In developed countries ageing is a major challenge. In France, the AFRETH promoted several studies investigating the role of balneotherapy on ageing. The (Multimodal Prevention Alzheimer Trial) MAPT programme is made of nutritional education, adapted physical activity, cognitive stimulation. The programme was proposed to patients of 70 years and more attending spa resorts. 35% estimated to be concerned, 70% accepted to be included in the programme with remarkable levels of compliance (97%) and satisfaction (90%). Every year about 50,000 persons could be involved in such a programme in the French spa resorts. It has been established that 800,000 French persons complain with the disease for a global yearly cost of €22,000 by patient (55% family supported); a 4 year delay on the onset of the disease could reduce by 50% the prevalence of the disease.

In the TCap study we could observe that adapted physical activity education delivered in spa resorts during a spa treatment was an effective way to promote adapted physical activity in old persons.

Prevention consultation: the time-span of the spa treatment could be used to perform a relevant clinical investigation to detect predictive factors of frailty and propose an accurate strategy of prevention, obtain public health useful relevant data.

The Parenthese study designed a complex programme to prevent or treat the burn-out of Alzheimer patients’ care givers: i) The care givers could receive an intervention made of hydro-thermal cares aiming to the treatment of the burn-out and musculo-skeletal conditions associated with the emotional and physical burden of the care-giving; an educational intervention would help the care-givers to manage every day life of the patients; ii) the patients, when accompanying the care-giver, could be attended in a geriatric day facility; iii) when the patients would be unable to stay in ordinary venues, accommodation could be organised in an adapted night facility (eventually with the care-giver).