

By the workshops discussion have been produced **13 concrete recommendations**, each participant has been asked to take a concrete commitment to implement one or two recommendations or to identify a better subject to do that.:

Recommendation Nr 1

Partner organizations of ACN should identify older people from each country to come together to discuss and identify **issues and solutions** (through advert/meeting/media, etc), in order **to enable older people to be more active** and to **empower** them.

Recommendation Nr 2

In order to **improve communication**, partner organizations of ACN should ensure that they constantly review/rethink how they contact people and reach those who are hard to reach/not often heard AND ask people "what do they want/need".

Recommendation Nr 3

Partner organizations of ACN should ensure seminars that engage older people in both theoretical knowledge/information and also practical solutions, in order to **improve opportunities for training and for lifelong learning**, thus empowering older people.

Recommendation Nr 4

Partner organizations of ACN should utilize students to be champions/agents to promote patients rights and responsibilities, in order to foster **intergenerational solidarity and encourage social networks**.

Recommendation Nr 5

National governments should ensure that a **legal framework exists that securely allows elderly people to specify their wishes concerning medical treatments** and nominate a proxy, to take effect should the patient be unable to make their own decisions. National government or regional authorities should **inform** people about the possibilities, procedures and limitation of the above.

Recommendation Nr 6

The EU should investigate the **health insurance policies** and prices available to elderly people (especially in those countries where national health insurance is insufficient for essential care) and consider introducing a **basic standard contract**, to safeguard the rights of patients to affordable healthcare

Recommendation Nr 7

National governments must support and promote active ageing policies in a long-term, based on "**be helped, be helper, help yourself**" approach; through:

- standards & criteria for providing a fair welfare for all elder people via multidisciplinary approach
- guidelines about civic involvement on active ageing
- empower access to care.

Recommendation Nr 8

NATIONAL DIALOGUE. National authorities must facilitate dialogue – National Government must facilitate **regional bottom up debates** on priorities of senior citizens on health and well-being . National Government have to take commitment to take action.

Recommendation Nr 9

LOCAL GOVERNMENTS must facilitate and support elderly citizens in **social activities** to promote healthy living and prevent isolation. National Government must make **a legal framework**.

Recommendation Nr 10

Creation of a national observatory able to pilot all these previous propositions.

Recommendation Nr 11

Local governments together with representatives of health systems and families should inform about **the needs of seniors** in order to start and promote programs/projects for giving the necessary aid to be easy to access for social groups (clubs/activities)

Recommendation Nr 12

Cooperation of all entitled working for seniors (including volunteers and family members)

Recommendation Nr 13

Civic organisations should **include the elderly people in the decision making process** and educate them in order to empower and help them to become advocates for their interests.

The next steps: "Now it's the time for the active citizenship!"

Each participant has been asked to take a concrete commitment to implement one or two recommendations.

We have to work in our own Countries, in order to implement actions and activities, promote advocacy, stimulate governments.

All the activities will be published on ACN website.

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