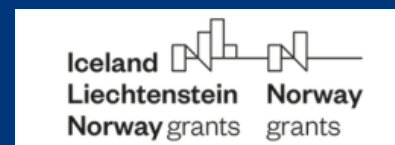


Seminar «Promotion of healthy ageing, welfare and social security».

The seminar is carried out within the project EEA-GRANT-2005.

Ieva Reine, Dr.med., MPsych, Mg.sc.sal.
Leading Researcher
Riga Stradiņš University



The project

Engages three higher educational establishments –
Riga Stradiņš University (RSU), University of Liechtenstein (UL) and University of Iceland (UI)

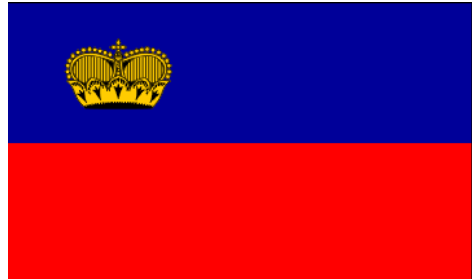
Two and half-year **October 2021 – April 2024** collaboration project on healthy ageing, welfare and social security for older persons

The demographic tendencies and, consequently, the RIS3 priorities set for the coming years, include engagement of older persons in the labour market, active social life, and promotion of healthy lifestyles. Exchange of knowledge, stretching from multidomestic to global strategies, that could help to reduce years with disability, achieve a good quality of life and a well-developed social security, could be beneficial for all participating countries.

Participants



Rīga Stradiņš University
Dr. Ieva Reine, Project leader
Statistics Unit
Ivars Baltus, Project administrator



University of Liechtenstein
Dr. Tanja Kirn
Head
Center for Economics



University of Iceland
Dr. Halldór S. Guðmundsson
Associate professor in Social Work
Faculty of Social Work



Iceland  
Liechtenstein  
Norway grants  
Norway grants

Agenda

14:00–14:40 Presentation of the most important findings on ageing in the Baltic States and Sweden

Ieva Reine, PhD, senior researcher, Rīga Stradiņš University, Statistics Unit, Latvia and associated researcher, Uppsala University, Department of Public health and Caring sciences, Sweden

Madara Miķelsone, researcher, Rīga Stradiņš University, Statistics Unit, Latvia

Luule Sakkeus, PhD, Professor Estonian Institute for Population Studies Tallinn University, Estonia

Antanas Kairys, PhD, Professor, Institute of Psychology, Vilnius University, Lithuania

14:40–15:10

Health research utilizing health equity frameworks among the elderly in the Baltic nations

Courtney M. Queen, Ph.D., Assistant Professor

Fulbright Scholar at Rīga Stradiņš University, Public Health Institute, Latvia

Director for Undergraduate Studies

Graduate School of Biomedical Sciences

Department of Public Health, Texas Tech University Health Science Center, Lubbock, Texas, U.S.A

15:10–15:30

Coffee break

15:30–16:00 Impact of unpaid care (children and old age) on pension income, a comparison of 5 countries

Tanja Kirn, PhD Assistant Professor

University of Liechtenstein

16:00–16:30 Respect and Dignity – Integrated health and social services for older persons

Halldór S. Guðmundsson, Associate professor

Faculty of Social Work, University of Iceland, Iceland



16:30–17:30 Discussion with all seminar participants and guests

Survey on Health, Ageing and Retirement in Europe (SHARE) - data we mainly use in our studies on ageing populations in:

- * Latvia
- * Baltic States

and

- *Nordic countries



- Home
- Organisation
 - Dates & Facts
 - SHARE-ERIC >
 - Coordination
 - SHARE Country Teams
 - Research Areas
 - International Cooperations
 - Funding
 - Procurement
- Data Access >
- Data Documentation >
- SHARE-COVID19
- Special Data Sets >
- SHARE Publications >
- SHARE Research Results >
- Press & News >
- Contact

You are here: Organisation · SHARE Country Teams

Latvia

Country Team

Ieva Reine

Statistics Unit, Faculty of Medicine
Rīga Stradiņš University
Baložu street 14
Rīga, LV – 1046
Latvia

Diāna Baltmane

Institute of Public Health, Faculty of Medicine
Rīga Stradiņš University
Baložu street 14
Rīga, LV – 1046
Latvia



SHARE Latvia is coordinated by Institute of Public Health, Rīga Stradiņš University. Institute of Public Health focuses on research, undertakes academic training and promotes scientific activities in such areas as public health and healthcare.

The members of SHARE Team Latvia are:

Ieva Reine, Leading researcher, Dr.med., MPsych, Mg.sc.sal. Main research interests: ageing, public health, wellbeing, mental health, gender, severe impairments, social insurance, digitalisation, social isolation, inequities in health.

Diāna Baltmane, Researcher, Institute of Public Health. Research interests: health-related quality of life, health behavior.

Websites

- [RSU Institute of Public Health](#)
- [Riga Stradins University](#)
- [SHARE Latvia](#)

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Projects

Government Research program of Latvia (VPP) «**Impact of Covid-19 on ageing populations in Latvia: recommendations for mitigation health and social effects and preparedness for potential crises in the future**»

within the project “Impact of COVID 19 on health care system and public health in Latvia, ways in preparing health sector for future epidemics”, (2020-2021).

Results – research articles, policy recommendations on, e.g.

- Lifestyle changes to increase physical and mental health
- Support to decrease inequities in the access of social and health care
- Digital solutions to provide different types of services
- Health literacy
- Support to older persons with disability, e.g. hearing impairments
- Changes in legislation on remote work
- Education of employers, ergonomics and work-life balance



Projects

State Education Development Agency of Latvia “Challenges of ageing in the Baltic Sea region”

Results – research articles, conferences, networks, research proposals

Conclusions:

- After the end of the pandemic, the aging process will accelerate in many individuals, regardless of Covid-19 infection. Compared to Sweden, the needs of health and social care in Latvia could increase more significantly, which may create not only economic but also human resource challenges in the near future.
- In welfare states, such as Sweden, older people experience lower constraints related to health status, which may be associated with better health care and various forms of support.
- A positive social context and an inclusive environment are likely to significantly reduce anxiety and mental illness, as shown by comparative data from Sweden.
- Relatives' support is an important factor for the well-being of older people, but it does not affect their overall health.



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