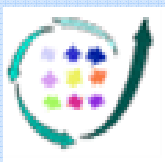


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**COURAGE**  
**Collaborative Research on**  
**Ageing in Europe**

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By producing innovative instruments for health and disability data collection, **COURAGE in Europe** will try to respond to the need of clear data for the development of rights-based policy, as expressed in the Article 31 of UN Convention on the Rights of Persons with Disability.

**Collaborative Research on Ageing in Europe (COURAGE in Europe)** is a three-year project involving 12 partners from four countries and the World Health Organization. It has been funded to answer the pressing need of the European Commission to have valid and reliable measures to describe the ageing population, which was identified to be among the most pressing policy issues in the 21<sup>st</sup> Century.

**COURAGE in Europe** is not proposing another ageing study, but the **development of a tool** to measure health and health-related outcomes for an ageing population that offers objective and evidence-based prevalence trends and relates these to both quality of life and well-being outcomes. In addition, Courage in Europe is also looking at the role of the **built environment and social networks as health and disability determinants**.



*With an ageing population, living longer and facing disability, there will be a need in Europe for valid and comparable longitudinal data on the health of both young and older adults in order to create a richer empirical basis for analysis.*

**COURAGE in Europe Project — Collaborative Research on Ageing Project COURAGE in Europe Project** aims to develop and validate ICF-based tools **to measure health outcomes, quality of life, and well-being in ageing populations** and, thereby, to find and empirically substantiate determinants of health and disability ageing across populations. As such, the survey's purpose is to provide objective and evidence-based prevalence trends and is being currently conducted in Finland, Poland and Spain.

**COURAGE in EUROPE** developed original tools to evaluate the role of the built environment and social networks as determinants of health and disability on an ageing population. The main survey to evaluate the determinants of healthy ageing is being currently conducted in Finland, Poland and Spain. The survey is administered in each country to around 3000 persons aged 50+ years, and 1000 persons aged 18-49 years.

**COURAGE in Europe** will complement other international studies on disability and ageing with an innovative perspective and will **provide a validated protocol for European ageing studies**.

**Understanding ageing and the determinants of health and disability in ageing, by helping to identify intervention strategies, will have a considerable impact on public health policies.**

**COURAGE aims are:**

- ◆ to develop assessment instruments;
- ◆ to demonstrate the reliability and validity of the assessment instruments;
- ◆ to demonstrate substantial innovations in ageing survey methodology;
- ◆ to provide cross-population analysis and a baseline for longitudinal data collection.



**The State of the Art of COURAGE in Europe Project**

- ◆ Fieldwork in Poland, Spain and Finland: completed in March 2012
- ◆ Preliminary data analysis is ongoing
- ◆ Final Results will be presented at **COURAGE in Europe Conference, Bruxelles, 28-29 November 2012**

**COURAGE in EUROPE Project: Health-F2-2009-223071**