

EURAG 1962 -2022

Eurag is the European federation of Older Persons but above all the association of individuals (more or less young) motivated to induce the necessary changes in society, due to the extension of the lifespan ... beyond 50 or 60 years and aiming at120!

Period during which, thanks to the progress of medicine, we are completely able to do something else than taking care of our little daily troubles/complaints

Obviously, we must never forget those who do not have the chance to be actors (proactive) in their retirement age because they are too ill, because they struggle daily to survive due to a lack of financial means or because they are completely monopolized as caregivers (taking care of older people but also of children or grandchildren), or even because of geopolitical conflicts.

But, for others, most of us, our days should be planned as when we were younger. We must have a reason to get up in the morning and when falling asleep, we can follow in our head, the film of all the activities of the day.

We are talking about ACTIVE RETIREMENT.

For some, this means dedicate time to hobbies (sports, travel, family, arts, politics, religion)

For others, it is a question of having a lucrative or altruistic occupation because one needs a financial supplement to the pension or because one only feels useful when inducing a change in society, for the others !

In relation to remunerated activities, there is a fundamental need to reconsider existing legislation in order to provide the possibility of part-time work, independently/autonomously, at any age, at your own pace. But also, to support individual initiatives by specialized consultants / coaches.

For active retirement, it is also necessary to create infrastructures, such as cultural and social centers, for the elderly or, at least, multigenerational: not excluding the elderly and encouraging intergenerational dialogue

Places where people can meet to drink coffee, read newspapers, take courses/conferences and with a free computer access area.

For all this EURAG, through its members, can act locally :

you just have to be curious and see how things are done in other countries, in order to discover other habits / ways of living, which can be inspired in order to adapt them to the local way of life.

This is what EURAG allows, through on and offline meetings, during which many countries present local points of view and situations. And there are lots of examples: memory training, theatre, dancing, choirs, introduction to digital and IT, conversation workshops in English, intergenerational activities...and, more generally, ...lifelong learning.

EURAG is the only international NGO run by seniors for seniors, which makes us quite unique : we take special care to stay close to the ground, and to bring up all these important issues in a bottom-up way.

The future of EURAG is a subject to debate in the General Assembly!

I think that we should continue to keep a real contact with our members either by meetings like these days in Graz or online

and I will continue to do what I did for 17 years = make seniors discover the digital world!

During the COVID period, we have had interesting online meetings with subjects like

In the years 2020 - 2021

CHRISTMAS 2021 - What can we do for people not to feel lonesome ,especially during this period....

What did you change FOR BETTER in your habits... during and after the COVID episode?

RESILIENCE : what is the first thing which you are going to do when the pandemic is over?

INTERGENERATIONAL SOLIDARITY DURING PANDEMIC

POTENTIAL OF EURAG MEMBERS MATTERS

What would you advise to the IT experts in order to make digital technologies more age friendly? How to avoid exclusion of a large number of older people who are not able, afraid, willing to use digital technologies because they find them too complicated to use?

Technologies for Active and Independent Living in Old Age" Covid-19 and Older People - debate how the pandemic of Covid-19 affected the lives of older people and what role modern technologies played in lockdown.

December 2020

EURAG community celebrates Christmas together in corona times Christmas customs and social distance in corona times : /how to solve this dilemma?

Preservation and possible development of mental and physical potentials of older persons during Corona times

How to maintain family relations and social contacts in times of the Corona pandemic? Chances, innovative ideas, good practices to learn from

How to rethink the residential homes of our seniors after the COVID crisis How to put in place examples of good practice? How to promote new intermediate

solutions between home care and residences (medicalized or not)and it would be interesting to listen about examples in different EURAG countries....

The Covid19 pandemic creates dramatic situations for affected individuals, but also for society at large. Such a collective experience has the potential to alter considerably various aspects of our thinking, living and acting together. According to you, which important positive elements – in terms of solidarity, cooperation, responsible behavior, views on goals for the future, etc. – can and should be formulated, put forward and defended by the older persons like us?

28th of May, 2020

This is the first **online meeting of EURAG members**, talking about the negative BUT ALSO positives aspects of the COVID

Then

8th of March **2022**- EURAG meeting about the situation in Ukraine : what can we do? is it enough? what else could we do? with Galina from Kiev and Sveta from Saint-Petersbourg

April 29th, 2022 - Eurag ZOOM Meeting -

the subject of this meeting was to talk about The importance of EUROPE nowadays....in the light of the current conflict between Russia and Ukraine Nearly 18 countries were represented, under others Russia and Ukraine