

PROJECT

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1) Project title

Evidence-based pharmacological and not pharmacological prevention strategies in the elderly.

2) Abstract (max 500 words)

The global population is ageing rapidly, with the number of older persons growing faster than the number of people in all younger age groups. Projections estimates that by the year 2030 the number of people 60 years and older will grow by 56 per cent, reaching 1.4 billion, and, by 2050, the global population of older people will more than double to 2.1 billion. Currently, Italy has the third oldest population in the world, as of 2020, 23 percent of the Italian population were aged 65 years and older. As the aging population grows progressively around the globe, the need to research and develop strategies to healthy aging, defined as a process of maintaining functional ability that enable wellbeing in older age, is ever more critical and takes on new urgency.

These changes highlight the need to adapt person-centered integrated care focusing on the needs of older people and guaranteeing access to multiple age-friendly services closely engaged with families and communities. In fact, older people require comprehensive assessment of their health and non-discriminatory access to good quality healthcare including prevention, promotion, treatment, rehabilitation, palliative and end-of-life care.

The WHO, Member States and Partners for Sustainable Development Goals have created a Global Strategy and Action Plan for Ageing and Health for 2016 – 2020 and its continuation with the WHO programme The Decade of Healthy Ageing 2021 – 2030. The programme will focus on four key actions: changing how we think, feel and act towards age and ageing; developing communities in ways that foster the abilities of older people; delivering integrated care and primary health services that are responsive to the needs of older people; and providing older people who need it with access to long-term care.

The process of human aging is complex and individualized, influenced by genetic and epigenetic regulation, lifestyle, environmental aspects and many other elements. Considering its complexity and the multitude of the factors involved, programs aimed to promote healthy ageing have to take into consideration the impact that the biological, psychological and social sphere have on the health of older individuals.

The aim of this research project is to assess evidence-based pharmacological and not-pharmacological prevention strategies that can help older adults and their caregivers to maximize the functional abilities of older persons, grounded in the concept of healthy ageing and to enable wellbeing in older age.