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Implementation of Intergenerational Practices for Promoting Active Aging

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Introduction

Ageing is a complex, natural process which encompasses a cascade of biological, psychological and social changes occurring in an individual's lifespan. Its phenomenal experience is influenced by a myriad of factors, including genetics, environment, lifestyle and socio-economical aspects. Yet, with the continuous advancement in scientific research concerning ageing, individuals are able to live a healthier, more active and more socially condensed life.

Aim

By 2050, 22% of the global population will be 65 or older. Within three years, this group will outnumber children under five. In view of this, the demand for age-related services supporting the ongoing seniors' needs and abilities is on the rise. Thus, governments and institutions are prompted to adopt systems and strategies which cater to these demands, particularly within the concept of active ageing. Subsequently, intergenerational activities are one type of social

activity which promote and enhance the process of active ageing.

Overview

This presentation aims at understanding the importance of implementing evidence-based intergenerational practices for promoting active aging. Alongside, the presentation outlines current intergenerational practices in Malta, such as collaborations with social care students, IT programs for senior citizens, and age-friendly physical sessions. The CareMalta Group Activities Committee is highlighted for its role in promoting active ageing strategies and organizing intergenerational activities.

Conclusion

This comprehensive approach towards adopting an intergenerational social approach to promote active aging, aims at creating meaningful interactions, improving communication, and fostering mutual respect between generations, ultimately enhancing the quality of life for the ageing population.