



Norwegian Ministry
of Health and Care Services

Norway – «Live safely at home», a comprehensive reform developed in cooperation

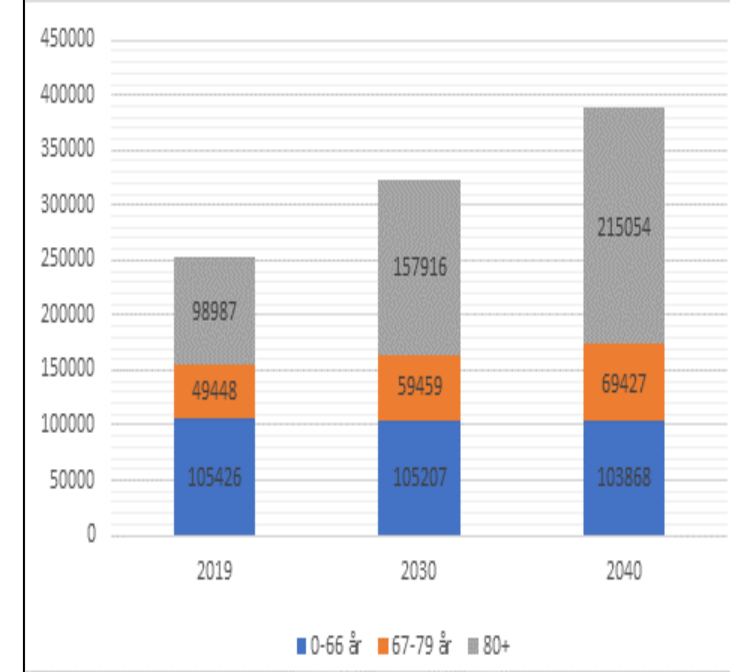
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UNECE-SWGA-16th Meeting, Geneva, 20 November 2023



Facts and evidences

- The Institute of Public Health: A report on ageing and health: healthier life years + frailty for the oldest old
- Statistics/ health registers: a lower share in institutional care, but increases in numbers
- «The burden of health»: the costs of dementia and fall/accidents: the need for prevention
- The health personel commission: Shortages of health personel in the future: prevention, primary health care, smarter use of personel



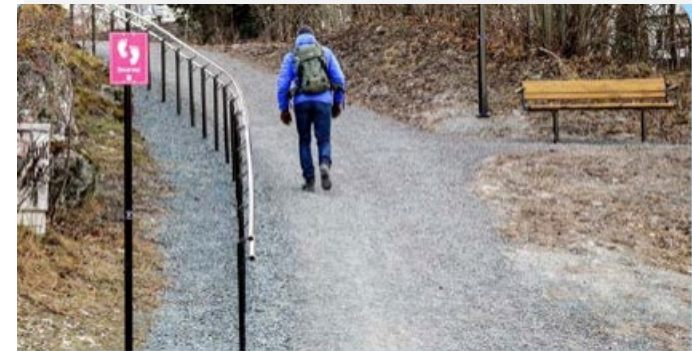
Evaluations of prior reforms

- Strengthening cross-governmental responsibilities on ageing. A more coordinated state across sector/policies
- Housing policies – not adapted to an ageing population. Challenge: Rural areas
- The programme of age-friendly Norway: The network of age-friendly municipalities (WHO-model) – a fast track for local implementation. Awareness rising, information, innovation
- Age-friendly society – a shared political goal.



Municipalities often start with a town hall meeting: Ask simple questions, find out what is important to people.

Photo: Ann-Cathrin Holm, City of Oslo



There can never be too many benches: More people might go for walks if they can rest along the way. In steep terrain, handrails are useful to everyone.

Photo: Municipality of Trondheim



Involvement

Formal involvement

- The government asks for written inputs and invites stakeholders to meetings
- The Council for Age-friendly Norway: recommendations
- Four meetings each year with NGO's for pensioners and unions on retirement schemes- and finance, and other issues.
- Mandated councils of senior inhabitants in the municipalities

Co-creation for innovation

- Four regional meetings with co-creative design:
 - Facts and inspiration
 - Challenge the audience: What is the problem- how to solve – smarter ways
 - What is important for you?

Group discussions and ideas – mix different actors together



«Live safely at home»

Some inputs:

- Social meeting places, inter-generational contact, digital training, safe environments
- «ageing in place», «lack of adapted apartments», « too expensive», elevators, a housing programme/finance
- Stability/teams among the carers. Skills, research, management
- Quality in care. Meaningful days, activities, food/nutrition. Rights and relief for family carers

The white paper:

- Inclusive and active communities
- Housing – adapting and planning
- Competent and empowered personnel
- Safety and support: users/patients and informal/family carers



An inclusive society

Programme for an Agefriendly Norway 2030

- Social meeting places
- Age-friendly transport
- Mobilise the senior power
- Co-creation and partnership
- Plan and prepare for your better ageing (campaign)



Lessons learnt?

- Focus on what is *smart to do* (innovate, sustainability, future gains) (not on *have to do* (legal), *can do* (economy, competence)
- Political leadership
- The role of the municipalities: autonomous bodies with comprehensive responsibilities
- Work with the municipalities in the implementation: The Programme for Age-friendly Norway - a key to involvement, innovation, results
- Training programme for the Municipal councils of senior inhabitants
- Do we have a common understanding of ageing, of challenges and opportunities, across ministries, local administration, inhabitants, NGO's, research, personel?





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Thank you!