

7. Marginalised Older Persons in Society – Political Challenges and Measures in Germany

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“International Day of Older Persons” of the United Nations 30th

Sep 2024, at the United Nations, Vienna

“Marginalization of Older Persons in Society – A Significant Health Risk”

Political Challenges and Measures - Germany

Setting the Frame

19.01.2025 • 3 • IDOP Vienna – Political measures

Living Situation of Older Persons in Germany

- 22% of the population in Germany is over 65 (in 2002 the quota was 17%)
- 96% of persons over 65 live independently in their own home
- 84% of persons over 85 live independently in their own home
 - In 2002 18% of persons over 85 lived in residential care facilities
 - In 2023 16 % of persons over 85 lived in residential care facilities

Germany as a Federal Country ***roles and competences of the Federal Government***

- Federal Government has competences in areas defined in the constitution (Basic Law)
- Most areas fall within the competence of the 16 Länder
- The Federal Government can support best practise for a limited period
- Most laws on Federal Level need the support of the Bundesrat, i.e. the Länder
- The 16 Länder execute Federal Law
- Many acts are delegated to cities and communities by the constitutions of the Länder

Social Code V and IX

- Social Code V – health insurance
 - Since 2015 obligation of the statutory health insurance to improve the health of older persons through preventative measures
 - National health targets are the guidelines
 - Healthy ageing is one of the targets
 - Statutory health insurance supports cities and communities in developing enabling environments for healthy ageing
- Social Code IX – inclusion of persons with disabilities
 - Grants support for independent and self-determined living, e.g.
 - personal assistance
 - Mobility assistance etc.

Social Code XI and XII

- Social Code XI – long term care insurance
 - Principle: outpatient care has prevalence over residential care, established 1994
 - Result: outpatient care services exist all over Germany
 - Older persons live longer at home
- Social Code XII – aid for living
 - Financial support for those in old age, who are in need irrespective of where they live
 - Covers also costs for residential care – insures everybody can afford care

Policies on Loneliness and Social Isolation Federal Government's Strategy to Counter Loneliness

Strategy to Counter Loneliness I

- In Germany, several million people of all age groups feel lonely.
- **Since 6/2022:** Development of the Federal Government's first Strategy to Counter Loneliness
- **Since 6/2023:** Broad consultation process completed – interministerial consultation started
- **December 2023:** Adoption by the Federal Government

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19.01.2025 • 9 • Strategie der Bundesregierung gegen Einsamkeit

Strategy of the Federal Government to counter loneliness – all age groups are targeted

<p>1. Raising awareness</p> <p><u>core actions:</u> 1.1. a campaign 1.2. Week of action „together against loneliness“</p>	<p>2. Enhancing knowledge</p> <p><u>Core actions:</u> 2.1. loneliness barometer 2.2. participative research</p>	<p>3. Strengthening practitioners</p> <p><u>Core actions:</u> 3.1. enhancing programs and measures 3.2. fostering formats of exchange, knowledge and networking of actors</p>	<p>4. Acting cross sectorally</p> <p><u>Core actions:</u> 4.1. checking the possibility of a country wide „coalition against loneliness“ 4.2. setting up of an interministerial working group (IMA)</p> <p><u>Further actions</u> 4.3 BMFSFJ is looking into establishing a continuous exchange between the federal ministries and their counterparts on Länder level</p>	<p>5. Supporting people – improving services</p> <p><u>Core actions:</u> 5.1. model projects and evaluation 5.2. supporting nation wide counselling services that are free of charge, diverse, digital, phone lines and nation wide, regional and local</p>
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What else?



- Currently more than 180 projects against loneliness targeting older people




For all age groups:

- Loneliness barometer (monitoring tool)
- Public awareness-raising campaign
- Loneliness Network Germany

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National Dementia strategy

National Dementia Strategy – setting the frame 2020 - 2026

- In 2024 1.8 million persons with dementia live in Germany
- The risk rises with longevity
 In 2050 it could be 2,8 million
- So far, there is no cure for dementia
 we need to find a place for persons with dementia and their families
- Dementia is a silent illness
 People with dementia withdraw from society and activities they loved, they disappear
- We need a society, which includes persons with dementia, which sees them and includes them

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National Dementia Strategy – fields of Action

<https://www.bmfsfj.de/resource/blob/159762/5a16ea542c67ed29aa458b8c30a5ad82/200701-nationale-demenzstrategie-data.pdf>

<p>1. Establish and enhance structures for participation in social life for persons with dementia where they live</p> <ul style="list-style-type: none"> • Local Alliances (in total 600) <p>https://www.netzwerkstulle-demenz.de/</p>	<p>2. Support persons with dementia and their families</p>	<p>3. Continuously improve the health care and care structures for persons with dementia</p>	<p>4. Support excellent research in the field</p>	<p>5. Strong partners</p> <p>5.1 Federal Ministry for Family Affairs, Senior Citizens, Women and Youth 5.2 Federal Ministry for Health 5.3 German Alzheimer society</p> <p>Are in the lead many other partners from all levels of society</p>
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National Dementia Strategy – Examples

Local alliances for dementia

- Gardens for persons with dementia
- Virtual memory journeys
- Hikes and guided museum tours for persons with dementia

Choir project

- 21 local initiatives by the Federation for choir and orchestra (BMCO e.V.)
- Music keeps people involved
- Music considerably improves the quality of life of persons with dementia
- <https://www.musik-und-demenz.de/>

Countering the stigma of dementia

- Many people are highly insecure on how to approach persons with dementia
- We aim to lower this threshold

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• 15

Thank you very much for your attention!

Kontakt

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