

# ACTIVE AGEING IN MALTA

STAGE

# INCREASED LIFE EXPECTANCY

- The Maltese are living longer.
- Initially a young population. This changed during the last quarter of the 20<sup>th</sup> Century.
- Declining birth rate & increasing life expectancy.



# MULTIPLE FACILITIES AROUND THE MALTESE ISLANDS



- Today life expectancy in Malta is almost 83 years old.
- Malta has over **64 public health centres** and a strong presence of **private healthcare centres**.



- Sophisticated & inclusive government-run health care system encapsulates coverage for all the population.

# THE GOVERNMENT'S VISION: THE NATIONAL STRATEGIC POLICY FOR ACTIVE AGEING

- **Active ageing:** enabling the expanding population to remain healthy by:

1. Lack of disease or disease-related illnesses
2. Staying in employment longer
3. Fully participating in community and political processes.





# The National Strategic Policy for Active Ageing sites 7 themes for healthy ageing:



Independent living ★ Access to health services ★  
Physical activity & Safety ★ Mental Well-being ★  
Community Care ★ Residential long-term care





- Overcoming difficulties that may otherwise result in unwelcome experiences of **social exclusion**.

# SOCIAL INCLUSION

- Importance of physical and mental health and cognitive functioning.
- Equally important is **societal aspects of ageing**





- Social inclusion a part of **human rights**.
- Need for the involvement of older persons in the community & public efforts, with the goal of improving quality of life in society.



- Community programmes, public affairs and political activities.
- **Volunteering** results in various beneficial outcomes on physical, mental health and social well-being.





- A common site in Maltese villages is the elderly sitting outside their doorsteps with neighbours and friends.
- Local cafes full of senior citizens socialising and having a coffee or a pastizz.



# SERVICES OFFERED BY THE GOVERNMENT

- Geriatrician services
- Psychogeriatric services
- Consultation services
- Dementia activity centres
- Carers at home and active ageing centres.



- Active ageing centres also organise yoga, swimming aerobics, billiards, table tennis, bingo nights, card night, afternoon tea parties and more.





- **Collective aim:** help the elderly stay in charge of their own lives for as long as possible.



There exists a **continuous** need to support the elderly and to keep them active and having fun.







- Need for more beds, dementia wards and friendly and hard-working health-care workers



# SUCCESSFUL & HEALTHY ACTIVE AGEING



- Successful & healthy active aging includes three main components:
- low probability of disease;
- high cognitive and physical functional capacity;
- active engagement with life (social).

- Improve the quality of life among the older generation.
- The National Strategic Policy for Active Ageing: Malta 2014 – 2020: government commits itself towards achieving a society for all ages
- Transform Malta into an old age-friendly nation.





# CONCLUSIONS



- A society that is inclusive to all.
- A society that is based on the principles, values and beliefs of social justice and freedom for all.

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