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# Nye eldre, nye behov?



# NORDRE AKER: ALDERS- OG DEMENSVENNLIG BYDEL

- Pilotprosjekt
- Oslomodell for aldersvennlig by
- Sagene/Frogner



# WORLD REPORT ON ACTIVE AGEING AND HEALTH



## Ruth, 101, Norway

Ruth has been a regular participant in the Oslo “Walker Rally”. The annual event, organized by the City of Oslo in collaboration with non-government organizations and the Council for Senior Citizens, celebrates Healthy Ageing with a focus on accessibility, participation, volunteering and different generations working together.

Older people with walking sticks, walkers and wheelchairs take the centre stage with prizes awarded for the best decorated walker as well as the distance travelled.

“Staying active makes me forget about my back pains!” says Ruth who still lives at home at the age of 101 and praises her local day care centre for organising activities that help her stay active and socially connected.

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