

Event "Active aging, social well-being and mental health in the Caribbean"



Cuban experiences in favor of the well-being of the elderly.

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General context on the subject of well-being in the elderly:



- Well-being, from its various dimensions, linked to rights, equity and inclusion.
- Well-being, from the actions and resources deployed in projects, but also as a subjective construction from what is perceived. Subjective well-being.
- Demographic change + generational change: New old age, new needs.
- Persistence in views of homogeneity on older age vs. real individual and group diversity.
- Persistence of ageisms vs. new gerontological culture.
- Mental health: affectations in the pandemic.

CUBA



- 21.6% of the general population is 60 years or older.
- Healthy aging programs. Various experiences:
- Ministry of Public Health:
 - Older Adult Program
 - EMAG
 - Caregiver Schools
 - Circles of Grandparents
 - Institute of Sports, Physical Education and Recreation.
 - Ministry of Labour and Social Security.
 - Ministry of Transport.
 - Culture Ministry.
 - Ministry of Higher Education:
 - University Chairs for the Elderly (U3A)
 - Urban and rural classrooms
 - **Education as the fourth factor of active aging**

University Chairs for the Elderly (U3A) “for and with” the elderly

- One year basic course
 - Continuity courses
- Training courses for educators

- Created 22 years ago at the University of Havana
- Extended to all Cuban Higher Education Centers as extension action.
- As an example, at the University of Havana:
We have 48 classrooms In the community
with 19,319 beneficiaries.
- Elder people are volunteer educators in the teaching cloisters.
- Education as a resource for empowerment and quality of life.





Presentation of course work and graduations

Learning current technologies



Sharing their memories as a generation who participated in the Literacy Campaign, 60 years Ago.

Intergenerational actions



Participating in marches against the Blockade on Cuba.

Citizen's participation as an expression of social well being.



Contributions to the new Constitution of the Republic, in its own assembly.



Contributions to the new Family Code, as a specialized consultant, prior to the popular debate.



Third age people fraternizing with the Cuban President.

The older person: manager of gerontological knowledge in the community.

Gerontological culture management paradigm
Transformation
Leadership
Empowerment
Security
Education

What does it manage?

- 1. Knowledge of health and good aging.
 - 2. Image.
 - 3. Depathologization of age.
 - 4. Rights.
 - 5. Dialogues.
 - 6. Traditions and culture.
 - 7. Citizen spaces.
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- Life is constant learning,
learning to
manage our mental health is part of
learning in life.

Older people as subjects of citizen rights and duties.

Right
approach
in old age

Active,
participatory and
healthy aging

Sustainable
aging





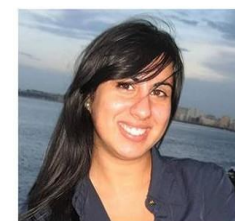
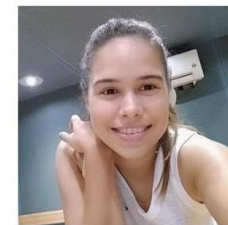
- The 17 objectives were analyzed and 7 suggestions were made.
- Include the transversal axis of age and the elderly in the 2030 Agenda.
- Add the term of SUSTAINABLE AGING.

Pandemic and mental health: Psychogerontological Observatory.



- Promote the adequate perception of risk in the elderly.
- Identify and attend to the main psychological effects produced during isolation for the elderly, as well as for caregivers of the elderly.
- Promote the campaign for good treatment of the elderly.

- What was the first reactions of older people at the beginning of the pandemic even knowing that they had full coverage by the national health system?
- What was the main effects on mental health during isolation?
- What did it meant to have declared them as a vulnerable group?
- What implications will this statement have for the elderly, in the post-pandemic?
- Will vulnerability have remained as a label or culturally induced?



Coordinadores
Psico grupo de Personas
Mayores y Cuidadores

PANDEMIC:

Change of
focus
about the topic
of Aging



TO PROMOTE "The active and participatory dimension"



TO TAKE CARE OF "The elderly as a vulnerable and isolated group"



RESCUE IMAGE OF
"ACTIVE, HEALTHY,
PARTICIPATIVE,
AUTONOMOUS AND
SUSTAINABLE AGING"





Thank you