

**The project « Building Bridges between Senior Citizens and Students in the Elderly Care in the EU – BBSCSEU » was funded with the support of the European Union under the Programme "Europe for Citizens"**

***Action 1 – Measure 1.2 "Networks of Twinned Towns"***

**As outputs of the project four (4) communication tools have been produced:**

(1) **publication** in the electronic PDF-form "Ageing stories from across Europe: Learning from each other" <http://ipahew.net/useful-links-and-publications/> or <https://ecnie.files.wordpress.com/2016/02/europe-for-citizens-publication-nettiin-final160216pdf.pdf> (2) **web site** "Interregional Platform for Ageing, Health and Wellbeing" [www.ipahew.net](http://www.ipahew.net) (3) **face book profile and closed group** [www.facebook.com](http://www.facebook.com/InterregionalplatformforAgeingHealthandWellbeing) /Interregional platform for Ageing, Health and Wellbeing and <https://www.facebook.com/groups/1622989994588487/?fref=ts> (4) **memory sticks** (500 pcs) including the publication and the name and address of the project web site and the logo of the Europe for Citizens programme. [http://www.paijat-hame.fi/wp-content/uploads/2016/04/Data-stick\\_Europe-for-Citizens.jpg](http://www.paijat-hame.fi/wp-content/uploads/2016/04/Data-stick_Europe-for-Citizens.jpg)

**3 events have been carried out within this project:**

**Event 1**

**Participation: The event involved 107 citizens**, including 5 participants from the (city) region of Olomouc (**Czech Republic**), 8 participants from the (city) region of Zadar (**Croatia**), 4 participants from the (city) region of Silesian Voivodship (**Poland**), 4 participants from the (city) region of Kaunas Municipality (**Lithuania**), 5 participants from the (city) region of Rems-Murr-Kreis (**Germany**), 4 participants from the (city) region of Vojvodina province (**Serbia**), 5 participants from the (city) region of Cluj (**Romania**), 3 participants from the (city) region of Baranya (**Hungary**), 5 participants from the (city) region of Talsi Municipality (**Latvia**) including 64 local participants.

**The event 1 involved 107 citizens (43 international participants and 64 local participants).**

**Location / Dates:** The event took place in Päijät-Häme, Finland (**Heinola, Hollola and Lahti, Finland**), from 12/05/2014 to 15/05/2014

**Short description:** The aim of the event was focusing to the rehabilitation and maintaining everyday physical activity of elderly people. A get-together event was organised with innovative tasks to get acquainted to project and conference thematic. 1st day presentations covered health promotion and commercialisation of the health enhancing physical activities (HEPA), elderly care education and working life. Thematic working in small groups took place to reflect on related experiences in participating countries. A site visit was made to Hollola Onnenkoto elderly care home with presentation on local practices. On visit to Lahti University of Applied Sciences (LUAS) practical exercises with small-group discussions were combined with reflections on practices in participating countries about the following questions: functional capacity testing and meaning of

testing for maintaining everyday physical activity and evaluation of functional capacity; testing, guidance, follow-up activities based on the "Good Ageing in Lahti Region (GOAL) programme: 10-year cohort study and intervention for promotion of functional capability for elderly. Appr. 50 students of LUAS's Faculty of Social and Healthcare took active part in organisation and implementation of activities. On 2nd day visits were made to Lusi Village School and Jyränkölä Settlement. At Lusi Village School, a "Kyllikki" weekly action day involving senior citizens and school children together. Small-group discussions were conducted how senior citizens and young people are encouraged to meet each other and how everyday physical activity is maintained. At Jyränkölä Settlement, speeches and interactive panel with EP election candidates and local/regional politicians was arranged. Thematics of speeches covered senior citizens in EU and current affairs in Europe for Citizens programme. Panelists represented major Finnish political parties (Coalition Party, Finns Party, Social Democrats) and thematic research experts. Panel discussion was open to all public with participation of local senior citizens. 2nd day was finalized with small-group discussions on future project activities. On the 3rd day the Rehabilitation Section of the City of Lahti presented Chaos Falls Clinic in preventing falls and injuries of home-dwelling older adults. Site visit was made to Lehtioja Intensified Housing Services Unit, facility was shown to conference participants in groups, and cultural activities developed for senior citizens were explained. At LUAS small-group discussions were made on prevention of falls and identification of osteoporosis patients on related good practices. Small-group summary discussions were conducted on results and practices of previous days and recognition of needs for more intense cooperation and to apply recognized good practices in their home countries.

## **Event 2**

**Participation:** The event involved 98 citizens, including 5 participants from the (city) region of Olomouc (**Czech Republic**), 8 participants from the (city) region of Zadar (**Croatia**), 3 participants from the (city) region of Silesian Voivodship (**Poland**), 5 participants from the (city) region of Kaunas Municipality (**Lithuania**), 5 participants from the (city) region of Rems-Murr-Kreis (**Germany**), 4 participants from the (city) region of Vojvodina province (**Serbia**), 5 participants from the (city) region of Cluj (**Romania**), 0 participants from the (city) region of Baranya (**Hungary**), 11 participants from the (city) region of Päijät-Häme region (**Finland**) including 52 local participants.

**The event 2 involved 98 citizens (46 international participants and 52 local participants).**

**Location / Dates:** The event took place in Talsi Municipality, Latvia (**Talsi, Latvia**), from 15/09/2014 to 18/09/2014

**Short description:** The aim of the event was share best practices and knowledge on interactions and building bridges between generations. Welcoming event was held at Ķēniņkalns to be acquainted with conference topics. On 1st day social services and demographic data regarding Talsi district were introduced. Site visits were made to Talsi Day Centre, Lauciene Nursing Home, Talsi Children and Youth Centre and Talsi Recreation Centre. Topics to be discussed were challenges and tendencies regarding ageing society (employment, social activities/contacts, education, health, income, family relationships, and interaction between generations); initiatives to promote successful ageing in governmental/municipal/organisational levels. For these discussions conference participants were again divided into six mixed international groups for which they got to team up with diverse people of different regions and backgrounds. On 2nd day a site visit was made to the Social Centre Stūrīši (Latvian Red Cross). At Talsi Administrative Centre presentations were given by local speakers and national representatives from Ministry of Welfare and Latvian Parliament. Topics dealt with Ageing Society in Latvia and Active Ageing Project; good practice summary and senior volunteering as effective instrument for interaction between generations and promoting social integration. Conference participants were engaged in an open interactive panel discussion with senior citizens, local students and politicians. Panel was also participated e.g. by academics from Latvian University and experts from local children and youth Centre. On last day conference delegates gathered at Laumu Dabas Park. A final discussion was

carried in small groups led to summarise the common lessons learned during previous conference days and on potential future project forms and activities.

### **Event 3**

**Participation: The event involved 92 citizens**, including 5 participants from the (city) region of Olomouc (**Czech Republic**), 7 participants from the (city) region of Zadar (**Croatia**), 9 participants from the (city) region of Pääjät-Häme region (**Finland**), 4 participants from the (city) region of Kaunas Municipality (**Lithuania**), 5 participants from the (city) region of Rems-Murr-Kreis (**Germany**), 0 participants from the (city) region of Vojvodina province (**Serbia**), 6 participants from the (city) region of Cluj (**Romania**), 0 participants from the (city) region of Baranya (**Hungary**), 5 participants from the (city) region of Talsi Municipality (**Latvia**) including 51 local participants.

**The event 3 involved 92 citizens (41 international participants and 51 local participants).**

**Location / Dates:** The event took place in Silesian region (**Bielsko-Biala and Katowice, Poland**), from 11/05/2015 to 14/05/2015

**Short description:** The aim of the event was to share best practices to fight the loneliness and depression of the elderly people. Get together event was organised for conference participants. On 1st day at Silesian Marshall's Office were hosted an official participant welcoming, presentations and discussion of meeting agenda. Social services and demographic data regarding Silesian region was presented. Site visit was made to Senior Residence, Home for the Elderly with Dementia. A presentation on home care innovations on private facility was given. At Dąbrowa Górnicza Daily Nursing Home there was a theatrical performance by elderly home residents. At Dąbrowa Górnicza University of the Third Age several presentations were displayed on thematic university activities and on most interesting initiatives for older people from the province of Silesia. On 2nd day a comprehensive site visit to care facility, Gorzyce Nursing Home was done. At Cieszyn University of Silesia presentations by academic staff were given. Interactive panel discussion on prevention of depression issues and loneliness among older people were organised by academic staff and guests including participants of local government and third sector and students. At Cieszyn Daily Support Centre for People with Mental Disorders a site visit was organised to specific unit and concluding with a joint performance by local elderly and young members. On 3rd day at Silesia Park final presentations and discussions took place. It included presentation on "Senior Citizen Congress -SENIOR WIGOR" and a conference summary and discussion on possibilities of further cooperation in new EU financial perspective 2014 - 2020.