Welcome to the special issue of the SIforAGE newsletter. In this special issue you will find information on one of the key results of the SIforAGE project: the "Best practices on evidence-based policymaking and policy recommendations on Active and Healthy Ageing" guide, in which very important suggestions are made to guarantee an Active and Healthy Ageing. SIforAGE is in motion. Be part of it... and keep growing!

Special

**Best practices and recommendations on Active and Healthy Ageing**

The SIforAGE project, in its path to create a fair, equal, and non-discriminatory society has developed a document entitled "Best practices on evidence-based policymaking and policy recommendations on Active and Healthy Ageing."
Ageing" - also known as the Policy Recommendations Guide - in which best practices on evidence-based policymaking are depicted as an essential tool to advance on active and healthy ageing. This document is available in 10 languages and can be found here. The following are a selection of few most important practices, recommendations and suggestions found on the guide:

The development and introduction of anti-age discrimination legislation should be continued

The results of the “Comparative Analysis of Anti-Age Discrimination Laws” (AADLs) clearly indicate that the development and introduction of anti-age discrimination legislation in European countries is a matter of compulsory continuation. Among the possible solutions, the policy recommendations guide remarks the importance to create an anti-age discrimination European directive to guarantee dissemination across the different European countries, or a body of specialists that would monitor the actual implementation of AADLs.

There is an urgent need to overcome the prejudices and stereotypes related to older people

The image of older persons needs to be fundamentally corrected by highlighting the various aspects of their on-going potential and their willingness to participate in all sorts of societal activities, but also by acknowledging their decreasing capacities in a realistic manner. It is also important the recognition of how much they have been key players in the shaping of the present quality of society, and what they still can contribute to its advancement. That is, today’s ageing should not be perceived as a problem, but as a great achievement.

“Nothing about us without us!”

The policy recommendations guide explains that a specific research should be carried out to better determine what “quality of life” really means for older persons at various stages of ageing and under different physical, mental and emotional conditions. The issue of “quality of life” should never be addressed in a paternalistic manner without or with only the low participation of those concerned. Greater consultation with older people is necessary to enable the greatest innovation to occur; it is a feature of the most successful innovations.
Much more can be found in the complete “Best practices on evidence-based policymaking and policy recommendations on Active and Healthy Ageing” guide available now to download on the SIforAGE web.

About us

SIforAGE –The European project “Social Innovation for Active and Healthy Ageing” is designed to strengthen cooperation amongst stakeholders working in the field of active and healthy ageing. We aim to bring together scientists, end-users, civil society, public administrations, and companies in a drive to improve the competitiveness of the European Union regarding the promotion of research and innovative products for longer and healthier life. In addition, SIforAGE sets out to change minds and attitudes towards elderly people as key contributors to the socioeconomic development of the European Union.

The SIforAGE consortium is made up of a large number of stakeholders involved in ageing and social welfare, such as private foundations, care-centres, civil society associations representing elderly people, universities, public policy-makers, think-tanks, and experts at both European and International level ... a wide range of interactants that serve to bridge the existing fragmentation.

Being aware that each one of us is at one stage or another of the ageing process, SIforAGE partners encourage all citizens, of all ages, to engage in the task of providing elderly citizens with the opportunity to contribute to their own good health and active life-styles, as well as to use their creativity and innovative spirit, for as long as possible. A selection of communication tools have been and are being devised to facilitate the participation of all those interested in our project:

- Website (www.siforage.eu)
- Official e-mail account: info@siforage.eu
- Leaflet (link to the website “documents” file)
- Social Networks (linkedin, youtube, twitter, facebook)