

## **55 plus – An Age-Adjusted Prevention Project**

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### **Summary:**

Working into old age is the rule in agriculture and forestry, as well as some sectors of the commercial horticulture field. The reasons for this are the securing of one's own livelihood or maintaining the family business - but often simply enjoying the work that one does.

Work can be a source of satisfaction, health and vitality. However, it can also result in impaired health and a lack of contentment with one's life, as well as an increased risk of accidents, if it involves heavy tasks as one gets older, for example. Particularly when an individual with plenty of experience of life and work considers such experience to be an important factor in compensating for the restrictions imposed by age, such as a reduction in general mobility, speed of reactions or hearing, and this experience is no longer sufficient to provide such compensation, there is often an increased level of danger. This can also be accompanied by chronic diseases, which may also result in additional impairment, and which also have to be taken into consideration in the assessment of the danger.

The challenges faced by the agricultural social security system, not least due to demographic changes, are manifold. For example, even today the over 55s age group is involved in 29% of all notifiable accidents. With respect to fatal accidents this figure is 61%. Approximately 45% of those insured in the agricultural health and nursing care fund are retired farmers.

In the federal state of Bavaria the results of scientific investigations have already been published and are to be reported on. On the basis of these results the LSV-SpV has set itself the goal of carrying out a prevention project known as 55 plus in order to be able to accommodate the target group of elderly insured individuals with its prevention services relating to safety and health protection.