

ICELANDIC GUIDELINES

Alicante oct. 2015

THREE STEPS

- 1. Awareness raising
- 2. Offering middle aged citizens professional support for self-evaluation
- 3. Warehouse. Selection of opportunities to help people make their plans/wishes come true

AWARENESS RISING

- Aims at society as a whole and especially at middle aged citizens
- The situation of elderly people has changed fast and radically
- Society underestimates the experience and capacity of elderly people
- A reevaluation of work-career and life-situation at the beginning of the Third Age is appropriate
- A multitude of new possibilities are available

HALF TIME

- How have we been doing?
- What should we do otherwise?
- Usually there is a lot more fun in the latter part of the game.
- It is not until at the end of the latter part that you know if the game is lost or won.

SUPPORT FOR SELF-EVALUATION AND PERSONAL DEVELOPMENT

- An offer for those who need it
- Professional support
- Self-evaluation: what do I want to do and be in the latter part of my life? What hopes, wishes, dreams?
- A personal SWOT-analysis
- A realistic assessment of future possibilities
- Professional consultation: financial, legal etc
- A plan

WAREHOUSE OF TOOLS AND OPPORTUNITIES

- A selection of tools and opportunities to help individuals to let their plans and wishes for the Third age come true
- Main racks: education, economy, practical consultation, stimulation
- For the benefit of the individual and society as a whole