



**BULGARIAN ACADEMY OF SCIENCES  
CENTRE FOR POPULATION STUDIES**

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**Sofia 1113,  
“Acad. G. Bonchev” Str.,  
Block 6, floor 6**

**Tel. 870 53 03; 979 30 30  
e-mail: cps@bas.bg**

**DRAFT REPORT**

**Summary of the responses of the  
National Consultations on research priorities  
on ageing in Bulgaria**

**Preliminary notes**

The National Consultation is conducted in the deadline, indicated by the Coordination Team of the Project. According to its requirements there have been selected and invited to take part in it researchers of the four indicated in the Instructions themes, as well as stakeholders interested in the ageing problems.

The National Project Team found that the selected sample in terms of number of consultants is to be not more than 30 representing the main themes.

Of the invited to participate experts amounting to 33, those who took part are 23, i.e. 70 %, which could be considered by us as a good response rate.

The indicated national priorities probably would not coincide with these of more advanced countries for the reason of the degree of development or age population structure and traditional particularities. Nevertheless, our future research findings could be considered as innovative or at least of meaning for countries with similar problems.

# **Consultation Issues regarding research priorities on ageing in Bulgaria**

## **CONSULTATION QUESTION 1**

### **Theme 1. Biogerontology**

- Studies on cell modifications in the ageing process and on the ways of intervention helping the maintenance of the cell functions and its recovering.
- Longitudinal studies on the disparity between the biological and the chronological age and elaboration of adequate criterion for evaluation of the physiological and pathological ageing accounting for the social and ecological determinants.
- Research on the identification of adequate activities regarding the consecutive life stages assuring the normal functioning of man's organism in advanced age, which functioning is to be estimated by profound cognitive research.

### **Theme 2. Social and Economic Resources**

- Research regarding the older population contribution in recent and present development (economic, cultural, social and as generation reproduction) and income distribution for guaranteeing their quality of life and dignity protection.
- Institutional and societal attitude towards the older population: regarding their material, social, health status, living conditions, infrastructural facilities and emotional needs.
- Elaboration of social-security models including further development of the economic and social resources assuming better quality of life and well-being of the people in the advanced stage.

### **Theme 3. Environments of ageing**

- Research of the relationship between the older population quality of life and the acting physical-social determinants at environmental macro and micro level.
- Studies on the personal position of the older people regarding their relationships with the family members, relatives, friends, societal milieu, etc., from the point of view of their integration and overcoming of social exclusion.
- Inquiring on the role of the present applied and the future innovative technologies in the older people's life (telemedicine, communications, transportation, home appliances, etc.)

### **Theme 4. Healthy ageing**

- Elaboration of typology and definitions of healthy ageing and well-being in relation to the concepts of "active ageing" according to the National Programme on Active Ageing and Participation of Retired in Social Life (2009).

- Preparing a forecasting model of organization and monitoring of health and social services regarding prophylactics, disability prevention and out of hospital domestic cares. Identification and measuring of the risk and protective key determinants including personal behaviour.
- Involving of scientific disciplines in the universities' curriculum and training courses on the high and higher level of preparing of medical and social workers in older people services.

### **CONSULTATION QUESTION 2. Scientific priorities outside of the four themes**

- Scientific basis and methodology of population policy making, including the third aged people.
- Model of the relations: state agencies – stakeholders – and the older people as subjects and participants in decision making.
- Methodology of measuring, statistical indicators and mathematical models of studying and forecasting of ageing processes and issues.

### **CONSULTATION QUESTION 3. Priorities regarding European collaboration**

- Elaboration of contemporary theory of ageing compiling fundamental scientific findings of European researchers and the empirical issues.
- Unification and development of the scientific terminology and the research tools, involvement of common standard and criteria in the European scientific studies and monitoring of the diverse aspects of ageing.
- Studies of the present mass migration processes impacting the olden's well-being and quality of life, the generations and gender relations and social services.

### **CONSULTATION QUESTION 4. Infrastructures for priorities delivering at the European level**

- Building of a data-base of the older population, which is to be integrated to the eventual European data base using unified indicators and methodology of the European countries.
- Organization of the National Centre of Gerontology (scientific research, methodical, consultative, promotional, diagnostic and prophylactics, and laboratory activities).
- Transformation of the National Forum of the researchers on ageing in a NGO which subject of activity concerns sharing of scientific findings and good practices.