



## Annual Activity report 2016 ILC-Netherlands

### Organisation

#### *Mission*

ILC-Netherlands (ILC-NL) is an independent movement of people who have the aim to put aging high on the social and political agenda. The goal is to activate people in thinking about active and healthy aging in an early stage by organizing debates, media attention, and sharing experiences and expertise, both nationally and internationally.

ILC-NL is committed to the independence state of being of the elderly, requiring tailored conditions, skills and a good living environment. The vitality of the elderly should be promoted while vulnerability and dependency are postponed as long as possible. Also it is important to remain active as an employee, volunteer or entrepreneur without being discriminated because of age.

#### *Partnerships*

##### Local

ILC-NL is supported by:

- Leyden Academy on Vitality and Ageing: a pioneer organization who educates master students and managers to improve the quality of life of older people;
- Vereniging Aegon: Vereniging Aegon has taken on the initiative to select and teach medical students and healthcare professionals towards improving and contributing to the well-being and vitality of the elderly.
- Vereniging Het Zonnehuis: an organization who tries to increase the knowledge for better institutional care.

##### International

ILC-NL is a member of the International Longevity Center Global Alliance, an international federation of centers for active and healthy aging. The priorities of the centers are:

- to identify productive aging as an important topic, not just paid employment, but also continuing talent development and contributions of older people;
- to promote educational, research and policy initiatives, advancing an active, healthy life throughout the life course.

The ILC Global Alliance consists of centers in Argentina, Australia, Brazil, Canada, China, Czech Republic, Dominican Republic, France, Germany, India, Israel, Japan, Netherlands, Singapore, South Africa, United Kingdom and United States. These centers work both autonomously and collaboratively to study how greater life expectancy and increased proportions of older people impact on nations around the world. Subsequently, ILC-NL welcomed a Japanese delegation of researchers and policy makers of Kasei University, Seikei University, National Institute of Population and Social Security Policy, Day Service Center of Raku, Institute for Health Economics and Policy and ILC Japan. The subject of interest is an international comparative study on care, prevention and rehabilitation for independence of older people. ILC-NL also contributed to a questionnaire from ILC-Japan regarding support that enables older people to stay independent. Furthermore, ILC-NL is part of the Governance Committee of ILC Global Alliance.



### *Management team*

- Prof. dr. J. Slaets, president
- Ir. M.C. van Veen, treasurer
- Ir. M.A.E. van der Waal, director
- Y.J. Koemans, communication
- E. Plasmeijer, secretary

### **Activities**

#### *Innovations in housing and care schemes*

##### StadsdorpZuid

The Netherlands has an excellent long-term care system, but it is also one of the most expensive systems compared to other OECD countries (3.7% of GDP). The system is no longer sustainable: older people need to do more themselves, with or without the help of informal care givers and volunteers. 'StadsdorpZuid' is an initiative that aims for senior citizens to live at their own home, in an active, healthy and safe manor. They provide members with information on care and on services offered (such as craftsmen, handymen, restaurants etc.) and they organise several activities. The membership (about 400) and interest from likewise initiatives in and outside Amsterdam is continuously growing. Hence, funds were found to set up a helpdesk for advice and support, which will be operational in 2017.

##### MOOC Healthy Ageing in 6 steps

On the 1th of December 2016 the course 'Healthy Ageing in 6 Steps; Let your environment do the work' was released on the online learning platform edX. Learn how to make healthy choices and adjustments to your lifestyle and environment to help you live a healthier, happier and longer life. This course was co-developed by Leyden Academy on Vitality and Ageing, the University of Delft and University of Copenhagen. This course is partly funded by European Union. The ILC Global Alliance network successfully helped to increase the amount of course attendants.

#### *Labour, income and participation*

##### Berliner Demographic Forum

On 25 February 2016 ILC-NL took part in a panel discussion on work, ageing and cognitive functioning. Main outcome is that the type of work defines the difference in ageing and cognitive functioning. ILC-NL used the Share dataset that also contains data from the Netherlands.

##### Retirement readiness

What is the nature and content of the choices of employees in the current and planned collective institutional facilities from paid work to retirement? This question was leading in a Dutch report with views of employees, employers and professors, which was published in October 2016. Interviews led to more knowledge on the choices employees and employers have in decision-making concerning early, normal or late retirement. The information can be used for reshaping the Dutch three pillar pension scheme.

### **Contact information**

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