



"What do I owe to my times, to my country, to my neighbors, to my friends? Such are the questions, which a virtuous man ought often to ask himself." - J. K. Lavater

**CONFERENCE OF EURAG ON
"PARTICIPATION OF SENIORS IN THE DECISION MAKING
PROCESSES"**

Budapest, 17. 09. 2021

I am impressed by this face-to-face meeting at the EURAG Budapest conference on "PARTICIPATION OF SENIORS IN THE DECISION MAKING PROCESS" under the personal care of Eva and Gábor Hegyesi, Gergely Karácsony / Mayor of Budapest, Mayors of different Districts of Budapest, cities Szekesfehervar, Mor, elderly organizations and many other important actors!

ASAG left Budapest inspired and full of positive impressions (hard to avoid) from these attractive, friendly, comfortable and valuable experiences!

In the past cities didn't the right knowledge and approach to aging. Focused on what seniors could no longer do and primarily putting resources into nursing homes, deprived seniors from the ability to further contribute in their communities.

Today the concept of ageing has changed "it is about strengthening resources and capacities, empowering, and enabling elderly people to stay or become active citizens".

The topics presented in this meeting are of interest to me and all of, for that, they further our knowledge of aging and inspire us to return home with better models.

This meeting is real and an ideal opportunity to put into action exactly what and the President of EURAG, Mr. Dirk Jarre stressed 'The representation and participation of EURAG in the decision making processes of various European bodies'.

In our "zoom meetings", the podium is full of voices and ideas about the problems that affect the elderly today. We are so attached to the idea of keeping our options open that we never commit to anything. Problem of options is that they delay commitment, that require effort, accountability, and commitment. I believe this conference will bring those voices together and synthesize them in an action plan.

Let's enjoy challenges and expand our frontiers by working together. I like teaching the wonder of Ageing. As we age our perspectives change and our knowledge is of value, a value that we can share with younger generations.

There is no age limit to elderly. My current activities in ASAG association are major parts of my life.

Thank you for making ASAG part of the EURAG Team.



Imagine the human energy that could be released if older people had the security to do what they have in mind!

This photo taken during the Budapest event was taken in order to open a door for older Albanian women and to ensure our work delivers real impact in the corridors of power!

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