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Europe for Citizens

Juniors for seniors active ageing

About the project

Coordinator:	Municipality of Škofja Loka + 11 associated partners
Project duration:	1.9.2019 – 30.9.2022
Budget:	146.160 EUR

Relevant general program objective:

✓ **Foster European citizenship** and to improve conditions for civic and democratic participation at Union level

Relevant specific aims:

✓ **Encourage democratic and civic participation of citizens at EU level** by developing citizen's understanding of the union policy making processes and promoting opportunities for societal and intercultural engagement and volunteering

Relevant priority:

✓ **Debating** the future of Europe and challenging Euroscepticism

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Participants in the project

Coordinator:	Občina Škofja Loka,	Slovenia
Partners:	Bashkia Kruje,	Albania
	Stadtgemeinde Judenburg,	Austria
	Stadt Bad Kötzting,	Germany
	Asikkalan kunta,	Finland
	Douzelage Bundoran,	Ireland
	Mesto Sušice,	Czech Republic
	Municipaliti Rokiškis District,	Lithuania
	Kőszeg Város Önkormányzata,	Hungary
	Holstebro Douzelage,	Denmark
	Orasul Siret,	Romania
	Vereiniging Meerssen in Europa,	Netherlands

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Participants are divided in 4 groups

- officials
- teachers
- students
- seniors

Main topics

- seniors e education
- transport
- accesibility
- living conditions for seniors and youth

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Objective

sharing and learning best practices in addressing the ageing challenge through a debate

✓The network of towns promotes **the debate on the future of Europe** by addressing and **discussing the topic of Europe's ageing population** and the issues arising from this fact.

✓The focus will be **on a local level**, **comparing the local and national policies /initiatives/ best practice examples** in 12 different municipalities and countries throughout Europe.

Recommen-dations

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Debating over 1+5 events

IMPORTANT! Active involvement of youth and seniors

TOPICS

- ✓**Getting familiar with the challenges of ageing in participating towns and making European comparisons**
- ✓**Learning best practices in active ageing measures, services, organizations**
- ✓**Impacts of ageing on local level = towns**
- ✓Euroscepticism among senior citizens
- ✓Contribution to fact-based opinion-making of the juniors

APPROACH

- ✓Inter-generational debate
- ✓Inter-institutional debate
- ✓Cross-sectoral debate
- ✓Cross-expert debate
- ✓Transnational debate

Workshops were itself a practice of intergeneration cooperation (e-democracy tools, guided smartphone site visits…)

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Event No. 1

2019, September 26 – 28, **Škofja Loka**

67 participants from 12 Countries

Mayors, officials



Participatory budget

Workshop 1: Exchanging good participation practices

Workshop 2: Participatory budget

Workshop 3: Preparing the future of participation

Conclusions

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Event No. 2

2020, September 3 – 5

Škofja Loka

81 + 12 zoom participants from 11 Countries

officials, teachers, students, seniors



Information about the project

Plenary introduction

Introduction with the program of all 5 events

Workshop 1 (parallel for: officials, teachers, students, seniors)

- Ageing situation in each town
- Key challenges you face
- Some best practices

Workshop 2. Visit of the intergenerational center

Plenary session: Conclusions

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Event No. 3

2021, August 26 – 29

Kőszeg

90 participants from 13 Countries

teachers, students, seniors

Intergenerational cooperation and seniors e-education

Short lecture: juniors – seniors coexistence

Presentation of the questionnaire

Group work in 4 mixed groups

Interviews about communications and travelling opportunities earlier and now

Workshop: Changing educational methods and discussions in three groups

Report of the workshop

Building Generation Bridge



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Event No. 4

2021, September 23 – 25

Judenburg

75 participants from 8 countries

officials, seniors

Mobility and Accessibility for seniors and handicapped persons

Workshop 1: Current situation in the participating towns

Workshop 2: Accessibility in Judenburg – walk with the equipment for the handicapped persons

Workshop 3: Discussion about the topics in two groups: officials and seniors

Plenary session: Conclusions



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Event No. 5

2022, April 21 – 24

Bad Kötzting
90 participants from 10 countries
officials, students, seniors

Residential conditions for seniors and youth

Workshop 1: Results of the questionnaires about residential conditions in towns
Discussion in groups and presentations
Workshop 2: Living together in our towns
Workshop 3: Visit the town in mixed groups
- Elderly home in combination with a child care centre
- Youth centre
- Health preventive care in Bad Kotzting

Final discussion and conclusions

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Event No. 6

2022, August 25 – 28

Škofja Loka
about 250 participants from 29 countries

Final presentation of the Project of all 5 previous events
Presentation and conclusions of four group leaders of the Project



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How it started?



First workshop was held on 27th of September 2019 with 67 participants from 12 countries.

What is Participatory budgeting:

Participatory budgeting is a democratic process in which community members decide how to spend part of a public budget. It gives people real power over real money.

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How it is going?



Learning from best practices

Realisation of participatory budgeting in the Municipality of Škofja Loka

Implementation of voted projects

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Future steps

Conclusions and suggestions



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Officials

Topics

The solving of the challenge of the quality aging of seniors, special on

- E education of seniors
- Mobility and Accessibility for seniors and handicapped persons
- Forms of housing for joung families and seniors

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Officials

Municipallities should support for e education of seniors:

- Primary and secondary schools
- Schools for adults
- University for the 3rd age
- Associations of pensioners
- Nongoverment associations

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Officials

Mobility for seniors

- Discount on the public transport
- Special transport for seniors on call
- Small busses for the town center
- Net for the normal and electrical bicycle rent

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Officials

Accessibility for seniors and handicapped persons:

- Suitable arranged pedestrians corridors
- No obstacles on the streets
- Signs, designations and taktil marksctilemarks for handicaped persons
- Holders on the stairs and slopes

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Officials

Forms of housing for joung families and seniors

- Rental apartment for joung families and seniors in public ownership
- Co-financing the rent for apartments
- Secured apartments
- Elderly homes

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Officials

Best practices

- Senior an Youth Councils or the installation of a coordinator for senior or youth affairs
- Intergenerational Buildings (directed by the municipality)
- Barrierer-Free-Community (eg Bad Kötzting or Judenburg)
- Community nursing

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Officials

Conclusions and suggestions

- Fundings are very different, so money is one of the biggest barrier
- Ideas and projects must be accepted by the population
- Politics must offer opportunities for participation, whereby participation is a matter of give and take.
- Member-Cities have the same problems; it would be an idea that the Douzelage website will get its own section with projects and ideas. So that other communities can refer to these best practice examples.

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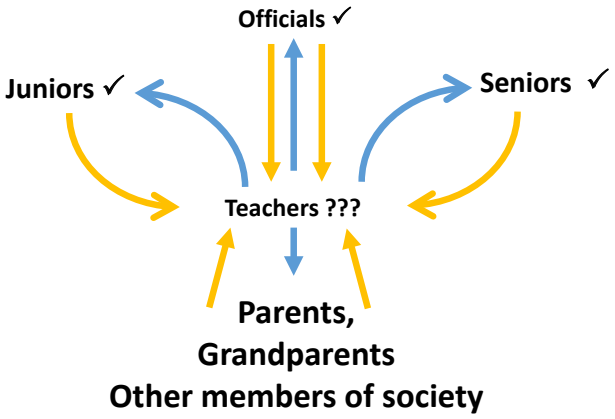


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Teachers' group



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Teachers' group

Topics in Slovenia

- Aging situation, trends and local policies
- Only seniors teach youngsters, or has this changed?
- The importance of senior involvement in non-formal education
- What have we learnt from the corona epidemic situation? (older teachers had to learn IT)

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Teachers' group

Topics in Hungary

- Generations – Stereotypes, what we like/dislike; are/aren't envious of ...
- E-education of seniors
- Teaching methods earlier and now
- New challange: online teaching during the COVID
- Communication earlier and now
- Possibilities before and after EU (travelling, learning etc.)

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Teachers' group

Best practices

- Symbiosis projects
- Cultural performances by youngsters for seniors
- Mutual learning (cooking, baking, craft work, heritage; IT, smart phones, using communication tools etc.)
- Common activities as members of different cultural groups (theater-plays, dance, music, choir etc.)
- Voluntary work like MEPI project, or the 50 hours of voluntary work as a requirement for graduation (e.g. Among seniors)

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Teachers‘ group

Best practices

Pen pal between juniors and seniors (Also COVID time)

Historical plays

How are you doing, dear? Phone calls (Started at COVID time)

Physical activities in clubs

Seniors‘ homes, home service, social help

Common dining room for kindergarten and seniors‘ home

AND MUCH MORE : See the project web site

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Teachers' group

Conclusions and suggestions

Benefits of cooperation of youngsters and seniors:

- Provide an opportunity for both to learn new skills
- Give the child and the older adult a sense of purpose
- Help to alleviate fears children may have of the elderly
- Help children understand and later accept their own ageing
- Invigorate and energize older adults
- Help reduce the likelihood of depression in the elderly
- Reduce the isolation of older adults
- Help keep family stories and history alive

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Teachers' group

Conclusions and suggestions

There are many possibilities in different towns. Study them!!! (Project web site; events' summary)

A proper dissemination helps to take advantage of those ones, which are not used at our towns

There are many other aspects, which were presented by other target groups, look at them, teach them

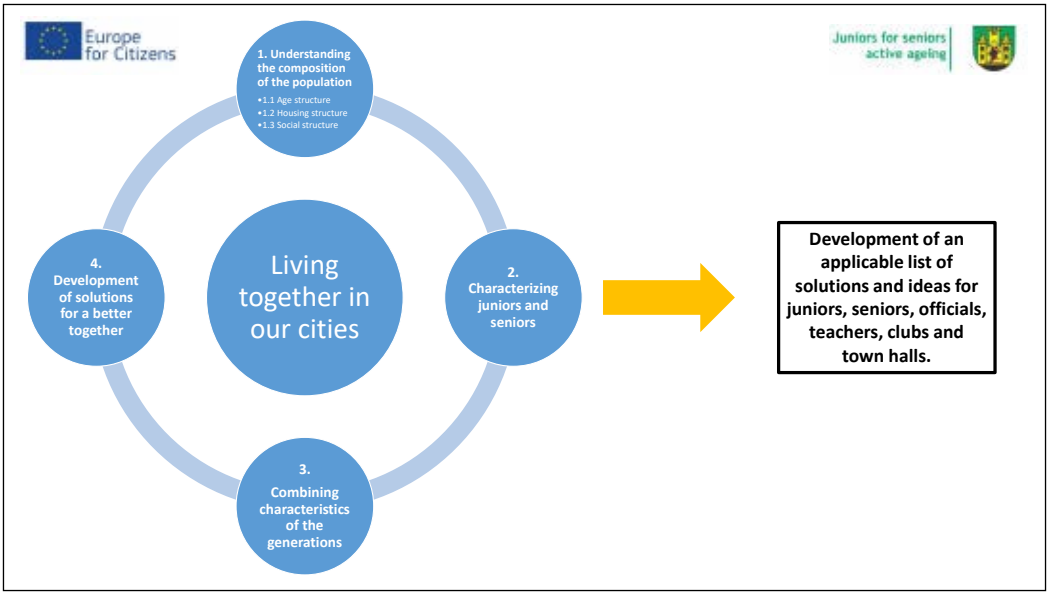
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1. Understanding the composition of the population

1.1 Age structure

Ageing situation in every participating twintown is the same: More seniors than juniors

(If not now, then in the next decade)

1.2 Housing and social structure

➢ Questionnaire for all participating towns (Meeting in Bad Kötzting)

Juniors	Seniors
• 69% of the juniors are living together with their parents Why? ➢ 77% have less than 1000€/month income, although 41% of the juniors study and have occasional work • 54% would prefer to live in a house with only one generation	• Seniors also want to live in a house with only one generation ➢ 76% of the seniors are living in a house ➢ 82% are living alone or with the partner

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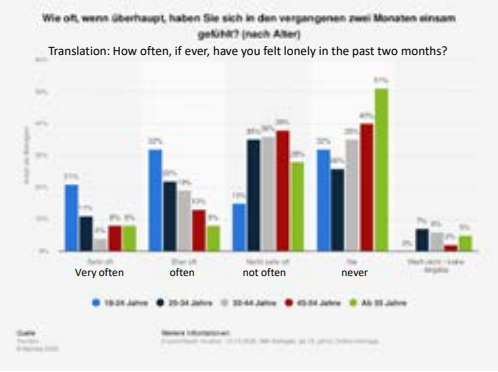
1. Understanding the composition of the population

1.3 Social structure

Question: Is loneliness a big problem?

- ➢ Questionnaire for all participating towns (Meeting in Bad Kötzting)
- 7% of the seniors feel lonely
- 6% of the seniors have no contact with younger generations (no (grand)children, no membership in a club)

But: We can expect the numbers to be higher! Compared to other statistics.



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2. Characterizing the juniors and seniors

Juniors	Seniors
• Open to novelties • Good understanding for modern technology • Often in a hurry • Choose the longer and harder path instead of taking the advice of an older generation • Lack of patience due to the tech-culture's speed and innovation (hyper focus on efficiency) • New ways of communication • Native digital citizens • Easier access to higher school degrees • More opportunities • New way of living and thinking: Instead of memorizing things, the short and easy access to nearly all information is via smartphone	- Love to tell old stories - Share experiences - Enjoy life but not rushing through the moments - Hard to deviate from their usual habits („As you get older, you don't need the opinion of all the people only your close family and friends") - Tolerating things that bother them takes a long time - Easily annoyed when they can't follow a topic instead of being interested to learn something new - Immigrants in the new tech-world

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3. Combining characteristics of the generations

Juniors	Seniors
• Open to novelties	• Love to tell old stories

• Good understanding for modern technology
  • New ways of communication
  • Native digital citizens
  • New way of living and thinking: Instead of memorizing things, the short and easy access to nearly all information is via smartphone
  • Lack of patience due to the tech-culture's speed and innovation (hyper focus on efficiency)
	• Immigrants in the new tech-world
	  • Easily annoyed when they can't follow a topic instead of being interested to learn something new

• Often in a hurry	• Enjoy life but not rushing through the moments
• Choose the longer and harder path instead of taking the advice of an older generation	• Share experiences • Hard to deviate from their usual habits („As you get older, you don't need the opinion of all the people only your close family and friends")
• Easier access to higher school degrees • More opportunities	• Tolerating things that bother them takes a long time

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4. Results: Solutions and ideas for a better together

- **Local offer of activities they can do together Local offer of activities they can do together**
  - Photography course
  - Computer course
  - Bicycle trips
  - Therapy dogs
  - Multigenerational playgrounds
  - Game evenings
    - Boule
    - Cards
    - Bowling
  - Local craftsman workshops combined with new trends
  - Playing theatre
  - Learning instruments
  - Time management course
  - Advisory discussion clubs
    - *Often in a hurry? Need to make life decicions? Inspirations of seniors can help!*

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4. Results: Solutions and ideas for a better together

- Non-formal education
  - Best practice examples:
    - Age Friendly University (SLO)
    - Sinocur (GER)
- Travelling opportunities
  - Exchange of impressions and holiday ideas
- Tradition brings people together
  - Connect traditional with modern things?
- Task for Officials:
  - Bring varity of jobs to the region
  - Expansion of a local and international volunteer-network to organize, evaluate and implement the ideas together with citizens, clubs and the municipality

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Seniors

Seniors Group was actively participate on four events:
Škofja Loka, September 2020; Judenburg, September 2021; Bad Kötzting, April 2022; Škofja Loka, August 2022

Topics

On each event we focus on the main theme. So we deal with:

- Aging situation, trends and local policies and practices in participating towns
- Mobility and Accessibility for Seniors
- Living conditions for seniors

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Seniors

Aging situation, trends and local policies and practices in participating towns

- Responsibilities in the area of care and welfare are devoted from the Government to the municipalities
- In all towns/countries the senior population is quickly growing. It demands new approaches and new services.
- Better cooperation between younger and older seniors and more intergenerational connections
- Youngsters should be obliged to serve in civil institutions before they graduate

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Mobility

- Organize various public transport for seniors and persons with reduced mobility
- Use certain public transport for free – see practice in Škofja Loka
- Organize public net to hire electric and normal bicycles



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Accessibility for Seniors

- Town without barriers, pedestrian and cycling paths, transportation projects, gather together events, learning & knowledge transfer for seniors, library and reading for seniors, charity, sporting & recreation, creative workshops, student and children visiting seniors
- Suggestions for improvement existing obstacles for the elderly and, in particular, people with reduced mobility
- New road, pedestrian and cycling surfaces should be constructed without obstacles
- Suggestion to realize practical test of accessibility in the same way as in Judenburg in every town, also town counselors

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Living conditions for seniors

- Various solution for elder people housing (own homes, elderly homes, retirement homes, care farms, meal delivery …)
- Elderly home and kindergarten are running together
- Questionnaire analysis shows that many seniors are living alone in big flats or even whole houses and have a problem to cover costs for housing
- In Škofja Loka 1.1.2018 lived 365 seniors alone in the one or two apartment house. Many of them spend more than one half of the incomes only for housing
- Arrange their houses for living more individual seniors in the different parts of the same house

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Conclusions and suggestions

- We have found that meeting and exchanging experiences between participants from different countries is very useful and instructive
- Problems and issues are similar in all cities, only priorities for solutions are different
- The good practices demonstrated by the participants deserve consideration and further development in other cities as well

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Final conclusions

For each event participating cities prepared a lecture with the presentation and photos.

They expose problems in own city/country and also share solutions and best practices.

You can see them on the website …

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Thank you

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Občina Škofja Loka

FAMILIJA

ZAVOD

GIMNAZIJA ŠKOFJA LOKA

Ljudska Univerza Škofja Loka

Društvo upokojencev Škofja Loka

Društvo Univerza za tretje življenjsko obdobje Škofja Loka

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