

Recomendaciones

Gender

Incorporate holistically a gender perspective, including attention to masculinities in relation to care and emotions.



Diversity and inclusion

Develop programmes sensitive to the heterogeneity of older people, especially considering socioeconomic, cultural, religious, educational, ethnic and cognitive factors, as well as those of sexual orientation and disability.



Loneliness

Use the strengths that rural environments offer to tackle loneliness, such as closeness, smaller distances, and offer alternatives to overcome weaknesses, tackling accessibility, support services, accompaniment and strengthening of external relationships (online collaborations, joint activities outside place of residence).



Social participation

Facilitate participation in social life and reinforce existing networks, both formal and informal, by offering more flexibility, incorporating horizontal management and providing more support, accompaniment and training for a more authentic and meaningful participation.



Role of the third sector in promoting active and healthy ageing

Promote collaboration and complementarity between organisations of the different sectors active in rural environments: those dedicated to health, people with disabilities, education and culture, children, women..., to stimulate intergenerational interaction and incorporate a rights perspective.



Internationalisation

Explore internationalisation opportunities to confront global challenges, introduce new methodologies, adapt successful experiences, strengthen professional networks on common topics and identify alternative sources of funding.

