

Hungary's Programme for the European Year of Active Ageing and Solidarity between Generations

1 Introduction

Each year since the eighties the European Union has chosen a theme that is important from a European perspective with the intention of raising awareness among governments of the Member States and their citizens of such themes and to strengthen their knowledge and awareness thereof. In the course of the European Years named after the themes chosen, a number of high level and specialised programmes have taken place, their results and the experience gained from them also serving as a basis for future EU activities concerning such themes, where appropriate.

The theme of the 2012 European campaign year aims at elaborating new answers and new solutions to issues raised in novel ways concerning active ageing and solidarity between generations, as well as the increasing prevalence of demographic ageing. The ageing of populations at a societal scale, dependency ratios deteriorating considerably in the long run, and long-term decreases in the number of working age people present serious challenges to the sustainability of current social protection systems. Because ageing has taken societal dimensions, recourse to pensions and to certain areas of health and social care systems would increase drastically in the long run if the appropriate measures are not taken and there is no change of approach. Demographic forecasts indicate considerable increases in costs in the long run due to ageing and question the sustainability of currently accepted social standards.

The ageing of society is an unstoppable process that is already underway (the extent of average ageing of European societies amounts to 2-3 months annually – life expectancy increases annually by this amount on average) as a result of more and more people living longer, while newly entering generations are fewer and fewer in number due to low fertility rates. However, some of the negative side effects and damaging impacts of this trend can be mitigated. This in turn, requires a fundamental change in approach. Ultimately active ageing can be defined as an overall public policy uniting diverse partial policies and aiming to solve this dilemma through preparation and a philosophy shifting, proactive approach. As for the complex strategy of active ageing, it formulates answers to the questions raised concerning ageing.

2 International and EU background

Active ageing is a policy primarily promoted by the EU, although other international organisations, such as the World Health Organisation (WHO), International Labour Organisation (ILO), Organisation for Economic Cooperation and Development (OECD), have also addressed this theme with considerable intensity. The process of ageing will receive a stronger boost in the new millennium, from the middle of this decade. The facts behind this phenomenon are that the more populous generations from after World War II will be retiring everywhere in the second half of the 10s and generations of considerably smaller numbers will be replacing them. Consequently, the dependency ratio will deteriorate at a relatively fast pace following the 20s. This situation acutely raises the issue of the sustainability of pension schemes, which could be appropriately counteracted by raising the retirement age of the generations already concerned, and having them work longer.

The Commission emphasized in its Communication “Europe 2020 – A strategy for smart, sustainable and inclusive growth” of 3 March 2010 that supporting a healthy and active ageing population is important to the European Union for social cohesion and greater productivity.

The Council adopted on 7 June 2010 Conclusions on ‘Active ageing’, inviting the Commission “to pursue the preparation of a European Year for Active Ageing in 2012”.

The EU legislative process with regard to the European Year was closed on 14 September 2011 by the adoption of Decision No 940/2011/EU of the European Parliament and of the Council on the European Year for Active Ageing and Solidarity between Generations (2012).

Within the meaning of the Decision, the overall objective of the European Year shall be to facilitate the creation of a culture of active ageing in Europe, in the spirit of a society for all ages. Within this framework, the European Year shall encourage and support the efforts of Member States, their regional and local authorities, social partners, civil society and the business community, including small and medium-sized enterprises, to promote active ageing and to do more to mobilise the potential of the rapidly growing population in their late 50s and over. In doing so, it shall foster solidarity and cooperation between generations, taking into account diversity and gender equality.

3 Demographic trends in Hungary and the resulting challenges and opportunities

When considering demographic changes, it is clear that the continuous decrease in Hungary’s population is taking place in parallel with the ageing of its population. The proportion of the elderly, people living alone, and unmarried people within the population is rising. A few years ago few people lived to a hundred years of age: today the number of those who are a hundred years old or older is over 1100 and the number of those over 90 years of age exceeds 35 thousand.

In Hungary life expectancy at birth was 70.50 years for men and 78.11 years for women in 2010, according to data from the Hungarian Central Statistical Office. Life expectancy at the age of 60 was 16.79 for men and 21.56 for women.

In 1990 the proportion of the Hungarian population 65 years old or older was 13.2 per cent and rose to 16.7 per cent by 2011. In 2011 the number of 65 years old persons was 115 for (every 100) 14 years old or younger children. According to population projections the proportion of older age groups will be 29.4 per cent in 2050 and 31.9 per cent in 2060, which is comparable to the EU average.

Only 10 per cent of the population older than 65 years of age did not have any children during their lifetime. The proportion of those with one child is 28%, those with two children is 42% and 20% of the age group concerned had at least 3 children during their lifetime. 83% of the population aged 65 and over even have grandchildren and a relatively large proportion of them take part in their supervision. However, such links between generations have become weaker over the past decades. Research has shown that the lack of economic opportunities and the break-up of marriages and families play a crucial role in younger generations still living with their elders, or young people moving back in with their parents.

The objectives of domestic policy on older people are long-term, as they focus on the present and the future. The main goals include:

- promoting increases in life expectancy at birth,
- increasing healthy life years,
- maintaining active lifestyles,
- establishing old age income security,
- strengthening social integration, coordinating different (health care, social, educational, cultural, etc.) services by taking into account the needs and interests of the ageing and the elderly,
- reducing the digital illiteracy of the elderly and supporting their lifelong learning by providing access to digital teaching material,

- strengthening conditions for active ageing, which means not only physical activity and staying on the labour market, but also active participation in social, cultural and civic life,
- disseminating at a younger age how the ageing process should be “managed”,
- changing society’s views on how ageing is perceived and experienced from both an economic and a social perspective.

Consequences resulting from longer lifespans are defined in Hungary as challenges rather than problems. Advances in age do not mean an accumulation of losses, but chances for adaptation, change, and opportunities for finding new sources of joy. The goal is to achieve increased participation in both individual and social activities by providing broad opportunities for work, community activities and developing creativity, thus also facilitating a positive change in the image formed of the elderly.

4 Active ageing and solidarity between generations in Hungary

4.1 Initiatives ensuring and supporting the implementation of the European Year

4.1.1 Creation of a National Coordinating Body

A combined approach is considered of key importance because of the diversity of the policies concerned by the theme of the European Year, wherefore an interministerial body coordinating the European Year is to be created, which will provide an opportunity to pool and monitor the initiatives put into effect in specific policy areas and will, at the same time, ensure the interministerial consultations essential to the European Year. The members of the body shall be delegated by the Ministries, while the Ministry of National Resources is responsible for coordinating and operating the body. The National Coordinating Body is responsible for the coordinated implementation of Hungary’s Programme for the European Year of Active Ageing and Solidarity between Generations (hereinafter referred to as: the ‘Programme’) and for relations with civil society actors.

4.1.2 Electronic accessibility of the European Year in Hungary

Ensuring a flow of information on the European Year is key to promoting change in society’s views, and to involving the broadest possible range of potential partners.

The State Secretariat for Social, Family and Youth Affairs of the Ministry of National Resources had a functional e-mail address (aktividosodes2012@nefmi.gov.hu) created as early as August 2011 for this purpose, where it awaits messages from those interested and their comments concerning the European Year.

4.1.3 Evaluation of communication work

We intend to follow media coverage of the European Year, by collecting and organising media appearances. The evaluation of communication work must include feedback.

The National Coordinating Body will be informed on developments related to the European Year on at least two occasions. Thus members will have a clear picture of the implementation of the Programme and will be able to give feedback on the experience they gain in the course of implementing specific activities.

4.1.4 Profile of the European Year, Hungarian specificities, scope

The logo of the European Year:

2012 European Year of Active Ageing and Solidarity between Generations

Use of the logo and recognition of an event as a programme related to the thematic year needs to be regulated in advance, in order to facilitate the follow-up of the content of programmes related to the European Year as they develop. The initiative may be joined by signing a cooperation agreement upon fulfilment of simple conditions. The cooperation agreement is to be concluded by NEFMI (Ministry of National Resources) on behalf of the government. The accredited programmes will be published on the official website of the European Year of Active Ageing and Solidarity between Generations. It must be guaranteed in the course of the accreditation procedure that the event or programme actually provides relevant added value and is consistent with the EU Decision, Hungarian objectives and the spirit of the thematic year.

4.2 Initiatives related to the European Year

4.2.1 'Vegyen részt Ön is' (You should also take part) conference

On the basis of a uniform programme proposal, the European Union supports the organisation of a conference in each of the participating States in order to convey coherently the message of the European Year to the citizens of the States participating in its implementation. At the same time, this event was the opening conference of the year, held on 5 March 2012 in the building of the Ministry of National Resources, with the participation of approximately 100 persons.

4.2.2 'Kor-Társ' (Partner in Age) Programme for the Elderly

This programme provides an opportunity to support programmes requested by a broad range of ageing and elderly people, thus contributing to the more efficient implementation of the objectives of the action plan for the elderly. The programme supports the implementation of cultural, educational, health and sports programmes in order to achieve the above goals. Within the framework of such target programmes, technical lectures, writer-reader meetings, conferences, performances, publications, tours, community programmes, traditional programmes, recreational or sporting events, or training courses may all be realized. Series of programmes or the joint implementation of goals listed in the call for proposals may also be supported under this programme.

4.2.3 'Életút' (Course of Life) Tender

The programme supports the over 60 generation in presenting an event from their personal past, their life story, how they lived through an historic event, or in documenting a moment that is important to them. A bid may be entered in the form of an interview as well, with the help of a grandchild or young acquaintance (e.g. a child or youth living in the neighbourhood).

4.2.4 Day of Generations (28 and 29 April)

Solidarity and cooperation between generations is primarily the focal point of family policy under the theme of active ageing. Among many other factors – in order to strengthen families and improve the demographic situation – there is great need for reweaving the family networks that ensure that families with children are able to reconcile work with raising children while building on the experience of older generations, and that also enable care within the family for the grandparents' older generation. There will be a major open air event held at Millenáris Park to celebrate the day.

4.2.5 'Nemzedékek@iskolák' (Generations@schools) Programme

During the week starting 23 April, State politicians over 50 will visit schools and hold lessons for students. This will be organised jointly by NEFMI and the schools concerned. The presence of media might raise greater awareness of the theme at both local and national level. This programme will draw the attention of younger age groups to cooperation and solidarity between generations and highlight the importance of mutual learning from one another, as well as the values of older people. The programme will enhance esteem for older generations and facilitate the elimination of prejudices formed about the elderly. It will also strengthen the commitment of the Government that in the future, no one shall turn younger and older generations against each other.

4.3 Existing policies and initiatives

4.3.1 National Strategy concerning the Elderly

Adopted in 2009, the National Strategy concerning the Elderly (Decision No 81/2009 (X.6.) of the Parliament) was drafted in line with the principles of active ageing. This is stated by the document itself, which mentions in particular a basic document of the WHO published in 2001 that defines policy concerning the elderly, the title of which is 'Active Ageing – Policy Framework'. The latter meant a real breakthrough because it was the first to reflect on elderly persons as complete human beings, to take into account their fulfilment in life, and did not reduce them to their social and health care aspects.

The members of today's older generations form the primary target group of the National Strategy concerning the Elderly. However, it should be pointed out, that the essence of an active old age lies precisely in having integral relationships and mutual support between generations. Thus the activeness and quality of life of the elderly and the opportunities of their own future old age are not indifferent to middle-aged and younger generations either.

4.3.2 Health care, healthy life-styles, sports

The following goals have been set in the Semmelweis Plan and the National Public Health Programme to improve the quality of life of a population of elderly people that is continuously growing:

- to change how old age is viewed: old age is a valuable, active phase of life,
- to make the health care system elderly-friendly,
- to involve the elderly in the life of local communities and to establish different forms of health promotion (institutions, programmes, learning opportunities).

4.3.2.1 Change of view concerning old age

4.3.2.1.1 'Tízezer Lépés' (Ten Thousand Steps) Programme

The 'Tízezer Lépés' programme was published in the framework of a set of programmes concerning healthy life-styles and health consciousness and its aim was for participating organisations to organise walking events for their members at least 20 times per year, thus encouraging them to exercise regularly. 3500 programme packages were bought (for a value of almost HUF 6 million) and forwarded to participating organisations and individuals in 2010. Life-style advice for pensioners is also provided with this programme with the cooperation of the National Institute for Health Development. The programme is carried out continuously for the pensioners' age group, who are organised in national clubs.

4.3.2.1.2 'Országos Botos Gyaloglás' (National Nordic Walking) Programme

The 'Országos Botos Gyaloglás' programme was first announced in 2008 by the ministry responsible for sports, which launched the programme jointly with the Hungarian Leisure Sport Association and the Hungarian Ramblers' Association in 2009. As a result tens of thousands of Hungarian residents could familiarise themselves actively with Nordic Walking. Close to 70% of participants were over the age of 50.

4.3.2.1.3 Strengthening attitudes and conscientiousness necessary for health promotion

- In the framework of the National Programme for Mental Health (LEGOP) a complex, integrated system is being developed in the fields of both elderly care and rehabilitation that is capable of satisfying needs arising from disability and loss of functionality in the case of rehabilitation, and special age-related needs in the course of elderly care – in addition to profiles changing with age – in an equal access, adequate capacity, and cost-efficient network. The programme is implemented on a continuous basis.
- Opportunistic screenings and organised, targeted public health screenings in the framework of periodic examinations by general practitioners; examinations (for blood pressure, blood sugar, blood cholesterol); administration of (influenza) vaccines; and participation in screenings for public health purposes (breast, cervical, colorectal screenings) contribute to a great extent to primary and secondary prevention and preservation of health.

One of the most promising strategies for reducing deaths from tumours in the medium and long term are public health screenings, which mean repeated, periodic examinations of asymptomatic persons who have no complaints and consider themselves healthy with methods suited to detecting latent diseases:

- biannual breast screenings for women between the ages of 45 and 65 using soft tissue x-ray examinations (mammograms),
- repeated gynaecological screenings, including cytology, for women between 25 and 65, every 3 years following a single negative test,
- biannual screenings for men and women between 50 and 70 for faecal occult blood using (immunochemistry) laboratory tests.

This programme is implemented on a continuous basis, where greater emphasis is placed on communication and personal invitations for a higher participation rate of elderly and disadvantaged target groups in 2012 than previously.

- The organisational and communication tasks performed by nurses – as part of their family and women's care services and public health obligations – also provide opportunities for ageing and elderly age groups through advice on life-styles, community programmes for health promotion and screenings.

4.3.2.2 Making the health care system elderly-friendly

- Extending the teaching of geriatrics across-the-board in the training system for nurses. Implementation of this element of the programme will begin in the course of the European Year by adopting a modification to the training system.
- The goal of the 'Praxis' (Practice) Programme of the National Institute of Primary Care is to ensure the provision of primary general practice services in adult or mixed districts with persistent vacancies (serviced for over 6 months through substitution) for the local governments that apply, in order to strengthen services provided by general

practices. These are mostly located in areas considered less-favoured from other aspects as well. As a result of the programme, access to primary care provided by general practitioners has been improving, which is of key importance to elderly age groups as well. The programme, which was launched in 2006, has had the effect that the rise in the number of vacancies stopped in 2010.

- The government allocates budgetary funds to implement the ‘Praxiskezelő’ Programme (Programme for Practice Management), thus providing an opportunity for elderly, retiring general practitioners to transfer their practices and for young doctors entering the profession to buy such practices. This is one of the good examples of facilitating cooperation between generations in the health care system. Work on the sustainable operation of the scheme is under way.
- The structural reorganisation of inpatient care is taking place through a shift from acute and chronic hospital capacities towards chronic and rehabilitative health care services, which allows for better quality care for older age groups.
- In the framework of the structural reorganisation, the health care sector plans to strengthen home care and to increase its capacities for home care, which will provide better access than what is currently available, for older patients as well.

4.3.2.3 Involving the elderly in the lives of local communities, establishing different forms of health promotion

The creation of Health Coalitions needs to be encouraged. The overall aim of these multi-sectoral and multidisciplinary working committees to be created at micro regional and local level is to strengthen professional cooperation for health promotion, by facilitating and continuously monitoring the realization of micro regional community health plans. Their task is to plan, organise and implement local health programmes promoting behaviour that is health conscious and supports health, by facilitating healthy choices for the population living in the micro region, thus for ageing and elderly populations as well, increasing the utilisation of screenings by the population and promoting solidarity between generations by effecting interventions which are based on local cooperation.

4.3.3 Employment

In the framework of two TÁMOP programmes (TÁMOP 1.1.2 and TÁMOP 1.1.4) the Ministry for National Economy has provided priority aid since May 2011 to workers struggling with disadvantages on the labour market, in particular to workers over the age of 50. Priority project TÁMOP 1.1.2 covers the convergence regions, while the TÁMOP 1.1.4 project covers the region of Central Hungary. The Government decided to launch TÁMOP 1.1.2 as a priority project, then to raise the budget of the programme through an amendment to the 2011-2013 TÁMOP action plans. In the framework of the programmes the employment of approximately 95 thousand disadvantaged unemployed will be improved between 2011 and 2015. The resources available for the two programmes total HUF 91 billion (the budget of TÁMOP 1.1.2 is, as increased by the action plan, HUF 86 billion). The aim of the project is to assist the integration of unemployed and inactive persons in the labour market through aid granted to employers and prospective employees.

The projects have six target groups: people with low levels of educational attainment or outdated qualifications, entrants, people returning after maternity/parental leave, people receiving wage replacement allowances, people at risk of long term unemployment and people over the age of 50. Of these groups, the group over age 50 is treated by the project as a

priority and a special aid scheme for their benefit, encouraging employers to employ them, has been developed:

- If an employer wishes to employ someone over the age of 50 in their profession or as a semi-skilled or unskilled labourer, they are to receive assistance for a period of one year. For the first four months the project undertakes to compensate their wages and contributions at a rate of 100 per cent, for a maximum of twice the minimum wage and its contributions. For the second four months, no more than fifty per cent of the wages and their contributions are assumed for a maximum of twice the minimum wage and its contributions. During the last four months it is possible to receive support for contributions paid by employers.
- In addition to wage subsidies, workers over the age of fifty may receive training for improving their chances of finding work.
- Both during training and employment workers are assisted by mentors.

21% of those seeking employment are past fifty years of age, which is why it was important to develop a specific aid scheme for the integration of this age group in the labour market. At least HUF 17 billion from the TÁMOP projects serves this purpose. This will make it possible nationwide for approximately 17 000 unemployed over the age of fifty to find work.

4.3.4 Service as a volunteer

One of the target groups of the National Volunteering Strategy, drafted in relation to work performed for the European Year of 2011, were the elderly. Under the strategy, data collection and analyses are taking place in relation to specific groups, thus concerning the elderly as well, which could help plan the appropriate promotional measures and remove existing obstacles. On the one hand older generations have extensive professional experience and on the other hand many of them seek opportunities for occupying themselves actively and for spending their leisure time therefore they could play an important role in volunteering.

The presentation and maintenance, under professional management, of architectural heritage sites accessible to cultural institutions and the public (for instance, the maintenance and reconstruction of historical gardens, removal of graffiti, conservation of individual heritage sites or local sites of value, creation/management of collections on local history, operation of local history clubs), and the organisation of cultural events are potential opportunities for involving older generations in volunteering. In the framework of volunteer activities elderly people may also provide great help to the operation of civil society organisations through their knowledge and experience.

4.3.5 Education management, development of information and communication, public education

4.3.5.1 Tender TÁMOP 3.2.1-11/A1, Extending the role of public education institutions, creating novel forms of institutional collaboration (introducing forms that support the facilitation of learning) – Social and civic competences tender, ‘TÁRS’ (Partner) Programme

Civic competence requires abilities such as being able to effectively cooperate in public matters, to show interest in problems affecting local and broader communities, and to demonstrate one’s solidarity while they are solved. The aim of the social and civic competences tender is to change the views of upcoming generations regarding their relationship with their closer and broader environment, those in need, and the public good. Young people are provided an opportunity to prepare themselves for active citizenship through learning from their own experiences.

In 2011 the State Secretariat of Education of the Ministry of National Resources published, in the spirit of the Declaration of National Cooperation, a pilot call for proposals in relation to the European Year of Volunteering for secondary educational institutions ('TÁRS' Programme), in the framework of which 148 successful tenderers could realize their community services within a timeframe of 30 hours in collaboration with other social, educational, and health institutions. The current tender is a continuation of that project. Its aim is for members of the age group taking part in the activity (15 to 23 year olds) to gain experience in voluntary work through community service and thus to learn through experience, which could also help them in their choice of a career. The programme also provides an opportunity for partner organisations and operators to gain information on this form of volunteering, its usefulness and its good practices. The programme published is suited to establishing and developing relationships based on reciprocity between generations, in line with the objectives of the European Year 2012.

The TÁMOP Programme to be published is suited to establishing and developing relationships based on reciprocity between generations, in line with the objectives of the campaign year. In the framework of this programme, students are able to make elderly people more active in social institutions and in their families.

4.3.5.2 Public education's, museums', libraries' and cultural institutions' opportunities and architectural heritage sites' role in enhancing activity in old age and solidarity between generations

Old and young age groups are equally priority target groups of the activities of public education institutions. By organising amateur artistic activities and groups for the preservation of traditions, public education makes familiarisation with and the development of different forms of self-expression and active participation in the arts, culture and creative processes accessible to masses of old and young people. For both age groups, the product of the creative process in a community isn't just doing creative work or the finished work itself. In addition to artistic fulfilment, it builds personality, while continuous cooperation raises individual levels of tolerance, improves conflict resolution skills, enhances the participants' ability to pay attention to one another and their sense of empathy, strengthens the ability of the community network to retain its members, and knowledge transfer between generations takes place unnoticed while creating/producing works of art.

One of the priority target groups of museums and libraries are the elderly. They may use basic library services free of charge, those over 70 years of age don't even have to pay a registration fee. People over 62 years of age may visit the permanent and temporary exhibitions of museums at a 50% discount, while those over 70 years of age may visit them free of charge. There are programmes devoted especially to the elderly and grandparents at the Museum Day Festivals and the Nights of Museums events.

Opportunities for learning are provided for the elderly in many ways. Mastery of digital literacy skills occupies a central role; the majority of libraries are at the same time eMagyarország points. "Kattints rá, Nagy!" (Click on it, Granny!) Programmes take place continuously throughout the year at community centres – at 20 locations in the country.

Although public education statistics blur somewhat the diverse and colourful activities and communities of old age groups, the trends in increasing activity still show in the number of participants of artistic groups and pensioners' clubs and courses. Pensioners' clubs had over 257 thousand members in 2009. Approximately 27 thousand members of artistic groups are 60 years old or older, while this number is close to 16 thousand for training courses. Statistics also show that public education serves the elderly well: there are pensioners' clubs

operating in half of the smaller municipalities (49%), but groups for the preservation of traditions and amateur folk art groups (47%), which primarily gather elderly people, are also present in similar proportions.

4.3.6 Rural development

An item, the aim of which was to create multifunctional areas (Integrated Community Service Spaces (IKSZT)) that provide complex services based on local needs in municipalities otherwise lacking services, was published in 2009 under the horizontal programmes of the III axis of the New Hungary Rural Development Programme. As part of the supported programme, the operator (beneficiary) provides community and public educational programmes without restriction and free of charge during the period it is obliged to operate. In this framework, it has an opportunity to organise and realize community and recreational programmes specifically for the elderly. The 635 successful IKSZT title holders realize their annual programmes on the basis of their commitments. In addition to the programmes, it is an obligation of IKSZT title holders to offer community internet access, which also provides an opportunity for the elderly to use the Internet.

A flagship tool for involving the elderly in information society is the eMagyarország (eHungary) Programme, which aims to extend internet access to the entire territory of Hungary, mainly focusing on areas less well serviced or not at all serviced (less-favoured municipalities). For those who do not have broadband internet access in their homes for technical, motivational or financial reasons, it may provide broadband internet access through the construction and maintenance of such points. The goal is, for instance, the use of e-public services or assistance from technicians working there, that is e-Consultants, to become as widespread as possible. Currently there are 1791 registered eMagyarország points in operation.

4.3.7 Social services

4.3.7.1 Cooperation with social service providers for elderly people

The Act on social services makes many types of social services accessible to elderly people living in their own homes or in residential institutions. These service providers have always considered it important that the relationship between the beneficiaries and younger generations should be maintained and strengthened. The European Year of Solidarity between Generations strengthens these activities and the service providers may help in the development and implementation of programmes related to the European Year through their proposals and their experience.

4.3.7.2 Methodological developments for specialists working in the field of care for the elderly

The service providers' specialist knowledge that facilitates making elderly people more active is strengthened through methodological work. The objective may be achieved through the use of several methodological tools. Developments in knowledge may be taken up by further training systems, as part of a broader vocational development process.

4.3.8 Family policy

The call for proposals concerning family policy to be published in 2012 will focus on the elderly, primarily through supporting civil and church programmes, for the objectives under point 4.2.4.

4.3.9 Recreation for older people – Hungarian National Holiday Foundation

Persons at least 60 years of age and in receipt of a pension may request assistance for their rest and recreation from the Hungarian National Holiday Foundation. The total budget for such assistance is HUF 500 million. The assistance translates into holiday services for a value of HUF 40 000 if a contribution of HUF 10 000 is paid. Those whose monthly pension does not exceed HUF 85 000 and who do not have any other taxable income are to receive priority when a decision is taken.

5 Involving partners

5.1 Cooperation with the Council for Senior Citizens

The Government has involved the Council for Senior Citizens in the work for the European Year. The Council for Senior Citizens had already included the European Year of Active Ageing and Solidarity between Generations on its agenda at its constitutional meeting and is expected to keep this theme on its agenda on a continuous basis, thereby assisting the development and implementation of programmes related to the European Year with its proposals, comments and by sharing its experience.

5.2 Cooperation with organisations for the elderly

Previously it was only possible to inform the elderly about programmes and opportunities organised by public administration through large organisations and umbrella organisations for the elderly. The councils for senior citizens created by local governments, which operate as advisory bodies with local governments, were not a part of any such organisations for the elderly.

An active collaboration based on mutual interests should be developed with local councils for senior citizens that wish to be partners in these matters in order to make cooperation as effective as possible with organisations for the elderly, to celebrate the International Day of Older Persons, and to raise awareness of the Senior-Friendly Local Government Prize as well. In September 2011 NEFMI contacted for this purpose the local councils for senior citizens linked with rural local governments. Similarly, councils for senior citizens operating in the districts of Budapest are being contacted and the Cooperation Forum of Councils for Senior Citizens of Local Governments has been established.

Local governments, which have carried out exemplary actions in the fields related to the elderly and are willing to share their good practices, are open to an exchange of experiences and thus are able to enhance the activities of other local governments in the fields related to the elderly, will also be involved in the implementation of the European Year 2012. Currently local governments have such an opportunity each year in connection with the Senior-Friendly Local Government Prize, which is becoming better known every year. The prizes are presented in the building of the Parliament, where the winners describe their work carried out in the interests of elderly and ageing persons and share their experiences. Every local government which entered a bid is invited to the prize-giving ceremony, where representatives of organisations for the elderly and members of pensioners' clubs also take part. The occasion provides an opportunity to establish contacts, discuss common issues and become familiar with one another's activities and innovative ideas.

5.3 Cooperation with health care partners

Communication from the health care sector to professional, patient and civil society organisations and institutions is of key importance in supporting the objectives and domestic

programmes of the European Year of Active Ageing and Solidarity between Generations. The leadership of the sector invites collaborating organisations, institutions, and the whole of Hungarian society to be its partners in order for everyone to find activities that relate to this programme in their own field.

5.4 Cooperation with schools

In connection with the Day of Generations older State politicians will visit schools in order to facilitate exchanges of experiences between generations.

The State Secretary Responsible for Education and the State Secretary for Social, Family, and Youth Affairs have published a call for students in schools on the occasion of the International Day of Older Persons and the campaign year. The purpose of the call is for the students to prepare gifts for the elderly living in their local communities on the occasion of the International Day of Older Persons, to present them with performances, poems, drawings, and works of art they prepared themselves.

6 Appendices

- 1 Calendar of events
- 2 List of initiatives

**European Year of Active Ageing and Solidarity between Generations
2012**

Calendar of events in Hungary

Month	Programme
January	<ul style="list-style-type: none">- Publication of the programme of the European Year (media publicity)- Press briefings on the 'Kor-Társ' and the 'Életút' tenders
March	<ul style="list-style-type: none">- Creation of the National Coordinating Body- Opening conference 'Vegyen részt Ön is'- Series of presentations informing elderly care institutions and organisations for the elderly- Announcement of the results of the 'Kor-Társ' tender- Conference on active ageing at the Hungarian Central Statistical Office- Publication of the invitation to tender: Senior-Friendly Local Government Prize
April	<ul style="list-style-type: none">- Series of presentations informing elderly care institutions and organisations for the elderly- 'Nemzedékek@iskolák' Programme- Open air event (European Day of Solidarity between Generations, April 29)- Announcement of the results of the 'Életút' tender
May	<ul style="list-style-type: none">- Launch of the 'Tízezer Lépés' Programme- 'Országos Botos Gyaloglás' Programme
June	<ul style="list-style-type: none">- Deadline for submitting applications for the Senior-Friendly Local Government Prize
September	<ul style="list-style-type: none">- Presentation of the Senior-Friendly Local Government Prize- Cultural Heritage Days
October	<ul style="list-style-type: none">- Celebration of the International Day of Older Persons
November	<ul style="list-style-type: none">- Celebration of Social Work Day
December	<ul style="list-style-type: none">- Children's Christmas programmes in retirement homes

**European Year of Active Ageing and Solidarity between Generations
2012**

Initiatives in Hungary

	Name of event	Brief description of event	Comments
General and continuous programmes			
Sport			
1	‘Tízezer lépés’ (Ten thousand steps) Programme	Walking events organised for the members of the participating organisations, to encourage them to exercise regularly.	The programme is implemented on a continuous basis, approximately 20 events are expected in 2012.
2	‘Botos Gyaloglás’ (Nordic Walking) Programme	The aim of the programme is to encourage ageing people to exercise regularly by making use of the popularity of walking with tools.	The programme is implemented on a continuous basis.
Health care			
3	‘Lelki Egészség Országos Program’ (National Programme for Mental Health – LEGOP)	The development of a complex, integrated system in the fields of both elderly care and rehabilitation that is capable of satisfying needs arising from disability and loss of functionality in the case of rehabilitation, and special age-related needs in the course of elderly care – in addition to profiles changing with age – in an equal access, adequate capacity, and cost-efficient network.	The programme is implemented on a continuous basis.
4	Opportunistic screenings, organised, targeted public health screenings	Regular check-ups by general practitioners, examinations (for blood pressure, blood sugar, blood cholesterol), administration of (influenza) vaccines, and participation in screenings for public health purposes (breast, cervical, colorectal screenings) contribute to a great extent to primary and secondary prevention and preservation of health.	

		<ul style="list-style-type: none"> - biannual breast screenings for women between the ages of 45 and 65 using soft tissue x-ray examinations (mammograms), - repeated gynaecological screenings, including cytology, for women between 25 and 65 every 3 years following a single negative test, - biannual screenings for men and women between 50 and 70 for occult blood in stools using (immunochemistry) laboratory tests. 	<p>The programme is implemented on a continuous basis, while greater emphasis has been laid on communications and personal invitations reaching target groups of elderly and disadvantaged persons in 2012 than previously for the purpose of attaining higher participation rates.</p>
		<p>Nurses perform organisational, communication, and implementation tasks related to giving advice on life-styles, community programmes for health promotion and screenings, for ageing and elderly people as well.</p>	<p>The programme is implemented on a continuous basis.</p>
5		<p>Extending the teaching of Geriatrics, across-the-board in the training system for nurses.</p>	<p>The implementation of this programme element will begin in 2012 when modifications to the vocational training scheme will be adopted.</p>
6	<p>‘Praxis’ (Practice) Programme for strengthening services provided by general practitioners</p>	<p>The aim of this programme of the National Institute of Primary Care is to provide general practice services in adult or mixed districts, also in areas considered less-favoured from other aspects. As a result of the programme, access to primary care provided by general practitioners is to improve, which is of key importance to elderly age groups as well.</p>	<p>The programme is implemented on a continuous basis. As a result of this programme, which was launched in 2006, the rise in the number of districts with vacancies stopped by 2010.</p>
7	<p>‘Praxiskezelő Program’ (Programme for Practice Management)</p>	<p>The government provides allocated budgetary funds to implement this programme. This provides an opportunity for elderly, retiring general practitioners to transfer their practices and for young doctors entering the profession to buy such practices. This is one of the good examples of facilitating cooperation between</p>	<p>Work on the sustainable operation of the scheme is under way.</p>

		generations in the health care system.	
8	Structural reorganisation of inpatient care	A shift from acute and chronic hospital capacities towards chronic and rehabilitative health care services is to allow better care for older age groups.	The programme is implemented on a continuous basis.
9	Strengthening of the programme for home care	In the framework of the structural reorganisation, the health care sector plans to strengthen home care and to increase its capacities, which will provide better access than what is currently available, for older patients as well.	The programme is implemented on a continuous basis.
10	Promotion of the creation of Health Coalitions	The overall aim of these multi-sector and multi-disciplinary working committees to be created at micro regional and local level is to strengthen professional cooperation for health promotion and to enforce certain aspects of health care at different levels, by facilitating and continuously monitoring the realization of micro regional community health plans.	The programme is implemented on a continuous basis.
11	Communication from the health care sector to professional, patient and civil society organisations and institutions in support of the objectives and domestic programmes of the European Year of Active Ageing and Solidarity between Generations (2012).	The leadership of the sector invites collaborating organisations, institutions, and the whole of Hungarian society to be its partners in order for everyone to find activities that relate to this programme in their own field.	The programme is implemented on a continuous basis.
12	Active and healthy ageing in the framework of the Europe 2020 Strategy – European Innovation Partnership	The main goal of the pilot initiative is to increase healthy life years by 2 years on average by 2020.	On 7 November 2011 the management group adopted the Strategic Implementation Plan with Hungarian participation. Its realization is taking place in three thematic groups with

			the participation of Hungarian experts.
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	Employment		
13	Aid to workers struggling with disadvantages on the labour market	Since May 2011 priority aid can be provided to workers struggling with disadvantages on the labour market in the framework of two TÁMOP programmes with national coverage.	At least HUF 17 billion from the TÁMOP projects serve this purpose and thus nation-wide approx. 17 000 unemployed over 50 may find work.

Equal opportunities

14		In the course of developing the National Volunteering Strategy, one of the key target groups was the group of those over 50 years of age	
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Education management, development of information and communication

15	Community service, social and civic competences tender	The aim of the tender is to change the views of the upcoming generations regarding their relationship with their closer and broader environment, those in need, and the public good. Young people are assisted in preparing themselves for active citizenship through learning from their own experiences.	
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Public education

16		Public education stimulates intellectual activity in the elderly through its instruments, such as community centres, libraries, and museums.	
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Rural Development

17	Integrated Community Service Spaces	As part of the supported programme, the operator (beneficiary) provides community and public educational programmes and community internet access without restriction and free of charge during the period it is obliged to operate. In this framework, it has an opportunity to organise and realize community and recreational programmes specifically for the elderly.	
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Care for the elderly

18	Cooperation with social service providers of elderly people	The Act on social services makes many types of social services accessible to elderly people living in their own homes or in residential institutions. These service providers have always considered it important that the relationship between beneficiaries and younger generations	
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		should be maintained and strengthened and this is reinforced by the European Year.	
19	Methodological developments for specialists working in the field of care for the elderly	The service providers' specialist knowledge that facilitates making elderly people more active is strengthened in the framework of methodological work. Developments in knowledge may be taken up by further training systems, as part of a broader vocational development process.	
Family policy			
20	Cooperation and solidarity between generations	Under the theme of active ageing, family policy is primarily focused on cooperation and solidarity between generations. A call for proposals to be published in 2012 will focus on the elderly, primarily through supporting civil and church programmes.	
Programmes linked with specific dates			
21	World Theatre Day (27 March)	On this occasion people over 50 years of age may see performances for free.	Theatres operated by local governments, in addition to those operated by the ministry, are also to take part in this campaign, thus providing national coverage.
22	World Health Day (7 April)	World Health Day is focused on issues concerning the health problems of the elderly, the prevention of such problems, and healthy life-styles. In addition, a free screening campaign carried out throughout the country in mobile vans may also be organised.	With the collaboration of the Hungarian Red Cross.
23	Nemzedékek@iskolák (Generations@schools) (23-27 April)	State politicians over 50 years of age are to visit schools and hold lessons for students.	
24	European Day of Solidarity between Generations (28-29 April)	Major open air event of the European Year.	
25	Missing Children's Day (25 May)	This programme is centred on Missing Children's Day. It is suited to raising awareness of the problem of straying elderly people in connection with the European Year.	Consultation with civil organisers is needed.

26	Teachers' Day (first Sunday in June)	Teachers' Day raises awareness of the fields of adult education and andragogy. The work of teachers active in these fields may be recognised on this occasion.	
27	Semmelweis Day (1 July)	Awareness of the aims of the European Year may be raised by recognising experts active in this field.	
28	Cultural Heritage Days	The programmes of Cultural Heritage Days activate elderly age groups as well, thus broadening their knowledge on architectural heritage.	
29	Senior-Friendly Local Government Prize (30 September)	The prizes are presented in the context of a major media event.	
30	International Day of Older Persons (1 October)	Awareness of the goals of the European Year may be raised by organising a major, central event and national activities involving students.	
31	Social Work Day (12 November)	Awareness of the goals of the European Year may be raised by recognising the specialists active in this field.	
32	Christmas (25 December)	As a symbol or example of solidarity between generations, children's Christmas programmes may be organised in retirement homes (Nativity plays).	