



## NEWSLETTER 3 | May 2026

# Getting older with a disability: The GOLD project enters in a new phase!

### Background

The world's population is ageing rapidly, with the proportion of people over 60 expected to almost double by 2050. At the same time, life expectancy for people with disabilities has increased significantly, creating unique challenges for health and social care. Ageing with a disability often leads to premature health decline and increased vulnerability to secondary conditions. Despite shared risks with the general ageing population, gaps remain in service design and professional skills. The GOLD project aims to equip disability and geriatric care professionals and informal carers with the tools to anticipate risks and ensure quality support for ageing people with disabilities.

### E-learning Platform now available

The GOLD project is ready to launch a blended learning (b-learning) training course designed to empower professionals and volunteers working with ageing adults with disabilities. This course combines specialist knowledge in the fields of disability and gerontology, promoting a holistic, inclusive and rights-based approach.

This course represents a unique opportunity to strengthen technical and practical skills, promoting a more conscious, ethical and person-centred approach.

The five training modules give the opportunity to deepen the following topics:

1. Signs of Ageing in people with disabilities
2. Rights, Self-determination and Access to Healthcare
3. Management of Transitions and Adaptation of Activities and Environment
4. End of Life and Death
5. Communication, Relationships and Networks

Available soon in English, French, Portuguese, Romanian, German and Italian, the course will offer flexible learning, encouraging interaction and practical application. More updates to follow!

## Insights about the European Event

In March 2026, the European Webinar took place: a seminar conducted via videoconference, designed to collect expert recommendations and foster further collaboration to shape the future of the project.

The event brought together stakeholders and professionals, including both participants who had already attended previous meetings organised within the framework of the project and new attendees.

During the morning session, the project partners presented the objectives of GOLD, showcased some of the inspiring practices identified through the literature review and included in the training modules, discussed the next steps of the project, and initiated a discussion with participants on useful practices in the field of ageing with disabilities.

This exchange proved valuable in gathering professionals' opinions on the work carried out so far and in identifying ideas for further implementation. It also represented an important opportunity to disseminate the results achieved to date.

## Policy Recommendations from the GOLD Project

AGE Platform Europe, one of the European organisations involved in the project, has developed new policy recommendations within the GOLD project, calling for a stronger, rights-based approach to ageing with disabilities in Europe.

The document highlights key challenges — such as fragmented systems and loss of rights with age — and proposes concrete solutions to ensure continuity of support, inclusive environments, and better recognition of informal carers.

The Policy Recommendations will soon be available on the project website: more updates will follow.

## Next step: Local Events for Course Testing

In the coming months, partners across the participating countries will launch the piloting phase of the training programme, targeting professionals working in the field of ageing with disabilities. This phase will provide an opportunity to present, evaluate, and further refine the newly developed e-learning course and its training materials, designed for use in real-world contexts.

As mentioned above, the Portuguese partner Aproximar has just launched the e-learning platform hosting the training modules. The platform will be accessed by professionals involved in the piloting phase, who will explore its content and provide feedback and suggestions aimed at improving its quality, effectiveness, and usability.

Across all participating countries, including France, Romania, Italy, Austria, Belgium and Portugal, partner organisations will coordinate the implementation of the piloting activities at local level.

Overall, these activities will involve 160 professionals and volunteers from the healthcare and social care sectors, including educators, social workers, care assistants, paramedical staff and coordinators of services and institutions working with, or likely to work with, older people with disabilities.

This collaborative process will support the validation of the GOLD training programme, while also strengthening capacity, sharing best practices, and enhancing the overall effectiveness of the project.

## Follow GOLD!

The project is now entering a very important phase: to stay tuned for the upcoming developments of the project and to stay informed about updates, resources, and news, visit [GOLD website](#) and follow us on social media using #GOLD\_EU\_PROJECT.

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