

Centre of Expertise in Longevity and Long-term care
Faculty of Humanities, Charles University of Prague

2024 Annual Report



January 2025

Ongoing Research Projects

The RECETAS Project

Re-imagining Environments for Connection and Engagement: Testing Actions for Social Prescribing in Natural Spaces

RECETAS responds to the current global context where cities face environmental and social transformations needed to address challenges such as climate change, biodiversity loss, ageing populations, and mental health promotion.

Outputs from RECETAS will significantly contribute to the growing body of evidence on the potential of interventions utilizing nature, outdoor urban environments, or outdoor activities to promote health and well-being. These solutions aim to reduce pressure on overburdened healthcare systems by recommending non-medical strategies that include social activities in nature. Such interventions can alleviate feelings of loneliness and are important for preventing chronic diseases and mental health disorders. Additional project outputs will bridge research and practice, enabling stakeholders to utilize these interventions optimally.

Current status: Recruitment of participants has been successfully completed. Final intervention groups are being finalized, and the team is focusing on data analysis. Concurrently, work on peer-reviewed articles presenting research findings has begun.

Permanento Project

Effect of an Exercise-Education Program Inspired by Developmental Kinesiology on Functional and Psycho-Social Status in Older Adults and Evaluation of Its Adherence and Sustainability

Registration Number: NU20-09-00306

Czech Health Research Council

The project aims to verify the impact of a new exercise-education program for older adults and evaluate its adherence and sustainability. Inspired by developmental kinesiology, the program revisits fundamental motor development principles to naturally enhance mobility, stability, and strength—key foundations of human movement.

Key Details:

Participants: 90 individuals aged 55+ divided into two intervention groups and one control group.

Duration: 19 months with data collection in four stages, focusing on both quantitative and qualitative indicators.

This unique intervention seeks to:

Empower seniors to take care of their bodies, supporting active ageing and fostering responsibility for their own well-being.

Address the gap in adherence to existing physical activity recommendations by providing individualized approaches.

Goals:

Demonstrate short- and long-term impacts of the intervention on functional status.

Assess psycho-social indicators and sustainability.

Propose guidelines for acceptable and sustainable physical activity programs for older adults.

Expected outcomes include improved functional fitness, the ability to confidently perform daily activities, and enhanced ageing experiences, benefiting both individuals and society. Preventive measures addressing demographic changes are vital to ensuring sustainable healthcare systems.

The ALiVe Project

Advancing Lifelong Learning for Active Ageing

New findings from the European Union highlight gaps in anti-discrimination rules for older adults in further education across some countries. To address this, the ALiVe project promotes lifelong learning to enhance independence among citizens of all age categories.

Key Features:

Partners: Universities from Austria, Finland, Ireland, and the Czech Republic (e.g., Carinthia University of Applied Sciences, Karelia University of Applied Sciences, University College Cork, and Charles University).

Objective: Develop a flexible “microcredential” for age-inclusive education, adaptable to diverse systems and settings.

Outputs will include a methodological guide for age-inclusive education, addressing cultural sensitivity and local needs while targeting individuals aged 55+ in partner countries.

The BUILD Project

Building Ecosystems of Person-Centered Integrated Care Through Co-Creation

Led by the University of Bayreuth, this EU-funded project focuses on promoting integrated, person-centered care for older adults with complex needs. The initiative addresses challenges arising from multimorbidity, increasing life expectancy, and social and economic factors.

Key Objectives:

Analyze person-centered care in country-specific healthcare systems.

Develop frameworks to support policymakers using participatory co-design and community engagement.

Create a toolkit adaptable to different countries to address care inequalities.

Project Partners: Universities and organizations from Germany, Austria, Czech Republic, Portugal, Spain, and Denmark. The project officially starts in March 2024 with an EU grant of 3.1 million euros.

Training and Education Activities

Longevity Studies

A 4-year postgraduate program open to students with a master's degree in various fields. This unique program addresses the multidimensional challenges of increasing human lifespan, combining clinical and theoretical perspectives.

Recent Developments:

In 2023, a course on academic publishing was introduced, with students preparing and publishing at least one article. This highly practical initiative continues this year due to its success.

Conferences and Collaborations

(Eng)aging! Conference 2025

CELLO ILC CZ is a proud partner of the 8th (Eng)aging! conference in Prague, focusing on societal discussions about demographic changes and population ageing. The event aims to explore how these trends can benefit society.

Student Conference on Aging

In collaboration with GSK, CELLO will host its inaugural Student Conference on Aging in May 2025. Ph.D. students specializing in longevity studies will present their research, fostering interdisciplinary dialogue.

Continuing Collaborations

CELLO collaborates with several organizations, including:

GSK: Exploring partnerships in research on aging and long-term care.

European Geriatric Medicine Society (EuGMS): Monthly meetings to address long-term care challenges.

LTC-COVID Initiative: Monitoring the impact of COVID-19 on seniors and long-term care patients.

London School of Economics and Political Science: Contributions to a report on long-term care in the Czech Republic.

ELTECA: Cooperation with Central and Eastern European stakeholders in long-term care.

Publications

New publications will be announced soon [HERE](#).

On behalf of the ILC-Czech Republic:

Iva Holmerová, Associate Professor, MD, PhD, President

Kateřina Macháčová, PhD, Director