

TEN LESSONS TO BE TAKEN FROM THIS CRISIS.

IDEAS FOR A DEBATE

We propose to friends and interested experts the main lines that our civilization can develop in the post-pandemic era. We do so from the experience gained in my work in the Autonomic and National Governments as well as with the projects we have developed with the European Commission and with Universities, the activities carried out in the Executive Committees of International Organizations such as the World Federation for Mental Health and participation, of some of us, in various United Nations assemblies.

In the Spanish Congress of Deputies, Pedro Sanchez, in his first speech of failed investiture, pointed to part of those changes. We find that there are groups of professionals and experts around the world who foresee the possible characteristics of the qualitative change that is taking place. Although everyone agrees that the change called "The Singularity" cannot be planned and its consequences are unknown, we think that if humanity maintains a consistency with its own, it will develop this change not only without suffering its breakdown but also moving forward in its positive aspects. We think, humbly, that an overall vision like the one I expose, can contribute something to the development of that vision. What we propose, essentially, is to sustain humanism at the same pace and tempo as the development of information and communication technologies and artificial intelligence. Humanism must always be cared for and protected. Since we are united in some way, for what we proudly call globalization today; phenomenon that explains what the world is and should be: a community of brothers. He who does not learn the lesson of history cannot live the present better and prepare the future better. The pandemic has taught us what matter we are made of. The answer and future strategies should go through an idea of feeling united both in good and bad times. We believe that professional ethics and morals will prevail in international associations and organizations, and this is and will be the driving force to implement the lines of action that we suggest.

From the trends that already exist before the crisis and the strategies

that were proposed and that were beginning to work, as well as from the practices developed during the crisis itself, it can be deduced that in the current situation of global crisis, we will learn at least some lessons , for recovery, but which will remain in further social development. So we suggest some questions like the following:

1.- Family support, the people with whom you cohabit and the surrounding community will be properly valued. Love for family and community life will increase. The different initiatives spread by social networks demonstrate this. Attitudes, fears and strategies to face them in the confinement situation are being carefully studied (Research in the universities and various entities of different types)

2.- Networks of friends and professionals will be developed that will regularly combine virtual and face-to-face meetings. Video conferencing between professionals and friends is already being used extensively in this confinement situation.

3.- Internet teaching will be generalized. It already existed as a goal in most universities, but it has prevailed in the current situation. All this means that the costs of travel and infrastructure decrease substantially, the scope of training is extended and the quality of teaching and especially of research improves.

4.- Training in sociology and public policy will be developed from secondary education to its introduction in all areas of academic knowledge. Civic awareness, responsibility, commitment, trust, solidarity are issues that must be sustained by a substantial and generalized knowledge of social phenomena, the dynamics of institutions and the functioning of both public and private organizations. Various world conferences, such as the one planned in Assisi (Italy), confirm this. Knowledge and research on the efficiency of each of the private and public sectors, as well as their cooperation, in different areas, and more specifically in the prevention, assistance and recovery of catastrophic situations such as the current one, will be profuse and generalized. The teaching of moral and ethical values for a good community

life will be intensified.

5.- The Promotion of Mental Health and spiritual intelligence will be properly organized throughout the world. Art, music, museums, multilingualism and the protection of minority languages will be the foundations of educational systems. The World Parliament of Religions and secular Humanism will become general. There are abundant experiences and proposals in this regard. To mention some that we know closely: "Banff Center for Arts and Creativity"; "European Commission Horizon 2020. Program on Health and the Environment, SC-BHC-22-2019"; ARCELS Project (alliance between Scottish, Danish, Portuguese, Basque, Spanish and Bulgarian companies and universities); International Journal of Spirituality and Religion in Society; Sankelmark Declaration on Policies to Promote Mental Health in European regions.

In the recovery from the crisis, it will be essential to organize assistance to those affected by Post Traumatic Stress Syndrome, as advised in the report "Improve the Preparedness to give Psychological Help in Events of Crisis" of the European Commission. As this assistance will have to be massive, its permanence will be imposed and therefore its psychological treatment will become routine and regular.

6.- A powerful health organization will be created depending on the WHO for the secondary prevention of epidemics. This organization will be able to act in the appearance of new viruses, containing their expansion, developing vaccines and effective treatments There is already a group of emergency practitioners working with the WHO, but lacking the necessary potential and resources, and recently warning of the emergence of a pandemic like the current one.. See Bill Gates' proposal in this regard. This man has been fully involved in e-health and in the fight against malaria in Africa. But he also has an important global vision on health and health systems from which it made in 2018, a basic proposal for the secondary prevention of epidemics and pandemics like the current one, also foreseeing the consequences of not doing so.

7.- There will be a qualitative change in the health organization and the production system, using nanotechnologies, artificial intelligence and information technologies in general. On-line work from home will be commonly used, and there will be greater participation of workers in decision-making by companies and organizations. The use of artificial intelligence programs such as IBM's Watson will be generalized. Third generation hospitals, e-health and home care strategies such as those developed by HAH in United Kindom, and OZE in Basque Country will be implemented, with strategies such as those proposed by the project "Predictive System of Tele-Assisted Care." from S&M Services in Bizkaia. Research in the health sector will be prioritized and intensified. The universal sense of respect for life will be cultivated.

Online work from home is already developing generally throughout this crisis.

The greater participation of workers in company decision-making already has effective models developed in various European countries. The Basque Arizmendiarieta Foundation , based in Mondragon Cooperatives Group, is making interesting proposals in this regard that are being studied by the Basque Government as well as by various international organizations

8.- The shareholding system will be democratized and financial power will be adequately supervised. Virtual money will be widely used. The National Securities Commission is already banning the massive purchase of shares. Anti-monopolistic strategies will improve. There is a tendency to decrease the costs of energy, communications and public transport, as well as the interest on loans. These trends will be institutionalized and settled at a minimum. As some political leaders have already publicly expressed, speculative financial transactions and large fortunes must be controlled, international fiscal system must be organized. All of this is already being done in countries in central and northern Europe. Tax havens will be adequately controlled. Virtual money is already prevailing in this situation of confinement and contagion by currencies. Experiences of digital money will increase, due

substantially to its autonomy-independence from monetarist policies.

9.- The GDP indicator will be transformed when assessing the situation of a country. Indicators on the impact of the production system on the environment will be included in the same, as well as indicators on the health system and perceived well-being. There are many experiences and studies on the subject. To cite some highlights, it is worth remembering the GPI (Genuine Progress Index) adopted in 2010 in Maryland. It had already been used in Japan and Finland. Later it has been adopted by other countries such as Oregon. The HDI (Human Development Index) is another interesting indicator used in Scandinavian countries and adapted to Canada in a peculiar experience. But countries on all continents are working to develop indicators that improve GDP by including positive and real aspects of the production system as well as indices of the health system and social capital, and exclude negative aspects such as actions that cause the deterioration of the environment

10.- An International Federation of Older Persons will be organized and will be a member of the United Nations. This Federation will extend the use of technologies, systems and logistics that optimize the well-being of older people with efficiency. It will also lead the changes suggested in the lines pointed out in this document. This Federation is already working with FIAPA, RIOPAM and the “ International Federation on Ageing”.

All this will not be added or rained from heaven. It will be developed, sooner or later, in all regions of the world, but Europe will be a pioneer. We think that 1-3 points will develop itself, but the more ambitious ones would need quite much national/international support. We think that 4 and 5 and 7 points lie more on the national/professional responsibility, but 6 and 8 are really demanding. The point 10 should be the focus of the change. We can see how fragile is the global support of older people There is no real progress in technology for older people and the WHO has always had very scarce resources in ageing policies.

We will have to work and fight hard to achieve and maintain it. History teaches us that there is no progress without social struggle. In this regard we see that professional ethics and morals in international associations and organizations will be the battle front line. Let us hope that people of good will prevail.