondly, it is necessary to carefully evaluate the impact of Covid-19 on vulnerable populations, listening in particular to the associations of older people and of individuals in poverty, to limit the negative effects of possible future epidemics [Tuscany Region] bearing in mind that the barriers relating to social participation are not only due to the emergency [Marche Regional Health Agency]. Essentially, new approaches are needed, different ways to carry out activities safely, for example through a redefinition of spaces and times in cities, and important work from an informative, communicative and relational point of view [Rete Italiana Città Sane]. A first step could be to equip older people with digital skills and useful tools to stay in contact with the community as a whole (family, institutions, services, etc.) [Autonomous Province of Trento]. These objectives can be pursued through initiatives to promote and disseminate lifelong learning, using the experiences of third age universities and digitisation courses [Age Italia]. Valuable opportunities can come from volunteering, promoting the gradual return of older people to carrying out an important support role not only within families [UILP] but also through forms of "remote" volunteering [Abruzzo Region]. Opportunities in this sense should also be guaranteed by the Third Sector, by local [AUSER] and regional administrations. In this regard, it should be emphasised that some Regions, such as Friuli Venezia Giulia, have met the associations operating on the territory, in order to promote concrete dialogue with respect to the effects of the pandemic and possible alternative solutions [Friuli Venezia Giulia]. The possibilities can be concrete if it is also possible to "network" at an international level [ANCeSCAO], evaluating the potential involvement in remote interventions during the emergency phase and in support and co-planning of the recovery in the post-pandemic phase [Anziani e non solo]. The possibility of encouraging active participation in the choices regarding the initiatives to be adopted in the post-pandemic recovery phase can be achieved through dialogue between the representatives of the categories, as bearers of real interests, and the institutions [Basilicata Region], starting from identifying resources and proposals made by older people themselves, rather than planning for them as mere recipients [Valle d'Aosta].

4. Covid-19 and active ageing: good practices

In general, most of the good practices on active ageing, implemented during the pandemic, are related to the reorganisation of services and the introduction of technologies [ProMIS]. Within the Forum of Family Associations, many associations involved in developing services for older people and in the enhancement of their role, are coordinated or chaired by older people themselves [Forum of Family Associations].

There have been numerous initiatives by Italian sports associations (e.g. gyms) in the preparation, through dedicated IT platforms or through the most commonly used social networks (for example, Facebook and Instagram), of online courses of various kinds aimed at promoting physical activity [Department for sport PCM].

Furthermore, the initiatives promoted by the ANCeSCAO Centres include: a. Home care services; b. Light "welfare activity" (such as the performing of small chores for older or needy people, home delivery of groceries, medicines, basic necessities such as prepared meals, books, newspapers, etc.; payment of bills); c. Remote support through telephone contacts for those who are alone, "a psychological help desk", online information services for older people and families with reliable information on how to manage a wide variety of situations; d. Care of children and young people (e.g. reading fairy tales over the phone), by older people [ANCeSCAO].

As part of the "Prisma 7" project, the Friuli Venezia Giulia Region has launched an activity of mapping the potential fragility, which has also contributed, in addition to expanding the knowledge on the phenomenon, to reducing social isolation through telephone contact with the older people, generating a sense of consideration and security. In addition, during the summer months, outdoor motor activities and various local support initiatives were enhanced [Friuli Venezia Giulia].

To cope with the Covid-19 emergency and its effects, a number of activities promoted by the Municipality of Udine have been reorganised remotely and now work is underway to experiment with further initiatives to support the most fragile older people through: telemedicine and remote assistance, support for family members and caregivers of people suffering from dementia, information on the course of the emergency, facilitation of the relationship between family members and guests of retirement homes [Rete Italiana Città Sane]. Similarly, initiatives such as: telephone listening counters (Social-Psychological-Educational) and grocery counters have been successfully activated in most of the Italian municipalities; solidarity networks promoted through social networks; assistance for the payment of utilities; assistance for the purchase of goods and home delivery; the dispensing of food bonuses and home delivery of medicines [Autonomous Province of Trento].

The existing good practices, even during the pandemic period, include those implemented by the Universities of the Third Age which, with a national project of online courses, are involving thousands of older people in innovative lifelong learning paths, also using new technologies [Age Italia, Veneto Region]. During the lockdown, a very popular initiative in the context of active ageing was the programming, in many television listings, of physical exercise lessons for older people, in order to counteract inactivity [UILP].

Furthermore, it can certainly be useful to look at the experiences gained in other countries [Cattolica del Sacro Cuore University]. In this regard, it is undoubtedly useful to consider the initiatives in this context described in the UNECE Policy brief: Older persons in emergency situations (UNECE, 2020), largely focused on the contingency represented by Covid-19. In Belgium, the Flemish Council of the Elderly has collaborated with associations for older people in order to promote initiatives related to solidarity in response to the emergency from Covid-19. For example, through the "*geenbelet!*" initiative, thousands of older volunteers have carried out telephone assistance activities to reduce the isolation and loneliness of older people without digital skills.

The theme of participation is very present in European experiences. In Denmark and Finland, health care institutions have included older people's organisations at various stages of the process for producing 'Guidelines for Home Care and Restrictions'. A Slovenian retirement organisation participated in consultations regarding the proposal for a lump sum payment to retirees, also collaborating with local communities to disseminate information about the emerging needs of older people. In Portugal, as part of the fifth edition of the "Digital Social Innovation Contest", digital technologies were used to promote social participation of older people to facilitate contacts with family, community and health services.

Finally, in Romania, the Ministry of Labour and Social Protection, in partnership with 116 institutional stakeholders, used the European Social Fund (ESF) to finance support and assistance activities for older and disabled people infected by Covid-19. Activities include financial and psychological assistance, as well as personalised interventions based on the person's needs (UNECE, 2020).