



Annual Activity report 2021 ILC-Netherlands

Policy

International Longevity Centre the Netherlands (ILC-NL) is an independent movement of people who aim 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 older persons, requiring tailored conditions, skills and a good living environment. The vitality of older persons should be promoted while vulnerability and dependency are postponed as long as possible. It is important to remain active as an employee, volunteer or entrepreneur without being discriminated because of age.

Partners

ILC-NL is a member of ILC Global Alliance, an international federation of centres for active and healthy aging. ILC-NL is represented by Leyden Academy on Vitality and Ageing, and closely collaborates with Vereniging Aegon and the Jo Visser foundation.

Leyden Academy on Vitality and Ageing
Leyden Academy is a research institute whose mission is to co-create knowledge about ageing and vitality with older people and other relevant stakeholders, and making it accessible to policymakers, healthcare providers and the general public in order to improve the quality of life of older people. Core research themes include: vitality, meaning-in-life and social belonging. Leyden Academy runs an executive course for approximately 20 health care administrators in long-term care.

Vereniging Aegon

Vereniging Aegon represents the interests of Aegon N.V. and its constituents. Since 2007 it also supports Leyden Academy.

Jo Visser foundation

This foundation is committed to dignified care for vulnerable older people who are permanently dependent upon care. Values such as belonging, solidarity, intergenerational encounters and community building play a leading role.

Activities

ILC-NL is involved in several research projects and activities in the field of care, welfare, employment and participation. With everything we do we want to stimulate healthy and active ageing (longevity). Many older persons want, even when they are vulnerable, to be responsible for their own (quality of) life. Initiatives have arisen in which the older persons jointly organise housing, care and welfare themselves, to meet their needs. ILC-NL is involved in the development of such initiatives and encourages a more prominent place of self-organizations on the social agenda and in the debate on future care for older persons. A big part of the current generation of 60+ is still employed or involved in voluntary activities; not only motivated by financial benefits but also because they want to provide a meaningful contribution to society. The retirement age, for both employees and self-employed persons, is still rising. This has consequences for people, business and society.

Below you will find some projects and activities in which ILC-NL and Leyden Academy are involved.

Silver Starters

Silver Starters is a blended educational programme, encouraging people over 50 to start their own business, thus enabling an active lifestyle, increasing employability and reducing risks of financial vulnerability and ageism. The programme combined face-to-face events with adaptive personalized online learning, and included support of peers, business coaches and top experts. The



programme was partly funded by EIT Health, and organised by Leyden Academy, Aegon, Medical University Lodz, University of Naples Federico II and Institute Pedro Nunes. The course was successfully organised in the Netherlands (in 2019 and 2021), Poland, Portugal and Italy, and will again be organised in the Netherlands in 2022. [Click here for more information.](#)

Wij & corona

It is a strange, uncertain and frightening time, especially for healthcare organizations and older people. The corona virus largely freezes public life. Especially the measures to keep distance from each other and to stay at home drastically changes our lives. How do seniors in the Netherlands experience these exceptional times? What do they worry about, what gives them hope and comfort, how do they spend the day? At the [Dutch platform Wij & corona](#) (translated into Us & corona) we collect their stories and give them a stage to share their experiences. The stories provide distraction, recognition and guidance.

ILC Report COVID-19: The Netherlands

Older people seem to be more susceptible to adverse outcomes of COVID-19. Most measures taken to prevent the spread of the virus are therefore focussed on protecting older adults. However, most of these measures and the implications thereof have not been discussed with older adults themselves. Neither have seniors been involved in policies and public debate to any large extent. This research project aimed to gain insights in the perspectives of seniors themselves on the COVID-19 crisis. The main question guiding our research was: 'How do older adults view and cope with the COVID19 crisis?' To answer the main research question two rounds of interviews were conducted. [Click here to open the report.](#)

Art for seniors health and well-being

There is growing evidence for the positive impact of arts and culture on the health and social well-being of senior adults. Studies show that art-based interventions can have a positive effect on an individual, interpersonal, and societal level. But the evidence for effectiveness is still fragmented. Moreover, there is a lack of appropriate research on and evaluation of the implementation of arts-based interventions for seniors. Filling these gaps, in this two-year research project, Leyden Academy and Amsterdam University Medical Centre have evaluated the impact, implementation, and sustainability of 15 art-based initiatives and 4 arts-programs for older people in the Dutch long-term care setting. [Click here for more information.](#)

Vitality Club

Leyden Academy initially set up experimental peer coaching sports clubs for older persons in three neighbourhoods with the goal to empower them to take charge of their daily exercise and integrate it into their routine to become healthier and happier as they age. Since then more and more Vitality Clubs are established throughout the Netherlands by citizens. The Vitality Club is recognized by the Dutch National Institute for Health and Environment as an effective exercise intervention. In his inaugural lecture as professor of 'Vitality in an ageing population' David van Bodegom refers to the healthy and social aspect Vitality Clubs.

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