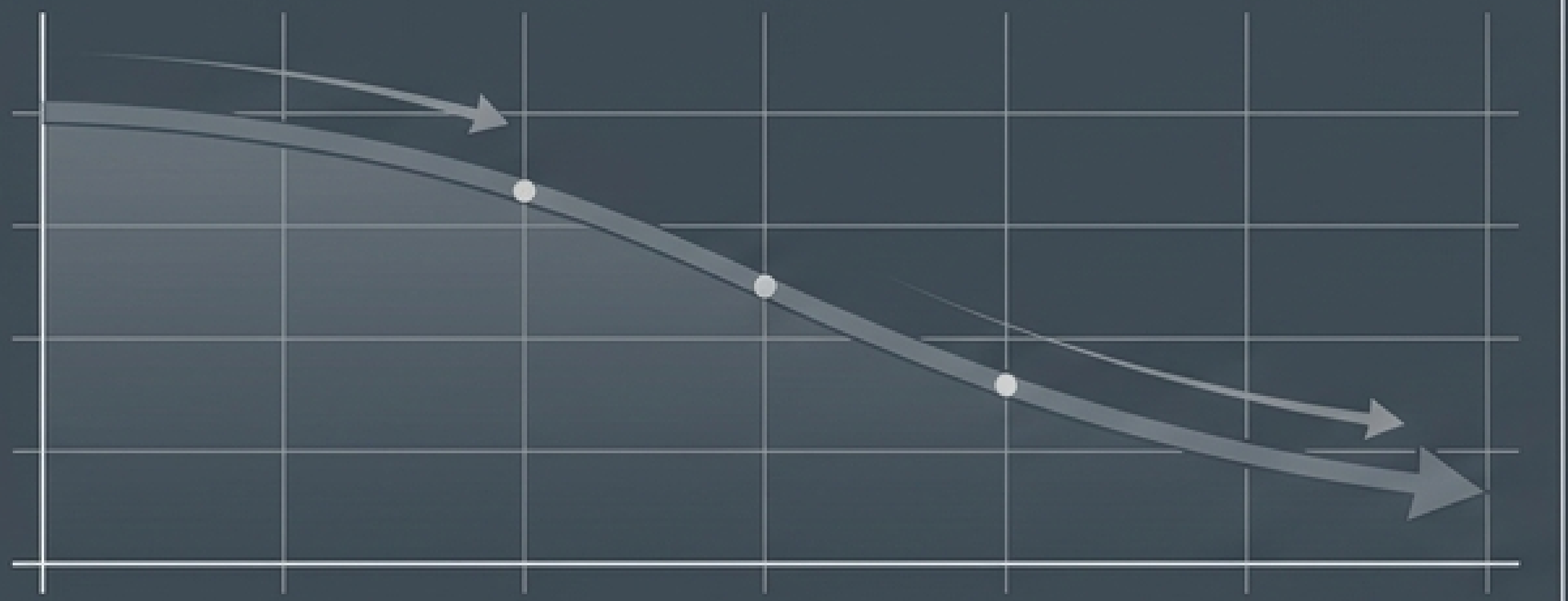
ALBANIA HEALTHY LONGEVITY ROADMAP 2035

Population Aging, Human Capital, and EU Integration

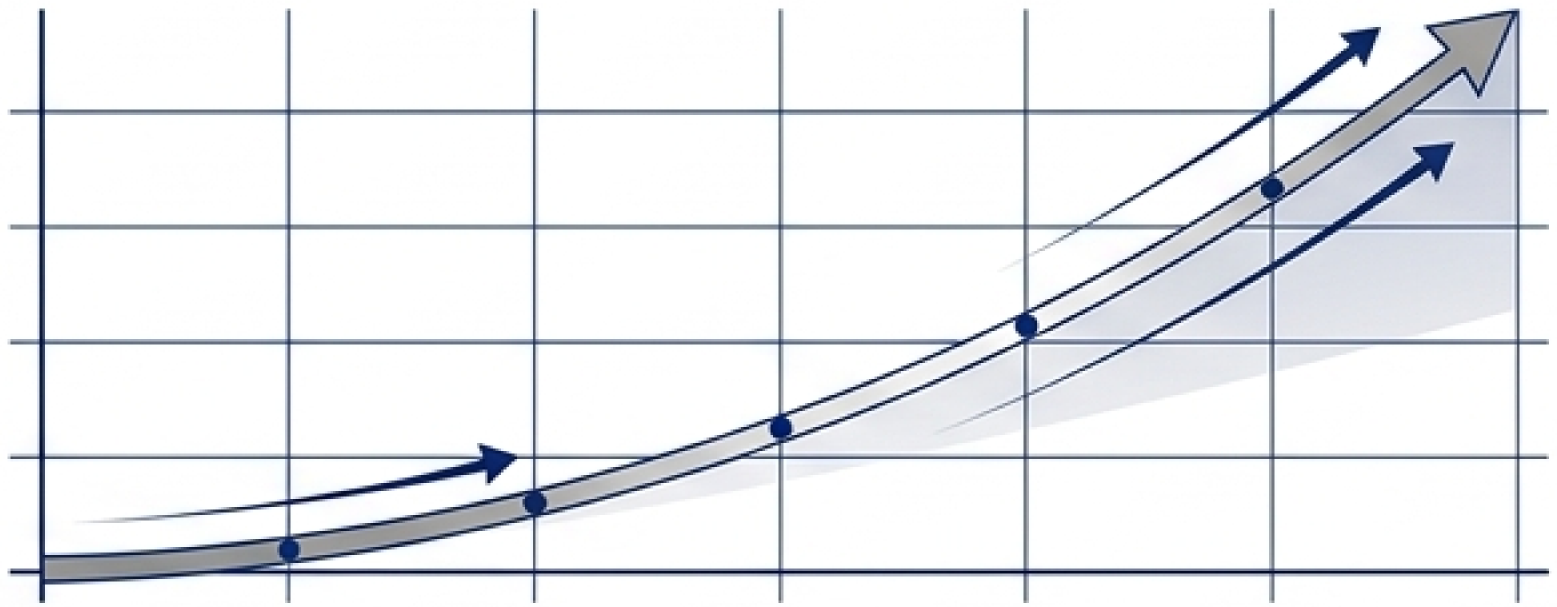
Transitioning from Demographic Challenge to Competitive Advantage.

THE OUTDATED VIEW



- Aging as an inevitable fiscal crisis
- A burden on national pension systems
- A strictly healthcare and MoH problem

THE 2035 VISION



- Albania as a Nation of Healthy Longevity
- Aging as a driver for national competitiveness
- A strategic asset for EU integration and investment

THE CORE THESIS

"Every additional year lived in good health is preserved human capital."

Higher Workforce Participation | Lower Fiscal Pressure | EU Convergence Metrics Alignment

THE DEMOGRAPHIC IMPERATIVE

TOTAL POPULATION

2011: ~2.83M ↓ 2026: ~2.34M

MEDIAN AGE

35.3 years ↑ 45 years

65+ POPULATION WEIGHT

11.3% ↑ 19.7%

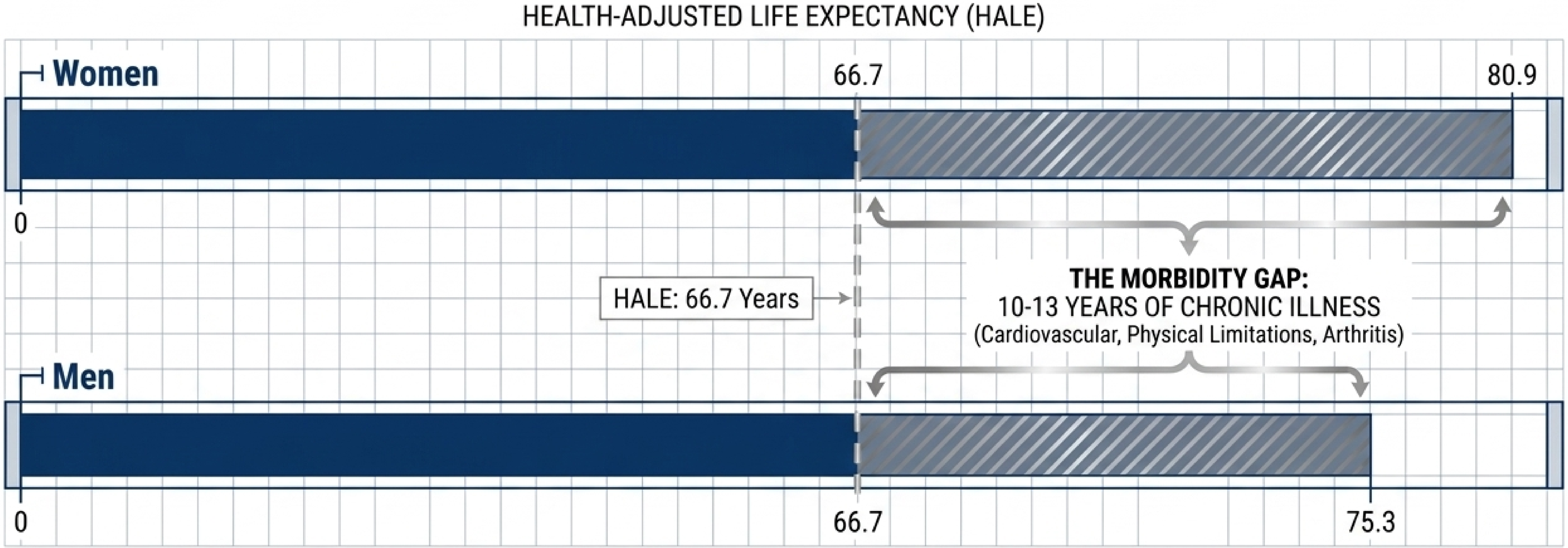
+49% INCREASE

OLD-AGE DEPENDENCY RATIO

16.4% ↑ 30.4%

THE TRIAD OF ACCELERATION

THE CORE CHALLENGE:
THE HEALTH GAP



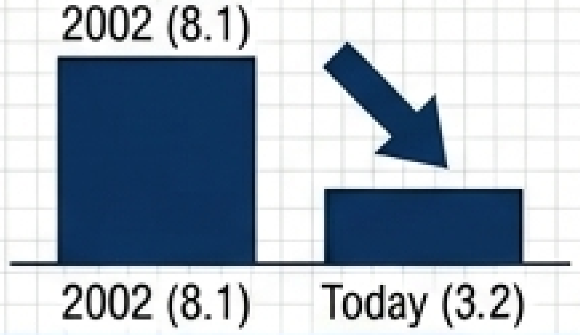
STRATEGIC TAKEAWAY:

The policy objective is not extending total life, but compressing morbidity. Closing this 10-13 year gap yields the highest economic return by extending workforce viability and reducing healthcare costs.

THE FISCAL PRESSURE CASCADE

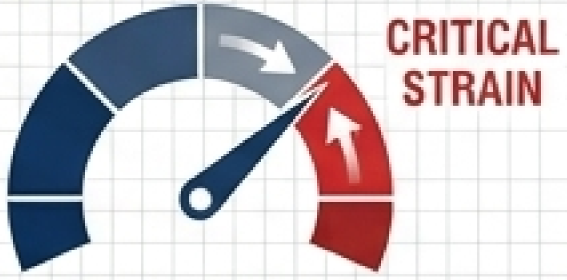
1. SUPPORT BASE COLLAPSE

The working-age to elderly ratio has plummeted from 8.1 in 2002 to just 3.2 today.



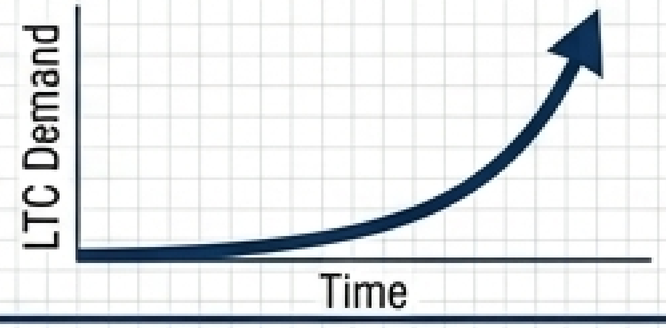
2. PENSION STRAIN

Dependency ratio rises ~1% annually. The scheme requires ongoing additional funding of ~0.2% of GDP per year.



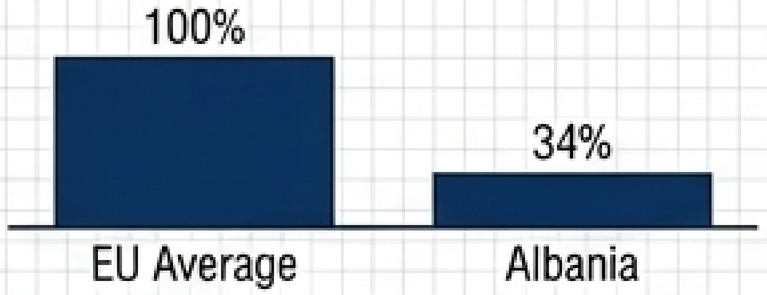
3. LONG-TERM CARE (LTC) SURGE

Rapid demand spikes for an almost non-existent LTC infrastructure as Albania enters super-aged status.



4. FISCAL CONSTRAINT

Current public health spending per capita is only ~34% of the EU average, limiting organic absorption capacity.

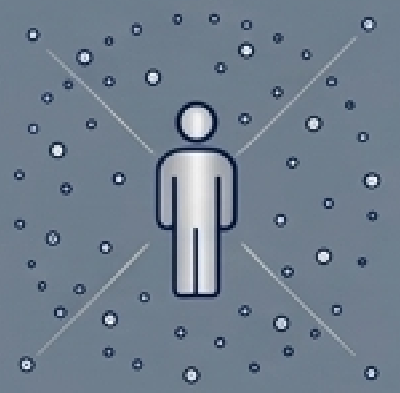


THE TERRITORIAL DIVIDE

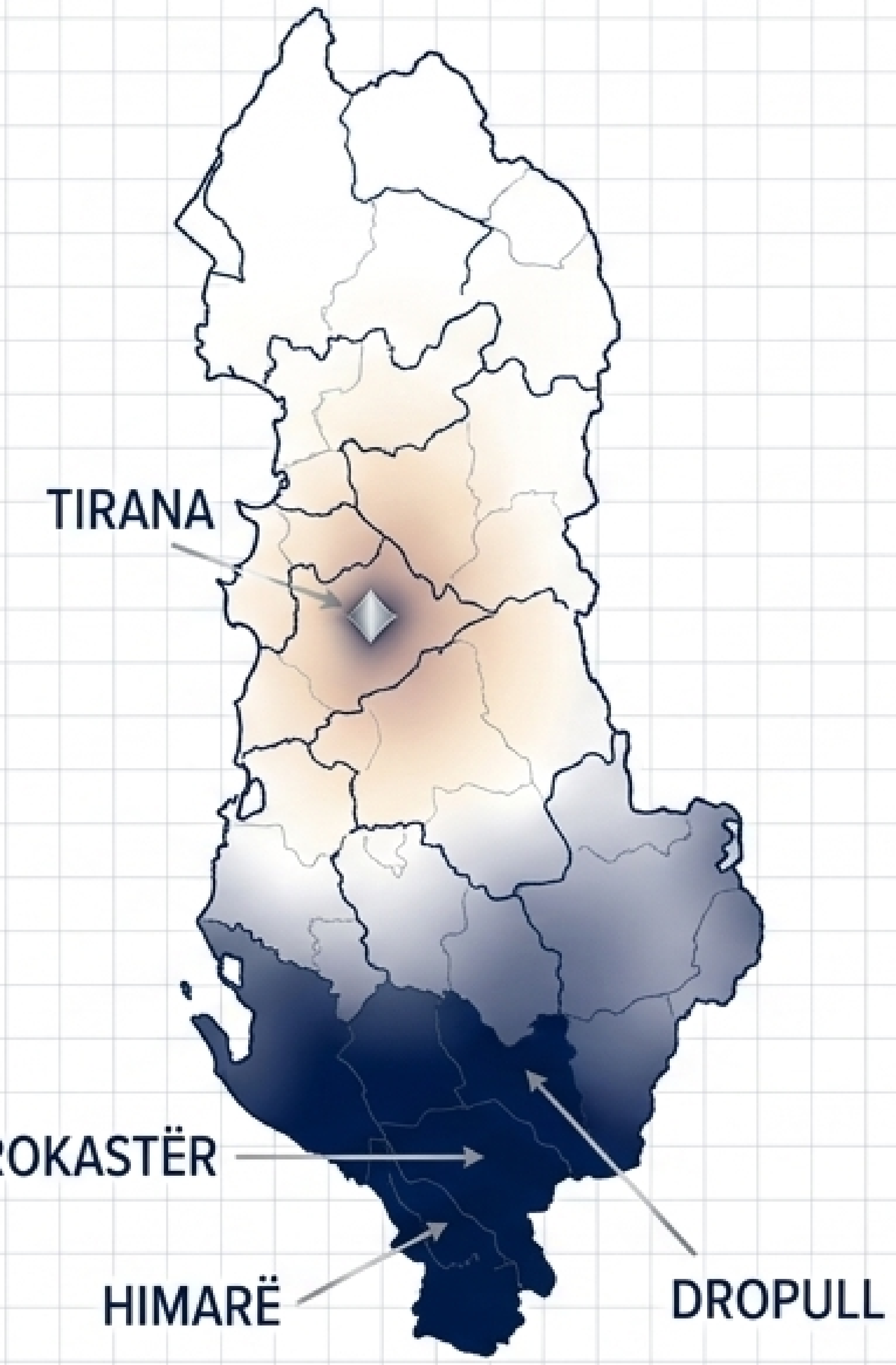
URBAN HUBS (e.g., Tirana)	AGING PERIPHERIES
- Growing population (+0.7%) - Concentrating ~32.8% of the national population - High service concentration	- Rapidly depopulating - Dependency ratios exceeding 46-60% - Older adults make up >50% of the population

THE SERVICE VOID

Nationwide, only ~39 elderly centers exist (36% in Tirana). Over 64,000 seniors live entirely alone, facing acute social isolation.



DEMOGRAPHIC DENSITY & AGING ZONES



The Local Mandate: Municipal Action Plan

Municipalities are the **Frontline** of **Immediate Intervention.** (High-yield, low-cost actions).

Built Environment

Conduct walkability audits, widen sidewalks, ensure safe crossings, and upgrade street lighting and seating.

Public Spaces & Nutrition

Expand accessible green spaces and mandate healthier nutrition options in public canteens and markets.

Social Connection

Establish day centers and community clubs explicitly designed to combat the isolation of the 64,000 seniors living alone.

Logistics & Access

Facilitate accessible public transit routing and establish localized home-care service networks.

European Alignment & Adaptation

The Model	What We Adopt	What We Adapt / Leave
EU Silver Economy	Policy language, SHARE data integration, EIP on AHA funding access.	Focus solely on viewing the 50+ demographic as economic contributors.
WHO Age-Friendly Cities (UK/Poland)	The 8-domain framework, local champions, council-university partnerships.	Leave: High-budget western interventions. Focus on volunteer-led actions.
Silver Normandie (France)	Multi-stakeholder regional forums driving joint action plans.	Adapt: Scale to Albanian funding capacities.
Intergenerational Housing (NL/UK)	Pairing students/youth with elderly to combat isolation.	Leverage Albania's traditionally strong family and community ties.

Albania's Strategic Differentiation

1. EU Framework as the Core	2. Authentic "Blue Zones"	3. Re-framing the Diaspora	4. Strategic Investments Law
Tying healthy longevity directly to EU convergence metrics (productivity, sustainability) rather than treating it as a healthcare side-project.	Leveraging the Mediterranean diet, coastal/mountain geography, and traditional longevity as a highly verifiable global brand.	Turning negative net migration into an asset network for returning expertise, remote work, and AgeTech investment.	Fast-tracking "Longevity Tourism" real estate through existing powerful institutional institutional investment mechanisms.

The 2035 Vision: Four Pillars of Action

Strategic Pillar	Core Content	2035 Objective
Human Capital & EU	Productivity, labor participation, pension sustainability.	Elevate HALE toward the EU average.
Health Innovation	Preventative medicine, AI, biomarkers.	Establish a functional AgeTech and HealthTech ecosystem.
Longevity Tourism	Wellness destinations, 'Blue Zone' promotion.	Become the premier wellness destination of the Western Balkans.
Diaspora & Talent	Brain circulation, remote work, strategic partnerships.	Activate a dedicated diaspora sector network.

Flagship Initiatives (The Execution Layer)

1. National Center for Healthy Longevity
Owner: MoH + Universities

2. Albania Longevity Index
Owner: INSTAT + National Center

3. Age-Friendly Municipalities Network
Owner: Municipalities + MoI

4. Longevity Tourism Program
Owner: MoT + Private Sector

5. Healthy Workplace Initiative
Owner: Employer Associations

6. AgeTech Innovation Accelerator
Owner: Int. Partners (GIZ, EBRD, SIDA)

Governance Structure

Moving beyond an event to an anchored institutional project.

Phased Implementation (2026-2035)

Phase 1: Foundation (2026-2027)

- Roadmap adoption
- Committee formation
- National Center launch
- 2-3 pilot municipalities

Phase 2: Build-out (2028-2031)

- Annual Longevity Index
- AgeTech Accelerator
- Pilot tourism projects
- Network expansion

Phase 3: Consolidation (2032-2035)

- Dominant regional positioning
- Full EU Active Ageing integration
- Measurable HALE growth
- Documented healthcare savings

Immediate Next Steps (2026 Action Plan)

- Finalize draft roadmap leveraging forum experts and speakers.
- Identify the official host institution for the National Longevity Center.
- Select exactly 3 pilot municipalities (1 coastal, 1 mountain, 1 urban) for the WHO Age-Friendly framework launch.
- Confirm chairs for all 8 governance committees.
- Sign memorandums of understanding (MoUs) with international partners (GIZ, SIDA, EBRD).
- Establish the legal pathway connecting Longevity Tourism directly to the Strategic Investment (KIS) mechanism.