



The importance of the issue of providing effective care for the elderly is reflected in the recently adopted National Health Strategy 2030 of the Republic of Bulgaria and more specifically in Policy 3.6. "Healthy Aging and Geriatric Care."

The strategy states that it is of particular importance to provide a more favourable living environment for the elderly (public buildings, medical facilities; infrastructure, transport, residential buildings), which allows them to remain independent as long as possible. In support of the implemented policy, it will provide for the realization of investments aimed both at the renovation and repair of the existing material base of medical facilities for long-term treatment and rehabilitation, and at the purchase of new medical equipment, equipment and furniture for the structures, through which guarantees the elderly's access to a general practitioner, specialized outpatient and hospital care and to ensure the possibility of full rehabilitation and return to active life. This direction also includes providing the opportunity to build and equip centres for geriatrics and palliative care.

The target aspects of the 2030 strategy are:

- Promoting healthy lifestyles throughout the life cycle and healthy aging with a special emphasis on people over 65 years of age.
- Ensuring conditions for equal access of the elderly to medical and dental services, as well as to quality and safe medicinal products at affordable prices with a focus on small settlements and remote and hard-to-reach areas.

- Improving the quality of health, social and integrated health and social services for older people in need of long-term care, in accordance with their specific needs, so that they remain as long as possible in their usual home environment with integrated health and social support provided to deal with in everyday life.
- Building the necessary professional capacity of the staff involved in the provision of social and health services in the usual environment for the elderly, including and in the field of psychological assistance.
- Development of services in the field of long-term care, ensuring the necessary capacity in accordance with the needs of the population, with an emphasis on care in a home environment.
- Creating conditions for providing the necessary care for elderly people with various forms of dementia and training professionals involved in the diagnosis, therapy and care of people with dementia.

In this regard, the development of the project is of immediate assistance to caregivers and health assistants.