



# NEXT STEP

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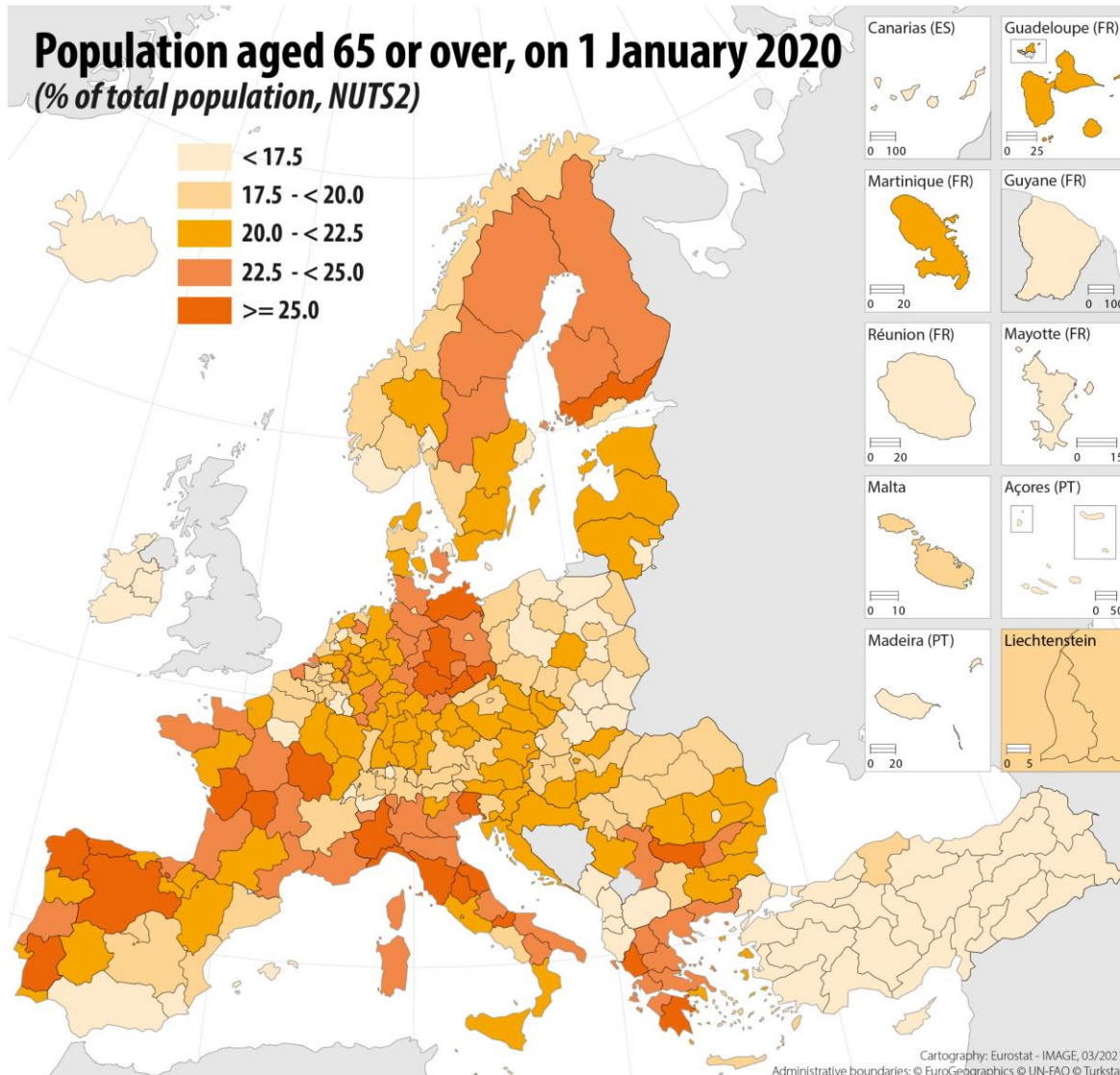
# ELDER PEOPLE IN EU

IN 2019, THERE WERE 90.4 MILLION OLDER PEOPLE (AGED 65 YEARS OR MORE) LIVING IN THE EU-27.

IN 2020, 20.6% OF THE EU POPULATION WAS AGED 65 YEARS OR OVER.

# ELDER IN EU COUNTRIES

**Population aged 65 or over, on 1 January 2020**  
 (% of total population, NUTS2)



Estonia, Cyprus, Latvia, Luxembourg, Malta, Iceland, Liechtenstein, Montenegro, North Macedonia: single regions at this level of detail. Data are presented at NUTS 2 level according to NUTS 2016 classification.

Cartography: Eurostat - IMAGE, 03/2021  
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# TRANSFER OF PROJECT RESULTS

THE PROBLEMS, WHICH IN EVERYDAY ACTIVITIES HAVE ELDER PEOPLE ARE SIMILAR TO THE PROBLEMS WHICH HAVE PEOPLE WITH DISABILITIES. SO IT IS RELATIVE EASY TO TRANSFER AND IMPLEMENT PROJECTS RESULTS TO ELDER POPULATION

# PHYSICAL ACTIVITY FOR ELDER PEOPLE



# BENEFITS OF EXERCISE

## Benefits of Exercise for the Elderly



### IMPROVED MUSCLE MASS:

Exercise makes microscopic tears in muscles, which grow back stronger.



### IMPROVED CARDIOVASCULAR HEALTH:

Exercise increases blood flow, which reduces plaque build up.



### IMPROVED BRAIN FUNCTION:

Exercise increases the delivery of oxygen and nutrients to the brain.



### IMPROVED IMMUNE SYSTEM:

Exercise helps improve the function of infection-fighting cells.



AUSTRALIAWIDE  
FIRST AID

# AEROBIC EXERCISE AND DEMENTIA

Several studies looking at the effect of aerobic exercise (exercise that increases your heart rate) in middle-aged or older adults have reported improvements in thinking and memory, and reduced rates of dementia.

# THANK YOU FOR ATTENTION

