

DECLARATION

IV. TURYAK INTERNATIONAL CONGRESS ON “LONGEVITY”

We as the delegates of the Istanbul International Congress on Longevity on 13-14 of March, 2015 aim to introduce “active old-age living” as a necessary complement to the ever improving “longevity” of our times. All elderly need our love and affection as the respectable senior citizens of the world. The Congress views the growing segment of older age world population as an opportunity and an asset. The 21st Century goal for longevity is about physical, physiological, mental and spiritual health and wellness facilitating active, productive and happy aging.

The first goal of our Congress is to create sensitivity and awareness both in the individual and in the world towards being usefully active while living longer. The second goal of the Congress is to bring to the attention of the world community, with the help of media, the need for the humanity of our day to develop approaches for inclusion and harmonious living. This new world outlook will respond to the needs of older individuals for living meaningful and satisfactory lives in their later years, as well as motivating societies to genuinely embrace larger proportions of aging populations. However we take caution that the related socio-economic adjustments necessary for meeting the requirements of long living, in most countries, are lagging behind the pace of medical advances and the emerging new age infrastructures that call for a leap in this area of thought.

At this point in 2015, we can move beyond the presentation of itemized innovations for living longer, and rather aim at acquisitions that may be used for the benefit of large proportions of the older-age people in a cost-effective manner. Two areas seem critical: philosophies for living in a graying world that will show the way for a 21st century world social order and standard-bearer policy at global and national levels. While adding years to life, older people are in need of adding meaningful life to their years. Thus why, it is at this International Congress on Aging in Istanbul that the essentiality for evolving a relevant global philosophy and ethics in a fast aging world has been addressed very strongly.

Intergenerational dialogue, collaboration between researchers and policy makers is invited for reframing the agenda on ageing policies and practices. This means new social contracts for the redistribution of resources and functions of societies, and a timely and favorable economic organization becomes a priority.

The Congress agreed on equality and strengthening older people’s human rights is adopted by the United Nations. Strengthening can be embodied through social organizations that involve the elderly in active life benefitting from their experience and acquisitions; social inclusion as a priority for old-age; quality of life and access to elderly care and being better prepared for active old-age with the life cycle approach. The elderly home-care services, the formation of the employment market of caregivers, the compatibility of the physical environment for active older people, gerontological and geriatric social work approaches need to be functionalized. Healthy aging brain research from neuropsychological and neuroscientific perspectives, innovative practices in medicine and age-friendly information technologies are ever useful new tools that should be promoted to raise the quality of life of the older people.

Economic policies for involving older people in active life through flexible retirement policies, trading young years of work for later years of work that would facilitate child-care or self-development at younger ages, and reablement of older people by re-

education, re-employment, re-participating in functional-life are necessary new components of our life.

The climax of the International Istanbul Congress on Longevity in 2015 has been the inauguration of the International Center of Excellence on Ageing (ICEA) as announced by IFA (International Federation on Ageing) to be based in Istanbul. ICEA is the Center for aging that will focus on establishing mobility of knowledge and experience on aging throughout societies. It will work in collaboration with;

- the United Nations and its agencies,
- the World Health Organization (WHO),
- all levels of governments,
- non-governmental organizations,
- age-friendly cities and communities
- leading universities, research organizations and
- industries producing and serving the older people.

We are more enthusiastic now for adding years to our lives and meaning to our years!