

## **Need assessment for the Age Flag project**

### **Background**

Due to the covid-19 pandemic, it has not been possible to conduct a workshop in Sweden with stakeholders in the Age Flag project. Instead, we decided to try to find other ways to reach stakeholders that were manageable in a situation with heavy and often stressful workload for people involved in work to protect other people from risk for the spread of covid-19. This can be considered as a second best solution but we think it is good enough in this very special situation. We have:

1. used on-line meetings to inform and collect information,
2. asked stakeholders to contribute in writing, and
3. made an assessment and prioritized the most relevant topics for the Age-Flag project.

### **Suggested topics**

1. Healthy ageing

Since we can foresee more people living with chronic diseases due to demographic changes, it is even more important to support people to stay healthy and prevent deterioration and side effects of the diseases. To share experiences on how to support healthy life-styles would be useful. Alcohol use among elderly people is of special interest. It can also include measures on how to avoid loneliness.

2. Primary Health Care

How to improve health care for people with multi-morbidity, with a special focus on health care services at people's homes. It might include exchange of knowledge and experience on what kind of services are provided. We are for instance interested to collaborate on how rehabilitation can help to reduce, manage or prevent complications associated with many health conditions.

It would also be useful to focus on how to prevent antibiotic resistance in primary health care settings and social services.

### 3. Digitalization

Elderly people are often eager for both independence and connection. There are a fast improvement of opportunities due to digitalization. A focus could be on how to support independence for older people by making use of technical devices. Another aspect is experiences of technical devices and organization for self-monitoring technologies.

### 4. Elderly people at work and after retirement

Exchange of knowledge and experiences on best praxis from work places to foster healthy ageing. A focus might be on how to enable people to remain healthy during a whole work life span. The theme includes measure to build on elderly people's strengths and resources and their positive contributions on work places and in civil society.