Toledo Manifesto on Healthy and Active Ageing

CoLab on Healthy and Active Ageing

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Healthy and Active Ageing

01. The promotion of healthy ageing, based on prevention, health education, and the encouragement of active lifestyles, is a key tool in community health to reduce the incidence of chronic diseases, frailty, disability, and dependency, thereby alleviating pressure on healthcare systems.

02. The prevention and treatment of frailty must be addressed comprehensively through programmes that incorporate health interventions, nutrition, physical exercise, control of inappropriate medication, and the use of technology, as well as the promotion of social support networks.

03. The sustainability of the welfare system in an ageing society requires qualified professionals with a high degree of specialisation in the needs and characteristics of this population, working in multidisciplinary teams.

04. Individualised and adapted multicomponent physical exercise is a primary tool for the prevention and treatment of frailty and its effects on physical and cognitive function.

Barriers and Facilitators for Ageing in One's Own Home

05. Older people clearly express their desire to maintain personal autonomy and preserve emotional well-being. Most wish to remain in their own homes until the end of their lives, surrounded by the memories, relationships, and spaces that have given meaning to their existence. However, when they require extensive care, they do not want to become a burden on their families and express a preference for small-scale, human, and close-knit care centres where they can continue to feel accompanied and respected in their dignity.

06. There is a need for a broader and more diverse housing offer that guarantees different levels of privacy and continuity of older people's life projects.

07. It is essential to foster a true culture of care that socially recognises its value and ensures fair and adequate remuneration for those working in this field, thereby guaranteeing quality, continuity, and humanity in care provision.

08. Home care with specialised personnel is a key resource for older people to maintain their family environment, preserving emotional bonds, routines, and the spatial memory associated with their home.

09. A rethinking of the organisation of residential services is required, prioritising flexibility, active participation of residents, and staff training in person-centred competencies.

Health Economics Related to Ageing

10. The sustainability of healthcare and social welfare systems will largely depend on forward planning and the implementation of policies that optimise resource management, reconciling efficiency and equity.

11. There is a need to develop feasible and long-term active ageing strategies and policies aimed at ensuring system sustainability and improving the quality of life and well-being of older people.

12. There is an urgent need to recognise and value informal care in the design of public policies, incorporating specific support measures: financial benefits, respite services, training in care skills, and work-life balance policies.

Strategies and Public Policies for Promoting Healthy Ageing

13. Public policy design must adopt a community health approach, considering the main determinants of health while maintaining an intersectoral perspective, ensuring the active participation of older people, and avoiding ageism.

14. There is a need to prioritise public policies based on the most effective interventions supported by scientific evidence and aligned with criteria of equity and efficiency in the use of available resources (cost-effectiveness balance).

15. Continuous training for healthcare professionals and the integration of new professions into the public system are essential to meet emerging health demands, especially in rural areas and in the care of vulnerable groups.

16. The latest technological advances, such as telemedicine, remote monitoring devices for physical function, and digital platforms with surveillance and follow-up systems, can facilitate home care and reduce the digital divide, making the system more sustainable, accessible, and equitable, while improving the quality of life of older adults.

The following institutions have contributed to the drafting of this Manifesto:

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