Healthy and active ageing in communities: Belarus Red Cross case study

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The demographic situation in Belarus shows as in many countries an overall aging of the population. The proportion of persons aged 60 years and older is almost 20.6%; above 14% of population is older than 65 years; there is 5.8% of disabled people among the population of Belarus. Number of older people who suffer from some chronic, non-communicable disease is constantly increasing as well as depression, social isolation, feeling of uselessness. Due to their illness, older people often experience limited mobility.

Belarus Red Cross (BRC) has been implementing a Healthy Ageing program in communities of Belarus with support of Swiss Red Cross in line with Strategy and action plan for healthy ageing in Europe, 2012–2020. BRC contributes to development People centred long-term care and Healthy ageing over the life-course. BRC Visiting Nursing Service provides integrated long-term home based care including Kinaesthetic for older people. More over BRC promotes physical activity, falls prevention, prevention of social isolation and social exclusion with focus on people over 50 implementing participatory community approach and Healthy Ageing toolkit of the International Federation of Red Cross and Red Crescent Societies.

Key words: healthy ageing, long-term care, Kinaesthetic

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