



Focus Group 1

May 23, 2023

Participants: members of GESEC and members of Dedal-Lit-CELCA, members of the PRO-SUEDAD project (9 participants including specialists in literature and culture, sociologists, specialists in the field of education, and health specialists).

The main objective of this first discussion group or 'focus group' is to address and debate key concepts within the project among specialists from different areas that will be worked on in specific project actions.

The first concept that was worked on and debated was the concept of "active aging." Questions were raised about what we understand by "active aging" and what concepts we associate with "active ageing." In a more limited sense, "active aging" could be seen as opposed to "pathological aging," but it also addresses possibilities open to negative stereotypes related to aging. For instance, being involved in creative tasks or activities directly related to the community can contribute to a more positive perception of ageing and quality of life.

Another concept that was debated was the issue of "care" in relation to active aging and also to the concept of "profiguration." Care is still very much associated with a limited and negative concept of ageing. At the same time, care is associated with the concept of "vulnerability." Additionally, care necessarily involves relationships, either familial, friendships, etc., and how these relationships are defined and redefined during life and especially in a caregiving situation.

The concepts that were worked on are still strongly influenced by the concept of "ageism," which was extensively debated in relation to the previous concepts.



[Download image](#)

