

Las Heras - Strategy or action plan

The strategy presented consists on the development and implementation of a survey that can collect and present the needs and claims that this specific age group has. This is specifically done throughout weekly meetings and reunions with the older adults at the retirement centers and/or groups of persons that develop and implement various tasks (for example recreational, therapeutic or of health promotion). The methodology used is the I.A.P (investigación acción participativa in Spanish).

It is important to mention that the main purpose is to enable older adults to have an active role in our society and recognizing their rights. Moreover, we reaffirm the principle of an inclusive and active ageing that will improve the quality of life of our older adults.