



## COMMON SPEAKING EXPERTS

### Dimensions of elderly care – integrated elderly care

#### Consensus document

**Sustainable elderly care has become the most important challenge of the society in the 21st century, since with the increasing of lifespan, long-term nursing and care tasks are growing.**

**The Social Cluster Association and the Hungarian Gerontology and Geriatric Association held an international conference for the third time - this time regarding the World Day of Abuse of Elderly People.**

**During the presentation of the interprofessional view and international practice of long-term care with a scientific and policy-based approach, at the event, social experts, doctors, various occupational groups shared their good practices and discussed the main dimensions of elder care.**

**Dementia and incontinence which are probably the most stigmatizing and exclusionary statuses of today are such complex life situations for the affected, their caring family members and their carer which can be handled only through widespread social engagement and policy intervention.**

**THE PARTICIPANTS OF THE CONFERENCE AGREED ON** to take measures on the following target areas, and to carrying into effect essential action plans:

1. To gain general **social awareness** in order to raise health consciousness and **health awareness**.
2. **Reducing the stigmatization of people with dementia and their family** members and their caregivers is possible only by social sensitization.  
To achieve this goal a professional, factual but articulated communication and public information are required.
3. Our country, from the WHO ICOPE point of view, is at the forefront in creating up-to-date professional guidelines regarding **incontinence**. To **provide personalized services**
  - a. The professional directive, created and announced with a broad professional consensus, needs to be transposed into day-to-day practice, especially taking into consideration the early symptomatic treatment starting from as soon as possible.

- b. In order to detect and treat incontinence more efficiently, the increase of knowledge and skills as well as extending the professional competence of the ones working in medical and social primary care is justified.

**Experts should be prepared for stigmatizing life situations and complex intervention opportunities.**

The present level of preparedness of the professionals working in the care systems does not allow for effective and comprehensive interventions, therefore it is justified to focus on the **transfer of specific knowledge and methods in education.**

We emphasize the interprofessional approach and to **differentiate** the system of basic and specialized training and postgraduate training in this process.

4. It is necessary to **develop community solutions** and to **realize strategic co-operations.**
  - **Early diagnosis** must be emerged in the health care system. All this should be closely connected to the social care system, which provides support for **life planning** and accompanies it to the necessary extent.
  - **Cooperation between the social and health sectors is indispensable, and this should be extended to co-operation with education.**
  - Supporting **local community initiatives**, mobilizing **regional and local resources** is important.
  
5. Involvement of **stakeholders in decision-making is indispensable,**
  - To do this, accurate knowledge of the needs of all the relevant actors and caring families;
  - the realization of human dignity and fundamental rights, respect for personal care,
  - adequate service development responding to needs are necessary.

**In order to realize all this, we undertake**

- to organize professional events, whose statements will be forwarded to decision-makers in the future, as well;
- to take part in social sensitization, providing continuous flow of information through public forums and publications

**We are convinced that no family can stay without professional support, therefore with the consent and support of the attended people of the conference, we offer our supportive cooperation for the policy makers in the implementation of the proposals set out in this document and in the related professional and inter-professional discussions.**

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On behalf of the presenters and participants of the „Common Speaking Experts” international conference

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