

Framework and scope of the Seminar

Age-related pathologies almost inevitably lead to disabilities that are more or less debilitating which can lead to dependency. However, one can take action to prevent these pathologies (primary prevention) and significantly delay the loss of autonomy that may follow (secondary) and the different ways of coping with them, both through individual actions and the help of local institutions.

The seminar should:

- Give participants a better understanding of some potentially disabling conditions.
- Inform participants of the actions they can take to prevent these pathologies, suggest ways of coping with them and minimising their impact on daily activities.
- Instigate and encourage our health insurance funds to develop approaches that take preventive measures into account, especially for retirees.