

DiverCITY4 Initiative

first series of workshops 25-26 of January, 2020

Language of workshops: English – without translation

I. Title of the thematic area:

SENIOR POLICY

II. Thematic Leader:

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DAY 1 of the workshops

25 of January 2020 – time: 9.00-17.00

III. Participants of Day 1: SENIOR POLICY

1. Expert 1 – Ms Agnieszka Cieśła (PL)

Assistant Professor in Department of Spatial Planning and Environmental Sciences | Warsaw University of Technology, Faculty of Geodesy and Cartography.

2. Expert 2 - Ms Maria Kristjánsdóttir (IS)

Social Service Assistant | Icelandic Association of Local Authorities.

3. Expert 3 – Ms Hilde Nysten Thorkildsen (NO)

Mayor of Nittedal Municipality | Nittedal Municipality Mayor Office.

4. The Observer – Ms Hanna Czernik (PL)

Representative of City Advisors for 54 Cities applying to II phase of competition in Local Development Programme, Association of Polish Cities (APC).

5. The Observer - Joanna Held (PL)

Unit for Municipalities Support Department of Assistance Programmes Ministry of Funds and Regional Policy.

6. Additional attendees – Elżbieta Sarek (PL) Association "Idea for life".

IV. First part of the workshop | 9.00 - 13.00

[FIRST PRESENTATION]

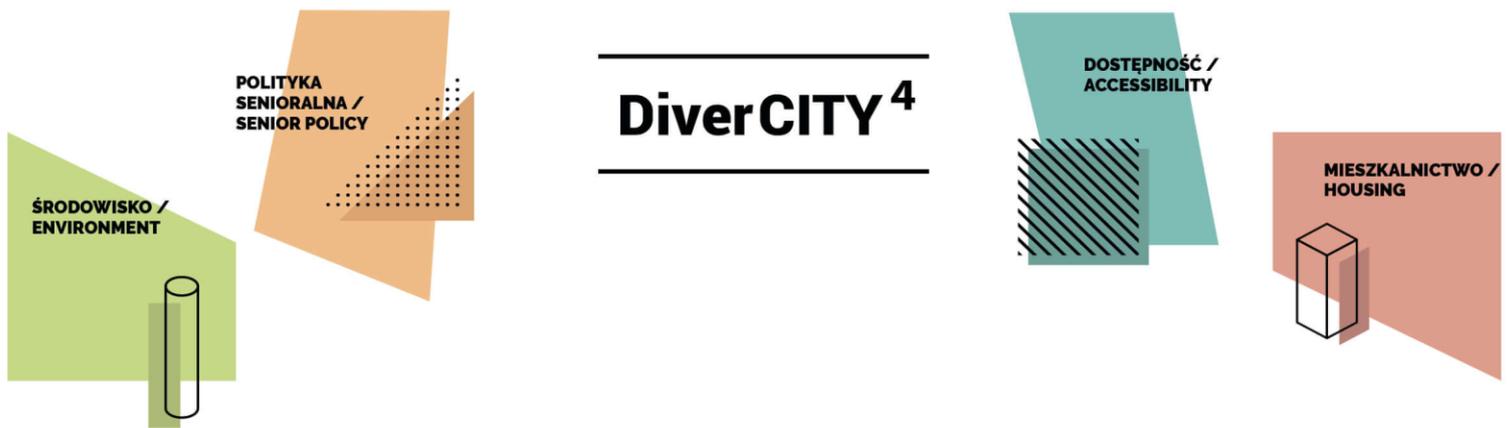
Speaker: Ms Mariola Apanel (PL): 30 min. Coordinator of Foreign Relations Office Municipality of Wrocław.

Participants: meeting of all workshop participants from Poland, Norway and Iceland (12).
2 Workshop themes groups: environment, senior policy.

Subject and scope of the presentation: preliminary presentation of the overall concept of the 3 series of workshops: specifying the desired final product, focused on publication and conference speech.

Topics discussed in detail/ elements of presentations:

1. DiverCITY4 – what does it mean?
2. DiverCITY4 - schedule and structure.
3. 1st session of workshops in the areas: accessibility and housing.



4. Research in DiverCITY4: showcase 'model block' quarter.
5. Results of 4th edition of DiverCITY4 Initiative.
6. Presentation of all participants of two workshop teams: environment, senior policy.

FIRST LECTURE

Speaker: Ms Joanna Held (PL): 30 min. Unit for Municipalities Support Department of Assistance Programmes Ministry of Funds and Regional Policy.

Participants: meeting of all workshop participants from Poland, Norway and Iceland (12).
2 Workshop themes groups: environment, senior policy.

Subject and scope of the lecture: the concept for implementation of the DiverCITY4 bilateral Initiatives; cooperating institutions/ partners of the DiverCITY4 initiative; dissemination of the project results; DiverCITY4 summary conference: goals, assumptions, proposals.
The next stages of implementing the DiverCITY4 initiative.

[SECOND PRESENTATION]

Speaker: Ms Ilona Zakowicz (PL): 30 min. Workshop Thematic Leader – senior policy area.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

Subject and scope of the presentation: Greeting the participants of the first DiverCITY4 initiative workshop. Presentation of the whole conception of 3 workshops, goals and expected solutions. Introducing workshop participants, discussing the assumptions, goals and course of the first DiverCITY4 workshops.

Topics discussed in detail/ elements of presentations:

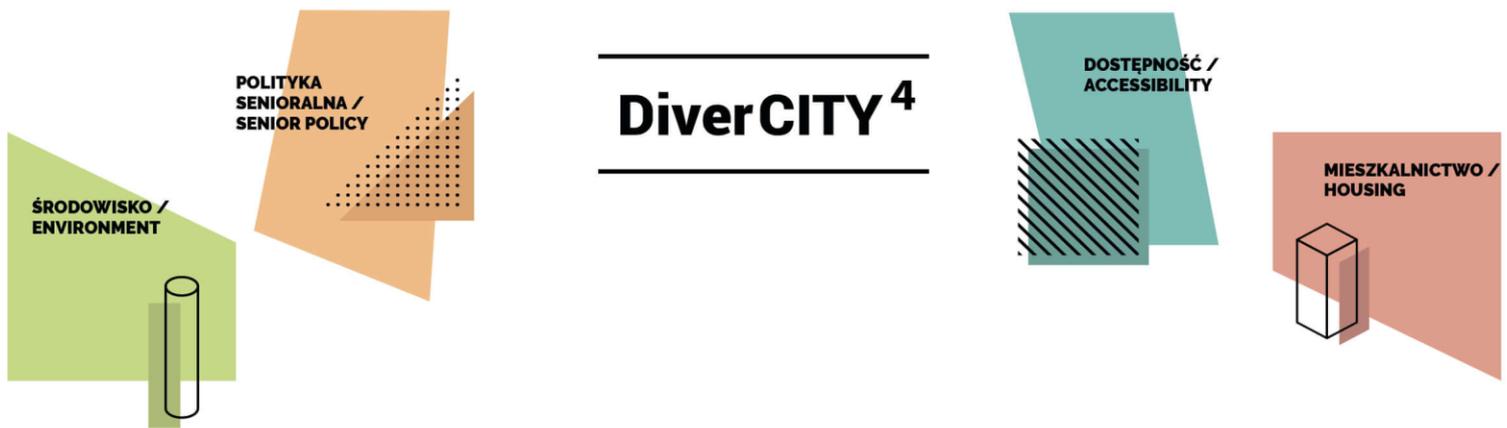
1. Introduction of all workshop participants (self introduction).
2. Overview of the agenda of the first series of workshops.
3. Presentation of Łukasz Jurek (PhD), expert (4) expert in the senior policy team. who could not take part in the workshop in January.
4. The general scope of the senior policy theme for the entire cycle of 3 series of workshop.
5. Detailed topics for the 1st series of workshops.
6. Presentation of the main topic of the workshop and questions to which we are looking for answers: How to create a more efficient senior urban strategy that would meet the requirements and expectations of seniors, especially lonely and dependent ones?

[THIRD PRESENTATION] - PRESENTATION OF THE FIRST SENIOR POLICY EXPERT (1)

Speaker: Ms Agnieszka Cieśla (PL): 30 min. Assistant Professor in Department of Spatial Planning and Environmental Sciences | Warsaw University of Technology Faculty of Geodesy and Cartography.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

Subject and scope of the presentation: the subject of the presentation was the life situation of the elderly in Poland in relation to the demographic, historical and socio-cultural aspects. An important part of the presentation was the quality of life of older people in Poland in the context of housing, health and financial situation. The presentation also touched on challenges related to the activation of elderly people and care for dependent seniors.



Topics discussed in detail / elements of presentations:

1. Suggestion: basic terms need to be clarified: senior policy ≠ polityka senioralna. Proposal to change the name of the area: “public policies on ageing”, “ageing policies”.
2. Well-being of older people in Poland, healthy life years, morbidity and life expectancy in Poland.
3. Socialistic planning objectives.
4. Housing ownership according to age groups.
5. Financial situation and quality of life of older people in Poland. Financial assets of older people in Poland.
6. Housing costs vs income of elderly people in Poland.
7. Decreasing role of a family in elderly care.

Discussion and conclusions (selected problems)

1. Retirement age in Poland and the financial situation of seniors (female 60 years old, male 65 years old). **According to experts:** seniors in Poland should work longer. Employers should: create opportunities for people over 60 to work longer, adapt working conditions to the expectations, limitations and opportunities of older people, recognize and use the potential of older people. Conclusion: Active and healthy ageing means how we can age and stay in good health and have a good quality of life, participate in working life and society, and remain independent for longer. **According to expert from Norway:** longer life – longer working life: a longer life means that we need to rethink work, careers and professional development. Too many people leave working life unduly early, despite ability to do so. We must find ways of giving those people, who wish to and can work for more years, an opportunity to do so.
2. Older people should be considered socially useful, feel important and needed, engage in volunteering. Opportunities for volunteering and civil society. **According to experts:** the idea of senior volunteering and volunteering for seniors should be developed and nurtured. Volunteering and social participation provide older people with excellent opportunities to be active and perform meaningful tasks.
3. Retirement and the situation of women aged 60+ - retirement and gender perspective. **According to experts:** retire of women at the age of 60 brings many negative effects. People over 60 should be encouraged to continue working full-time or part-time. As a result, they feel they have a better financial situation, are constantly learning and developing, and their experience can be used by younger employees.
4. Housing situation of the elderly in Poland. **According to experts:** It is necessary to look for solutions that will improve the situation of seniors living in blocks without elevators, such as: financing of elevator installations by local governments/ state institutions, changes in the construction law - taking into account the special housing needs of the elderly. **Experts suggestion:** adaptation of flats / blocks, tenements to the needs of the elderly people and friendly local space are the conditions for the independence and self-reliance each of them.
5. **Expert opinion:** Polish seniors are on one hand rich, because they own assets in form of housing but at the same time poor because the pensions they get are extremely low. So far no official solution enabling them to monetize these assets exists.

6. **Expert opinion:** The social care system is based on participation rule. It means that seniors need to pay a certain part for the social care services. If that's not possible then their family members are obliged to participate in these costs what makes a substantial burden on their budgets.
7. **Expert opinion:** Social care is the task of communes (municipalities). Their financial situation is in most cases very tight and they need to cut many expenses. Therefore, quite often they are not able to extend social care services, which could lead to a greater activation of older people.
8. **Expert opinion:** This austerity and expected growing expenses cause that some municipalities in Poland consider to mortgage a senior's apartment equal to the costs of the given social care services.
9. **Expert opinion:** There is a general lack of community building infrastructure in Polish municipalities.

[FOURTH PRESENTATION] - PRESENTATION OF THE FIRST SENIOR POLICY EXPERT (2)

Speaker: Ms María Kristjánsdóttir (IS): 30 min. Social Service Assistant | Icelandic Association of Local Authorities.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

Subject and scope of the presentation: "Senior Policy in Iceland" - discussing the situation of older people in Iceland, presenting the specification of care services offered to seniors in Iceland, forms of support for the elderly, various forms of accommodation for the elderly, conditions for successful aging.

Topics discussed in detail / elements of presentations:

1. Iceland-general statistics.
2. Population projection in Iceland aged 67 years and above.
3. Living Situation: elderly people living in private residence, in their own homes, retirement or nursing homes.
4. Diverse accommodation options for elderly: Apartments for elderly, Service Apartments, Security Apartments, Alteration to Housing, Nursing homes. Residential care service.
6. Various support for elderly: day care, good and healthy food, specialist services, transport service.
7. Programs to prevent loneliness in Iceland: Students living in residential home.
8. Janus Health promotion, Eden alternative, Village in Netherlands just for people with dementia.
9. Scotland - good practices: "A Connected Scotland: strategy for tackling social isolation and loneliness and building stronger social connections".



Discussion and conclusions (selected problems)

5

1. Examples of good care practices for senior citizens in Iceland. **According to expert from Iceland:** "Janus Health Promotion" - is a consultancy and service company with its main objective to improve the health and quality of life of senior citizens. Founded in 2016 for the development of health promotion for older age groups. Goals and task: to promote the health of older age groups so they can better and longer take part in the activities of daily life, can live longer in an independent residence, can prevent or delay entry into residential and nursing homes, have the opportunity to work longer in the labour market. To improve the quality of life of older age groups. To reduce government and municipalities expenditures.
2. Staff training for an aging society - needs and challenges. **According to experts:** the problem is to encourage young people to study faculties that enable them to work with seniors (especially carers of the elderly, geriatric nurses, geriatric doctors). Staff shortages in Poland - too few geriatricians in Poland and geriatric nurses.
3. Promoting activities related with seniors' age and abilities, encouraging more dynamic changes, including their views on urban planning, forging ways of cross-generational collaboration in the creation of public spaces to make them more senior friendly. Empowering the joint responsibility for quality of retirement life. **According to experts:** we need to involve older people in the process of creating a senior city policy and also how to encourage them successfully to share responsibility for initiating and implementing actions / projects and programs aimed at improving the quality of life of seniors in the city.
4. Example of good practice: Icelandic philosophy of gradual stages of different scopes of assistance to seniors in their houses and in care houses (levels of care): 1. Apartments for elderly, 2. Service Apartments, 3. Security apartments, 4. Alteration to housing, 5. Nursing homes. Before an elderly person is placed in a nursing home, he goes through earlier stages of care. From partial independence to complete dependence. **According to experts:** challenges for the care of the elderly include, inter alia, number of patients, recruitment, number of health professionals, level of competence. Quality of life for older people in nursing homes should involves leading an active social and cultural life, and having happy and sociable meals, with good and nutritious food.

[FIFTH PRESENTATION] - PRESENTATION OF THE FIRST SENIOR POLICY EXPERT (3)

Speaker: Ms Hilde Nysten Thorkildsen (NO): 30 min. Mayor of Nittedal Municipality Nittedal Municipality Mayor Office.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

Subject and scope of the presentation: senior policy in Nittedal, discussing the situation of older people in Nittedal (Norway), examples of good practices in supporting the elderly, presenting the specification of care services and preventive health care offered to seniors in Nittedal, forms of support for the elderly with dementia and dependents, various forms of activation for the elderly, conditions for successful aging.

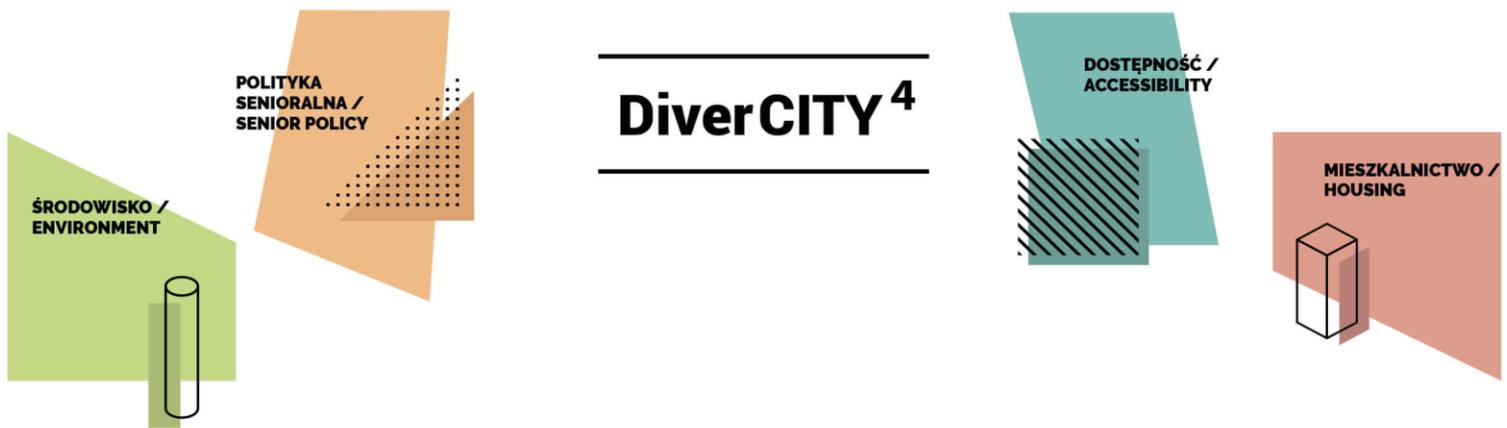


Topics discussed in detail / elements of presentations:

1. Nittedal (Norway) - general statistics, what are we proud of?
2. Nittedal (Norway) - our strategic goals (good services, good public health, clean environment, proud identity, live local democracy, good processes, competent and motivated employees, healthy economy).
3. Nittedal (Norway) - politics and administration.
4. Facts - Nittedal (Norway) and an aging society: nursing homes (Skytta, Døli), the health and welfare budget, cooperation with civil society, senior hotline.
5. Preventive health care: physical activity, preventing loneliness, meeting places.
Physical activity – examples. Daytime activities for elderly people – examples.
6. Participation of seniors in planning activities.
7. Grocery stores inside the nursing homes. Nutrition for good health.
8. Meeting places for dependents. Dependent schools and conversation groups.
Open institutions - places for seniors. Dementia care.
9. Selected plans, goals into the future: housing program. Pinpointed strategy for senior policy, idea: "A 100 birthdays in your own home".

Discussion and conclusions (selected problems)

1. Examples of good care practices for senior citizens in Nittedal (Norway). **According to expert from Norway:** Farm (interesting and innovative proposal for all participants) in addition to regular farming, it also provides day care services for people with dementia. The offer of care services is created in cooperation with the commune authorities. Its foundation is the fact that staying and working on the farm are for the needy (elderly/people under 65 who suffer from memory disorders) interesting, beneficial, therapeutic activities that give them a lot of joy.
2. The role of lifestyle (food, physical activity, volunteering) in the process of successful aging. **According to experts:** the proper lifestyle of the elderly includes: physical activity and healthy eating which are the decisive factors for the proper functioning and successful aging. Occupational therapy also plays an important role. A healthy diet, daily physical activity, reduced tobacco and alcohol consumption and social support all promote health and quality of life.
3. Exchange of knowledge, experience and "good practices" in the area of activation and participation of elderly in urban space. **According to expert from Norway:** main goal for the future: idea "A 100 birthdays in your own home" - conditions for elderly for the longest as possible, independent, safely life in their own flat (cooperation with in-house care and medical assistance).
4. **According to expert from Norway:** There is much to be achieved by having the health and care services work together with different professions and organizations to protect people better in every phase of life. The active approach to helping individuals and groups at risk of disease can reduced the need for health and care services. Conclusion: it is necessary to developing activities that will allow more people to live at home and maintain their health and quality of life.



5. Age management. **According to experts:** we need to develop working life, so that older workers are given better opportunities to work for more years. It is necessary to prevent and limit early leaving from working life, developing a strategy for employer policy and the idea of age management.

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13.00-14.00 - Lunch

V. Second part of the workshop | 14.00-17.00

SECOND LECTURE

Speaker: Ms Elżbieta Sarek (PL): 30 min. Association "Idea for life".

Participants: meeting of all workshop participants from Poland, Norway and Iceland (8).

Subject and scope of the lecture: self-presentation, presentation of proposals for spending free time in retirement. Wrocław as an aging-friendly city. Forms of activity of the elderly in Wrocław. Volunteering of the elderly, University of the Third Age at the University of Wrocław - offer.

[SIXTH PRESENTATION]

Speaker: Ms Ilona Zakowicz (PL): 30 min. Workshop Thematic Leader – senior policy area.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

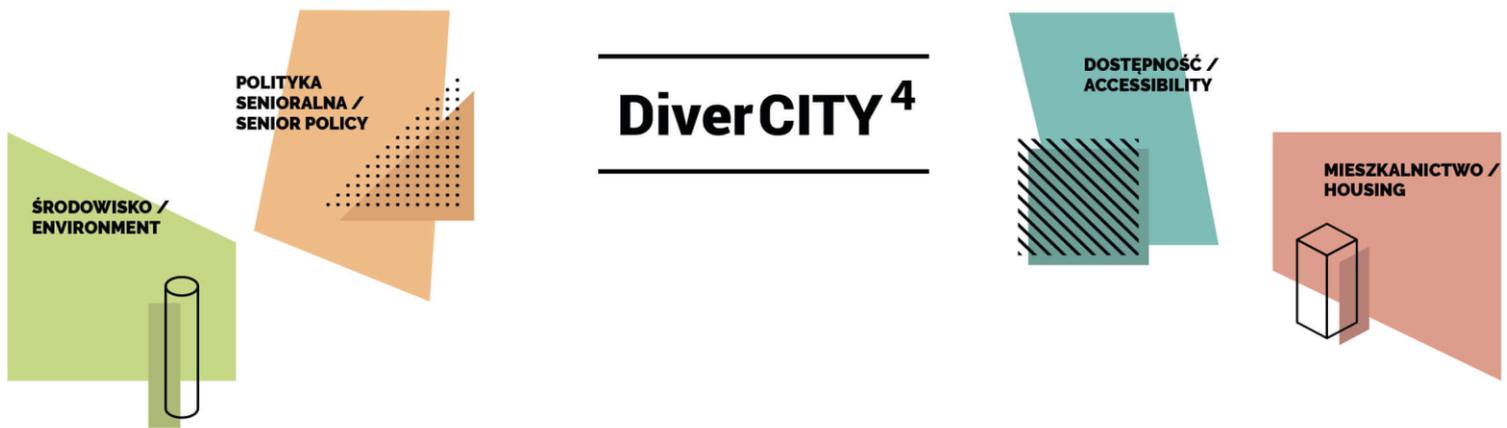
Subject and scope of the presentation: senior policy in Wrocław (Poland), discussing the situation of older people in Wrocław (Poland), examples of good practices in supporting the elderly, presenting the specification of care services and socio-cultural activation of elderly, various forms of activation for the elderly.

Topics discussed in detail / elements of presentations:

1. Poland, Lower Silesia Voivodeship, Wrocław - general statistics (life expectancy, urban population of Poland, elderly people in Lower Silesia, number of centenarians in the Lower Silesia, Lower Silesia (Wrocław) population).
2. Activities, programs and projects addressed to the senior citizens group in Wrocław.
3. Selected projects and programmes for elderly: Wrocław Senior Card, Gerontology Days, Wrocław Council of seniors.
4. Physical activation for elderly - Sport activities addressed to the seniors citizens in Wrocław (examples).
5. Social and cultural senior activity in Wrocław - examples.
6. Specialist housing options for older people, housing for seniors, nursing homes in Wrocław, social welfare home.

Summary:

1. We should find a way to encourage young people to work with seniors.
2. We should carry out new research on the quality of life of older people in Wrocław.
3. We should prepare assumptions for the Wrocław strategy for elderly people.
4. We should implement solutions for inclusive / universal design.
5. We should prevent and limit early leaving from working life by the elderly people.
6. We should develop safe local communities that facilitate activity and participation for all.
7. We should develop new methods to improve participation of older people.



[CONCEPTUAL TEAMWORK]

Searching for solutions for activating elderly people and preventing loneliness in the urban space. Identifying and discussing common challenges in the area of senior policy and aging societies of cities. Indication of directions for further work of the team - we are planning to develop guidelines and directions for the preparation of assumptions for the optimal senior policy strategy. Social planning - we tried to answer the question: what are the most important directions of senior policy development and the manner of their implementation?

Task for next workshops: Experts decided to prepare and introduce during the next workshop examples of local documents (strategies) regarding the policy of an aging society, proposals for actions for the elderly, and also propose areas that should include a good strategy for the elderly.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).

Common dinner for experts of 2 workshops themes

DAY 2 of the workshops

26 of January 2020 – time: 9.00-13.00

VI. Participants of Day 2: SENIOR POLICY

1. Expert 1 – Ms Agnieszka Cieśła (PL)

Assistant Professor in Department of Spatial Planning and Environmental Sciences | Warsaw University of Technology Faculty of Geodesy and Cartography.

2. Expert 2 - Ms Maria Kristjánsdóttir (IS)

Social Service Assistant | Icelandic Association of Local Authorities.

3. Expert 3 – Ms Hilde Nysten Thorkildsen (NO)

Mayor of Nittedal Municipality | Nittedal Municipality Mayor Office.

4. The Observer – Ms Hanna Czernik (PL)

Representative of City Advisors for 54 Cities applying to II phase of competition in Local Development Programme, Association of Polish Cities (APC).

5. The Observer - Joanna Held (PL)

Unit for Municipalities Support Department of Assistance Programmes Ministry of Funds and Regional Policy.

6. Additional attendees - Elżbieta Sarek (PL)

Association "Idea for life".

VII. First part of the workshop | 9.00 - 11.00

Thematic Leader introduction (5min.):

1. General scheme of this day meeting + trip programme.
2. Conceptual teamwork

Discussion of the concept of the second workshop and speeches at conference. Indication directions for further work of the team.

Task for next workshops: Experts decided to prepare and introduce during the next workshop examples of local documents (strategies) regarding the policy of an aging society, proposals for actions for the elderly, and also propose areas that should include a good strategy for the elderly.

Participants: from Iceland, Norway and Poland: workshop group on senior policy (8).
Summary and ending first part of the workshop.



VIII. Second part of the workshop | 11.00-13.00

Trip (2 hours):

1. University of the Third Age at the University of Wrocław.

Dr Bogna Bartosz (head of U3A) talked about the ideas, goals, mission and tasks of U3A. Experts asked inter alia about formal issues: do U3A students receive grades and diplomas? What is the purpose of participating in U3A classes? The meeting was attended by U3W seniors in the University of Wrocław.

2. Postgraduate studies - Psychogerontology (University of Wrocław, Institute of Psychology).

The head of doctoral studies (dr Bogna Bartosz) explained what is the aim and purpose of psychogerontology studies. Ms Joanna Held explained to students what the DiverCity4 Initiative is, what are its assumptions, goals, tasks and plans. Students were interested in senior politics in Norway and Iceland. Experts answered students questions, e.g. what's are best practice in senior politics implemented in your country?

3. Polish students had the opportunity to talk with experts from Island, Norway and Poland, ask them questions, and in the consequence broaden their knowledge in the field of ageing societies and public policies on ageing. At 13.00 experts said goodbye to students and thanked for the invitation.