

# Table of Contents

Foreword ..... 9

**A. Outline ..... 13**

1. A Historically New Situation: Opportunities and Challenges ..... 13

2. Basic Principles ..... 15

3. The Focus: Work and Education ..... 17

**B. Summary ..... 19**

**C. Myths about Old Age and their Refutation ..... 21**

**D. The Recommendations ..... 25**

1. Images of Aging: Notions of Old Age and Age Stereotypes ..... 25

2. Individual Development Across the Life Span: Development, Learning, and Work .... 32

3. Aging, Work, and the Company Setting ..... 40

4. Productivity and Living Standards in “Aging Societies” ..... 46

5. Aging in Local Communities and Regions ..... 54

6. Aging and Technology ..... 62

7. Healthy Aging and its Limits ..... 67

8. Aging, the Family, and Civil Society ..... 76

9. Aging and Politics ..... 83