



Active Ageing

Good practices from the SenQuality project countries

active ageing





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1. Cyprus

Center for Memory and Creative Expression

The main goal of the Center for Memory and Creative Expression “Moisis Stylianou” is to socialize people in their Third Age, to strengthen their mental state and health, to mobilize them and to help them maintain their skills regarding creative expression and thus enhance physical health. This center also organizes events and activities inside and outside of the center. The center is under the patronage of the Third Age Observatory Cyprus who has as main aim to promote and defend the rights of the elderly people in order to ensure a good quality of life.

In the center, the adults have the opportunity to get involved in various therapeutic and recreational programs like gymnastic, occupational therapy, music therapy, drama therapy, group sessions and discussions, outdoor activities, games, weekly monitoring by a psychologist and more. Furthermore, seminars and training programs are held. This initiative aims to promote the active ageing, the health, the mental fitness of senior citizens as well as to give them lifelong learning opportunities and a good quality of life without discrimination.

“A Pleasant Company”

To promote the active ageing, the health and mental fitness of senior citizens, the Municipality of Nicosia and the Social Welfare Services of the Ministry of Labor, Welfare and Social Insurance cooperate on the program “A Pleasant Company”. This program aims to provide quality services for a better quality of life of the people served, while facilitating them to maintain their independence. The program is open to residents of the Municipality of Nicosia who have reached the age of 65 and are self-served. Some of the activities include relieving women as informal caregivers from the daily care of the elderly with the ultimate goal of joining or staying in the labor market; promoting active ageing through community participation and activation of individuals; and creative employment, psychological support and guidance. Also offered are classes, educational courses, exercise, and excursions, events, walks, etc.

More information: <https://www.nicosia.org.cy/el-GR/municipality/multipurpose-centre/elderly-people/>

Adult Education Centres

The Cyprus Ministry of Education, Culture, Sport and Youth runs Adult Education Centres whose main objective is to develop each adult’s personality as well as the social, financial, and cultural development of citizens and society in general. Thus, the aims of the centers are along the line of the state’s development policy and the wider aims of the Ministry of Education and Culture regarding the creation of lifelong learning opportunities for all its citizens. The Adult Education Centres were initially established mainly in rural areas in 1952, offering learning opportunities for further professional, personal and social development. Today they operate all over Cyprus and offer a variety of interdisciplinary courses which mainly focus on the teaching of foreign languages, arts and crafts, cultural programs, health and other issues of general interest as well as on teaching professional and vocational skills (e.g. practical implementation courses, health courses etc.). It is an initiative that helps adult people to expand their network, learn new things and share knowledge as well as to share creative and leisure activities.

More information: <http://www.moec.gov.cy/epimorfotika/en/index.html>

Cyprus Third Age association

The Cyprus Third Age (C3A) association is an autonomous, self-help organization run by volunteers. The goal of the initiative is to help people in the Third Age to expand their network, learn new things and share knowledge as well as to share creative and leisure activities. It offers learning activities in a range of interests: educational, cultural, recreational, physical, and social. C3A engages with local and national government departments and other agencies that formulate lifelong learning policies and practices to influence those that relate to learning in later life. C3A wants to encourage and enable older people who are no longer in full-time paid employment to help each other to share their knowledge, skills, interests and experience. They want to demonstrate the benefits and enjoyment to be gained and the new horizons to be discovered by lifelong learning, and they want to celebrate the capabilities and potential of older people and their value to society.

More information: <https://c3a-cyprus.org/>

2. Germany

Gender Specific Financial Planning

As women are more often endangered by poverty in old age due to the pay gap and the pension gap, it makes sense to find information for your planning that is not only specific to age but also to your gender. The German initiative *herMoney* is an independent information portal for women and encourages users to take personal responsibility for their financial future. Therefore, it offers specific information for different phases in life. Women can find out about money and career topics not only on the website and blog, but also at events, in webinars, in podcasts and on social media. The writers at *herMoney* are mainly experienced female financial journalists, some of whom have already published bestsellers on financial topics, others used to work in financial consulting.

More information: <https://www.hermoney.de/category/lebensphasen/>

Creating an Emergency Checklist and Plan

Creating a plan and a checklist for the case of emergencies does not only clarify things for oneself but also provides useful and important information for family and loved ones, should one be unresponsive, e.g. due to an accident. There are several offerings on the market that provide hard-copy or digital solutions.

More information: <https://www.notfall-plan.com/>; <https://notfall-ordner.de/>

Simulating Old Age

It is hard to know what to expect when getting older which often makes planning hard. One way of physically experiencing age for oneself without actually getting older is to use an age simulation suit. Heilbronn University, for example, offers this for companies and personnel training. It is also used in product development and design. The age simulation suit can make it possible to experience the physical limitations of old age. The aim of this simulation is to create more understanding for people in fragile age, but also to ensure the improvement of services and products for the older consumers.

Through various aids that simulate age-related limitations, it is possible to explore how age-related changes affect the mobility, strength, perception or mood of younger people. In the age simulation of the arms, joint bandages and gloves are put on to feel the change in coordination and the decrease in strength. For age simulation of the legs, joint bandages and weights are attached to the legs. This

is to be able to simulate the limitation of mobility, the decreasing strength and an unsteady, shuffling gait. In addition, the torso can be aged by a weight vest and the head or eyes by a neck brace and special glasses.

More information: <https://www.hs-heilbronn.de/bs/alterssimulator/>;
<https://perspektivenpioniere.de/alterssimulation-ja-aber-wie/>; <https://www.graf-recke-stiftung.de/presse/mitteilungen/artikelansicht/fuehlen-und-verstehen-mit-alterssimulationsanzug-alex>; <https://www.dasaltererleben.de/alterssimulationsanzug-schulung-seminar/workshop.html>

New living in old age

The NIEDERSACHSENBÜRO is a project by FORUM Gemeinschaftliches Wohnen e.V. Bundesvereinigung and Niedersächsische Fachstelle für Wohnberatung; it is supported by the Lower Saxony Ministry for Social Affairs, Health, and Equality.

The NIEDERSACHSENBÜRO with the initiative “New Living in Old Age” helps municipalities, the housing industry, service providers, initiatives and privately interested parties in developing consulting services and projects for older people with the goal to enable seniors to live independently, self-determined and socially integrated for longer in old age.

For this purpose, the NIEDERSACHSENBÜRO provides information material, designs and organizes events and lectures, offers a wide range of training courses and organizes the annual Lower Saxony Symposium on Living in Old Age. Additionally, they train housing counselors in the counties and independent cities in Lower Saxony.

More information: <https://neues-wohnen-nds.de/>

Changing Images of Age

For the Virtual Photo Exhibition “The Beauty of Age”, photographer Laura Zalenga visited thirty people between the ages of 75 and 98 and talked to them about age and aging, about love and suffering, about hardships and joys, about farewells, about dreams, wishes and hope. The virtual tour through the exhibition is supposed to awaken curiosity for the positive in old age and friendships with the elderly.

With the program “Altersbilder” (Age Images), the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth wants to raise awareness of the very diverse ways in which older generations live today. This should renew ideas about life in old age and encourage older people to contribute their abilities to society in a self-determined way. Young people in particular should be encouraged to review their image of old age. The program emphasizes the competencies and strengths of older people and develops a new image of old age. It is intended to help seniors develop their commitment unhindered by outdated ideas. Under the motto “Rethinking old age,” the program contributes to this with a wide range of activities and initiatives.

Sexuality in Older Age

With advancing age, sexuality may change alongside other physical aspects. The German organization pro familia has published a booklet on this topic in their series “Getting Older” in 2015. pro familia Deutsche Gesellschaft für Familienplanung, Sexualpädagogik und Sexualberatung e. V. was founded in 1952 in Kassel and is today the largest non-governmental organization for sexual, pregnancy and partnership counseling in Germany. pro familia is a founding member of the International Planned Parenthood Federation (IPPF) and lobbies nationally and internationally for sexual and reproductive health and rights (SRGR) of women, men, adolescents and children

Similarly, the German Federal Center for Health Education (BZgA) has addressed this topic in their 2003 publication “Age and Sexuality”). Since its foundation in 1967, the Federal Center for Health Education (BZgA) has pursued the goal of preventing health risks and supporting health-promoting lifestyles.

More information:

https://www.profamilia.de/fileadmin/publikationen/Reihe_Aelterwerden/Wenn_Sexualitaet_sich_veraendert.pdf

<https://service.bzga.de/pdf.php?id=f83dd9b113632365c9400b337d416e96>

Assisted Travel for Seniors

The German Red Cross offers assisted travel for seniors: Qualified tour guides accompany seniors and people with health restrictions on vacation. They take care of transfers, accommodation, meals and local excursions. The trips are organized via the local chapters of the Red Cross which can be found on the website of the organization.

More information: <https://www.drk.de/hilfe-in-deutschland/senioren/soziale-aktivitaeten/betreutes-reisen/>

Volunteering Databases

More than 31 million people in Germany volunteer in their free time. There are many opportunities to do so: Reading aloud in kindergarten, starting an inclusive environmental project for young people with and without disabilities, helping out with the ambulance service or volunteer fire department, or accompanying elderly people on visits to the authorities. The database of the Aktion Mensch, a social lottery, helps people via a custom search engine to find volunteering opportunities in their area that fit their interests and abilities. A similar offer is the search engine “Helfen kann Jeder” (Everyone can help) which is a cooperation of several large help organizations such as the Red Cross and the German Firefighters Association.

More information: <https://www.aktion-mensch.de/was-du-tun-kannst/deine-moeglichkeiten/ehrenamt-finden>

<https://helfenkannjeder.de/helf-o-mat/volunteer/question;answers=%5B%5D;position=null;mapSize=fullscreen>

3. Greece

Basic Financial Security in Old Age

In Greece, according to the [article 96 of the pension insurance reform](#), the state offers a Social Solidarity Allowance for Uninsured Adults for people who do not receive a pension from another country or another institution of the Greek State. Permanent and legal residents of at least 15 years are entitled to this allowance. Their taxable income must not exceed 4.320€ and if they are married 8.640€. The allowance is also granted in part if people receive an amount from an institution that is less than 360€ a month. The basic financial security allowance can be combined with other stat benefits such as disability benefits.

Telemedicine

To ensure medical service also to people living in remote areas in Greece, the state offers Telemedicine as a medical alternative solution in emergencies. The service is open to all people who are located in remote areas and need medical intervention.

According to the law 3984/211, article 66, paragraph 16, the doctor who uses the telemedicine method must have the consent of the patient, or relative if the patient is in no state to approve, for privacy reasons. Telemedicine is useful in for prevention, treatment, and diagnosis of diseases. People can thus include this in their planning for medical emergencies.

More information: <https://www.moh.gov.gr/articles/ehealth/6084-h-thleiatrikh-sthn-ellada>;
<http://edit.gov.gr/>

Stay active Android app

The Stay active app is the only digital app in Greek language which deals with issues that specifically concern older people. Everyone, who has an android mobile in Greece can download this application (costs: 2,49€). The goal of the app is to help people 50+ to stay active by doing exercises for their mind and their body and keeping informed about news relevant for their age group. It includes exercises for body and mind, recipes, tips for better sleep, health information, and tips on how to strengthen existing relationships and how to experience new ones.

More information: <https://www.50plus.gr/services/stay-active-android-app/>

Project Home Care

In Greece, people over 67 years old and people with disabilities can receive extra-institutional care covered by Social Service of their municipality. This program provides people with nursing care, prescriptions for medications, personal hygiene, chores, escort to various public services, and companionship and emotional support. Primary health services are provided with the help of the nurse visiting the home. The program also provides a personal assistant, who undertakes the cleaning of the house, the execution of the external obligations of the elderly such as the supply of the necessary products, the payment of bills and most importantly the offer of company to the elderly and emotional support. Priority is given to people who live alone or have a very low income.

Gyms for the elders

There are gyms in Greece that specialize in the training of the elders. One example is the Axiongym, which has a special program for the elders. Special fitness offers for older customers help to

- maintain the fitness of the elders
- improve the psychology of the elderly
- maintain the energy of the elders

Another way to maintain the appearance of people who have passed the age of 50 is to exercise by qualified individuals.

More information: <https://axiongym.gr/llm-care/>

Elderly Day Care Centers

Elderly Care Day Centres are for elderly people who wish to spend some hours pleasantly in a familiar environment with other people of the same age because their relatives have work obligations and cannot be around them all the time. These centers are also aimed at people who cannot fully self-

serve, because they have mobility difficulties or dementia and their family environment due to professional obligations cannot be with them during the morning to look after them. Day care centers provide medical and nursing care daily, creative work programs, meals, and walks. They thus help to improve the quality of life of elders, to monitor their health regularly, to stay in a familiar environment with family and people their own age. Additionally, it is easier for family caretakers to maintain their social and professional lives.

More information: <https://dokappam.malevizi.gov.gr/kentro-imerisias-frontidas-ilikiomenon/>
<https://okpapa.gr/kifi-kentro-imerisias-frontidas-ilikiomenon/>

Open Care Centres for the Elderly Κ.Α.Π.Η

In Greece there are over 900 Centres of the Open Care Centers for the Elders. They are financed by their respective municipality. People over 60 years can be registered in the centers whose aim of is to protect the social rights of the third and fourth age groups. Also, these centers aim to prevent psychological and social problems of the elderly by providing them with help from experts.

After the older person registers in a Centre of in their area, they can start taking advantage of all the benefits offered: They can receive psychoemotional support, medical and hospital care and social care. Through the centers, people also can do physical therapy and occupational therapy. Socializing with other people of the same age helps to develop and maintain social relationships. The centers additionally offer educational trainings and organize lectures, visits to museums, archaeological sites, theatres, cinemas, and other excursions. To participate, people pay a symbolic annual contribution of about 5-10€.

More information: http://www.kallithea.gr/?page_id=169

Greek Red Cross

The Greek Red Cross was founded in 1877 and aims to care for and support injured, sick, elderly, refugees, people in financial problems and generally help vulnerable groups of the population. Volunteering in the Greek Red Cross, e.g. as volunteer nurses or social workers, offers to people the possibility to be active and help the people who are in need while also giving back to the community.

More information: <http://www.redcross.gr/default.asp?pid=19&la=1>

4. Italy

National Financial Literacy Portal

The Italian government, specifically the ministries of economy and education, have created a joint policy framework and training portal to offer guidance for adults in properly planning their finances and to educate about basic financial literacy concepts. This online portal provides financial support information for everyday housing, finance planning, and how to avoid to avoid financial crises in case of emergencies. The portal thus gives users a sound basis of financial literacy and new digital tools while also being a central service point for Italian citizens.

More information: <http://www.quellocheconta.gov.it/>

Healthy Lifestyle Portal

The Italian Ministry of Health provides an online collection of good health practices and manuals on different topics called the Healthy Lifestyle Portal. There, users find different helpful materials on health-related themes and topics, how to manage everyday situations, sports, diet issues, etc. It's very useful as adults can find answers to many topics and very simple infographics on many everyday themes.

More information:

https://www.salute.gov.it/portale/documentazione/p6_2_5.jsp?lingua=italiano&dataa=2021/12/31&datada=2015/01/01

Incentives ANPAL Portal

ANPAL, the National Service Agency in Italy, focuses on orientation and active training of adults looking for a job or up- and re-skilling. They offer an online orientation platform for all regions of Italy to support adults and youth in looking for a job and training opportunities. Also older adults can use this tool when looking for further opportunities.

<https://myanpal.anpal.gov.it/>

Free app for mindfulness

“Serenity” is an app for self-awareness and everyday meditations. It can support adults to dedicate quality time to themselves and improve focus. The app contains a free, easy to follow 7 day audio course, it includes Sleep guides and stress reliefs.

iOS & Android: Serenity

5. Poland

Self-Assessment of Well-being

During the Erasmus+ project SEAL-Senior Education for Active Living, CKU Sopot developed a self-assessment table for seniors which helps to assess what improves or spoils their mood in order to see what habits they should avoid and what they should do more to increase their satisfaction with life. As the level of general satisfaction increases, it is assumed that the activity of seniors will increase, their independence will increase and their general health will improve. Additionally, the assessment fosters an increased ability to self-assess one's own behaviors and emotional states, to plan a day and increase the level of general life activity.

The self-examination includes the keeping of a well-being diary for a period of 2 weeks. Every day in the evening before falling asleep, the user writes down the activities in which they participated during the day. On the basis of this observation, the senior is able to determine with which activities they feel better and which have a negative impact on them. Thus, they learn to plan each day to include as many activities as possible that improve their well-being and to avoid depression.

More information: <https://sealproject.eu/en/results-en/>

Seniors helping Seniors

As part of the project “SEAL-Senior Education for Active Living”, CKU Sopot has developed a concept of seniors helping seniors as a way to create and maintain social relationships among older people

while simultaneously increase the activity level of and involvement in the local community as well as improve the living conditions of seniors. A group of seniors willing to be engaged in regular voluntary activities dedicated to local society will organize and meet regularly in order to discuss activities. They stay in contact with local organizations and institutions and each of the volunteers regularly supports at least one person at senior age who is in need of support. The aim is to build a net of local social relationships between seniors, increase their sense of usefulness and the ability to influence on their own environment of living.

More information: <https://sealproject.eu/en/results-en>

Dance clubs for seniors

In a survey on the needs of seniors, many seniors reported that they miss an opportunity to go dancing with other people their own age. As dance clubs in cities are usually run for young people and modern music is played there, many seniors do not feel comfortable going there. As part of the project “SEAL-Senior Education for Active Living”, CKU Sopot has developed a concept for organizing dance clubs for seniors. Dance events are a great opportunity to integrate and socialize, especially for seniors who live alone. The concept foresees that the senior dance clubs are open at least three days a week, and that they also include a Café where seniors can come during the day and meet for conversation. In the evenings the clubs will then offer organized dance parties with live music. Preferably, they also organize thematic events such as book readings or art exhibitions. Dance clubs for senior thus would help to build new social relations, counteract loneliness, foster integration with older people, and maintain physical fitness and psycho-physical well-being

More information: <https://sealproject.eu/en/results-en/>

6. Slovenia

Combining Life Insurance with Emergency Insurance and Savings

The Investment Life Insurance Flex for older adults (Naložbeno življenjsko zavarovanje Fleks za starejše) by Zavarovalnica Triglav d.d., Slovenia’s largest commercial insurance company, allows older people up to 80 years to linked their life insurance with fundraising and coverage of hospital treatment for an accident. People can insure themselves for the event of death with a guaranteed sum insured, save regularly in installments (min. € 20 per month), with the possibility of additional payment in lump sums of € 50 and choose between three investment strategies. The advantages of unit-linked life insurance are in the ease of conclusion, flexibility, it is tax-free. It is about active property management, the older adults build up savings. The monthly premiums are low, thus they do not substantially interfere with monthly income. The insurance provides family and personal security with a certain return on savings. People can insure themselves at an earlier age in light of later life planning but can also opt for it when they have reached later life stages.

More information: <https://www.triglav.si/>

End of Life Care

For each individual, being able to think about death and dying is important as everyone eventually will be faced with it. It is therefore important to remove taboos around death and dying, so that people, even if they are not affected by death or illness, talk openly about these phenomena and agree with their loved ones on cases when they will fall ill and die.

The Slovenian Hospice Association is a non-governmental, non-profit humanitarian organization founded in June 1995. The basic program of the association is the care of the seriously ill and people with advanced chronic disease in the final phase and their relatives at home, including the mourning process. They try to make death a natural part of life and to foster a natural attitude towards dying and mourning in the Slovenian society.

More information: <https://hospic.si/o-drustvu/>

Morning Outdoor Exercise

The School of Health Association has 230 groups in 86 municipalities throughout Slovenia with over 4,000 members. The average age is 69. The morning exercise "1000 movements" starts at 7.30 in the open air, in various public areas (sports parks, sports fields, by the sea, rivers, lakes, in parks, parking lots, playgrounds, etc.). It is performed every day except Sundays and holidays. Exercise is performed outside, outdoors, in nature and near the home in all weather conditions and in all seasons.

Exercises are led by trained volunteers with the help of professionally trained staff. The exercises are not too demanding and do not require prior fitness or expensive sports equipment. The daily routine takes 30 minutes.

Exercises are performed in the morning, as this exercise improves the physical and mental condition of the individual, positively influences weight loss and other health issues. Additionally, due to movement in nature and pleasant socializing in a group, the mental state also improves, the feeling of loneliness, social exclusion and depression is reduced.

Performing the morning exercise in public helps to raise awareness of active aging and the opportunities that residents have in the local environment to maintain their physical and mental fitness, encouraging people to take better care of their health and to connect with each other.

More information: <https://solazdravja.com/>

Smart Village project

The Municipalities of Krško, Sevnica, and Brežice together with the Regional Development Agency Posavje and LAS Posavje have developed the "Smart Village for Tomorrow" project (Projekt Pametne vasi za jutri) which focuses on maintaining the vitality and quality of life in the rural areas in Slovenia so that rural residents stay and the rural areas become a place where people want to live. The innovative approach of the new pilot programs prepares the ground for the development of smart silver villages for older residents with household communities, transport infrastructure for older adults that connects cities and villages, appropriate use of digital technology, and leisure activities. As part of the project, a pilot model of the multigenerational space is being implemented, as a space for intergenerational socializing and networking, and various trainings are being carried out in the village, close to the countryside population, especially the older adults.

More information: <https://www.rra-posavje.si/pametne-vasi-za-jutri.html>

Self-help groups of older adults

The Association of Societies for Social Gerontology of Slovenia (ZDSGS) offers the program "Group of Old People for Self-Help". As an umbrella organization, ZDSGS includes 44 organizations that implement the program at the local level. The basic activity takes place in a group of up to ten people, who meet regularly once a week, always at the same time and in the same room and with the same leaders. The core activity is a conversation on a specific topic that allows for the active involvement of all members. This all creates a safe space where people have the opportunity to speak, trust,

express and satisfy their needs and desires. At the local level, individual groups are connected into a group network, which is part of a regional and national network of groups. The purpose and goal of the program is to enable older people to maintain or re-create a social or support network that provides them with inclusion, the necessary security and acceptance.

More information: <https://www.skupine.si/>

Strengthening Health for All

Strengthening Health for All was a project by the Ministry of Health and National Institute of Public Health in the years 2018 and 2019. The project carried out a comprehensive upgrade of prevention programs for cardiovascular diseases and cancer in order to mitigate these primary health concerns in the population. The project was carried out in the whole of Slovenia in 27 health. It was targeted at children, adolescents and adults, or the entire population, in order to upgrade their lifestyle and health.

More information: <https://www.krepitev-zdravja.si/>

Program Active Day

The institute Aktivna starost in Slovenia offers the Active Day program for people aged 80 years or older. The older adults spend the day with activities that directly strengthen their physical and cognitive abilities and expand the circle of their social contacts. If needed, the institute organizes transportation from the home of the participants to the activities and back. The program runs twice a week in the morning and ends with lunch. It begins with a half-hour coffee break, where participants can chat and socialize. This is followed by introductory training on the goals of daily activities and the importance of an active and healthy life for the older adults. Then the physical exercise begins, which is adjusted individually to the participants by a qualified trainer. After a short break, cognitive exercise workshops follow. The program ends with lunch, which is also a good opportunity for participants to socialize. The ultimate goal is to encourage the development and provision of better psychophysical conditions of the older adults, which enables them to live at home for a longer period of time, independently of the help of relatives. The participants can also include their relatives in the program, if they wish.

More information: <https://www.zavodas.si/program/>

Hidria

Hidria, a large company in the field of automotive and industrial technologies, brings together persons who are five years before retirement and younger employees or new employees to facilitate a transfer of knowledge and between generations. This leads to a higher productivity of employees of all ages. Their program is characterized by coordination management, introducing younger to the tasks of the older adults, gradually relieving the older adults, preparing for the end of their careers and gradual transition to retirement, additional days off, adjusting jobs, providing exercises suitable for the older adults (e.g. Pilates, hiking, swimming). The program thus also is an incentive for people to make a retirement plan for a five-year period, while the company ensures that everyone who retires has a successor. Simultaneously, the Hidria thus furthers intergenerational cooperation and thus a sense of inclusion in the society, and a sense of need for older employees in the society.

More information: <https://www.hidria.com/int/sl/>

7. Spain

Discounts for Seniors

In Barcelona, people over 60 years or people with disabilities can apply for the Tarjeta Rosa (Pink Card) which provides discounts for products and services, including transport, health and beauty.

The Tarjeta Rosa thus provides financial benefits for people over 60: It helps them save money on products and services that can improve their quality of life. It is and is funded by the Ayuntamiento de Barcelona (Barcelona City Council). In order to be eligible for the Tarjeta Rosa, you must comply with the requisites established by IMSERSO.

More information: <https://ajuntament.barcelona.cat/targetarosa/es/que-es-tarjeta-rosa>

Risk Prevention for the Elderly

The programme Risk Prevention for the Elderly by the Federació d'associacions de gent gran de Catalunya (Federation of Associations of the Elderly of Catalonia) informs seniors of their rights in emergency situations, and how to prevent emergency situations from happening. It also provides information for caretakers, family members and professionals who work with the elderly. The goals are to:

- Promote the sense of safety of elders
- Strengthen the objective security of vulnerable groups with information about precautions and best practices
- Promote the participants to be active in preventing risks for older people.
- Inform elderly/caretakers/family/ professionals about the importance of prevention. This is a series of speaking events that go over health risks and prevention, mobility safety, and dignity with participation from the police

<https://www.fatec.cat/index.php/component/content/article?id=20:prevencio-de-riscos-en-gent-gran>

Active Aging

The Instituto Provincial de Bienestar Social – Diputacion de Cordoba and the Diputación de Córdoba, Area de Igualdad y Politicas Sociales (Regional Institute of Wellbeing Cordoba; City Council of Cordoba, Office for Politics and Social issues) have developed an Active Ageing program: This program was developed to prevent physical and mental health decline in seniors, through workshops, training, skills development and other resources in order to help older people live longer with higher healthy life expectancy and to be able to live independently. Among the activities are:

- Educate seniors in the process of aging
- Promote active participation of elderly
- Provide elderly with strategies for active aging
- Encourage healthy life habits in the older population to promote health and prevent illness
- Train social habits of older people to facilitate social integration

More information: <http://www.ipbscordoba.es/uploads/Documentos/envejecimiento.pdf>

Promotion of housing for the elderly

The Spanish Ministry of Transport, Mobility and Urban Agenda (Ministerio de transportes, movilidad, y agenda urbana) initiated a program that aims at rehabilitating living places and designate them for at least 40 years for elderly people and people with disabilities, ensuring they offer adapted and accessible services and installations. This program was developed to help elderly people and people with disabilities access housing with the appropriate services and installations.

The program is accessible for:

- People older than 65 years or with disabilities
- Seniors who applied for grants IPREM (public housing) less than 5 times
- Seniors who don't own their own home

More information: <https://www.mitma.gob.es/arquitectura-vivienda-y-suelo/programas-de-ayudas-a-la-vivienda/programa-para-el-fomento-de-ciudades-sostenibles-y-competitivas>

Self-image and beauty workshops

At the Residencia San Rafael Enguera, the residents in assisted living and the users of the residences have the opportunity to attend beauty workshops on site. The goal is to increase self-esteem and social interaction in order to help older people feel better about themselves and the way they look, and view aging in a more positive manner. The workshops thus promote optimism in daily life, strengthen ties between residents and visitors, and strengthens self-awareness in the participants.

More information: <http://www.residenciasanrafaelenguera.com/es/noticias-y-eventos/eventos/talleres-de-autoimagen-y-belleza>

Senior Citizens' Space

Mayores UDP (Democratic Union of Pensioners and Retirees of Spain) has developed the program "Espacio Senior" (Senior Citizens' Space). Aimed specifically at senior citizens, especially those living in rural areas, the program wants to

- to ensure the inclusion of demographic change in planning public policies, and taking into consideration the needs of the elderly
- to promote participation of locals in environmental sustainability and develop co-responsibility of public and private actors
- to increase awareness of the importance of senior citizens' lives in cultural, social and economic terms, with a focus on rural areas

This programme has the aim of increasing the presence of older people in society, and helping them become active members and leaders in their communities, especially in rural zones. By helping seniors become active members and leaders in their communities, their social lives will become richer, their cognitive abilities will stay sharp and they are more likely to be physically active. This initiative has the potential to improve various aspects of the socialization, health and wellness of senior citizens.

More information: <https://www.mayoresudp.org/programas-de-envejecimiento-activo/espacios-senior-mayores-y-desarrollo-local-participativo>

Health Promotion

The Spanish Society of Geriatrics and Gerontology and the Andalusian Society of Geriatrics and Gerontology promote the health and wellbeing of senior citizens by promoting active aging and a healthy lifestyle, and preventing functional and mental decline. This program was developed for educators who through workshops and training can help other educators teach professionals to promote the health of senior citizens in their health centers. The end product is an informational pamphlet. This program has the aim of helping older people live healthier lives, through increased physical activity, healthier eating, increased mental activity, oral health. It also creates awareness of the problems of alcohol abuse, tobacco, and drugs, as well as the hazards of a sedentary lifestyle. It addresses.

More information: <https://www.segg.es/formacion/promocion-de-la-salud>

Urban farms

In the city of Barcelona, people aged 65 and older can be stewards of urban farm plots (huertos urbanos) that are distributed throughout the city. They can fill their own plots with things they plant following bio agricultural practices. Each plot measures 25 by 40 square meters and people can plant anything they want including herbs, flowers, and vegetables. These farm plots serve as both leisure time activities and a way to improve the lifestyle of older people, by encouraging them to be in natural spaces, encourage physical activity, and integration into their communities. To take care of a plot you should be over 65 years, and have established residence in the district where the farm is located. You should also be physically capable of light farm work. People who live with someone who already have a plot may not apply to the program.

More information: <https://ajuntament.barcelona.cat/personesgrans/es/canal/horts-urbans>

UDP Voluntariado (Volunteering)

The association UDP Voluntariado is part of the Mayores UDP (Democratic Union of Pensioners and Retirees of Spain). It gives seniors who want to contribute to society the opportunity to volunteer and improve the lives of other elderly people. They thus have the chance to continue working in a voluntary capacity, simultaneously improving their own quality of life and the lives of others. Any senior citizen who wants to help others can be a volunteer. Only a few hours per week are required. The program thus contributes to the development of seniors in their environment, guaranteeing their independence, quality of life, and general wellbeing, promotes mutual support and the integration of people.

More information: <https://www.mayoresudp.org/programas-de-envejecimiento-activo/voluntariado-udp/?reload=759688>

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