

The Aspects of Active Ageing in Tornedalen, North Sweden

- The focus of the study is how the way of life in Tornedalen implements in the ideas of the good life and future prospects of the oldest members of the local community.
- •The study took place in a small, Meänkieli-speaking village of Aapua, population under 140, located in the Swedish Tornedalen 60 kilometres north from the Arctic Circle.
- •Seven participants, four men and three women, over 65 years of age, belonging to national minority, and born and living in Aapua participated storytelling and group interviews.
- •“Active” was regarded as freedom to go and to be in places in nature, as forest and lake side, without asking permissions or orders given by “outsiders”.
- •Thus, the nature was the most important element as enabling autonomy and agency.
- (Tapio 2015; 2010)

In both cases, living a good life as active and autonomous individual, was significantly combined with ” connection with nature” in terms of the daily activities.

Thus, to benefit most applying AAI , we must consider also, how “active” is approached and defined among minorities and local generations living in rural areas far away from services and facilities.

The Aspect of Active Ageing in Sápmi, North Finland

- The original study focus on explaining living conditions and well being of older Sámi in Sápmi, belonging to indigenous people, on Circumpolar area, in North Finland.
- •Every Sámi 65 years or older living in Sápmi in 1994, were invited to the survey, and 176 were interviewed (of the 261).
- •Capability to take a part to activities based on traditional livelihoods, were highly valued also among the oldest.
- •“Active” was regarded as capability to act and do things in nature environment as reindeer herders, fishermen and fisherwomen, berry pickers etc. Older Sámi hardly ever retired from their traditional livelihoods. The activity domain remains, though separate actions change.
- (Kilpeläinen/Tapio 1999, 1998)