



GER-APP
INACTIVITY IS NOT AN OPTION

How to get results?



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Inactivity is not an option

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How to get results?

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Introduction

"Ageing affects every aspect of our lives, throughout our lives. As the current pandemic continues to challenge us, and as we fight to protect lives and livelihoods, we must not lose sight of a remarkable development: never before have so many Europeans enjoyed such long lives. This is a major achievement that is underpinned by the EU's social market economy.

In the last five decades, life expectancy at birth has increased by about 10 years for both men and women. The demographic profiles of EU regions vary widely, notably between urban and rural areas, with some places ageing significantly and others expanding their working-age population. Europe is by no means the only continent with an ageing population, but the process is most advanced here. As way of illustration, today's median age in Europe¹ of 42.5 years is more than double the figure for Africa. This gap will remain large in the coming decades.

This trend is having a significant impact on people's everyday lives and on our societies. It has implications for economic growth, fiscal sustainability, health and long-term care, well-being and social cohesion. In addition, the pandemic's disproportionate impact on older people – in terms of hospitalisations and deaths – has highlighted some of the challenges an ageing population poses on health and social care. But ageing also provides new opportunities for creating new jobs, fostering social fairness and boosting prosperity, for instance in the 'silver' and care economies." (Green Paper on Ageing, Brussels, 2021)

About this collection

This collection on "Inactivity is not an option" is dedicated to teachers, trainers social workers and volunteers. We provide best practices exercises articles and other useful materials. Also, the book is dedicated to the young generation breaking new ways in social work.

We wrote this book for you because we'd like to :

- highlight the importance of social inclusion
- Introduce the wide range existing practices in Europe
- offer tips new ideas to make the job delightful and funny
- Guidelines for applying these tools and practices.



How we organized this collection

This is a collection, planned to look up things in it occasionally. We list ideas, how-tos, tips and tricks and best practices. We put materials to browse and there is no specific order. The big chunks of the material is Articles, Best Practices, Games, Exercises, and Sites. Please visit <https://gerapp.eu/results/how-to-get-results/> for the web version.

Best practices

Gerontology is a quickly growing and evolving field that considers the intricacies of the elderly population. As the “baby boomer generation” continues to age, a degree in gerontology is more needed than ever. The way that manifests into a career takes lots of different forms—from social work to the medical field to scientific research. Best practices are the most valuable and inspiring resources that can be adopted in to your practice.

3rd age people

People Behind has created program through which seminars and courses are offered to old people aged 65+ completely free of charge, without taking consideration of nationality, educational level, economic situation etc.

There is even the possibility for some of the seniors to coordinate those courses/seminars if they have a certain expertise.

At the moment, due to the Pandemic, the courses are taking place online giving elderly 65+ from any region the opportunity to participate. Technology offers to anyone who is interested the opportunity to join and life-long learning is enhanced. Some of the courses offered are English, European History, Computers, Ancient Greek Philosophy, History of Art, Healthy Cooking, Discussing Groups etc.

The main goals of the initiative are mutual understanding, exchanging of knowledge, creating fair and sustainable solutions for everyone, enhance of voluntarism, social inclusion, improved quality life, positive sentiments and self-esteem. The seniors are getting more and more empowered since they further develop their knowledge and they feel active members of the society. They consider themselves equal members who benefit the society as well. They stay active, they stay healthy!

Resources:

<https://www.peoplebehind.gr/> <https://www.alfavita.gr>
<https://portnet.gr/themata/29608-to-panepisthmio-tritis-hlikias-anoigei-tis-portes-tou-psifiaka.html> <https://www.gernaoallios.gr/2020/01/03/panepistimio-tritis-ilikias-stin-athi/> <https://sputniknews.gr/20200110/to-PROTO-panepistimio-tritis-likias-epitelous-anoigei-kai-stin-athina--5865133.html>

Aktiv 70 plus

Aktiv 70 Plus is a project of the sports federation in Schleswig- Holstein (federal state in Germany) (LSV) which started in 2008. It is also part of the INFORM initiative. It consists of a special sports programme developed for people aged 70 or more. The programme was evaluated by the institute of sports science of the Christian-Albrechts-University in Kiel. Until now, more than 4000 people participated in 300 courses. If people participate regularly, the costs can (partially) be beared by the insurance companies.

The aim of the project is to motivate people aged 70+ to participate in a holistic, health-oriented PA offer in the clubs of sports federation (primary prevention). Added to that, the aims are improving strength, endurance, mobility and coordination as well as fall prevention of the participants.

The course has a duration of 12 weeks and comprises exercise sessions of 60 minutes once a week. The sport instructors at least have to have a license ÜL-C "Seniors". It can be called a holistic programme because the instructors are also trained by the sports federation in other areas like functional gymnastics, moving with music, awareness training, memory training and relaxation.

When sport associations want to implement and offer this programme, it should be cost-neutral. That is why there is the possibility of financial support of the clubs/associations in the beginning given by the sports federation (560 Euros per year can be applied for). In the long run, this should lead to enduring, widespread offers.

More detailed information about the criteria to be financially supported and the application form can be downloaded on the website of the sports federation Schleswig-Holstein. The courses should take place in the near surrounding of the participants so that the participants are more socially integrated.

The programme was reworked so that it achieved the certification "Sport pro Gesundheit" (German Olympic Sports Federation) and "Deutscher Standard Prävention" (Central Inspection Body for Prevention) in 2020.

Resources:

<https://www.lsv-sh.de/sportwelten-projekte/sport-gesundheit/senioren-im-sport/aktiv-70-plus/> <https://www.youtube.com/watch?v=Z26tveaHeGw> (German)

Angels of joy

Since 2011, a team of professional artists, psychologists, music therapists and educator, “Angels of Joy” offer psychological and social support through the Arts to children hospitalized or hosted in institutions, to the elderly as well as to people with disabilities.

Especially through specialized programmes, customized to seniors, Angels of Joy embolden old aged people who experience grief, loneliness, desolation as well as physical pain. At the same time, they organize interactive performances and music therapy projects using sounds, voices, musical instruments, song and improvisation.

Association grand parents

To avoid loneliness of the elderly and to support parents when they are isolated, in the absence of grandparents, the Grands-Parrains association strives to recreate the missing intergenerational link. The association puts in contact seniors in age of being grand-parents with children who do not have grand-parents. This relationship is based on trust, exchange and mutual enrichment.

There are different types of grand-parenting:

Classical grand-parenting Spending time with the child from half-days to week-ends, to vacation periods.

Great-grand-parenting For seniors aged from 78 to 85, healthy, living at home or in nursing homes
Reversed grand-parenting: the association puts seniors in contact with adult volunteers who have time to share, affection to give and a desire to bring generations together around centres of interest to enrich each other. Activities done together : walks, reading, playing board games , teaching the elderly how to use the new means of communication (telephone, computer), sharing a passion...
Epistolary grand-parenting: it is an opportunity for seniors in nursing homes to exchange anecdotes.

Resources:

<http://grandsparrains.fr/>

<https://fr-fr.facebook.com/pages/category/Community-Organization/Grands-Parrains-140923949308130/>

<https://www.leslutinsbleus.fr/>

<https://www.leparisien.fr/val-de-marne-94/ile-de-france-michelle-redonne-le-sourire-aux-enfants-prives-de-grands-parents-03-10-2020-8396154.php>

<http://or-gris.over-blog.fr/article-l-association-grands-parrains-re-oit-le-prix-generation-responsable-61628824.html>

Astroliens

Astroliens offers Place: support to a senior citizen by one (or two) volunteers (young people aged 16 to 25). The volunteers offer computer "lessons" at home. The commitment of the pair is 1 month with 2 sessions per week. The support can then be interrupted or continued. If it continues, the volunteer changes. The average age of the senior citizens is 83 years! They are people who sometimes cannot move (level of autonomy 3 to 6)

Astroliens is involved in the recruitment of volunteers, their training (skills), prepares a programme of courses and above all has developed a board game to better identify the needs of seniors. The courses are of course adapted to the learning pace of the senior citizen. Astroliens offers a follow-up throughout the accompaniment by reviewing the situation with the seniors and the volunteers and supports the young volunteer throughout his or her activity by helping him or her to value the experience. Currently suggesting the activity through Zoom.

Resources:

<https://www.astroliens.org/> <https://www.facebook.com/lesastroliens>

Care at home program for persons with dementia

Services:

- a) information on key issues affecting persons with dementia;
- b) education in crisis management;
- c) education in respite techniques and improvement of self-esteem of the caregiver;
- d) family counseling. In addition to these significant services, will offer various services to persons with dementia, such as: a) medical exam and neuropsychological evaluation for a general care plan; b) periodic nursing care with the end goal of educating the caregivers in matters such as prevention of falls and education in first

aid; c) counseling regarding ethical and legal rights as well as welfare/insurance matters.

Chez Yvonne

“Chez Yvonne” was created in 2019 after a socio-economic opportunity study, commissioned by Moncontour, was conducted. One of the learning points from this study was that the local population, especially the elderly needed support on digital transition issues (e-administration, computer literacy). The different digital workshops at “Chez Yvonne” are led by volunteers. They are 3 types of workshops:- “Ecoutes numériques”: intend to help individuals/seniors to make the best use of digital tools (communicating, writing documents, organizing photos, browsing the Internet securely, etc.)-“Ateliers E-Admin”: assist seniors on the use of online administrative services (taxes, medical records, pensions, etc.) -“Café solidaires numériques” : to learn how to use a computer and discover the newest technology (3D printer etc.)

Resources:

<https://chezyvonne.fr/> <https://www.facebook.com/ChezYvonne22/Press/blog/online/>
<http://or-gris.over-blog.fr/2021/03/chez-yvonne-un-tiers-lieu-breton-aux-grandes-ambitions-au-rez-de-chaussee-de-la-mairie-de-moncontour-22-le-tiers-lieu-chez-yvonne-a> <https://www.reseaurural.fr/centre-de-ressources/actualites/chez-yvonne-un-tiers-lieu-breton-aux-grandes-ambitions>
<https://www.youtube.com/watch?v=6D8jN3e5miM> (ChezYvonne, presentation)
<https://www.banquedesterritoires.fr/moncontour-un-tiers-lieu-numerique-pour-les-seniors-et-les-professionnels-22>

Corner for pensioners

Objective: To encourage older people to activities that will enable them a better and more diverse life through their own work and networking.

Target group: Older people living independently with small pensions and limited opportunities for a better quality of life

Activities:

1. Spicy and medicinal herbs: education, collection, cultivation, processing, exchange
2. Targeted creative workshops
3. Old, cheap, good and tasty dishes: preparation, recipes, promotion
4. Homemade desserts in the traditional way: recipes, publication

5. Intergenerational cooperation: education, networking through family, neighborhood, immediate and wider community
6. Security: education, raising the level of personal competencies, on networks, in the use of smartphones, tablets and computers.
7. Horticulture: Vegetable growing, ornamental plants, viticulture and wine growing, fruit growing
8. Entertainment, leisure and recreation

Resources:

<https://web.facebook.com/Kutak-za-umirovljenike-106929528452782/?paipv=0&eav=AfZbaZdUWGMMkrroFfdjy1wUIACqLHlcVDOi1TjeRvw2Ei9VkYUwKFoxv5DamCW2cks&rdc=1&rd>

https://youtu.be/l7QfBU_aNR0

Diversity management

The Resource Centre Diversity Management was developed within EU transfer, implements social innovations for employees aged 50+, and their employers based on innovative successfully implemented corporate models, which guarantee active workforce in the later life phase.

This new corporate environment provides support and training to employees aged 50+, needed for their adaptation to the new labor market requirements caused by the changed demographic and economic conditions. The Resource Center for diversity management works with methodology and training program for people aged 50+ aimed at developing of specific skills and promoting learning in the later life. Trained consultants are available for career guidance courses and consultancies for employees aged 50+. It serves not only the employees in this age group but also their employers, providing them with innovative management elements that contributes to adapt the business to the new modern market conditions. # Don't look away programme

The organization "Emphasis" in Greece has designed and applied a program aimed at supporting elderly people living on the streets of Piraeus. These people are unemployed and homeless and the Emphasis team, through street volunteers, social workers and legal advisers, will visit them to offer them "holistic" help according to their needs. Examples of support from the Emphasis team include: escorting homeless people to hospitals and welfare facilities, and assistance with pending legal issues. The goals of the program are the psychological support of people living on the streets and the provision of incentives to continue their lives. The ultimate goal of the program is

to remove the above people from the streets. It is the first program of road interventions that will be addressed exclusively to the elderly homeless in Greece

Sources:

- \1. <https://www.timafoundation.org/el/grant/151-g-emfasis-%CE%B1%CE%BC%CE%BA%CE%B5>
- \2. <https://www.timafoundation.org/el/grant/205-g-emfasis-amke>
- \3. <https://www.emfasisfoundation.org/#> Examples of sharing economy

Transport, housing, accomodation, sharing objects and services

Transport and mobility

Public transport is a traditional and most used form of shared transport, as passengers share the same means of transport (bus, train). However, in recent years the development of ICT and the sharing economy has enabled new forms.

Carpooling (also ridesharing) is sharing of car journeys; the driver shares the space in the car with other passengers and consequently also the cost of a trip he/she would do anyway. With more people sharing one car and travel costs (fuel, tolls), carpooling not only reduces the cost of transport for each passenger, but also carbon footprint, congestion on the roads and the need of parking spaces. Carpooling platforms provide a connection between the driver, usually the owner of the car and passenger(s) with the same destination, allowing transport at an affordable price. For seniors carpooling is also beneficial for meeting people who would probably never have met otherwise, thus creating social ties and allowing them to travel at low cost, also to destinations with poor or no connections with public transport. Most of carpooling platforms require a small fee for offering this service (e.g. BlaBlaBla car) and some of them provide this service for free (e.g. prevoz.org in Slovenia). BlaBlaCar is the most used carpooling platform in Europe. It was created in France, but has expanded to many other countries. In 2019 there were over 80 million of its users.

Carsharing is a model of car rental where people rent cars for short periods of time (minutes, hours) and only pay for their usage, based on how long the car is used and the distance travelled. Therefore, for people living in urban areas where this service is provided, owning a car is not necessary any more, as one can rent it only when needed. The renting organization is usually a commercial business. Its service includes costs of car ownership, registration, insurance, fuel, maintenance, vignette, loss of value, customer support and parking at designated locations, mostly in urban areas, where cars can be picked up and returned 24 hours a day, 7 days a week. The whole process of renting a car is done online using an application; first one has to register, pay a fee and to attend a short presentation on how to use this service. Registered

users can then book a car on the desired location when they need it, unlock its doors using the application etc. To use this service, a smartphone and advanced ICT knowledge is required.

ComParko is a web platform that offers a connection between owners of unused parking spaces and drivers who need them. Through the platform, it is possible to search, rent or share a parking space for months, weeks, days or even hours. The platform started in Spain and expanded to other EU countries.

<https://www.comparko.com/>

Getaround could also be a very useful platform for seniors; car owner can rent his/her car to others for a time when it is not needed. Seniors in particular do not use their cars as much as before but many of them prefer to keep it. This initiative is available in many Western European countries. <https://www.getaround.com/>

Shared housing and accommodation

Community housing or cohousing is an alternative to traditional forms of housing for seniors; the platform offers the possibility of establishing contacts between people interested in cohousing, thus avoiding loneliness and promoting inclusion and social contacts. In Spain several initiatives are organized as housing cooperatives for seniors.

Un toit 2 Générations is a French platform for intergenerational cohousing. It enables the connection of seniors accommodation providers and young people, most often students needing a room or temporary accommodation. They both can benefit from each other's company, can learn, support, offer new skills etc. Similar recently established platform is Homiz. The objective of such platforms is to promote intergenerational coexistence by offering a solution for the growing social isolation of the older population and on the other hand for young people in need of affordable accommodation. <https://www.untoit2generations.fr/>

Short term accommodation, mostly for tourist travels and holidays:

The platforms best known and used is **Airbnb** allow property owners to rent out rooms, flats or houses that are otherwise unused for a short period of time, usually for tourists. By offering their accommodation the owners (many of them are seniors) can earn some extra money and improve their financial situation and also meet other people.

Freebirdclub platform; its target group are people aged over 60; owners rent out their unused rooms, apartments or cottages exclusively to seniors for holidays, travels etc. <https://www.thefreebirdclub.com/>

Homeforexchange provides an economical and comfortable holiday accommodation. Through this and other similar platforms offering temporary home

exchange, the users upload their homes' presentation and their preferred travel destinations and get in contact with others in order to exchange their homes or holiday apartments for a limited time. The exchange may be simultaneous or at different times. An annual membership is required. Nevertheless, mutual trust and confidence is required to let strangers use one's home and treat it as his/her own. This platform is very popular among seniors allowing them to travel and visit other countries. <https://www.homeexchange.com/>

Affitto Giardino works as other platforms for sharing private properties with temporary users for compensation. It focuses exclusively on large gardens and other outdoor areas suitable for hosting events, celebrations, weddings and other gatherings. The owners of such facilities rent them out to earn some extra money, also to maintain these areas. <https://affittogiardino.it/>

Exchanging and sharing objects

The **Wallapop** platform allows buying and selling used, second hand objects, clothes, collection items, toys etc. In Spain it has 20 million users (almost half the population) and 70,000 daily transactions. It allows the reuse of objects that are no longer needed and connects people with similar needs and hobbies. <https://www.wallapop.com> In Slovenia

"Library of things" was established, where one can borrow tools, gadgets, toys, sport and camping equipment etc. things that are usually needed only for a short period and therefore people do not have to buy and own them.

<https://www.libraryofthings.co.uk/>

Services to support older people

Ugo is an Italian platform that allows seniors and their families to find informal caregivers in their local community, to offer them company and assistance in daily tasks: accompanying them to the store or to the doctor, keeping company, doing the housework, gardening, etc. On the other hand, healthy and active seniors can offer their time and services to other seniors through this platform, thus remaining active and included in the society. The caregivers are checked and approved beforehand by the experts from the Ugo team. <https://hellougo.com/>

Village Care acts as a platform where demand needs of seniors and their families and supply service providers meet. Users can browse the offer of nursing homes, day care, health and Alzheimer's centres, professional or informal caregivers and alternative housing options for seniors. The platform provides a comprehensive insight and information on the care, health support and accommodation options available in their local community. <https://www.villagecare.org/>

Other areas

L'Accorderie is a time bank that is widespread in France, which allows people of all ages to pass on skills, knowledge and hobbies to others. The exchange currency is the time, based on the credit principle. The main result is interpersonal solidarity, as it promotes social engagement as well as strong intergenerational and community cooperation. <https://www.accorderie.fr/>

Zelemenjava: seeds, plants or harvest swap or “**crop2swap**” (zelenjava = vegetables, menjava = exchange) This is a Slovenian civil initiative for exchanging surplus seeds, seedlings and crops from home gardens; it enables the participants to eat good food, save money, reduce food waste and meet other community members. Crop swap events are organized in many towns all over the country on a voluntary basis.

Participants are people from all generations, all walks of life, who grow vegetables for their own use, thus promoting selfsufficiency and solidarity among members of the local community. Their rule is that money is not used for exchange.

<http://www.zelemenjava.si/>

Fit für 100

Fit für 100 (Fit for 100) is a physical activity offer for older people which was developed by the German institute of applied sport gerontology located in Köln. Until now, it is offered in more than 50 locations (mainly in North Rhine-Westphalia, NRW). The aims of the physical activity programme is to maintain competencies needed in everyday life, promoting mobility and independence of seniors 60 years old or older (especially 80+) and support their resources and give fall prevention.

Regarding the demographic changes and the growing number of old and needy people, reaching these goals is of great importance. The programme includes strength exercises as well as coordination exercises. There are alternative exercises for wheelchair users.

A special feature of the programme is that it is also feasible for dementia patients. The programme should take place twice a week to reach the aims. In order to be allowed to offer the training programme, you have to participate in a certification course which has a duration of three days including 24 teaching units. Content of the certification course is theoretical and practical knowledge about the exercise programme itself, fall prevention, changes and impairments in older age and typical age-related diseases and how to treat older people and dementia patients in the physical activity group.

After the certification course two video observations have to be passed to get the certification. This means that the instructor has to film two sessions and a co-worker of the project evaluates it and gives feedback. The training course addresses people working in physiotherapy, sport therapy, nursing-, social- and education service and instructors in seniors' exercise groups.

There were many media reports like in journals and in television (Stiftung Warentest, ZDF, ARTE, WDR, 3sat, MDR) about Fit for 100 which raised great interest. Following these reports many people and institutions contacted the Fit for 100-team which shows that people 80+ are motivated to improve their fitness level and life quality

Resources:

<https://www.youtube.com/watch?v=NPDXTXF6KI> (German)

<https://www.youtube.com/watch?v=zzlx0xwhAWc> (German)

<https://www.facebook.com/fitfuer100>

Friendship at any age

The program "Friendship at any age" concerns lonely and socially excluded people over 65 years old. To implement the program, the Prolepsis Institute collaborated with the French NGO "Petits Frères des Pauvres" (Little Brothers of the Poor), whose sole mission has been to carry out such programs in France since 1946 and internationally with partners from in 1979.

The beneficiaries are matched with volunteers trained by Prolepsis; the volunteers visit the elderly at home on a weekly basis, and occasionally organize social events outside the home, such as beach visits, walks, free theatrical performances, etc. Volunteers receive psychological support to deal with various issues such as, for example, the death of elderly beneficiaries assigned to them. The Prolepsis Institute also operates a hotline that offers psychological support to lonely seniors without the need for them to participate in the program.

Resources:

<https://www.prolepsis.gr> <https://www.timafoundation.org/el/grant/228-g-prolepsis>

<https://filiasekatheilikia.gr/> <https://www.facebook.com/filiasekatheilikia/>

Guided museum programme

The donation from Tima Foundation concerns the creation of a program of visits to the Benaki Museum for the elderly. 2,000 elderly members of the Centers for Open

Protection of the Elderly from various Municipalities of West Attica will visit the Museum for free within a period of 12 months. Guided tours will be offered to seniors in groups of about 30 people and will also include transportation to and from the Museum and refreshments. As part of the donation, the Museum staff will take part in an interactive simulation training program, to be able to offer better service to the elderly. This innovative training program is based on international best practices and research and is implemented by gerontologists with relevant experience in the field.

Resources:

<https://www.timafoundation.org/el/grant/136-g-moyseio-mpenaki>

<https://www.benaki.org/index.php?lang=el>

Im alter in form

Im Alter IN FORM is a project by BAGSO which is also part of the initiative IN FORM. Its aim is to activate potentials in communes by improving the offers of health prevention concerning older people. They focus on healthy nutrition, physical activity and social participation. Relevant actors (e.g. service providers in the health sector working with seniors like physicians, physiotherapists, pharmacists, nursing homes, fitness centers...) are given information material and offered trainings, symposiums and upgrade training courses on a communal level to advise them how to support a healthy lifestyle in older age. The trainings that are offered are: basic training, advanced training, "IN FORM MitMachBox" (Join in box) in practice, planning and initiating lunch – food on wheels and leading physical activity groups. In symposiums they also inform people in community facilities like nursing homes about how to guarantee a healthy and balanced diet. An example of another type of symposium was in Kassel in 2018. There they talked about the possible contribution of relevant actors in improving and creating health promoting offers and about useful strategies. The advises and information concerning nutrition, physical activity and social participation given in this project are implemented practically in many ways. For example, in Esslingen there were started physical activity groups which meet outdoors regularly and do low level physical activity together with the help of a competent trainer.

Another example is a movement parcours in Hessen which was newly created. It was well accepted by the public and used as a new meeting spot. People using the parcours report more security in everyday life, enjoyment of life and moving capacities. Furthermore, the activities include several research projects like case-studies in 2016 about lunch offers in the communes and the estimated future demand. Another example is an online survey about the status quo of service offers and health promotion measures. Added to this, the website provides information

material about the project itself and about the general information concerning the situation of older people

Resources:

Flyer (only German): https://im-alter-inform.de/fileadmin/user_upload/2_Ueber_uns/BAGSO-Projekt/BAGSO_Projektflyer_KL_v4final.pdf

Website: <https://im-alter-inform.de/#> Intergenerational companionship in learning ICT

Intergenerational companionship in learning ICT The program Intergenerational companionship in learning ICT is intended for all older people who would like to learn how to use or improve their existing ICT knowledge through socializing with young people.

How to organize the intergenerational companionship in learning ICT?

(Recommendations for organizations wishing to start this kind of activity) In the beginning of the school year the organization contacts the high schools (headmaster, secretary or other person in charge) to find out if they are interested in such volunteering opportunity for their students. If the answer is positive, the school appoints a coordinator (usually one of the teachers) who is responsible to recruit student volunteers, is a contact person for students and the organization, is in charge of administrative work (attendance lists etc.) and is available to students for support if needed. Meanwhile the school coordinator recruits the students, the organization recruits older people who would like to learn ICT in the company and with support of younger people. Once the recruitment is completed, both young and older people undergo a training.

Training program

The training consists of three parts:

1. Training for students (one meeting, 45 min)
2. Training for older people (one meeting, 45 min)
3. Training for students and older people together (one meeting, 45 60 min)

In the training for students, they are encouraged to think about examples of older people that they admire and to think about what they can learn from older people. We address the teaching process and some specifics about working with older people such as speaking slowly and clearly, repeating the learned information etc. In the training with older people, we encourage them to think about their own childhood and adolescence and what was important at that time (such as autonomy, peer appreciation, socialization, independence, studies, work etc.) to prepare them to

relate and understand young people. After these two trainings (which can be held on different days or simultaneously in two different rooms), the young and old people meet. They introduce themselves, about their interest, hobbies. By the end of the meeting, they pair up (e.g., based on shared interests, the level of ICT skills or particular skills that a person would like to learn; or other aspect). The pairs agree upon the day in the week, time, and location where they will be meeting during the school year. It is important that they meet in a neutral place (not at their homes!) but rather in the school, in the organization's premises or any other community place, e.g., public library. The information – pair contact information, day, time, and location should be given to the school coordinator.

ICT learning through the companionship

The previously paired couple of a young and an older person meet once a week for the whole school year and learn the use of ICT. The learning curriculum is adapted to the wishes and needs of older people. The role of older people is to pass on their knowledge and life experiences to young people through personal conversation. The learning is mutual: older people learn about advanced use of ICT, thus staying informed, involved, independent and on the other hand young people get to know and spend some valuable time with an older person, learning from their life experience.

For more information about the program contact Anton Trstenjak Institute of gerontology and intergenerational solidarity (info@iat.si) .

Intergenerational Program: Convive (Living Together) Madrid, Spain.

An intergenerational program initiative based on elderly people, who live alone, and university students living together. Link <<https://www.comillas.edu/en/social-work/unit/services/intergenerational-program-convive-living-together>> The program is an intergenerational and supportive initiative based on elderly people, who live alone, and university students living together. The program creates a situation that aims to be enriching for both parties. Beyond the obvious needs taken care of (loneliness of the elderly person and accommodation for the student), it is a mutually enriching intergenerational experience which includes mutual learning and the formation of supportive bonds. The general principles of living together shall be based on: Mutual support. Everyday exchange and dialogue. Respect towards difference. Follow up of the agreements freely made by both parts. # Invisible Talents programme

Learning and participation in later life is crucial for one's wellbeing, health and engagement. However, older and very old people who are not used to participating and contributing their voices and views are less likely to participate in activities that require some proactive involvement. Invisible talents supports health and social service providers in residential and/or community settings as well as citizens' initiatives working with very old people in self-assessing the status-quo of participation and engagement opportunities in their organization and developing concrete actions that make talents visible.

Link: <https://www.invisible-talents.eu/>

Source: <https://www.pexels.com/photo/crop-artist-with-brushes-against-cloth-4309872/>

Lichtblick seniorenhilfe

LichtBlick Seniorenhilfe e.V. was established in 2003 and was the first association of this kind in Germany. In sum, there are three LichtBlick teams situated in Munich, Münster and Deggendorf in the Lower Bavaria. The main aim is to support old people with financial difficulties but also to act as spokesman in the general public for them. The association is supported by celebrities that make aware of the situation of old people in Germany in the public, for example Simone Thomalla (actress) or Monica Gruber (cabaret artist). Other partners are for example the Sparda-Bank or Münchener Merkur (newspaper). LichtBlick wants to help old people unbureaucratically, quickly and personally. If someone needs financial help to afford something specific (e.g. new shoes or a new mattress), he or she can fill out an application form for immediate aid. After checking the documents, the application is approved and the money is sent to the applicant. Another option is to apply for a sponsorship that comprises 35 Euros per month which can be spent freely. If someone wants to help and donate money, there are several options. For example, it is possible to give an immediate donation. Here, the amount (from 50 Euros) and interval (from once to monthly) of donation can be chosen by the donator. Another option is to sponsor an old person by donating 35 Euros per month to a single person. Also, it is possible to donate shopping coupons of various values and frequencies. Some seniors shared their life story on the website in which they explain how the help of LichtBlick changed their lives (e.g. <https://seniorenhilfe-lichtblick.de/lichtblick-ist-der-himmel-fuer-mich/>). Added to that, you can read hand-written letters from the seniors in which they thank the association. Beyond the financial support, the association also arranges regular activities and events to integrate the seniors into society and to build a community. The seniors can participate without costs. For example, activities on a monthly basis are having a breakfast together, going to the cinema, hiking or to bowl in a group of regulars. In 2019, there were 166 events

additional to the regular events even mentioned (e.g. going to concerts or museums). LichtBlick publishes an annual review reporting on the activities and events as well as statistics/ numbers concerning one year. Added to that, it includes personal statements and pictures of the seniors and the staff. Lichtblick seniorenhilfe

Sources:

<https://youtu.be/gINVDKYAg5k>

<https://seniorenhilfe-lichtblick.de/wp-content/uploads/jahresbericht-2019-2-b.pdf>

<https://www.facebook.com/LichtblickSeniorenhilfe>

[The association has a website and has profiles on Facebook, Twitter, Instagram and LinkedIn](#)

Local community leaders

The topic of this project is the cooperation between experienced community leaders over 50 and possible future ones, making emphasis on the need to rethink and recognize the role of older people and their crucial contributions to the local community. The main objectives of the project are: the encouragement to improve the community development by increasing the number of well- prepared local leaders among people over 50. To reach their objective, project consortium will:

- provide training for current and potential community leaders focused on increasing their knowledge and skills,
- promote the emergence of new community leaders through mentoring,
- encourage local community leaders to share their experiences, best practices as well as active networking.

The project will have two different outputs. The first one, the Handbook and Guide, is focused on how to be a local community leader. The Handbook - will support people over 50 in fulfilling their specific role as local community leaders by building networks between people and institutions, strengthening trust in local community etc.

The Guide - will include different chapters regarding the role of leaders in local community development, using the method of mentoring and will be focused on recommendations for the NGOs and other institutions working at local levels on how to implement the proposed mentoring model. The Training Modules and the Training Kit are focused on providing specific training for local community leaders and will consist of several independent training modules, handouts for trainers, examples of good practices and other useful resources as well as a proposal of the training evaluation. The training modules will be designed to be used as workbooks, self-paced guides, reference manuals, handouts as well as job aids. # Lutins bleus

This project has been co-funded with support from the European Commission. This publication represents the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein

It is an on-line portal assembling all good practices tools and websites that are available for seniors in France. Thanks to Les Lutins Bleus, people can discover and compare all the senior offers on all possible themes: health, home help, housing, technology, mobility, clothing, food, media, leisure, travel, employment, meetings, etc.

The "Silver Economy" is full of offers for seniors and their carers. Finding your way around is sometimes difficult. Indeed, the major players in the market very often rise to the top of the search engine results. At the same time, the smaller players, who do not have the same resources, appear much further down the results. However, they often offer products of just as high quality, and therefore deserve to gain visibility.

The Lutins Bleus are therefore working to identify all the offers on the market and to present them objectively. It is then up to senior or carer, to make the choice according to your own criteria.

Resources:

<https://www.leslutinsbleus.fr/>

https://www.facebook.com/Les-Lutins-Bleus-179372659441579/about/?ref=page_internal

Make a wish

The "MAKE A WISH - A program for employment of women" project is in accordance with European and national recommendations on improving the position of women on the labour market and protecting women's rights, as well as with the guidelines of the employment policies of EU member states with an emphasis on promoting social inclusion and combating poverty, especially due to the fact that the participants of these activities will include women who are in a disadvantageous position on the labour market, and who will take care of the elderly and people in a disadvantaged position.

The project will be implemented by local government and self-government units and associations for a duration of up to 30 months, and is intended for the employment of women in a disadvantaged position on the labour market, with an emphasis on women over 50 years of age, women with completed secondary education at the most, women with disabilities, women victims of human trafficking, treated drug addicts, women victims of domestic violence and homeless women.

Thanks to this project, 15,000 women have been employed in the whole of Croatia so far, working in support and care for the elderly and disadvantaged in their communities. A total of 50,000 people are covered by these projects. Furthermore, projects are implemented in hard-to-reach areas (rural areas and islands) and in those

areas where the unemployment rates and long-term unemployment rates are higher than the Croatian average.

Resources:

<https://mrosp.gov.hr/arhiva-3104-10582/novosti-10759/zazeli-program-zaposljavanja-zena-financiran-iz-europskog-socijalnog-fonda-11049/11049>

<http://www.esf.hr/nastavak-projekta-zazeli-uruceni-ugovori-vrijednosti-vece-od-60-milijuna-kuna/>

Medicine exchange

GivMed non-profit organization is access to medicines for all. The organization has developed a digital app where users can upload their spare packs of medecins or their needs for them. Then the network of the organization transports the medecins accordingly.

The scopes of the program “We honor. We support. We strengthen.” are:

Meeting the pharmaceutical needs of about 800 elderly people, through the network and software of GIVMED in Attica.

Awareness and activation of local communities to support geriatric units by donating through GIVMED software the medicines that are no longer needed.

The program runs already 3 years from 2019 and is funded by TIMA Foundation. In 2020-2021 the program has specifically covered pharmaceutical needs of covid-19 (22,250 protective masks, 150,000 gloves, 296 special glasses and 390 liters of antiseptic).

Resources:

\1. <https://www.youtube.com/watch?v=tGaocc5b6C0&t=4s> <https://givmed.org/en/>,

\2. https://www.youtube.com/watch?list=TLGG-41oXDFm2fMwNzAzMjAyMQ&time_continue=6&v=DOoojXfLhC0,

\3. <https://givmed.org/el/nea/ekdilosi-apologismou-girokeia/>,

\4. <https://givmed.org/el/nea/girokeia-dorea-farmakwn-givmed/>,

\5. <https://givmed.org/el/nea/givmed-kai-tima-koinofeles-idryma-stirizoyn-ti-mac/>

Social ecosystem for anti-ageing

A European project team created an Ecosystem – E-learning platform for training, informing and giving awareness and providing tools, processes and methodologies for ICT and active and healthy aging in order to promote a wider and best use of ICT and e-inclusion of elderly by carers, social agents, governments, business and citizens and build professional skills and foster digital inclusion and awareness on active and healthy aging.

15 000 old people reached Europe wide (2000 in Bulgaria) were registered as users in the platform. **Resources:**

<http://www.bio.bas.bg/>

The age friendly cities and communities

The website of the World Health Organization's framework for identifying and addressing barriers for well – being of older people in the cities and communities. On website you can find more information about age friendly program, their main areas of work, the cities who are engaged in the initiative and some good practices from across the world.

Link: <https://extranet.who.int/agefriendlyworld/age-friendly-cities-framework/>

Source: <https://www.afedemy.eu/age-friendly-cities-questionnaire/>

Whispered readings

Whispered readings (*A cau d'orella*) is an initiative aimed at people over 65 with reduced mobility or people who are shielding. It consists of offering these people readings on any topic, through pre arranged telephone calls.

Link [<https://ajuntament.barcelona.cat/biblioteques/en/canal/lectures> cau dorella]
Whispered readings is an activity/service that some libraries from Barcelona, Spain are offering to older people users that want to participate. How does it work? Each participant can request a maximum of one reading a week. The reading lasts roughly 15 minutes. It is conducted by phone, gradually and in different sessions. A volunteer or a library worker will be assigned to each person using the service. The material

offered includes short contemporary texts, stories and noir novels. Users can also request other texts.

Wise friends at the museum

"Wise Friends at the Museum" was launched in 2016 with the support of TIMA Foundation and it is addressed to people over the age of 65. Up until today, it has hosted more than 6.000 seniors to the Museum through organized group visits. During the 2017-2018 period, the program was supported by the Young Patrons of the Museum. In 2019 the program is expanded, partnering again with TIMA Foundation and the Stavros Niarchos Foundation.

From 2020, the Museum of Cycladic Art offers seniors the opportunity to participate in a guided tour of the museum and to travel for a while across Cyclades via virtual reality glasses.

Based on Seveneleven' s 2018 experience, virtual reality offers a new form of entertainment to those who live with some form of dementia, while, at the same time, according to some researches, the sensory experience it offers, seems to limit symptoms such as stress, anxiety and confusion.

The purpose of the workshops is not only to entertain the seniors who live in caring homes and are not able to visit the Museum, but also to promote their experiential connection with Cycladic culture.

Resources:

<https://cycladic.gr/page/ikoniki-xenagisi-sto-mousio-kikladikis-technis>

<https://www.iefimerida.gr/politismos/eikoniki-xenagisi-moyseio-kykladikis-tehnis>

<https://www.timafoundation.org/el/grant/196-g->

<https://www.eurodiaconia.org/el/2018/12/virtual-reality-for-elderly-people-a-new-project-launched-by-our-greek-member-apostoli/>

Articles

In the Articles collection you will find a collage of information on gerontology. Some of the articles is about 10 minutes to read, others are just abstracts with a link.

5 Ways to Motivate and Encourage Seniors

Caring for and having successful relationships with older adults often require unique interpersonal skills and strategies. Setting goals can be beneficial for many older adults. This article lists five ways to encourage and motivate older adults.

Link: <https://www.psychologytoday.com/nz/blog/communication-success/201503/5-ways-motivate-and-encourage-seniors>

7 Tips for Improving Communication with Seniors

Blue Moon Senior Counselling is a group of Licensed Clinical Social Workers (LCSWs) that provide counselling and psychotherapy to seniors. Good communication is the key to maintaining a strong relationship with your older loved ones. Sometimes, speaking with seniors requires a different style of communication than speaking with younger people, and the role changes that occur during aging can affect your relationship dynamic.

Link <https://bluemoonseniorcounseling.com/7-tips-for-communicating-with-seniors/>

About ageism

Definition of ageism – treating a person less favorably than others because of his or her chronological age. Ageism is stereotyping and/or discrimination against individuals or groups based on their age. This may be casual or systemic. Originally it was identified chiefly towards older people, old age, and the ageing process;

discriminatory practices against older people; and institutional practices and policies that cause stereotypes about older people.

Ageism usually refers to negative discriminatory practices against old people, people in their middle years, teenagers, and children.

Ageism can operate both consciously (explicitly) and unconsciously (implicitly), and it can be expressed at three different levels: microlevel (individual), mesolevel (social networks) and macrolevel (institutional and cultural).

Ageism arises when age is used to categorize and divide people in ways that lead to harm, disadvantage and injustice and erode solidarity across generations.

Ageism refers to the **stereotypes** (how we think), **prejudice** (how we feel) and **discrimination** (how we act) directed towards people on the basis of their age. It can be **institutional**, **interpersonal** or **selfdirected**. Institutional ageism refers to the laws, rules, social norms, policies and practices of institutions that unfairly restrict opportunities and systematically disadvantage individuals because of their age. Interpersonal ageism arises in interactions between two or more individuals, while selfdirected ageism occurs when ageism is internalized and turned against oneself.

Ageism starts in childhood and is reinforced over time. From an early age, children pick up cues from those around them about their culture's stereotypes and prejudices, which are soon internalized. People then use these stereotypes to make inferences and to guide their feelings and behaviour towards people of different ages and towards themselves.

Some examples of ageism in daily are:

- Praising older people by comparing them to younger ones: "You look good for [your age]," "You're young at heart" or "Inside, I feel 30 years younger."
- "You're still... [dancing, driving, going to the gym, wearing a particular style]" or "You're too old to do those things."
- Describing minor forgetfulness as a "senior moment."
- Health care and socialservice providers who patronize older people, or who undertreat, overtreat or overmedicate them.
- Patronizing language (sweetie, dear, honey, he's so sweet, isn't she cute). Thinking older people doing things associated with younger people (mild cursing, having or referring to sex) is adorable or surprising.
- Namecalling: geezer, gramps, old fart, dirty old man, little old lady, old bag, biddy, old fogey.
- Lying about your age for fear of negative perceptions, or staying "39" year after year.

- Assuming that young people are computer geniuses and older people are technologically inept.
- Discussions of the "silver tsunami" that blame older people for economic and social challenges.
- Loosing a job because of your age
- being refused interestfree credit, a new credit card, car insurance or travel insurance because of your age
- receiving a lower quality of service in a shop or restaurant because of the organisation's attitude to older peo

Source of examples is [HERE](#) and [HERE](#)

Benefits of reading in old age

The article lists the healthy benefits of reading for older people as well as reading options such as audiobooks, eBooks, easy to read books, book clubs...

Health benefits of reading

Improving memory Improving analytical skills Delaying the onset of Alzheimer's and dementia Improving your sleep

Emotional and mental health benefits

Reducing stress and combating anxiety Boosting happiness and increasing empathy Keeping us connected

Useful products for reading

Reading can get harder as we age, especially if we're losing our eyesight, but there are a number of useful products out there that can help. Adaptive methods can include large print books, eBooks, audio books or joining a book club in the nearest library.

Source: [Supercarers](#)

Communicating with older people who have diverse needs

This article deals with communication issues that may arise when communicating with older people who have diverse needs such as vision and hearing loss, speech

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impairment, cognitive impairments, or people who belong to culturally and linguistically diverse communities.

Link: <https://www.health.vic.gov.au/patient-care/communicating-with-older-people-who-have-diverse-needs>

Key words communication, older people, diverse needs, difficulties

Examples of good practices of sharing economy

Transport and mobility

Public transport is a traditional and most used form of shared transport, as passengers share the same means of transport (bus, train). However, in recent years the development of ICT and the sharing economy has enabled new forms.

Carpooling (also ridesharing) is sharing of car journeys; the driver shares the space in the car with other passengers and consequently also the cost of a trip he/she would do anyway. With more people sharing one car and travel costs (fuel, tolls), carpooling not only reduces the cost of transport for each passenger, but also carbon footprint, congestion on the roads and the need of parking spaces. Carpooling platforms provide a connection between the driver, usually the owner of the car and passenger(s) with the same destination, allowing transport at an affordable price. For seniors carpooling is also beneficial for meeting people who would probably never have met otherwise, thus creating social ties and allowing them to travel at low cost, also to destinations with poor or no connections with public transport. Most of carpooling platforms require a small fee for offering this service (e.g. BlaBlaBla car) and some of them provide this service for free (e.g. prevoz.org in Slovenia). BlaBlaCar is the most used carpooling platform in Europe. It was created in France, but has expanded to many other countries. In 2019 there were over 80 million of its users.

Carsharing is a model of car rental where people rent cars for short periods of time (minutes, hours) and only pay for their usage, based on how long the car is used and the distance travelled. Therefore, for people living in urban areas where this service is provided, owning a car is not necessary any more, as one can rent it only when needed. The renting organization is usually a commercial business. Its service includes costs of car ownership, registration, insurance, fuel, maintenance, vignette, loss of value, customer support and parking at designated locations, mostly in urban areas, where cars can be picked up and returned 24 hours a day, 7 days a week. The whole process of renting a car is done online using an application; first one has to register, pay a fee and to attend a short presentation on how to use this service. Registered

users can then book a car on the desired location when they need it, unlock its doors using the application etc. To use this service, a smartphone and advanced ICT knowledge is required.

ComParko is a web platform that offers a connection between owners of unused parking spaces and drivers who need them. Through the platform, it is possible to search, rent or share a parking space for months, weeks, days or even hours. The platform started in Spain and expanded to other EU countries.

<https://www.comparko.com/>

Getaround could also be a very useful platform for seniors; car owner can rent his/her car to others for a time when it is not needed. Seniors in particular do not use their cars as much as before but many of them prefer to keep it. This initiative is available in many Western European countries. <https://www.getaround.com/>

Shared housing and accommodation

Community housing or cohousing is an alternative to traditional forms of housing for seniors; the platform offers the possibility of establishing contacts between people interested in cohousing, thus avoiding loneliness and promoting inclusion and social contacts. In Spain several initiatives are organized as housing cooperatives for seniors.

Un toit 2 Générations is a French platform for intergenerational cohousing. It enables the connection of seniors accommodation providers and young people, most often students needing a room or temporary accommodation. They both can benefit from each other's company, can learn, support, offer new skills etc. Similar recently established platform is Homiz. The objective of such platforms is to promote intergenerational coexistence by offering a solution for the growing social isolation of the older population and on the other hand for young people in need of affordable accommodation. <https://www.untoit2generations.fr/>

Short term accommodation, mostly for tourist travels and holidays: The platforms best known and used is **Airbnb** allow property owners to rent out rooms, flats or houses that are otherwise unused for a short period of time, usually for tourists. By offering their accommodation the owners (many of them are seniors) can earn some extra money and improve their financial situation and also meet other people. **Freebirdclub** platform; its target group are people aged over 60; owners rent out their unused rooms, apartments or cottages exclusively to seniors for holidays, travels etc. <https://www.thefreebirdclub.com/> **Homeforexchange** provides an economical and comfortable holiday accommodation. Through this and other similar platforms offering temporary home exchange, the users upload their homes' presentation and their preferred travel destinations and get in contact with others in order to exchange their homes or holiday apartments for a limited time. The exchange may be simultaneous or at different times. An annual membership is required. Nevertheless,

mutual trust and confidence is required to let strangers use one's home and treat it as his/her own. This platform is very popular among seniors allowing them to travel and visit other countries. <https://www.homeexchange.com/> **Affitto Giardino** works as other platforms for sharing private properties with temporary users for compensation. It focuses exclusively on large gardens and other outdoor areas suitable for hosting events, celebrations, weddings and other gatherings. The owners of such facilities rent them out to earn some extra money, also to maintain these areas. <https://affittogiardino.it/>

Exchanging and sharing objects

The **Wallapop** platform allows buying and selling used, second hand objects, clothes, collection items, toys etc. In Spain it has 20 million users (almost half the population) and 70,000 daily transactions. It allows the reuse of objects that are no longer needed and connects people with similar needs and hobbies. <https://www.wallapop.com> In Slovenia

"Library of things" was established, where one can borrow tools, gadgets, toys, sport and camping equipment etc. things that are usually needed only for a short period and therefore people do not have to buy and own them.

<https://www.libraryofthings.co.uk/>

Services to support older people

Ugo is an Italian platform that allows seniors and their families to find informal caregivers in their local community, to offer them company and assistance in daily tasks: accompanying them to the store or to the doctor, keeping company, doing the housework, gardening, etc. On the other hand, healthy and active seniors can offer their time and services to other seniors through this platform, thus remaining active and included in the society. The caregivers are checked and approved beforehand by the experts from the Ugo team. <https://hellougo.com/> **Village Care** acts as a platform where demand needs of seniors and their families and supply service providers meet. Users can browse the offer of nursing homes, day care, health and Alzheimer's centres, professional or informal caregivers and alternative housing options for seniors. The platform provides a comprehensive insight and information on the care, health support and accommodation options available in their local community.

<https://www.villagecare.org/>

Other areas

L'Accorderie is a time bank that is widespread in France, which allows people of all ages to pass on skills, knowledge and hobbies to others. The exchange currency is the

time, based on the credit principle. The main result is interpersonal solidarity, as it promotes social engagement as well as strong intergenerational and community cooperation. <https://www.accorderie.fr/> **Zelemenjava**: seeds, plants or harvest swap or **"crop2swap"** (zelenjava = vegetables, menjava = exchange)

This is a Slovenian civil initiative for exchanging surplus seeds, seedlings and crops from home gardens; it enables the participants to eat good food, save money, reduce food waste and meet other community members. Crop swap events are organized in many towns all over the country on a voluntary basis. Participants are people from all generations, all walks of life, who grow vegetables for their own use, thus promoting selfsufficiency and solidarity among members of the local community. Their rule is that money is not used for exchange. <http://www.zelemenjava.si/> # Green Paper on Aging

GREEN PAPER ON AGING Fostering solidarity and responsibility between generations
The purpose of this green paper is to launch a **broad policy debate on ageing** to discuss options on how to anticipate and respond to the challenges and opportunities it brings, notably taking into account the UN 2030 Agenda for Sustainable Development and UN Decade for Healthy Ageing. Competences for dealing with the effects of ageing are largely in the hands of Member States and the EU is well placed to identify key issues and trends and support action on ageing at national, regional and local level. It can help Member States and regions develop their own, tailor-made policy responses to ageing.

Source: https://ec.europa.eu/info/sites/info/files/1_en_act_part1_v8_0.pdf

How to Communicate Effectively With Older Adults

Caring for, and having successful relationships with older adults often requires unique communication skills and strategies. This article lists five tips for successful communication with seniors. Not all of these ideas may apply to your particular situation or the older adult(s) involved. Simply use what works and discard the rest. These ideas also presume that the relationship with the senior is relatively positive and that the senior is relatively cooperative.

Link: <https://www.psychologytoday.com/us/blog/communication-success/201411/how-communicate-effectively-older-adults>

In-group social learning

In-group social learning is a group method used for development of good and quality habits among different groups of adults. Its additional value is in bridging the gap between theoretical and practical knowledge. The method was developed by prof. Jože Ramovš, the founder of Anton Trstenjak Institute, and his team. It is based on learning from shared experience and combines gerontological knowledge on aging, anthropological knowledge on intergenerational relations strengthening, psychological knowledge on importance of experience sharing, neurological knowledge on reinforcement of learning process and andragogical knowledge on adult learning principles. The method is carried out in groups of around 10 older persons among which there are two volunteers – multipliers, who have been educated in the group formation, leadership and have knowledge on how to implement a specific thematic program. During the last 20 years, more than 700 hundred volunteers have been trained in this method across Slovenia and Croatia, resulting in some hundreds of groups for quality ageing.

Click [here](#) to download the article on in-group social learning.

Intergenerational solidarity

*written by **Gordana Deldum**, Industrial and Trade School Slavonski Brod*

The fact that EU Day of Solidarity between Generations is celebrated on 29 April speaks to the level of its importance. There is a saying stating that “a society is developed when old people plant trees the shadow of which they will not see.” It should be added that a society is developed to that extent to which it cares about the inclusion of older people in everyday life, indicating that they are still valuable members of the community. The ancient Egyptians believed that Ra, the Sun God, was born from the petals of the lotus, a flower that is considered a symbol of purity, youth and wisdom. Its root is in the mud of the lake, its stem is in the water, and its leaves float on the water surface. When it blossoms in the spring, its gorgeous flowers turn towards the sun, and that is why this flower is reminiscent of a combination of youth and wisdom; everything permeates and one cannot live without the other.

Older people are needed by young people in order to transfer their experience, knowledge and skills, whereas younger people can help older people with their energy and new knowledge in mastering modern technologies that can make their lives easier. When talking about old age, it is very important to refrain from stereotypical notions that old people are weak, tired, dependant and as such not needed by the society.

It is, in fact, true that during this natural process there is a certain level of deterioration of bodily functions (both physical and cognitive). This, however, does not mean that a person cannot remain active in the retirement period. Due to a better standard and societal development, the life expectancy has generally increased, so, today, with 65 years of age, people start a whole new chapter in their lives where they discover new talents, devote their time to things they couldn't while they were working and be very active although retired. Intergenerational solidarity, in practice, occurs at almost all levels without people even realizing it.

For example, this happens in every household where there are at least two generations living under the same roof. Young people, who are still not financially independent, could not survive without the experience and help from the older generation, whereas older people lean on trends of the younger members who help them with technology and buying new appliances. Young generations are more familiar with the world of internet and can help with their knowhow and expertise in the family business or any other activity.

A very good example of intergenerational solidarity can be found in educational institutions, in schools. The teaching process does not necessarily end when one retires. Some school projects encompass cooperation between generations students, teachers and retired teachers. The retired teachers can transfer their knowledge and experience even more so now than they did while working because in retirement they can devote more time to new ideas. Furthermore, intergenerational solidarity occurs on a daily basis during the teaching process. Although teachers are the managers of the teaching process, oftentimes they cannot do it without the help from their students. Due to the ever faster flow of information and rapid change in lifestyle, sometimes it happens that students better cope with certain situations than their teachers do, so it is a blessing that teachers can benefit from their knowledge and new skills, thus making them valuable stakeholders in the educational process.

There are numerous examples of the young and old working together in a good and useful manner, be it on a cultural or sporting or any other level. What is important is making everybody realize that one cannot live without the other and that we all need each other. The support can be provided anywhere in one's home, at the work place or outside it, and it needs to be done by respecting the differences and one's abilities. Just as the lotus flower cannot display all its beauty without the muddy root and flowers on the water surface, so the world cannot function without all its parts, both the young and the old. Everyone is equally important and equally necessary and can work together towards a better world if they wish to do so. # Netiquette

Netiquette is a set of unofficial rules for good behaviour and politeness for users of online and digital technologies such as the Internet, email, chat rooms etc. Here are some guidelines and tips about "do's and don'ts" for mobile phone and email communication, for discussion groups, forums, and social media.

Mobile phone etiquette in public areas

Talking or texting on a mobile phone in public may be a distraction or a barrier for socialization. In the past years, society has become less tolerant of mobile phone use in public areas public transportation, restaurants etc. Mobile phone use can be an important sign of social discourtesy, such as phones ringing during meetings, classes, funerals or weddings, in cinemas etc. In certain places their use is prohibited, not to disturb other people. Some trains, particularly longdistance services, offer a "quiet carriage" where phone use is prohibited.

Phubbing means ignoring one's companion or companions in order to pay attention to one's phone or another mobile device. Don't phub your friends!

Etiquette for writing and sending email

- **Keep your email short** It is better to keep your emails short and to the point, focus only on one subject (other subject in separate email).
- **Read again before sending** Before sending take the time to review your email to prevent the embarrassing situations: sending to the wrong recipient, failure to include attachments, correct errors in spelling and grammar. Once you click "send", there is no return.
- **Use "reply all" only when needed** If you do "reply all" make sure the email is relevant to the entire group. It can generate a lot of email replies which junks up everyone's inbox.
- **Use CC and BCC properly** Carbon copy (or CC) sends a copy of your message to this recipient and blind carbon copy (or BCC) will send a copy to the third party but without the other recipients being able to see that. When sending an email to a group of people use BCC in order to keep the email addresses private.
- **Use good email subject lines** The subject line is the first item the recipient will see what your email is about and what needs to be done. It will also help the recipient prioritize emails.
- **Respond promptly to emails** It is common courtesy to acknowledge the receipt of an email, at least within 24 hours. Even if you cannot respond to it right away, the sender should at least receive an answer that you have read it and you will get back to it as soon as possible.
- **Inform recipient of attachments** You can include attachments to emails documents or images. If the files are large, taking up a lot of memory, you may have to send multiple files or compress them or open a file in DropBox, Google Drive or another filessharing platform and send a link to the recipient.



- **Use capital letters carefully** It is understood that writing emails in capital letters is equivalent to shouting and it's rude. To emphasize a word or a phrase it is recommended to use bold type font or italics or underlining.
- **Do not forward chain letters** This will make you look unprofessional whether it is jokes, photos or chain emails.
- **Etiquette for online discussion groups, forums and in social media etc.** Many sites have descriptions of rules of good behaviour, usually as the terms and conditions you must agree to when you open your account. You might as well check if the site has a FAQ (frequently asked questions) section, which include questions that have been asked and answered many times. **Basic rules are:** Even though you may express strong disagreement with what somebody, calling them names or threatening is not acceptable. Do not spam post advertisements for products or services. Use clear and simple language to avoid misunderstandings. Slang is not recommended. Do not forget that your posts are public and can be read by everybody. Stay ontopic. If you need technical help, do not ask questions you could answer yourself by reading the manual or online help. Do not post copyrighted materials.

New technology in care: opportunity or threat to older people's rights?

This article discusses that even if the digital technologies can be used to improve social care, they can also negatively affect human rights and contribute to the segregation and isolation of older people.

How to ensure a future where technology is used to advance human rights, not threaten them?

To ensure the right path, we need a rights based approach in care, taking the needs and interest of older people in their diversity. Technologies in care should not be used as ways to cut back cost, cut staff, services, etc., and lead to the loss of individual privacy and independence. To avoid that, we need careful monitoring and make sure the provision of care is "*back into the hand of the citizens*", highlighted the researchers. It should be "**made by us, not for us**".

This rights based approach means:

- addressing **digital divide**: tackling affordability and accessibility,
- ensuring autonomy and **self determination**: people should have the control and choice over how they want to live their life,

- ensuring meaningful **consent**. This requires real transparency by designers and providers on purpose and risks, the right and possibility for users to change their minds and completely reject technologies in the care sector, without any adverse resistance,
- defining “**red lines**” for technology using Artificial Intelligence: we need to identify which technologies should not be used in the context of care as they will violate human rights,
- assessing impact,
- **involving** older people directly in the design, development and implementation of the decisions to ensure the diverse needs and interest of older people are taken in account. This process should be monitored by older people themselves. Technology is a tool that should aim to optimize the potential of older people and respect their self determination and use the technologies that are available but be sure that it is in our benefits and not in our disadvantages.

Sharing economy for older people

What is sharing economy?

The sharing or collaborative economy is a business model based on the sharing of underused goods or services, free of charge or for an agreed compensation. It comprises all the activities that suppose a sharing of goods or services between individuals with the main objective to achieve the most efficient use of the available resources. This model involves the temporary consumption or use of goods that are usually underutilized or have not been monetized yet and differs from the traditional model based on hyper-consumption and permanent acquisition and ownership of goods.

Sharing rather than owning helps people to save money, increase social capital, improve community, meet new people, build trust and lower carbon footprints. It is sustainable alternative to the traditional market model. It is facilitated by digital platforms, as a link between suppliers and consumers, thus eliminating the role of intermediaries and consequently enabling savings as well as the trust factor. Collaborative consumption includes both tangible and intangible assets from almost all areas such as transport, accommodation, working infrastructures, leisure, clothing, etc. The 2008 economic crisis and the growth of digital technologies led to the development of sharing economy initiatives; individuals were looking for additional savings and income and therefore offered their goods or services on sharing economy platforms.

The European Commission about sharing economy

As the collaborative or sharing economy is rapidly developing in Europe, the European Commission has been working on the understanding of this phenomenon and better regulation of its features. The Commission defines collaborative or sharing economy as business models meeting the following criteria:[\[1\]](#)

- Business transactions take place between three parties – the service provider, the online platform and the customer
- Service providers offer access to their goods, services or resources on a temporary basis.
- The goods, services or resources offered by the service provider are otherwise unused.
- The goods, services and resources are offered with or without compensation (i.e. for profit or nonprofit/sharing).

Benefits for older people

Sharing economy platforms enable communication among people and interaction with the environment, exchanging knowledge and experiences, exercising learning capabilities, civic and public participation, and involvement in new forms of leisure and entertainment. Sharing economy brings benefits to all generations. Focusing on the seniors, it could improve or make many daily routines and tasks easier. For example: carpooling where the application connects drivers and passengers with the same destination. This can be very useful for seniors who need a ride because public transport is not provided or connections are poor; on the other hand, this can be an opportunity for them to meet new people and broaden their social network. One of the benefits of the sharing economy is financial, as goods and services provided by sharing economy platforms are usually cheaper and more accessible than traditional ones. Seniors are empowered by the feeling of belonging to a community: the sharing economy is driven by its community and based on trust and collaboration between its users and providers. The whole society, including seniors can benefit from the use of platforms. The challenge is to promote their advantages to seniors and encourage them to use them.

Challenges for older people

Main challenges are attitudes and habits based on existing market models and consumers' society: owning rather than sharing, individual rather than community etc.

Other challenges seniors find are those referred to their physical condition (commonly hearing, visibility or motor skills problems), the lack of formation about it or the belief that it is too complex, the reduced economic capacity and the so-called 'technological anxiety'. However, the anxiety and fear of ICT is a common reaction also in other age periods[2].

[1]A European Agenda for the Collaborative Economy, European Commission, 2016

[2]Universitat Oberta de Catalunya (UOC), "Collaborative Economy: Challenges and Opportunities", Proceedings of the 14th International Conference on Internet, Law & Politics Barcelona, 2122 June, 2018.

Virtual reality increases quality of life of the elderly

"Any activity that promotes curiosity, critical thinking, and meaningful social engagement is good for the brain's health and fitness. Virtual reality's ability to give users a sense of presence by stimulating the visual, auditory, and vestibular systems allows them to experience new and remembered—or forgotten—experiences like never before," Aaron Tate, Director of Emerging Technologies at the University of Texas at Dallas's Center for Brain Health.

The quality of life of older people is a very important factor for a stable and beautiful third age. In 2019, Van Leeuwen KM et al. characterized it through 9 domains: health, autonomy, activity, relationships, adjustment, emotional comfort, spirituality, home and neighbourhood, and financial security. In an effort to achieve a higher quality of life, the question is how to establish a correlation between older people on the one hand and the dynamics of today's life and the rapid development of technology on the other?

Older people, realistically, lose certain abilities with each subsequent year of life and their social environment naturally decreases. If this is added to the two-year isolation of the elderly caused by the COVID-19 pandemic, then the problem becomes even more complex. Social isolation favours the faster development of characteristic diseases of older people, such as dementia, Alzheimer's and Parkinson's disease, but according to some research, it also increases the possibility of heart attack and stroke by about 30%.

We all know that the mental and physical activity of older people has no alternatives and that only health problems can limit them. Research conducted at the University of Texas at Dallas's Center for Brain Health showed that virtual reality technology has a great potential for encouraging the aforementioned activities, with the fact that this

also applies to those people who have certain health problems. This research was the trigger for many companies (one of them is MyndVR) to go into the field of development and application of virtual reality for people primarily placed in retirement homes.

There are many examples, which can be found on social networks, that show that these activities make sense, that this is the future for raising the level of quality of life, although in order to get that confirmation, it needs to be proven through research that is still ongoing. Virtual reality can allow users to realize all their wishes related to the past and the future.

Swimming with dolphins, diving, driving an airplane, jumping with a parachute, flying into space, visiting a museum on the other side of the world, walking down your street, visiting your home and feeling that this is reality is made possible by immersive virtual reality. All these activities, fulfilling the wishes of users with virtual reality, have an impact on stimulating mental and physical activities, encouraging positive emotions and relaxation, which has a direct impact on the quality of life of older people. Some of the data from the surveys in which the elderly spoke about their own experience, which are not fully confirmed by research, show that their experience was extremely good, and 100 percent said that they enjoyed the experience. The majority said virtual reality had a positive effect on their mental health, with 96 percent saying it helped them feel happier, 97 percent felt more relaxed, 98 percent more positive and 94 percent less anxious.

With personal experience in practicing skills using virtual simulators, I believe that the results will realistically be better than any predicted. This is supported by the fact that, as expected, by 2025 the total revenue in the virtual reality market for older people is to increase by 3.5 times from 6.1 to 21 billion dollars. It is also expected that with this increase, the prices of VR will become more acceptable for a larger number of older people.

Games

We list games here and described links to sites that have more games applicable to play in elderly communities.

Petanque

Players or teams play their boules towards a smaller target ball. The aim of the game is to be the first player/team to score thirteen points. Points are scored by having one or more of your boules closer to the target than those of your opponent, after all boules have been thrown.

- **Number of participants** 2 - 6
- **Duration** Variable, until one of the teams scores 13 points.
- **Outdoor** (parks, hard dirt or gravel)

The surface of a Petanque pitch can be of any material but thin gravel or sand is most appropriate. The shape can be either a thin strip 25 30 m long and 3 m wide or it can just be a large flat area. The player who starts the leg must first draw a circle around her feet with a diameter of between 35 and 50 cm. All players must keep both feet on the ground and within this circle when throwing. The nearest boule to the cochonnet is always called the "best boule". Each player throws boules until that player runs out of boules or throws a boule that is best boule. Once a player achieves best boule, the next player on the opponent team plays in the same way. When a player runs out of boules, the next player in the same team takes over. When all the players in a team run out of boules, the opposing team finishes the leg by playing all their remaining boules in an effort to increase their score. The winner of the leg scores one point for each boule that is closer to the target than the opponent's best boule. The team that reaches 13 points first, wins.

What is petanque: <https://thisispetanque.com/what-is-petanque.html>

Video: How to play petanque:

<https://www.youtube.com/watch?v=5s9BpxOsOY4&t=151s> Rules:

<https://www.mastersofgames.com/rules/petanque-boule-rules.htm>

The Beach Or The Mountain?

A person asks closed questions to a group of people. They have to choose between the two options and move to right or left depending on the answer.



- **Number of participants** Optional, at least 2. It's better when it's a group of 10-15.
- **Duration** 10 - 15 Minutes
- **Outdoor / indoor** Both

It can be indoor or outdoor, but it will be necessary some space to move. (If there's no space available or the participants have mobility difficulties, they can raise their hands to answer the options). We place all the group of participants together in the room or space that we have prepared. One moderator with a few prepared questions explains the game and announces the question. For example: Would you prefer beach or mountain? The group have to divide depending on the answer, to the left side or to the right side. And like that with the other questions.

mr. Postman

In this activity the participants will send a letter or a postcard to one of his/her familiar/friend.

- **Number of participants** 5 - 10
- **Duration** 1 Hour (more if is needed)
- **Outdoor / indoor** Both

To do this activity it will be necessary envelopes, papers, stamps and multiple handcrafts and office materials. This activity needs to be done with tables and chairs in a relaxing environment. If the participants wanted also with music of their choice. They can decorate, write, draw, do collage... Before the activity we ask them to have the address of their families/friends. If they want at the end of the session they can share or express a paragraph of what they have write and to whom.

The Best Free Brain Games for Seniors

A list of free brain games for seniors, to help you to support your senior loved one in giving their mind a regular workout without spending any money. Includes direct links to sites offering the games.

Link Link https://info.careforfamily.com.au/blog/free-brain-games-for-seniors?hs_amp=true

80 Top Games for Seniors and the Elderly: Fun for All Abilities

Get ready to play! It's time to learn about the best games for seniors so that you can reap the benefits of having fun. After all, joy, amusement, and mental stimulation are necessary for every senior's overall wellbeing. And we all have days when we just want to pass a little time by doing something engaging. The variety of senior-friendly games that are now available is astonishing. So to help you narrow down the possibilities, here are some of the best examples within seven main categories: Puzzle, tile, and board games Video games Card games Dice games Word and number games Indoor games for large groups Outdoor games

Link <https://www.greatseniorliving.com/articles/games-for-seniors>

Sites

Here we list websites providing information on best practices and exercises and activities.

Be connected

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. They offer online learning resources as well as a Network of community partners the Be Connected Network who offer support so you can develop your digital skills and confidence. Find a local place for friendly help and advice, or join the Network to help others. Very thorough, intuitive and useful materials for basic users. link <https://beconnected.esafety.gov.au/>

Psychology Today

Psychology Today is a very good and useful site dealing with all things Psychology, with a specific section dedicated to articles regarding aging Link <https://www.psychologytoday.com/intl/basics/aging>

Keywords: aging, mental health

Care for family

Care for Family has been supporting local communities in Sydney and beyond with the highest quality private inhome care since 2014 under the expert leadership of Ruth Samer, who has been an inhome aged care and childcare services specialist for over 30 years. The site features excellent resources for seniors as well as a very useful blog dealing with issues regarding quality aging (detailed and specific lists of activities for seniors, suggestions, games, etc.). Link <https://www.careforfamily.com.au/>

Keywords: home care, aging, activities for seniors

:::note

“The ultimate activities list for Australian seniors” as a pdf document in attachment to this email (downloaded from this site) maybe this could be a separate example of best practice? Just not sure under which category, maybe you have a better idea

:::

UN Department of Economic and Social Affairs

Ageing

The official United Nations site dedicated to the matters of ageing. It features all the relevant documents and developments regarding the issues and rights of older people.

Link <https://www.un.org/development/desa/ageing/>

Keywords older people, ageing, rights

Great Senior Living

Fun Activities for Seniors: Over 100 Ways to Play Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Some of the best types of diversions for older adults or elderly people include:

- [Active games and sports](#)
- [Dancing, karaoke, and other performance arts](#)
- [Parties and other social gatherings](#)
- [Traditional games and puzzles](#)
- [Animal interactions](#)
- [Gardening, bird-watching, and other outdoor pastimes](#)
- [Arts and crafts](#)
- [Active learning](#)

[Outings and excursions](#)

Link <https://www.greatseniorliving.com/articles/fun-activities-for-seniors>

Keywords: fun activities for seniors, games, sports, arts and crafts

The American Association of Retired Persons

The American Association of Retired Persons (AARP) is doing amazing things to make life better for today's 50plus population and generations that follow. In the face of constantly changing realities, AARP is a champion for social change. We help people navigate ageless realities — financial wellbeing, health, how to contribute to society and local communities, and how to fully enjoy life.

Link <https://www.aarp.org/>

Keywords: older people, quality of life, finances, health, society, local community, travel

Suddenly Senior

America's most trusted senior citizen website. This top ranked site now has over 4,000 pages of humour, nostalgia, senior advocacy and useful information for seniors 50+. Updates weekly!

Link <https://www.suddenlysenior.com/>

Keywords: older people, ageing, self-help, skills

Love to know Seniors

Love to Know Seniors is devoted exclusively to senior citizens and their unique needs. Whether you are a senior citizen or the child or caregiver of a senior, you'll find the information you're searching for here. We offer tips on retirement communities, financial planning, as well as hair and fashion advice specifically for seniors.

Link <https://seniors.lovetoknow.com/>

Keywords: older people, pets, home and gardening, travel, hobbies