



Annual Activity report 2017-2019

ILC-Netherlands

Policy

International Longevity Centre the Netherlands (ILC-NL) is an independent movement of people who aim to put aging high on the social and political agenda. The goal is to activate people in active and healthy aging by organizing debates, media attention, and sharing experiences and expertise, both nationally and internationally. ILC-NL is committed to the independent state of being of the elderly, requiring tailored conditions, skills and a good living environment. The vitality of the elderly should be promoted while vulnerability and dependency are postponed as long as possible. It is important to remain active as an employee, volunteer or entrepreneur without being discriminated upon age. ILC-NL is a member of ILC Global Alliance, an international federation of centres for active and healthy aging, but also closely collaborates with the following partners.

Leyden Academy on Vitality and Ageing
Leyden Academy is a pioneer organization whose mission is to increase knowledge about ageing and vitality, and making it accessible to policymakers, healthcare providers and the general public in order to improve the quality of life of older people. For example Leyden Academy plays a major role in a program to improve the quality of life in nursing homes as well as in a peer coaching vitality program. Furthermore, in September 2019 Leyden Academy launches a course for seniors to start their own business.

Vereniging Aegon

This association has taken on the initiative to select and teach medical students and healthcare professionals towards improving and contributing to the well-being and vitality of the elderly.

Jo Visser foundation

This foundation is committed to dignified care for vulnerable older people who are permanently dependent upon care. Values such as solidarity, acknowledgment, and community building play a leading role. Together with Jo Visser foundation we work on insights to improve image of older people.

Beside these partners, ILC-NL also assists other parties on a wide range of activities, of which a few mentioned below.

Advocacy

Expert interviews

ILC-NL yearly welcomes Japanese researchers and policy makers of Kasei University, Seikei University, National Institute of Population and Social Security Policy, Day Service Center of Raku, Institute for Health Economics and Policy, Nonpia foundation and ILC Japan. Through interviews with experts, questionnaires and case discussions, this delegation investigates the method of financing and organization of elderly care in the Netherlands, Denmark, Germany and England.

Workshops

We held several workshops, amongst others on dementia and on extending your working life at the World conference of the International Association of Gerontology and Geriatrics in San Francisco (2017) and the Berlin Demographic Forum (2018).

Activity

StadsdorpZuid

The Netherlands offers excellent but expensive long-term care. The system is no longer sustainable: older people need to do more themselves, with or without the help of informal care givers and



volunteers. 'StadsdorpZuid' is an initiative that aims for senior citizens to live at their own home, in an active, healthy and safe manor. They provide their members (over 430) with information and services, and they organise activities.

Training

MOOC Healthy Ageing in 6 steps

The free online course 'Healthy Ageing in 6 Steps - Let your environment do the work' was available on online learning platform edX and attracted almost 9.000 attendants. The goal was to inform the public on healthy choices and adjustments in their lifestyle and environment to help live a healthier, happier and longer life. This course was co-developed by Leyden Academy and the universities of Delft and Copenhagen, and partly funded by the European Union.

Research

Ageing and work

In 2017 and 2018 ILC-NL took part in a panel discussion on work, ageing and cognitive functioning. Main outcome is that the type of work defines the difference in ageing and cognitive functioning. Final steps are made to publish a scientific article about integration of older adults in the labour market together with other ILC's.

Publications

Intergenerational solidarity

An article on improving the image of the elderly and of growing old in a special on solidarity between generations in the Dutch newspaper 'Trouw'.

The health and ageing challenge

People across the globe share many of the same wants and needs as they grow older. This is why the AARP, America's largest organization dedicated to empowering seniors, also looks abroad for inspiration, innovations and insights. In the annual publication *The Journal*,

the AARP showcases thought leadership around the globe concerning all issues related to ageing, to share promising ideas so that others might be inspired and even build off them. This year's special focus of their Ageing Readiness and Competitiveness Report was about the Netherlands.

Intergenerational housing schemes

A booklet with inspiring intergenerational housing initiatives around the world, from Singapore to South-Africa and from Australia to Belgium. This was realised in cooperation with some of the ILC Global Alliance members, Leyden Academy, Jo Visser foundation and Aedes-Actiz.

Whitepaper series

Aegon Center for Longevity and Retirement and Leyden Academy reflect on retirement from different academic angles in several whitepapers: *Why do we retire?* (December 2018) and *Health and retirement* (June 2019). In the two papers that will follow, the focus will be the perspectives of well-being and the image of retirement.

Contact information

ILC-Netherlands

- Prof. dr. J. Slaets, president
- Ir. M.C. van Veen, treasurer
- Ir. M.A.E. van der Waal, director
- Y.J. Koemans, communication
- E. Plasmeijer, secretary

Poortgebouw Zuid, Rijnsburgerweg 10
2333 AA Leiden, the Netherlands

Phone: +31 71 5240960

Email: info@ilcnetherlands.org

Website: www.ilcnetherlands.org