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INNOVATE AND EQUIP  
PROFESSIONALS WITH  
THE TOOLS AND KNOWLEDGE  
NEEDED TO ENSURE THAT  
**PEOPLE WITH DISABILITIES**  
AGE WITH **DIGNITY,**  
**AUTONOMY** AND THE **RIGHT**  
**TO PLAN**  
**THEIR LIVES.**



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# GOLD

## GETTING OLDER WITH A DISABILITY



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Europe is facing a demographic shift: as life expectancy increases, the number of people living with disabilities into old age is growing rapidly. Statistics show that 75% of people with intellectual disabilities are now in the 40-60 age group, and the trend is increasing.

However, these emerging challenges are not being met by care services and professionals. Many still view people with disabilities through a static lens, failing to anticipate or address the natural progression of ageing. This gap creates significant risks, including inappropriate services, isolation and reduced quality of life.

The GOLD project is a direct response to these challenges. By bridging the expertise of the disability and older people's care sectors, the project aims to innovate and equip professionals with the tools and knowledge needed to ensure that people with disabilities age with dignity, autonomy and the right to plan their lives.

## OBJECTIVES

**The GOLD Project is dedicated to meeting the growing needs of aging people with disabilities by providing essential support to professionals and family carers in the field of disability and older adult services. Its main aims include:**

- **To equip carers and professionals** with the skills and knowledge needed to effectively address the complex needs of older adults with disabilities.
- **Promoting inclusion and dignity** to promote social inclusion, ensure self-determination and uphold the dignity of persons with disabilities as they age.
- **Raise awareness** to highlight the unique challenges faced by older adults with disabilities.

## RESULTS

The GOLD project will achieve its objectives through a comprehensive approach involving research, training and practical tools. Field research and qualitative interviews with care staff will identify the specific needs of professionals in both the disability and older people's care sectors in caring for ageing people with disabilities, which will form the basis of a competence framework and its pedagogical guidelines. This framework will lead to a better understanding of the social, psychological and care needs of ageing people with disabilities. A training programme consisting of five modules, available on an open access e-learning platform, will be developed to equip professionals and informal carers with essential skills. The project will also

produce a toolkit of resources to help co-design action plans and adapt care services to the needs of both - older people with disabilities and their carers. In addition, a series of policy recommendations will be made to EU decision-makers to promote a common approach to addressing these challenges. Ongoing awareness raising activities will involve people with disabilities, carers, public institutions and society to ensure that older people with disabilities are better supported and included in all aspects of life.

