

# ACTIVE AGING

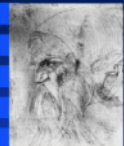
## ACADEMY OF ELDERLY IN EASTERN HUNGARY, NYIREGYHAZA

IMRE SEMSEI PhD, DSc

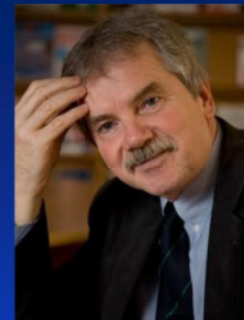
Department of Gerontology

Faculty of Health

University of Debrecen



## Prof. Imre Semsei



- Dean (Univ. Debrecen, Faculty of Health; UD FH)
- Doctor of the Hungarian Academy of Sciences
- Vice President, Health Expert Group, AGE Platform, Europe
- Director of Gerontology Science Coordination Center (UD FH)
- Editor-in-Chief Hungarian Gerontology
- President of the Society for Preventive Gerontology and Geriatrics
- Research area:  
Gerontology – biogerontology – experimental and theoretical gerontology:
  - genetic alterations
  - aging hypotheses

# INTRODUCTION



Iron age

Hellene age

Roman age

old Mexicans

Geron – Greek word – Elderly People  
Gerontology – Science of Aging

# Elderly and their roles



Japan (Meiji era)

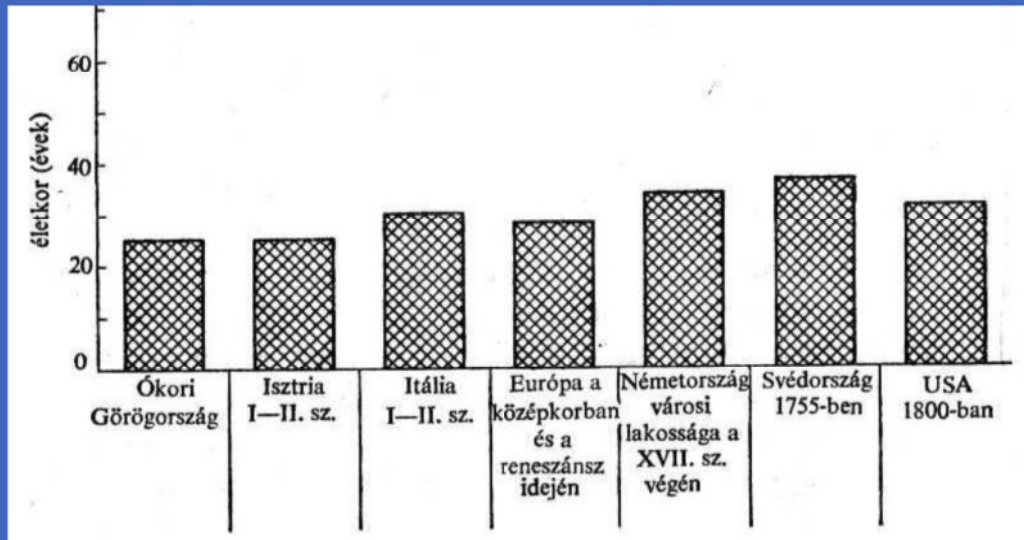
Italy (1493)

Holland (1625)

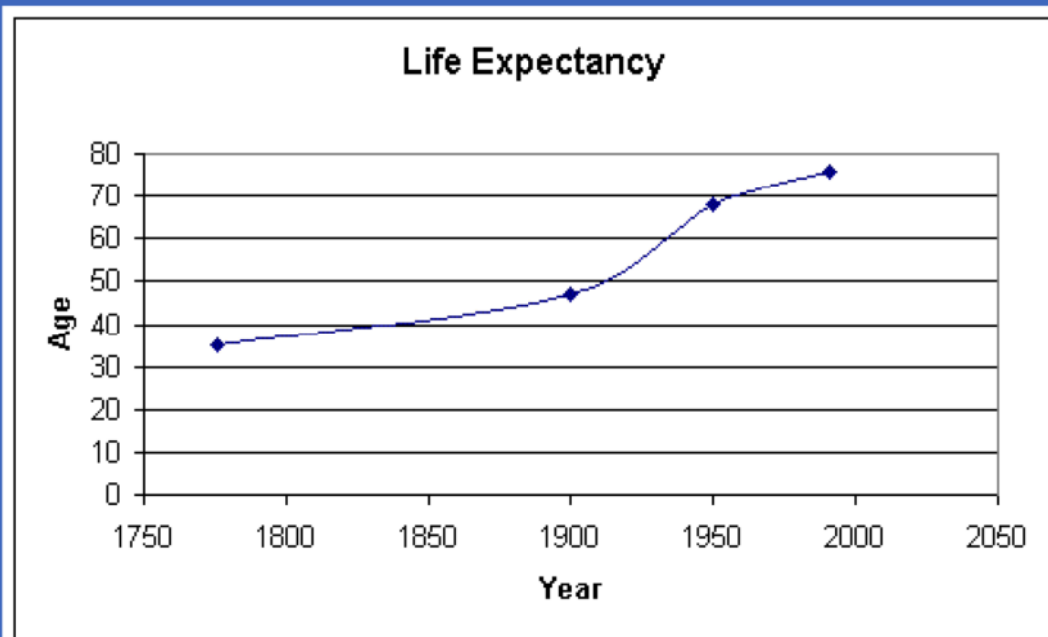
German (1550)

Gerontology: study of the aging process of individuals and society

# MEAN LIFE SPAN

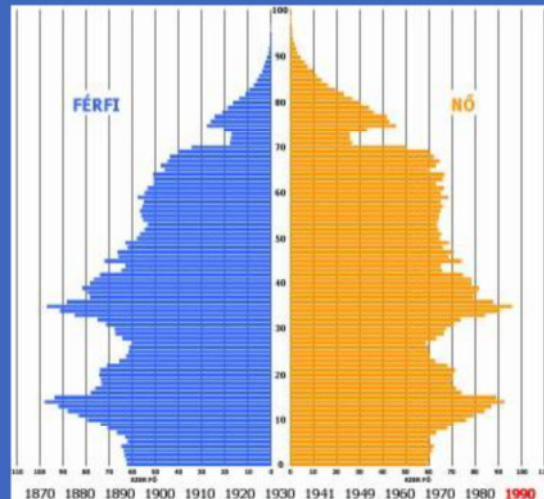
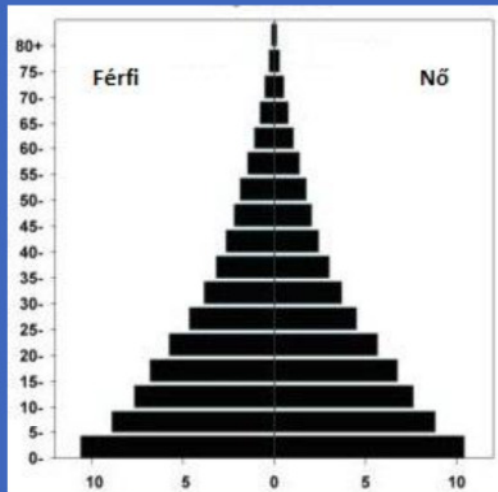


# MEAN LIFE SPAN

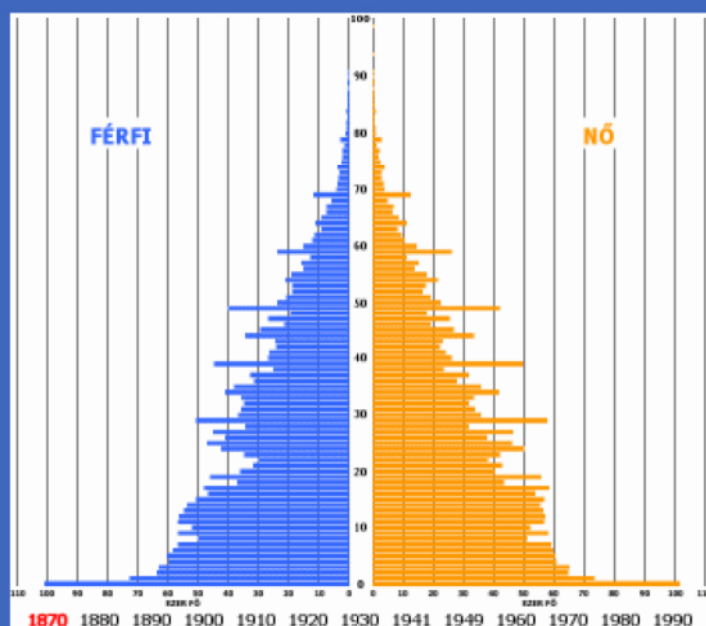


# ALTERATION OF AGE STRUCTURE

## Age-tree

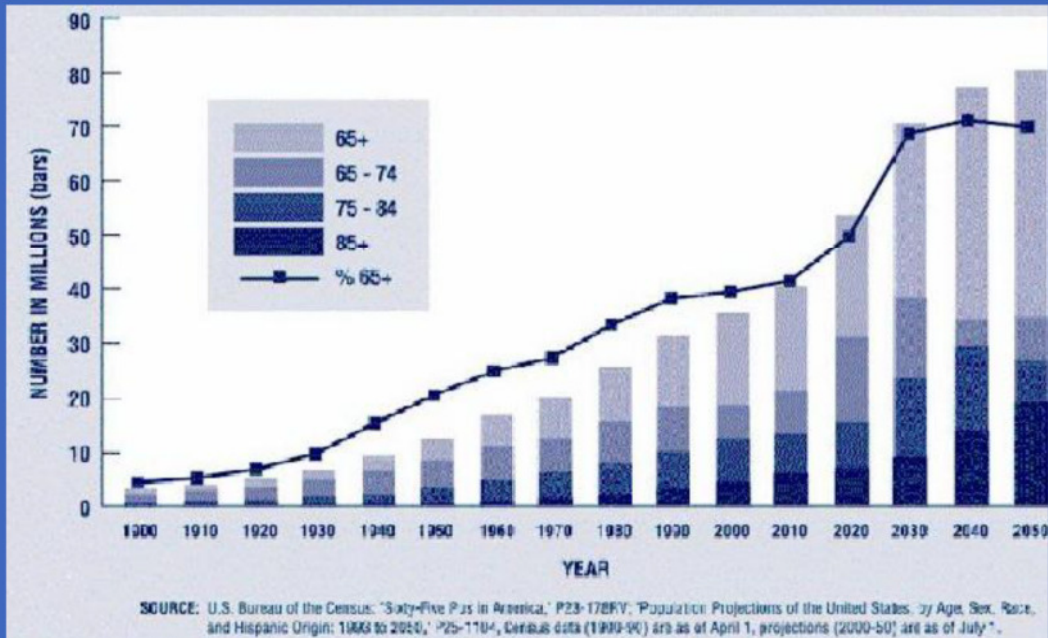


## Changes of age-tree

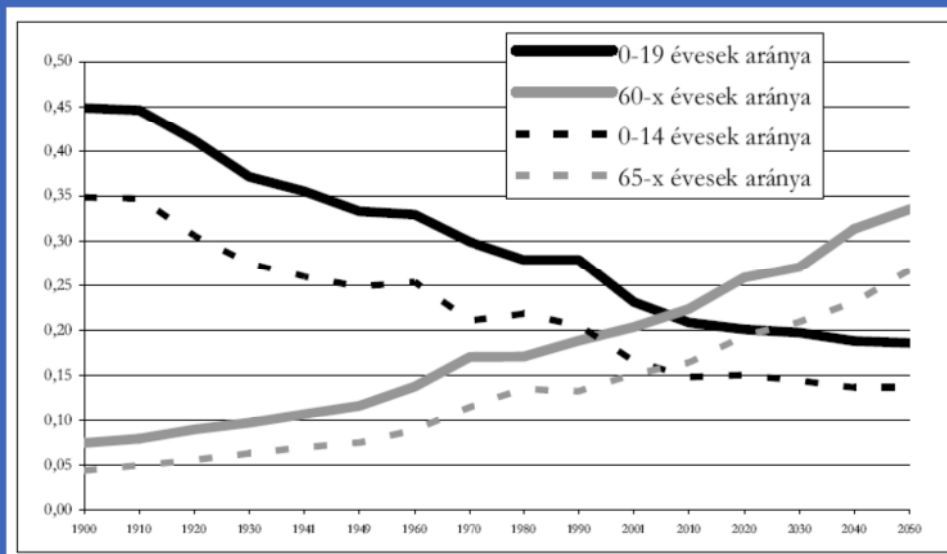




## ALTERATION OF AGE STRUCTURE

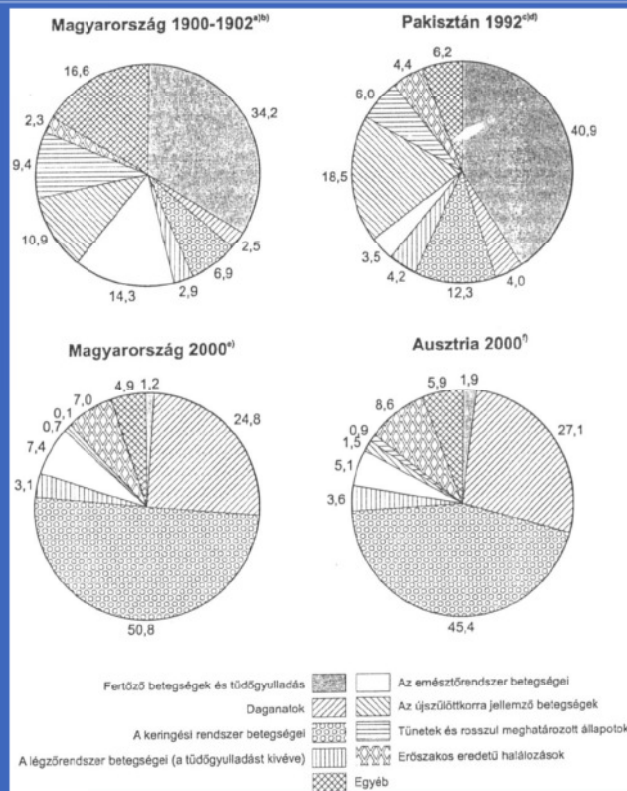


## CHANGES IN RATIOS OF ACTIVE AND INACTIVE PEOPLE



# MORTALITY TRENDS

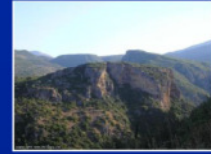
Prevention  
Healing  
Rehabilitation



## Consequences

- There are more elderly people in the society
- Ratio of old people is increasing
- Ratio of active to inactive people decreasing
- There are more and more ill old people
- Society faces with increasing problems due to the above mentioned facts in:
  - Division of labor
  - Care of elderly in health, social respects, etc

## Possible solutions



- **0. Taigetos**

It sounds a little bit morbid but this happens when the society does not solve the problems due to aging of the society, i.e. the „weak“ elderly (in biological, health, economic or social sense) gets out of the division of labor and dies in ahead of time.

- **1. Improving of health status**

Possible ways:

- a. education (pedagogy, andragogy, gerontagogy)
- b. prevention
- c. healing and care
- d. rehabilitation

- **2. Participation of elderly in division of labor**

- a. increasing of the age of retirement
- b. involvement (retaining) of elderly in labor

- **3. Increase of the number of birth (late effect)**

## EDUCATION OF GERONTOLOGY

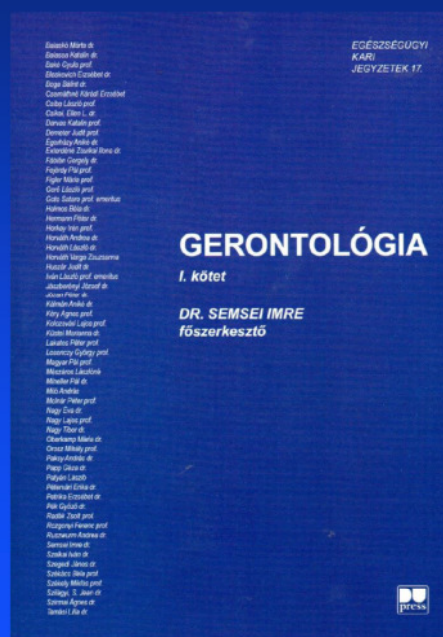
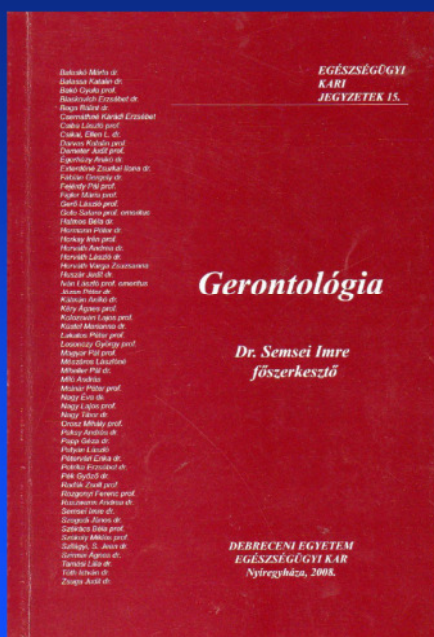
- ❖ Education of teachers of gerontology
- ❖ Education of gerontology for professionals
  - biogerontology (geriatrics)
  - social gerontology
  - psychogerontology
- ❖ Education of gerontology for non-professionals
  - young people (pedagogy)
  - adults (andragogy)
  - elderly (gerontagogy) Academy of Elderly



# Education of gerontology at the Faculty of Health University of Debrecen

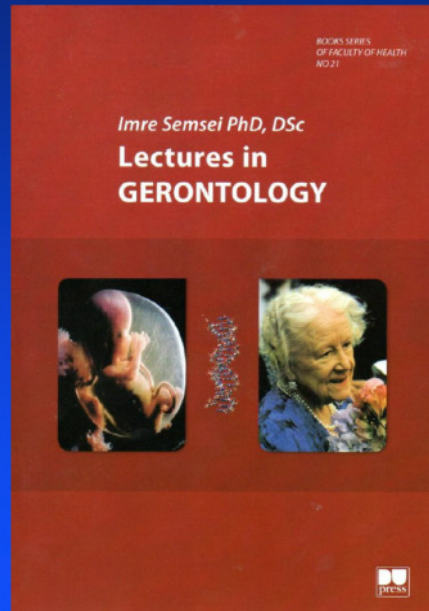
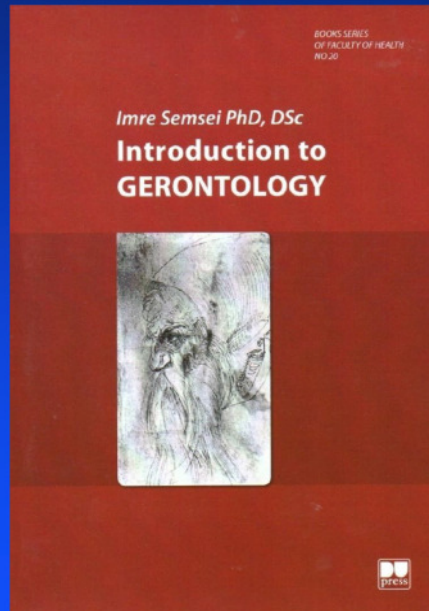
- ❖ BSc:
  - Social work (regular & correspondents)
  - Health care (r & c)
- ❖ MSc:
  - Social work (r & c)
  - Health care (r & c)
  - Physiotherapists (in English)
- ❖ Post-gradual education (PhD)
  - General doctors – courses
  - Faculty of Health – PhD degree (next year)
- ❖ Post-gradual education (special further education)
  - Applied social gerontology
  - Navigator

## TEACHING AIDS





# TEACHING AIDS



# TEACHING AIDS

**Basic Course on Gerontology**

By launching this book, which is a pioneer of its kind, we fulfill demands appearing on the level of individuals and the society for healthy aging. Because healthy, successful aging results not only in longer life but also adds life to those years. This book could be used as a teaching aid in the field of health education or in other fields related to gerontology. It could be beneficial even for people who just have interest in aging by providing a broad cross-sectional view of our knowledge regarding the aging process. The book discusses all three branches of gerontology, although with different emphasis. The chapter of Bio-gerontology focuses mainly on the basic cyclopendia of our biological knowledge of senescence, while the sub-chapter of Geriatrics introduces us into age-related changes and diseases of almost all parts of the human organization. The author pays particular attention to Society-gerontology in order to help the practical side of gerontology training. The third branch of gerontology, Psycho-gerontology is discussed in the book as well, although only the basics are mentioned.



Imre Semsei, PhD, DSc graduated from the University of Debrecen (UD), Hungary in 1976. He has been dealing with different aspects of aging but mainly with experimental gerontology. Now he is the Dean of the Faculty of Health, UD, author of more than 100 articles and several books.  
<http://semsei.foh.unideb.hu/en>



978-3-639-85273-8



Imre Semsei  
**Basic Course on Gerontology**

Gerontology

Imre Semsei

# GERONTOLOGY DEPARTMENT



## ❖ Education

- ❖ BSc, MSc, postgradual education

## ❖ Science

- ❖ Experimental gerontology

## ❖ Information dissemination

- ❖ Academy of Elderly in Eastern Hungary

## ❖ Services

- ❖ Care of elderly

[www.activeagingnetwork.eu](http://www.activeagingnetwork.eu)

[www.aktividosodes.hu](http://www.aktividosodes.hu)

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Dates: 10-11 June 2016

EAST Network 2016 Workshop: 'Long Term Care, Spatial Planning and Public Policy in Central and Eastern Europe'

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Today  
May:09  
Sunday, May 1

# ACADEMY OF ELDERLY IN EASTERN HUNGARY, NYIREGYHAZA Center of Szabolcs-Szatmar-Bereg County



**ÖREGEDÉS MŰVÉSZETE**

**KELET-MAGYARORSZÁGI SZÉPKORÚAK AKADEMIÁJA**

A Debreceni Egyetem Egészségügyi Kara  
Gerontológia Tanszék  
Debreceni Akadémiai Bizottság  
SZSZHm-1 Szakbizottság  
Gerontológiai Munkabizottsága



**Kelet-Magyarországi Szépkorúak Akadémiája**

**Program 2015**

**I. Félév**

1. Nyitó előadás: Prof. dr. Semsei Imre: Az öregedés művészete (április 15)
2. Dr. Jászberényi József (Bp.): Időskori diszkrimináció – Ageismus (április 29)
3. Dr. Szalkai Iván (Bp.): Keleti gyógyászat – nyugati gyógyászat (május 13)
4. Dr. Dobos László (Miskolc): A 3. kor egyeteme (május 27)
5. Dr. Boga Bálint (Bp.): Aktív idősödés – sikeres idősödés (június 10)
6. Dr. Kovácsné Magyarai Hajnalka (Bp.): Az én stílusom - stílusanfolyam nőknek (június 24)

(mindig délután 3 órakor)



**ÖREGEDÉS MŰVÉSZETE**

A DEBRECENI EGYETEM EGÉSZSÉGÜGYI KARÁ, NYIREGYHÁZA MEGYEI JOGÚ VÁROS ÖNKORMÁNYZATA, valamint a VÁCI MIHÁLY KULTURÁLIS KÖZPONT TISZTELTTEL MEGHÍVJA ÖNT A KELET-MAGYARORSZÁGI SZÉPKORÚAK AKADEMIÁJÁNAK ISMERETTERJESZTŐ ELŐADÁSSOROZATÁRA.

HELYSZÍN: VÁCI MIHÁLY KULTURÁLIS KÖZPONT (Szabadság tér 9.)

AZ ELŐADÁSOK KEZDÉSI IDŐPONTJA 15:00 ÓRA

<b>TÉMÁINK:</b>	APRILIS 6. DR. KALAPOS ISTVÁN: EGÉSZÉGES ÖREGEDÉS	MÁJUS 16. PROF. UTASI ÁGNES: KAPCSOLATOR HALÓLABBAN	<b>A BELTÉRS DITJÁRNI!</b>
	APRILIS 20. PROF. DR. SZELMAN ZSUZSANNA: KÉZ AZ IDŐSGONDOSÁSBAN	JÚNIUS 1. SZALAI KÖNYTA ZSUZSANNA: IDŐSKORI TAPALKOZTAS	
	MÁJUS 6. CSIKÓS PÉTER: AZ EGÉSZSÉG AZ ALAP(ELLÁTÁSBAN)	JÚNIUS 16. SZEPESSY BÉLA: KESEI SZÜRET	
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## OLD TIMES



## PRESENT TIME







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