

## SHORT TERM SCIENTIFIC MISSION (STSM) SCIENTIFIC REPORT

This report is submitted for approval by the STSM applicant to the STSM coordinator

**Action number:** IS1409 Gender and health impacts of policies extending working life in western countries  
**STSM title:** Final Call for STSM (1st February 2019 - 31st March 2019)  
**STSM start and end date:** 18/02/2019 to 24/02/2019  
**Grantee name:** Kamellia Lillova

### PURPOSE OF THE STSM:

The purpose of my Short Term Scientific Mission was to explore the main principles of the interdisciplinary and cross-national integration of gender, health and extending working life, and to start a collaborative research on policies extending working life and their reflection on the health status of older workers in Bulgaria and Croatia.

### DESCRIPTION OF WORK CARRIED OUT DURING THE STSMS

During the period 18th to 24th February 2019, I performed my STSM at the Institute for Healthy Ageing, Zagreb, Croatia and worked there with Dr. Marcel Leppée on the preparation of a research article entitled "Extending working life and health status of older workers in Bulgaria and Croatia (comparative study)".

Dr. Leppée was particularly helpful for me with his experience in the field of occupational medicine, cronical diseases, multi-morbidity, and therapy of older workers. He gave me valuable advice on issues related to the application of medical theory and practice on health research at work place. He helped me in selection and interpretation of medical indicators for health status of older workers.

During my visit, I was also given access to resources of the Host institution and the National and University Library in Zagreb where I worked on my subject and get acquainted with the scientific work of Croatian scientists on the topic of my interests.

**DESCRIPTION OF THE MAIN RESULTS OBTAINED**

I familiarized and adopted principles and methodology for analysing medical aspects of ageing and health problems of older workers. We discussed the theoretical and empirical framework of our study, and worked together on the structure of our article. With his help, I also worked on the selection of comparable indicator datasets for Croatia and Bulgaria.

Using the resources of the host institute and the national library helped me to prepare a bibliography on the topic.

During our meetings, we also considered an opportunity to prepare a joint research proposal between our institutes to look more closely at the health problems of the aging workforce in the light of the new policies for prolonging working life in both countries. We plan to perform empirical research in the field of gender and health impacts of policies extending working life for older workers in our countries.

**FUTURE COLLABORATIONS (if applicable)**

My stay in Zagreb was very helpful as an opportunity to establish closer cooperation between our institutes, develop joint research and establish a connection with another research organizations and stakeholders in the field of extending working life. I hope we will get in touch for strengthening our cooperation and developing more effective and efficient concepts, methods and tools for the life-course perspective analysis in medical, analytical and sociological areas.

Kamellia Lillova

