

# Inclusive Ageing

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## Initiator

Lebenshilfe Österreich, Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz

## Objectives

The issue of "inclusive ageing" of older and old persons with lifelong learning disabilities is hardly researched. Due to demographic change, better medical care, a rise in life expectancy and the narrowing generation gap that was a result of the Nazi extermination politics, old age of persons with disabilities is getting more attention today.

Many existing provisions and frameworks are no longer adequate for the target group – new solutions for healthy and happy ageing and the comprehensive inclusion of persons with learning disabilities and specific needs have to be developed.

This study aimed to obtain a comprehensive and deep insight into the life situation and support needs of older and old persons with learning disabilities and specific needs in order to improve their participation and quality of life. Based on the research, recommendations for the future design of provisions and services in the fields of accommodation, day structure / activity and care of older persons (50+) – with a special focus on persons 70+ – with learning disabilities were developed.

## Implementation

The study used a mixed-methods approach. Quantitative as well as qualitative research and analysis methods were applied. The research was divided into several work packages. At first, interviews with experts in the fields of accommodation, day structure / activity and care were carried out. A larger scale quantitative survey among relevant institutions provided valuable insights into the age structure and life situation of the target group. To gather as many perspectives as possible on the possibilities, needs, challenges and ideas regarding health and happy ageing, inclusive focus groups with self-advocacy activists, caregivers and family members were organized. In-depth interviews with people with learning disabilities and specific needs provided interesting insights into the life situation, subjective perspectives and living environments of the target group. Finally, good-practice examples were collected in a participative workshop with relevant target groups and stakeholders.

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