

"Plan Be: Active Senior Volunteers"

Strategic Partnership in the field of Adult Education

Mapping and Survey Report

March 2016

INTRODUCTION

Demographic ageing is one of the major challenges for many societies and 'active ageing' has become a policy priority within the European Union. The term 'active ageing' has had several meanings including economic productivity; opportunities for leisure and recreation; political activism; social investment; and engaging older people as partners and givers through volunteering.

The link between voluntary action and citizenship has been established since the Second World War, but in recent times the connections between volunteering, active ageing and citizenship have never been so strong.

Volunteering is nowadays a tool for participation in society in various fields, establishing itself as an enriching experience that allows the development of social skills and competences.

In almost every country, the proportion of people aged over 60 years is growing faster than any other age group, as a result of both longer life expectancy and declining fertility rates.

This population ageing can be seen as a success story for public health policies, but it also challenges society to adapt for a sustainable socioeconomic development, and in order to maximize the health and functional capacity of older people as well as their social participation and quality of life.

This report will give a deeper understanding about the topic, focusing in Europe and especially in Finland, Italy, Portugal and Slovenia, which will serve as the basis for the creation of a European Senior Volunteering Program.

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PART A – CONTEXT, STATISTICS, MAJOR CHALLENGES

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STATISTICAL DATA - EUROPEAN UNION

Demographic projections - EUROPOP2013 (EUROSTAT)	2013	2015	2020	2025	2030	2035	2040	2045	2050	2055	2060	Ch 13-60
Fertility rate	1,60	1,61	1,64	1,66	1,68	1,69	1,71	1,72	1,74	1,75	1,76	0,2
Life expectancy at birth												
men	77,6	78,0	78,9	79,7	80,5	81,3	82,0	82,8	83,5	84,1	84,8	7,1
women	83,1	83,4	84,1	84,8	85,5	86,1	86,8	87,4	88,0	88,5	89,1	6,0
Life expectancy at 65												
men	17,6	17,9	18,4	18,9	19,5	20,0	20,5	21,0	21,5	22,0	22,4	4,8
women	21,0	21,2	21,8	22,3	22,8	23,3	23,8	24,3	24,7	25,2	25,6	4,6
Net migration (thousand)	35,9	890,9	976,3	1101,1	1244,1	1369,3	1363,8	1304,6	1188,3	1129,9	1036,7	1000,8
Net migration as % of population	0,0	0,2	0,2	0,2	0,2	0,3	0,3	0,2	0,2	0,2	0,2	0,2
Population (million)	507,2	508,7	512,8	516,0	518,8	521,4	523,7	525,3	525,5	524,5	522,8	15,6
Children population (0-14) as % of total population	15,6	15,6	15,6	15,2	14,9	14,6	14,6	14,8	15,0	15,0	15,0	-0,6
Prime age population (25-54) as % of total population	41,9	41,5	39,9	38,1	36,7	35,9	35,3	34,9	34,8	34,8	34,8	-7,1
Working age population (15-64) as % of total population	66,0	65,4	63,9	62,6	61,1	59,6	58,4	57,5	56,9	56,6	56,6	-9,4
Elderly population (65 and over) as % of total population	18,4	19,0	20,5	22,2	24,1	25,8	27,0	27,7	28,2	28,4	28,4	10,0
Very elderly population (80 and over) as % of total population	5,1	5,3	5,9	6,3	7,2	8,1	9,1	10,1	11,0	11,5	11,8	6,7
Very elderly population (80 and over) as % of elderly population	27,8	27,9	28,6	28,3	29,9	31,4	33,6	36,4	39,0	40,5	41,6	13,8
Very elderly population (80 and over) as % of working age population	7,7	8,1	9,2	10,1	11,8	13,6	15,5	17,5	19,3	20,3	20,8	13,1

STATISTICAL DATA - EURO ZONE

Demographic projections - EUROPOP2013 (EUROSTAT)	2013	2015	2020	2025	2030	2035	2040	2045	2050	2055	2060	Ch 13-60
Fertility rate	1,56	1,57	1,59	1,61	1,63	1,65	1,67	1,68	1,69	1,71	1,72	0,2
Life expectancy at birth												
men	78,7	79,0	79,8	80,5	81,3	82,0	82,7	83,3	84,0	84,6	85,2	6,5
women	84,0	84,3	84,9	85,6	86,2	86,8	87,3	87,9	88,5	89,0	89,5	5,5
Life expectancy at 65												
men	18,2	18,4	18,9	19,4	19,9	20,4	20,9	21,4	21,8	22,2	22,7	4,5
women	21,7	21,9	22,4	22,9	23,3	23,8	24,3	24,7	25,1	25,5	26,0	4,3
Net migration (thousand)	-180,6	643,6	715,1	846,9	957,0	992,9	976,3	941,0	865,8	833,7	769,6	950,3
Net migration as % of population	-0,1	0,2	0,2	0,2	0,3	0,3	0,3	0,3	0,3	0,2	0,2	0,3
Population (million)	334,5	335,3	337,7	339,6	341,4	343,2	344,6	345,2	344,6	343,1	341,2	6,7
Children population (0-14) as % of total population	15,3	15,2	15,0	14,6	14,3	14,2	14,2	14,4	14,5	14,6	14,6	-0,7
Prime age population (25-54) as % of total population	42,0	41,4	39,3	37,3	36,0	35,3	34,9	34,7	34,6	34,6	34,6	-7,4
Working age population (15-64) as % of total population	65,5	65,0	63,8	62,4	60,6	58,7	57,4	56,6	56,3	56,3	56,5	-9,0
Elderly population (65 and over) as % of total population	19,2	19,8	21,3	23,0	25,1	27,1	28,3	29,0	29,2	29,2	28,9	9,7
Very elderly population (80 and over) as % of total population	5,5	5,8	6,4	6,8	7,6	8,5	9,6	10,8	11,9	12,4	12,5	7,0
Very elderly population (80 and over) as % of elderly population	28,8	29,1	30,3	29,7	30,4	31,4	33,7	37,4	40,7	42,4	43,2	14,5
Very elderly population (80 and over) as % of working age population	8,4	8,9	10,1	11,0	12,6	14,5	16,6	19,1	21,1	22,0	22,1	13,7

LOCAL AND NATIONAL CONTEXT – FINLAND DEMOGRAPHY (1/2)

Population in Finland 31.12.2014

Males	Females	Total	Kouvola
2.691.863	2.779.890	5.471.773	86.453

Average age of the population in 2014

Males	Females	Total
40.7 years	43.4 years	42.07

Life expectancy at birth in 2014

Males	Females	Total
78.2 years	83.9 years	81.1 years

LOCAL AND NATIONAL CONTEXT – FINLAND DEMOGRAPHY (2/2)

Population 55+ 31.12.2014

Age	Males	Females	Total	% of total population
55-64	367.187	378.940	746.127	13.6
65-74	291.124	324.363	615.487	11.2
75-84	140.260	201.601	341.861	6.2
85-94	37.279	89.302	126.581	2.3
95-	1.379	6.080	7.459	0.1
Total	837.229	1.000.286	1.837.515	33.4

Population 65+ in Finland and in Kouvola 31.12.2013

Finland	19.4 %
Kouvola	23.3. %

LOCAL AND NATIONAL CONTEXT – FINLAND SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (1/3)

Some examination after the basic school of 55+ people in 2015

Age	Males % of the age group	Females % of the age group	Total % of the age group
55-64	74.2	79.0	76.7
65-	51.4	46.6	48.7

- The education level of the population and especially of women has risen during the last years.
- Every year more than half of working age population (age 18-64) is participating in **adult education** (app. 1.7 million people).
- Every year app. 15 % of the population 65+ takes part in adult education (mostly in **liberal adult education**).

LOCAL AND NATIONAL CONTEXT – FINLAND SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (2/3)

Employed and pensioners in the age group 55-74 in 2014

Age	Employed %	Pensioners %	Total %
55-64	60.3	39.7	100.0
65-74	10.7	89.3	100.0

- In many cases the works of ageings are part-time work.

Unemployment

- In October 2015 the unemployment rate in Finland was 8.7 %.

- The unemployment rate is higher for men than women, for elderly than younger; for them who have been without work for one year or more it's difficult to come back.

Pensions

- 31.12.2014 there were 1.182.400 old age pensioners, 21.7 % of the population.

- There were also 342.600 disability and other kinds of pensioners.

- The total share of pensioners was 28.2 %.

- Old age pension may be "National pension" or "Earnings-related pension". Most of the pensions are earnings-related pensions.

LOCAL AND NATIONAL CONTEXT – FINLAND

SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (3/3)

- Average old age pension in 2014 was 1675 € / month. Pension starts flexibly in age 63-68. It's usual that women get smaller pension than men because of lower salaries.
- The smallest old-age pension (Guarantee pension) in 2015 is 747 € / month.
- Pensioners can get discounts on trains, buses and air travels in Finland. They may also get discounts on entrances to different kind of events, for example sports, museums, theaters and concerts.

Living Costs

- In 2010 the living costs in Finland were the fourth highest in Europe after Switzerland, Norway and Denmark.
- Average monthly earnings from full-time job in 2013 were 3284 €, (men 3610 € and women 2967 €).
- It means that pensions are app. half from the salary level.
- In 2014 the share of low-income population was 12.8, when the low-income threshold was 1188 € in month.
- If a pensioner has only small incomes he/she can get also housing allowance (max 504 €/month. 191.000 people received this allowance in 2014.
- The number of one-person households was 41.9 % of all households.
- 28 % of women aged 65+ and living in one-person household belong to low-income category.

LOCAL AND NATIONAL CONTEXT – FINLAND MAJOR CHALLENGES FACED BY AGEING PEOPLE (1/3)

Economic dependency ratio 31.12.2012 (The number of people outside the labour force and unemployed population compared to employed)

Finland	1.32
Kouvola	1.52

- In October 2015 the employment rate (16-64 years) was 68 %. This rate must be higher to reach lower economic dependency ratio.

The population is ageing rapidly

Population		2020	2030	2040	2050	2060
65+	% of total	22.6	25.6	26.2	26.9	28.2

LOCAL AND NATIONAL CONTEXT – FINLAND MAJOR CHALLENGES FACED BY AGEING PEOPLE (2/3)

Experienced life 2013-2015

Living conditions	% of the population 55-75	% of the population 75+
Satisfaction with the quality of life is poorer than average (WHOQOL-8)	42	46
Livelihood problems	28	27
Poor transport connections	23	27
Dissatisfied with housing costs	14	11
Perceived health is weaker than in average	45	68
Memory is perceived poor	3	11
Difficulties to cope with everyday life	0	25
Not active participation in the social life and in associations	72	77
Loneliness	7	12

LOCAL AND NATIONAL CONTEXT – FINLAND MAJOR CHALLENGES FACED BY AGEING PEOPLE (3/3)

- According to the GlobalAgewatch report 2015 Finland has ranked on the place 14th, Slovenia 26th, Italy 37th and Portugal 38th when evaluated the welfare of elderly people.
- The indicators are income security, health status, capability and enabling environment.
- Urbanization and internal migration has led to the fact that elderly people increasingly live alone and their children cannot help them.
- Also Finnish homes are relatively small and don't have space for different generations.
- In 2014 22 % from the age group 75+ received different kind of housing services. Housing services include home help (58.00 users), nursing home care (11.200) and service housing (37.000).
- The need to use housing services is rising. This means increasing economical burden to the society.

LOCAL AND NATIONAL CONTEXT – FINLAND

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (1/3)

- The pension costs in 2014 were 14 % of the GDP and 43 % of total social expenditures of Finland.
- In 2010 people 65+ bought more services and good than the population below 19 years.
- In 2016 pensioners must pay taxes from their pensions if the pension exceeds 833 € in month.

Tax rate of pensioners in 2016

Pension / month	Tax %
1000 €	3.9
1667 €	19.2
2000 €	22.5
3000 €	29.2

LOCAL AND NATIONAL CONTEXT – FINLAND

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (2/3)

Family caregiving

- In 2014 app. 24.000 family caregivers aged 65+ had entered an agreement with municipalities. Caring elderly people, e.g. spouse at home, with a smaller support of informal care saves a lot public costs.

Volunteering

- In 2015 1.368.000 people (32.7 %) participated in voluntary work during the previous four weeks; the amount of working hours was 18 hours / person /4 weeks period. Women were more active than men.

- The economic value of volunteering was 2.95 billion euro, when counted according to minimum salary 10 euro / hour.

- In voluntary work, targeted to help seniors, participated 344.800 people, spending 8.2 hours during previous 4 weeks.

LOCAL AND NATIONAL CONTEXT – FINLAND

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (3/3)

Voluntary work made by ageing people 2015

Age	Participants	% of the age group	Working hours
50-64	346.000	36	17.25
65-79	319.000	39	23.00

Willingness and participation in volunteering 2015

Age	Willingness and participation
50-64	65.7
65-79	56.2

LOCAL AND NATIONAL CONTEXT – FINLAND REFERENCES

- Tilastokeskus
- Kansaneläkelaitos
- Eläketurvakeskus
- Työ- ja elinkeinoministeriö
- Opetusministeriö
- Terveyden ja hyvinvoinnin laitos
- Kuntaliitto
- HelpAge International
- Eurostat

LOCAL AND NATIONAL CONTEXT – ITALY DEMOGRAPHY (1/3)

Population

- in Italy (1/1/2015, Istat): 60.795.612
- in Puglia Region (1/1/2015, Istat): 4.090.105

Average age of the population: 44,4

Life expectancy at birth

- 80,2 men
- 84,9 women

Population distribution by age

**Sources: Rapporto ISTAT 2014
TENDENZE DEMOGRAFICHE E T
RASFORMAZIONI SOCIALI*

	Italy	Puglia Region
0-14 years	13,8%	14,04%
15-64 years	64,4%	65,5%
Over 65	21,7%	20,5%

LOCAL AND NATIONAL CONTEXT – ITALY DEMOGRAPHY (2/3)

Indicators of population structure in Italy (31 December 2014)

YEARS	percentage compositions				indicators				
	0-14 years	15-64 years	65 years and over	80 years and over	Age	structural dependence	elderly dependency	average age	
ITALY									
2012	14.0	65.2	20.8	6.2	148.6	53.5	32.0	43.8	
2013	14.0	64.8	21.2	6.3	151.4	54.2	32.7	44.0	
2014	13.9	64.7	21.4	6.4	154.1	54.6	33.1	44.2	

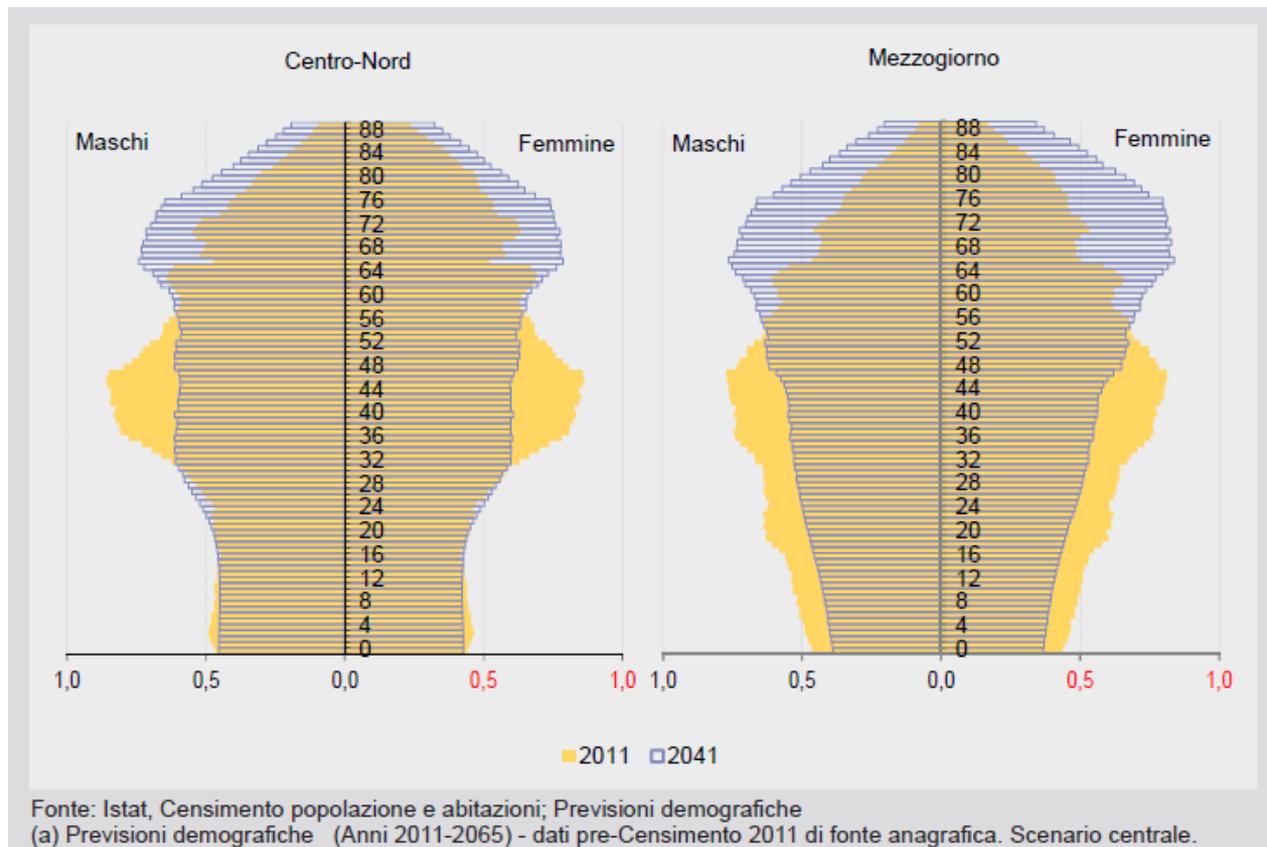
Indicators of population structure in Puglia region (2015)

14.0 65.5 20.5 5.9 145.9 52.8 31.3 43.4

*Sources: Rapporto ISTAT 2014 - TENDENZE DEMOGRAFICHE E TRASFORMAZIONI SOCIALI

LOCAL AND NATIONAL CONTEXT – ITALY DEMOGRAPHY (3/3)

Demographic projections on modification of the structure of the population by age in the next 30 years



LOCAL AND NATIONAL CONTEXT – ITALY SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (1/2)

Economic conditions of families: decrease in disposable income and wealth, significant loss of purchasing power, significant drop in consumer spending.

Most families have only one income.

Tavola 4.9 Povertà assoluta per ripartizione geografica - Anni 2007-2012
(incidenza percentuale della povertà)

RIPARTIZIONE GEOGRAFICA	2007	2008	2009	2010	2011	2012
Nord	3,3	1,7	3,7	3,6	4,0	6,4
Centro	2,8	3,1	2,7	4,6	4,1	5,7
Mezzogiorno	6,0	10,9	8,5	7,7	8,8	11,3
Totale	4,1	4,9	5,2	5,2	5,7	8,0

Fonte: Istat, Indagine sui consumi delle famiglie

LOCAL AND NATIONAL CONTEXT – ITALY SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (2/2)

The retirement incomes are lower in the South and for women.

The Italian welfare system adopt measures to the most disadvantaged segments of the population due to health problems, economic and social hardship, or who are in a state of weakness such as the elderly.

Italy is one of the EU countries that allocate the largest share to the pension: in 2011, over 52% of the funding goes to the expense item that refers to both the monetary transfers (pensions or care allowances) in favor of older people that are in need of continuous assistance to non-health care, both to benefits in kind (costs of residential facilities for care services or family support services to promote the social activities of the elderly).

LOCAL AND NATIONAL CONTEXT – ITALY

MAJOR CHALLENGES FACED BY AGEING PEOPLE (1/2)

The aging population is accentuated. This measure is the "demographic debt" contract from a country in respect of future generations, especially in terms of security, health care spending and assistance.

Italy presents a highly imbalanced age structure, in terms of the ratio of working age population and not, and with a demographic trend that will only exacerbate the aging process, less than social policies can mutate depth individual behavior and family.

With the aging population increases disability, understood as a condition of the person associated with the range of activities of life that suffer serious restrictions due to functional limitations.

These problems expose the elderly at social risk , where social policies are not involved with the best strategies for help and assistance in order to enable them to continue to live independently and to participate actively in social life.

The report evidenced an increased pressure on the national health system, due to higher needs of care and assistance faced by elderly people.

Strategic objective of the Puglia region is to improve the health and quality of life of elder people and people with different abilities, enabling them to live an active and independent life, to contribute to the sustainability and efficiency of health and social systems and to stimulate competitiveness and business opportunities.

LOCAL AND NATIONAL CONTEXT – ITALY

MAJOR CHALLENGES FACED BY AGEING PEOPLE (2/2)

The progressive aging of the population requires passing a welfare model that no longer seems adequate to reality and, in times of crisis, is likely to be unsustainable in the long run. It becomes a duty to invest in elderly services since they can remain active and be a resource for families and society.

The complex of issues related to aging appears very articulate:

- Changes in the relationship between the elderly and the family;
- Scarcity of social networks due to the progressive abandonment of the public roles (in society) and private (in the family);
- Historic transition to the new forms of remote housing;
- Lack of material resources that can sometimes characterize the condition of old age;
- Deterioration of the mental and physical abilities and general deterioration of health (which has an impact on quality of life).

LOCAL AND NATIONAL CONTEXT – ITALY IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (1/3)

The longevity and the aging of the population will likely have a huge impact on the most advanced economies in the coming decades.

The signs of the crisis ...

Based on the analysis carried out through a system of socio-economic indicators in recent times the elderly population is affected by important signs of a weakening of social conditions:

- reduction of municipal services for the elderly
- consumption of the elderly: higher costs especially in housing and energy
- economic distress and the help to younger generation
- Between 2002 and 2008, Italy's priorities for action were the reorganization of its social protection systems in response to demographic changes and the reform of the labor market in response to the economic and social consequences of ageing. In relation to the former, the current economic context, in Italy as elsewhere, has led to the introduction of elements of flexibility in the pension system, both in order to offer individual workers margins of choice and to address the requirements of financial adequacy and sustainability. This has resulted, during the course of the current year, in the further implementation of a complex reform process, which began in the mid-1990s and whose application is still constantly monitored.

LOCAL AND NATIONAL CONTEXT – ITALY IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (2/3)

In the same context, the financial commitment to ensure the provision of appropriate tools for the support of disabled persons" income – many of whom are in the over 65 age group – has been reasserted.

With reference to the labour market, the reforms implemented from the mid-1990s onwards, have been mainly aimed at raising the levels of participation, in line with the European employment strategy. Older workers employment rates (55-64 years) have consistently grown in Italy since 2002, increasing from 28.9% to 33.8% in 2007. However, this increase has been of small effect in closing the gap with the European Union as a whole. In this age group, as in others, the employment growth entirely corresponds to the number of newly-employed women; this fact demonstrates the effectiveness of the gender-based measures that have been introduced, although the under-representation of women is considerable in this context.

The priorities aimed at supporting income and participation in the labour market have been paired over recent years by substantial efforts directed towards the *construction of a social security and health services system that is truly universal and able to meet the needs of the ageing population.*

On the health front, regional policies have either been geared directly towards the aged as a "vulnerable" population group or towards the supply of support to households which include aged people.

LOCAL AND NATIONAL CONTEXT – ITALY

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (3/3)

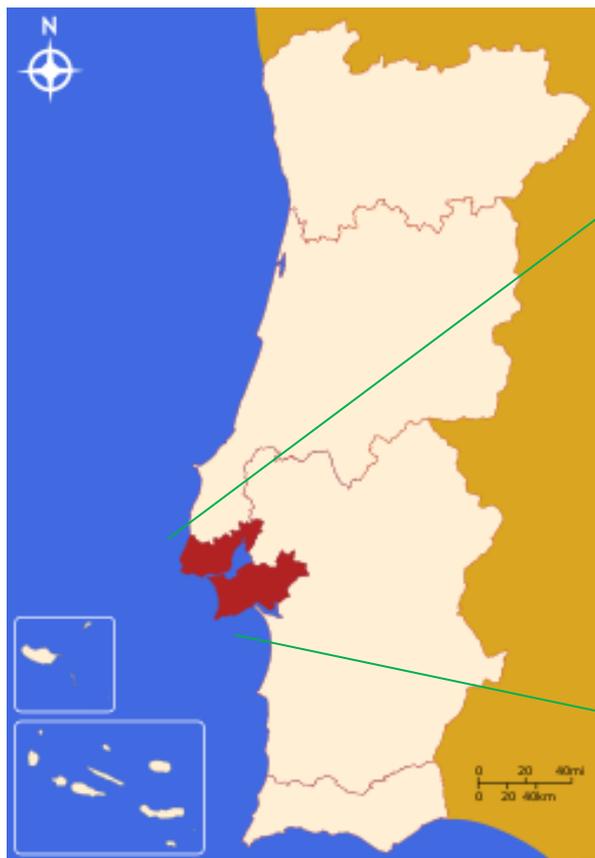
At the same time, the reforms of the social security system (supported by the ongoing financial commitment of the central government), have mainly concentrated on quality of life issues, and on the prevention, reduction and

elimination of disability and personal/family distress, thereby affirming a concept of social intervention which views citizens as active subjects – in the sense that each citizen is entitled to a set of rights – towards whom interventions aimed at the removal of situations of psycho/social distress and marginalisation should be focused.

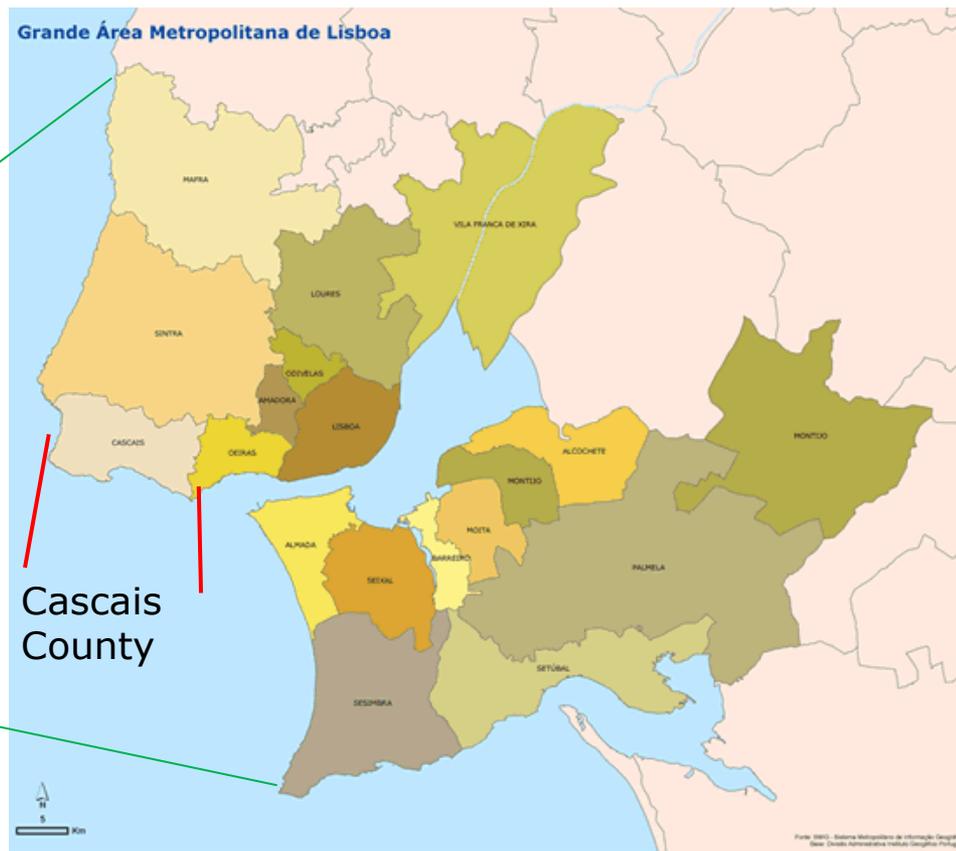
Sources: REPORTING ON NATIONAL FOLLOW-UP TO THE UNECE REGIONAL IMPLEMENTATION STRATEGY (RIS) OF THE MADRID INTERNATIONAL PLAN OF ACTION ON AGEING (MIPAA), 2008 - Isfol

LOCAL AND NATIONAL CONTEXT – PORTUGAL DEMOGRAPHY (1/3)

PORTUGAL



Lisbon Metropolitan Area (18 Counties)



LOCAL AND NATIONAL CONTEXT – PORTUGAL DEMOGRAPHY (2/3)

2014	PORTUGAL	Region: Lisbon metropolitan area	Local: Cascais county
Population	10,401 M	2,808 M	0,209 M
0-14 years	14,5 %	15,9 %	16,5 %
15-64 years	65,4 %	63,9 %	64,6 %
≥ 65 years	20,1 %	20,2 %	18,8 %
<u>Life expectancy at birth</u> : MEN = 76,7 WOMEN = 82,6			
Source: Pordata			

Population's pyramid in Portugal is already inverted with more persons aged >65 than young persons <14.

In Cascais this situation is more balanced than at country or region level, but also inverted.

LOCAL AND NATIONAL CONTEXT – PORTUGAL DEMOGRAPHY (3/3)

Figures and Projection of population's distribution by age groups

TOTAL	PERCENTAGE OF TOTAL (Sources: EU Ageing Report / * Pordata)				
Population	Year / age	age 0-14	age 15-64	age ≥ 65	age ≥ 85
10,5 M	2013	14.7	65.7	19.6	5.4
10,4 M	2014 *	14.5	65.4	20.1	
10,3 M	2015 Proj.	14.1	65.4	20.4	5.8
10,1 M	2020 Proj.	13.0	64.6	22.4	6.6
9,8 M	2030 Proj.	11.6	61.5	26.8	8.1
	EVOLUTION				

Projections for the evolution of age groups percentage show a dangerous decrease of young persons and increase of aged persons. Also a decrease in total population.

LOCAL AND NATIONAL CONTEXT – PORTUGAL SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (1/2)

2013 Source : Pordata	PORTUGAL	Lisbon Metrop. area	Cascais
Total Pensioners	2 489 977	706 115	46 529
% of population	24.0 %	25.1 %	22.3 %
Pension < Minimum salary (6 790 €)	58 %	-	-
Average pension (2011)	4 226 € Per year	-	-
Minimum pension 2015 (public staff system only)	3 430 € Per year	-	-

Pensioners represent one quarter of the total population. Slightly lower in Cascais.

Pensions in general have a minimum value that is very low.

There are many pensioners receiving just above 200 € per month.

LOCAL AND NATIONAL CONTEXT – PORTUGAL SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (2/2)

Portugal introduced in 2007 a "Sustainability factor" linking initial benefits to average life expectancy at retirement (i.e. at the legal retirement age of 65). Individuals can opt to postpone retirement beyond the legal retirement age to compensate (at least partially) for the financial penalty associated with the sustainability factor. Simultaneously, a "national strategy for the promotion of active ageing" was introduced aiming to encourage older workers to remain longer in the labour force through: better access to vocational training, improvement of older workers employment conditions, a higher penalty for early retirement, and benefits granted in case of longer contribution careers.

In December 2013, Portugal approved several laws restricting qualifying conditions for pensions, e.g. in 2014 and 2015 the statutory retirement age of old-age pensions is shifted to 66 years. As from 2015, the legal age for entitlement to old-age pensions will vary according to the evolution of life expectancy at 65 years of age.⁽²⁾

Source: EU Ageing Report

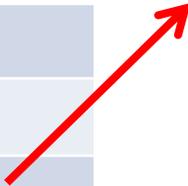
After the application of this "Sustainability factor" net value of pensions at 65 legal retirement age is getting lower and lower, unless people decide to retire later. Also, with new calculation formulas, future pensioners will receive less than the ones who are already retired .
(in comparable situations)

LOCAL AND NATIONAL CONTEXT – PORTUGAL MAJOR CHALLENGES FACED BY AGEING PEOPLE (1/2)

Historical average exit age from labour force			
	TOTAL	MEN	WOMEN
2001	61,9	62,3	61,6
2005	63,1	62,4	63,8

Source: EU Ageing Report

Life expectancy at 65				
	2013	2015	2020	2030
Men	17,6	17,8	18,3	19,4
Women	21,2	21,4	21,9	22,5



After exiting from labour force, Portuguese seniors have about 20 years ahead. What to do in life, when pensions are very low and there are limited choices to spend their time?

LOCAL AND NATIONAL CONTEXT – PORTUGAL MAJOR CHALLENGES FACED BY AGEING PEOPLE (2/2)

Options for the majority



Play table games in public gardens



Look after grandchildren



Sleep while waiting ...



Sit and Wait ...

LOCAL AND NATIONAL CONTEXT – PORTUGAL

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (1/3)

Elderly (>65) as % of total population

2013	2014*	2015	2020	2030
19,6	20,1	20,4	22,4	26,8

Sources: EU Ageing Report ; * Pordata



Very elderly (>80) as % of population

	2013	2015	2020	2030
% of total p.	5,4	5,8	6,6	8,1
% elderly p.	27,7	28,4	29,4	30,3
% working p.	8,3	8,9	10,2	13,2

Source: EU Ageing Report

economy

LOCAL AND NATIONAL CONTEXT – PORTUGAL

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (2/3)

Old Age Dependency ratio	PORTUGAL	Lisbon Metrop.	Cascais
2011	28,6 %	27,8 %	27,0 %

Source : (reverted from table "number of active population per old age population") in PORDATA

Pressure on the Social Security System due to the increase of Old Age Dependency Ratios

Dependency ratios	2013	2015	2020	2030
Old age Dependency Ratio [>65 / (15-64)]	30%	31%	35%	44%
Economic Old age Dependency Ratio [Inactive >65 / employed (15-64)]	45%	46%	49%	55%

Source: EU Ageing Report



LOCAL AND NATIONAL CONTEXT – PORTUGAL

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (3/3)

2011	PORTUGAL	Lisbon Metrop.	Cascais
Population density (per Km2)	114,5	940	2.120
Hospital beds	35.478	11.147	607
Population / bed*	293	252	344
Population > 65*	2,091 M	0,567 M	39.290
Popul. > 65 / bed*	59	51	53

Source: Pordata; * Own Calculations



Increasing pressure on the Public Health System due to the increase of ageing population

LOCAL AND NATIONAL CONTEXT – SLOVENIA DEMOGRAPHY (1/3)

Population in Slovenia (31.7.2015)

Males	Females	Total	South-East region of Slovenia
1.022.554	1.040.523	2.063.077	142356

Average age of the population in 2015

Males	Females	Total
41,1 years	44,1 years	42.5 years

Life expectancy at birth in 2014

Males	Females	Total
77,97 years	83.68 years	80.825 years

LOCAL AND NATIONAL CONTEXT – SLOVENIA DEMOGRAPHY (2/3)

Population in Slovenia and South East region of Slovenia by gender and age groups 55+ (31.7.2015)

		55-59 let	60-64 let	65-69 let	70-74 let	75- 79 let	80-84 let	85-89 let	90-94 let	95-99 let	100 + let
Total	SLOVENIA	150555	142544	104637	90267	74959	56141	30915	10768	1463	236
	South East region	10691	9288	6550	5405	5199	3991	2046	632	79	16
male	SLOVENIA	76255	71300	49865	40357	30816	19388	8467	2225	265	33
	South East region	5500	4780	3188	2473	2131	1351	521	92	9	3
female	SLOVENIA	74300	71244	54772	49910	44143	36753	22448	8543	1198	203
	South East region	5191	4508	3362	2932	3068	2640	1525	540	70	13

- The number of elderly people is rising steadily. Since the middle of 2003, a number of the elderly people (ie. Those aged 65 or more years) was higher than the number of young population (children up to 15 years).

LOCAL AND NATIONAL CONTEXT – SLOVENIA DEMOGRAPHY (3/3)

- The region with the less people of age 65 + in year 2014 was South East region of Slovenia. Region had 16,4 % of people aged 65 +.
- In Slovenia relatively few population reaches a very high age. In the first half of 2014 there were 238 inhabitants aged 100 or over 100 years (37 men and 201 women).

Population 55+ in Slovenia (31.7.2015)

Age	Males	Females	Total	% of total population
55 +	302264	366271	668535	32,4 %

Population 55+ in South East region of Slovenia (31.7.2015)

Age	Males	Females	Total	% of total population
55 +	20327	24037	44364	31,2 %

LOCAL AND NATIONAL CONTEXT – SLOVENIA SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (1/5)

Active and inactive people in the age group 55+ in 2014

Age	Active	Inactive	Total
Male 55+	65837	226654	292491
Female 55+	36846	321479	358325
55 + total	102683	548133	650816

- The registered unemployment rate in Slovenia (in October 2015) was 11.7% (the same rate was also in South East region of Slovenia).
- The number of unemployed people (registered at employment service of Slovenia) within the age group 55 + was (in december 2015) 22.453, that is 19.85 % of all unemployed people (registered at employment service of Slovenia).
- The intensity of aging of population is reflected in the increased number of pension recipients. In Slovenia, in 2013, there were 602,311 recipients of pensions. Among all pensioners there were 69.4% of old age pensioners: among these was 48.6% for men and 51.4% women. That is 4,1% more than in year 2012.
- Employed aged 65 and over have worked in a variety of activities: the most of them have worked in agriculture, hunting, forestry and fishing, followed by activities of health and social security, and education.

LOCAL AND NATIONAL CONTEXT – SLOVENIA SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (2/5)

Educational level of retired people in 2014

		Retired		
		Total	Male	Female
SLOVENIA	Primary school and less	224478	62887	161591
	Seciondary school	251944	129927	122017
	Post-secondary and higher education	60474	30649	29825
Southeast region of Slovenia	Primary school and less	18054	5349	12705
	Secondary school	15378	8276	7102
	Post-secondary and higher education	2860	1506	1354

LOCAL AND NATIONAL CONTEXT – SLOVENIA

SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (3/5)

Age at retirement and earned pension

Age of retirees who receive a pension is mostly determined by prescribed conditions. Retirement is also affected by announced changes of regulations and harsher economic and financial situation, which are currently reflected on the labour market. There are two regulations to receive an "old-age" pension, pensionable service and age, which is higher for men than women. For men, at least 40 years of pensionable service is required and they have to be at least 58 years and 8 months old. Women that want to exercise their right to an "old-age" pension have to have at least 38 years and 8 months of pension service and be at least 58 years and 4 months old. The period of receiving a pension (time from retirement to death) has, with pensioners retired between 2004 and 2013, extended, for men to 16 years and 8 months and for women to 22 years and 8 months.

According to data from ZPIZ, the average monthly pension paid in the period from January to December 2013 was a bit more 560 euros. The average monthly pension was the same as the average from last year, however the prices of consumer goods have in the period from January to December 2013, compared to the same period last year, risen for 1,8%.

LOCAL AND NATIONAL CONTEXT – SLOVENIA SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (4/5)

Residents of Retirement homes

Due to an ever increasing ageing population in Slovenia, the demand for options of living in retirement homes is also increasing. Social networks are useful and valuable for the elderly, living with other people is also useful for older and younger generations. The individual's need of help increases with higher age. The number of residents in Retirement homes is increasing; in 2013 16.554 people, aged 65 or more, of that 24,1% men and 75,9% women, were living in retirement homes. Among the residents aged to 69 men are more numerous. In all higher age groups women are more numerous, especially among the persons aged 80 or more; among these there were 82,2% women and 17,8% men; compared to last year the share of women among the oldest residents (80 or more) decreased for about 0,5 percentage point.

- The most important health issues of men and women in the age of 65 or more are cardio-vascular diseases: each tenth senior visits the general doctor once a year for increased blood pressure, each twelfth senior for a cardio-vascular disease, each twenty-fifth visits for ischemic heart disease, each 50th for a stroke. Morbidity of men, aged at least 65, was, compared to hospitalizations, for one third higher than morbidity of same aged women.

LOCAL AND NATIONAL CONTEXT – SLOVENIA SOCIO-ECONOMIC SITUATION OF AGEING PEOPLE (5/5)

- Dementia affects about 1% of persons aged 60 or more and 30-45% of persons aged 85 or more. The number of patients with dementia, one of the most common mental disorders, increases with age. Among the affected there are more women than men, because there is more women of this age than men.
- Seniors are exposed to the highest risk of poverty. The level of poverty in Slovenia in 2013 was 14,5%, which means, that 14,5% or 291.000 people, were living in poverty, among these 22% were older than 65.
- The level of risk for poverty of older men was 13,2% which is lower than the national average, the level for women was 25,5%. Considering the size of the household, the danger of poverty in 2013 was the highest with one person households of older women (42,1%).
- Worsening of socio - economic position of older which threatens their social integration (for example: in Southeast region of Slovenia older people are leaving in family protection in Croatia, where supply is reduced by half).

LOCAL AND NATIONAL CONTEXT – SLOVENIA MAJOR CHALLENGES FACED BY AGEING PEOPLE (1/2)

- to break the myths about aging (to increase awareness of general public and various others of the importance of demographic changes and the need for preparation and acceptance action),
- to connect stakeholders in the field of active and healthy aging in Slovenia;
- to achieve the participation of all generations in the design and later in the implementation of strategies for active and healthy aging (in fields of improving living conditions for the elderly and setting up conditions for young people and those in middle age who will enter in older age period healthy and ready to fully live the third age)
- to contribute to reducing inequality among the elderly
- to verify the strategy in terms of relevance and acceptance of modern and future society
- to develop new strategy for quality aging (strategy of active and healthy aging) which should have these important fields:
 - Employment and retirement (age-friendly jobs, flexible jobs, preparing for retirement ...),
 - Fields of health (prevention, chronic diseases, tobacco, alcohol, lifestyle ...),
 - Lifelong learning and education,
 - Active citizenship (volunteering),

LOCAL AND NATIONAL CONTEXT – SLOVENIA MAJOR CHALLENGES FACED BY AGEING PEOPLE (2/2)

- Culture, amateur culture, activities of promotion of physical and mental activity,
- Development of long-term care (quality, accessibility),
- Formalni, informal carers,
- Ensuring an adequate standard of living,
- Adjusted, secure accommodation, Environment planning,
- Use of modern information and communication technologies,
- Elder abuse,
- Role of NGOs (ADVOCACY),
- Community forms of care for the elderly.

LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (1/6)

The importance of education and voluntary work for the elderly and society

- We are hearing a lot lately about the phrase "active ageing", emphasising that old age is not just an inactive period of life. We can understand this as a continuous participation in economic, social, culture and civil field, as an upgrade of the already achieved and not just an extension of physical activity of the elderly or extension of employment. Seniors spend their free time in different ways, more and more of them are using computers and the internet.
- In the first quarter of 2013 25% of persons aged 65 – 74 were using computers, most of them also used the internet. Among these, 18% used the internet for reading news, newspapers and magazines, 16% for sending and receiving e-mails and also 16% for searching for information regarding health.
- The results of Slovenian research on participation of adults in education (during years 1978, 1998, 2007) show that the participation of elderly in education since 1978 has reduced, despite the fact that the supply of adult education programs (for elderly) has increased. Research has shown that the most important reason for that are living circumstances. Important reason for the current low participation in education is also the traditional definition of ageing (where is "grayed society" presented as a problem) which is in conflict with the new concepts (where ageing is an opportunity for freedom, for personal growth, **discovering new opportunities of participation in society**, even for searching new identity).

LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (2/6)

- The research on lifelong learning and education⁸ among older adults from the rural environment, which was conducted in 2010 by questionnaire among rural members of universities of the third age in the Southeastern region of Slovenia, and semi-structured interviews with all four coordinators of Universities of the Third Age, showed that only a few individuals are ready to engage and devote some of their time to ensure that programs for elderly are well run. Research shows a low degree of willingness of older adults to volunteer in the activities of the University of the Third Age (42% of the members are ready to gather ideas for new content / themes programs, working methods, etc .; 34.5% are ready to inform members about the activities, schedules, programs, etc .; 22.7% of members is willing to be involved in preparing the classes for lectures and workshops and 21.8% in the preparation of events, 17.6% of the members are ready to copy material ; surprisingly low share of only 10.1% would be willing to take the role of mentor or lecturer).
- There is a trend of increasing the number of active volunteers in Slovenia.
- Most of volunteers in Slovenia are within the older population. 68.72% of volunteer hours are performed by people aged 60 years and more (in year 2012: 69.31%, in year 2011: 84.6%) who performed total 4,234,224 hours of volunteer work (in year 2012: 3,839,398 hours in year 2011: 3,633,723 hours).
- The elderly are active most of all in the following fields: human rights and freedoms, social activity, tourism, culture and art, health and recreation.

LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (3/6)

- Total estimated value of volunteer hours (in accordance with Regulations on the areas of voluntary work and the subscriber – where one hour of volunteering work is estimated from 6 to 13 euros) is 64,535,388 €, which presents significant contribution of volunteering to the general social welfare in Slovenia.
- Volunteer work ensures rapid and effective response to many social problems (where the response of state and local authorities is slower).
- Volunteer work is becoming increasingly more important also as complementarity activity of state social services thus allowing greater accessibility of services. It is the time of unstable economic and social conditions, it is very important that the state encourages the development of volunteering, which significantly contributes to reducing poverty and promoting activity of the population.

The importance of education for the elderly and society in general

Education may be a key factor to reduce the marginalization of older adults due to economic, social, political and cultural factors.

LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (4/6)

Benefits and objectives of the education of older adults:

- Effects of learning on the lives of adults and older adults in the form of human, social and identity capital, which reflects in better health, stronger social networks, more quality family life and other areas.
- Achieving personal growth (new knowledge, skills, higher self-confidence, understanding of self and society, etc).
- Development of their own social value through organized and supported social participation (for instance the local community);
- Participation in the e-economy, e-government, e-communication, e-volunteering, etc., Especially in decision-making processes of the elderly.
- Developing the employability and competitiveness of the elderly in the labour market.
- Development of new "professional" volunteer roles of the elderly.
- Preparation of the elderly on life changes and new social roles.
- Structured and meaningful spending leisure time.
- Intergenerational integration by recognizing and inclusion of experiential knowledge, life experiences, skills, values of the elderly in social and economic development.
- Strengthening social support (informational, emotional, physical, etc).

LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (5/6)

- Encouragement of research: the various dimensions of adult educational and scientific support for the development of their education.
- Strengthen networking and cooperation between education providers and the various partner organizations from the public, private and civil sector.
- Strengthening the role of existing organizations in the civil sector, which have so far generated more insights, knowledge and qualitative research.

Slovenia invested approximately one tenth of GDP for pensions (UMAR Slovenia)

Demographic projections for Slovenia

Slovenia has 2,062,000 inhabitants. Until year 2045 Slovenia should have (according to Eurostat population projections) over 2,076,600 inhabitants (within them there will be 29.0% of the elderly). Slovenia's population will at year 2045 began to decreased, however, the number of older people will continue increasing (in year 2055 there will be 30.1% of the elderly, among them 38.3% aged 80 years or more). Life expectancy at birth of boys born in 2045 will be 81.8 years and for girls 87.0 years.

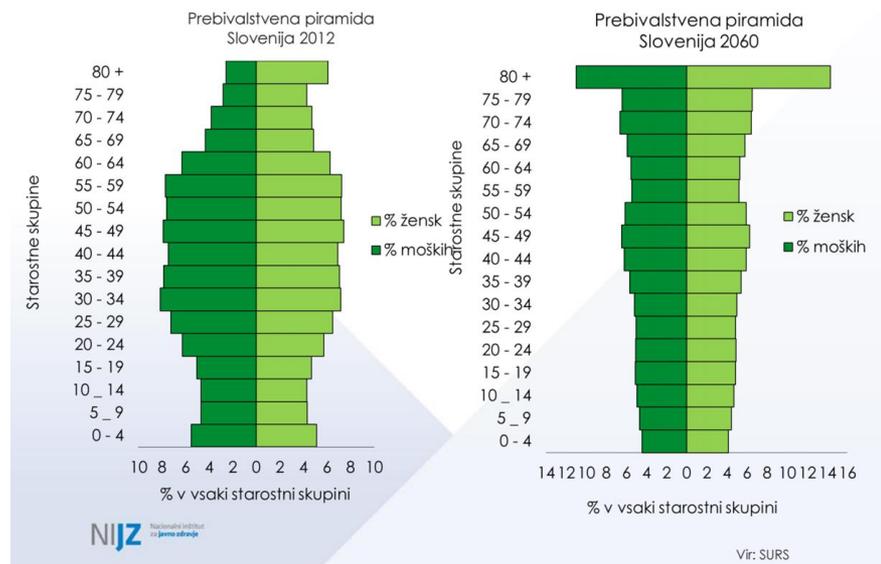
LOCAL AND NATIONAL CONTEXT – SLOVENIA

IMPACT OF THE AGEING POPULATION IN THE SOCIETY AND ECONOMY (6/6)

- Population aging - a story of success?
- Longer life expectancy and lower fertility
- Rates – increasing share of older population -> consequences on the economy and society as a Whole (pension, health, social services ...)

Population pyramid 2012 and projections for the year 2060

Prebivalstvena piramida (SI, 2012 in 2060)



LOCAL AND NATIONAL CONTEXT – SLOVENIA REFERENCES

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PART B – GOOD PRACTICES PROJECTS

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GOOD PRACTICES PROJECTS – FINLAND (1/5)

"Citizen Forum"

Citizen Forum is an association, which promotes active citizenship and voluntary activity, and acts as a service centre for volunteers, other voluntary organizations and professionals working in the field on volunteering in Finland. The Citizen Forum is the only Finnish member of CEV. Read more: www.cev.be

The working methods include:

- local and national events for networking and joint action,
- training, consultative services and other support and guidance, gathering,
- disseminating and publishing information, e.g. training programmes for volunteers working with elderly people and training programmes for peer support mentors,
- development projects and cooperation with any relevant stakeholders and www.kansalaisareena.fi –website and its services.

www.kansalaisareena.fi

GOOD PRACTICES PROJECTS – FINLAND (2/5)

"ENTER"

ENTER is an association for people who have retired or are about to retire and who are interested in or puzzled by IT. ENTER started in the late 90s. STAKES (the present name National Institute for Health and Welfare) became concerned about how to guide senior citizens in the world of modern IT. ENTER tries to give older people training in IT on their own terms. Voluntary peer instructors offer individual and free of charge guidance in the use of computers, tablet computers and mobile phones in more than 40 places all over Helsinki region.

The members of the association are given information and short lectures on computers and mobile phones in a very practical and clear way. The association takes part in public projects which have to do with IT such as "Listen to the voice of senior people".

When planning accessible activity, the diversity of older people is to be considered in addition to the accessibility of the physical, social and psychic environment.

<http://www.entersenior.fi/>

GOOD PRACTICES PROJECTS – FINLAND (3/5)

"Apuva/ Activity Premises Etappi"

The aim of the Apuva association is to promote and develop voluntary activities aimed at enhancing the social interaction of persons in need, to prevent exclusion and to support living at home. The purpose of the voluntary activities is to provide local services mainly free of charge for elderly and disabled. The activity will support clients' living at home.

Apuva Association runs Kyläpaikka café in Etappi in Kuusankoski. It offers personal helpers for outdoor activities and running errands. Training and recreational opportunities are provided to the volunteers. The association cooperates with various non-profit organizations, societies, institutions and authorities.

In the premises of Etappi are located i.a. Pensioners' Association of Kuusankoski as well as six other local associations which are operating in Social Affairs and Health. Once a week "Good Mood Club" meets there. It strives to maintain memory and mental and physical alertness.

<http://users.kymp.net/etappi>

GOOD PRACTICES PROJECTS – FINLAND (4/5)

"Pensioners' Organisations in Finland"

EETU is the common organisation which connects various pensioners' organisations in Finland. It works to improve pensioners' and old people's economic and social benefits. Eläkeliitto ry, Eläkeläiset ry, Eläkkeensaajien Keskusliitto EKL ry, Kansallinen senioriliitto ry, Kristillinen Eläkeliitto ry and Svenska pensionärsförbundet rf together form a channel of great influence. EETU organisations have 1300 local associations, about 80 district associations and over 300 000 members throughout Finland.

It has a representative in the most important governmental organs which have an influence on pensioners' status. In addition, EETU arranges seminars and carries out projects which support old people's social involvement.

Local pensioners' associations act as an voluntary basis and they arrange outings, which offer possibilities to visit cultural events and go sight-seeing in Finland and even make trips abroad. Clubs for physical training, dancing and hobbies and e.g. taking old people for walks are basic elements in the activity of several pensioners' associations.

www.eetury.fi/

GOOD PRACTICES PROJECTS – FINLAND (5/5)

"With a Big Heart"

With a big heart net service helps helpers and those who need help to find each other. It also helps voluntary organizations to network and connect their resources. This activity can be found in 40 localities all over Finland. On the web sites of your own locality you can see what services are offered and what kind of help is to be found. There are already over 350 volunteers in Kouvola, some of them senior citizens, working together – *With a Big Heart*.

Everyone can work as a volunteer via Kouvola congregations. Your own skills and desire to help are enough. Volunteering doesn't mean continuous commitment, you can bring your own contribution for the common good when it suits you.

Vapaaehtoistyö.fi service is intended to be a mediator of all kinds of voluntary aid. The net service brings together helpers and those who need help. You can also yourself suggest a voluntary task which is not yet offered. There is always an agent responsible for organized voluntary work, e.g. a non-governmental organization or a congregation. They also bear responsibility for the activity and safety.

Vapaaehtoistyö.fi service is maintained by a non-profit association Kirkkopalvelut.r.y. whose web site is based on the principles of charity, non-commercialism and non-profit-making.

<http://www.suurellasydamella.fi/>

GOOD PRACTICES PROJECTS – ITALY (1/5)

" Marche_Active@Net"

The project realized by CSV MARCHE has been recognized as positive action in the framework of local actions to support the strategies of European Commission and European Parliament about Active Aging.

Main objective of the project was:

"Promote a positive culture of Active Ageing and the value of the exchange between generations in the Marche Region through the creation of a regional network of learning and innovation to support public policies"

The project was founded by Presidenza del Consiglio dei Ministri and was implemented from February 2014 and July 2015, with the objective of empowerment of local networks active in Active aging and solidarity between generations.

The main project results has been:

- 5 provincial groups formed by voluntary associations, local authorities, schools and other organizations of the third sector,
- 5 Pilot Actions founded in the project: "Ricordi 2.0 – Dalla memoria alle nuove tecnologie" (Ancona), "L'orto giardino di nonna Silvia" (Ascoli Piceno), "Collegli di centro, amici per la vita" (Fermo), "Rete libera tutti" (Macerata), "Nonni e bimbi al lavoro insieme" (Pesaro).

[Final Publication](#)

GOOD PRACTICES PROJECTS – ITALY (2/5)

" M.A.G.I.A. "

Meeting tra Anziani e Giovani: per un Invecchiamento Attivo

The project realized by SAID – Servizio Assistenza Infermieristica Domiciliare – S.c.s. has been recognized as positive action to promote Active Aging.

Main objective of the project was:

"Promote the active participation of elderly persons in the family and social life, fostering the relationship and the social gathering between generations".

The project was founded by Presidenza del Consiglio dei Ministri - Dipartimento per le politiche della famiglia under the call "Premi per iniziative di promozione dell'invecchiamento attivo e della solidarietà tra le generazioni – Anno 2012" (European Tear for Active Aging 2012).

The main project activities has been:

- social gardening and promotion of traditional activities
- workshops with students aimed to promote the life at open air and to realize training by elderly trainers on gardening
- cycling tours, training and running routes

<http://www.cooperativasaid.it/m-a-g-i-a/>

GOOD PRACTICES PROJECTS – ITALY (3/5)

"Approcci per il coinvolgimento e la valorizzazione dei lavoratori senior in azienda"

The project realized by Impronta Etica and SCS has been recognized as positive path on active aging in the companies, for a better exploitation of companies resources in terms of human capital.

Main objective of the project was:

"create a tool for analysis and planning available to companies that want to address the issue of active aging policies to support company management, and enable older people to contribute fully within and outside of the labor market."

The project is part of the path of diffusion of the Charter for Equal opportunity and equality at work.

The main project result has been the structure for a workshop that can be realized in companies organized in:

- STEP 1 - First reflection: possible good practices and prioritization,
- STEP 2 - Survey on corporate culture,
- STEP 3 - Feasibility Analysis,
- STEP 4 - Plan implementation: project design.

[Final Publication](#)

GOOD PRACTICES PROJECTS – ITALY (4/5)

" Tra generazioni: l'unione crea il lavoro"

The project realized by Fondazione Mondo Digitale in partnership with CNA Pensionati, and with the sponsorship Google has been recognized as positive action for intergenerational learning and creation of new job opportunities.

Main objective of the project was:

"Promote the employability of the new generations as reduce the digital gal of elderly people at risk of social and digital exclusion"

The rational of the initiative is the idea that intergenerational exchange of skills among young people and old people will lead to a mutual enrichment of their knowledge in order to promote the employability.

The main project results are that:

- students can be introduced to the secrets of the aged and web technologies;
- seniors make available to boys their professional experience: tips and tricks to guide their design ideas of new businesses or on existing initiatives to raise.

It is a training and professional alliance, to give young people the skills needed to live and work in the 21st century and to enhance the knowledge of the elders, in favor of the new generations..

<http://www.mondodigitale.org/it/cosa-facciamo/aree-intervento/imprenditoria-giovanile/tra-generazioni-lunione-crea-il-lavoro>

GOOD PRACTICES PROJECTS – ITALY (5/5)

" ETÀ LIBERA – INVECCHIAMENTO ATTIVO"

The project realized by Fondazione Carige in cooperation with Auser Liguria and "rete per l'invecchiamento attivo" is positive practice based on the methodology of networking, aimed at enhancing the importance of integrated social policies for promotion – protection, not only as support for frail older people as well as participatory and preventive approach to build a new idea of old age.

Main objective of the project was:

"focus on people people in their social life, with rights and duties, able to learn, to re-think themselves, to establish intergenerational, intercultural relationships, and able to engage through solidarity, active citizenship and volunteering."

The main project actions has been:

- PROTECTION MEASURES for older people with physical and social frailty ,
- SOCIAL PROMOTION of active aging as free age for people of all ages, through:
 - LIFELONG LEARNING
 - PHYSICAL WELL-BEING AND HEALTH PROMOTION
 - PROMOTION OF VOLUNTARY CIVIL SERVICE OF SENIORS as "Handler" and / or "facilitator" of volunteering activities

<http://www.auserliguria.it/chrCorrelati/upload/doc/Progetto%20Eta%20Libera%202011.pdf>

GOOD PRACTICES PROJECTS – PORTUGAL (1/5)

"AVÓS N@ NET"

"Grandparents @ NET" Project aims to provide to the senior citizens of Cascais Municipality the acquisition and of knowledge within the information and communication technologies and, at the same time, combat loneliness. This action may provide participants with new ways to communicate with distant relatives. The priority of participation is be given to participants over 60 years.

This training aims to enhance access to additional media such as the Internet, chat channels, email and social networks.

The project enabled so far, more than 500 residents, the acquisition of basic skills in using the Internet and the resources that it offers. In addition to the skills acquired, this project helps combat loneliness and the digital info exclusion.

<http://www.cascais.pt/noticia/projeto-avos-n-net-2015-formacao-gratuita-na-area-das-tecnologias-da-informacao-inscricoes>

GOOD PRACTICES PROJECTS – PORTUGAL (2/5)

"MEETING CENTRES"

Junta de Freguesia de Cascais and Estoril runs 5 Meeting Centres for senior citizens.

The Meeting Centres aim to:

Provide the creation of permanent services tailored to the well-being of its users and to contribute to the personal development and the enhancement of the positive factors of the age development process, promote and encourage the proper relations among users, family and friends, promote cultural development and leisure activities.

These centres are open Monday to Friday, in the morning of 09h30m to 12.30 pm and from 14h00m at 18.00 the afternoon, and they provide activities such as Language classes, IT classes, Gymnastic, Painting, Handicrafts, Performing Arts, Yoga, Music and Dance groups, among others.

To attend activities in this centres, users must be resident in Cascais and Estoril county and be 60 years old or more.

<http://jf-cascaisestoril.pt/centro-convivio>

GOOD PRACTICES PROJECTS – PORTUGAL (3/5)

"SÉNIORES EM MOVIMENTO"

The Project "Seniors in Motion" is directed to the population from the Daily and Social Senior Centers in Cascais Municipality, contributing to an active ageing process, promoting healthier lifestyles with gains in self-esteem and quality of life. The project includes the regular practice of physical activity, focusing on the mode of exercise in water.

Goals:

- Contribute to the promotion and adoption of healthy lifestyles and consequently improving the quality of life of elderly people;
- Promote physical fitness and develop functional autonomy;
- Promote self-esteem;
- Contribute to the development of interpersonal relations process skills;
- Contribute to an integrated process in the perspective of active ageing.

<http://www.cm-cascais.pt/projeto/seniores-em-movimento>

GOOD PRACTICES PROJECTS – PORTUGAL (4/5)

"VOLUNTARIADO SÉNIOR DE SERRALVES"

"Senior Volunteering in Serralves" is aimed at people over 50 years and culturally active, who wishes to share their time and their knowledge.

Volunteers can sign up to perform tasks such as:

- "Tutoring" / "mentoring" to projects in the field of Creative Industries;
- Graphic material archive and organization in Serralves Library;
- Support for hosting participants in educational programs;
- Support for hosting visitors to the exhibitions;
- Support for hosting participants for Courses / Workshops / Conferences.

Serralves Foundation is recognized as a center of excellence in the field of contemporary art and, in general, in the reflection on crucial issues of our society, promoting the diversity of cultural offerings through an innovative intervention that, in a sustainable way, attracts diverse audiences and induces Community support.

<http://www.serralves.pt/pt/>

GOOD PRACTICES PROJECTS – PORTUGAL (5/5)

"PROJETO MAIOR"

The project "MAIOR" was created by an Hospital (Hospital de Santo André) aims to promote health with Movement, Autonomy, Independence, Opportunity and Recovery of the elderly population.

It proposes a customized structured intervention that involves many professionals from different areas and skills, in order to adapt better the access to the hospital, facilitating access to technical assistance, promoting active ageing through physical exercise and healthy lifestyle and promote the knowledge about health.

It is also intended to ensure the conditions for enabling environments for autonomy for elderly people, giving responsibility to the elderly and their family.

[http://www.chleiria.pt/galeria/files/S_4_3_3%20-%20Projecto%20MAIOR%20\(ficheiro%20para%20download\).pdf](http://www.chleiria.pt/galeria/files/S_4_3_3%20-%20Projecto%20MAIOR%20(ficheiro%20para%20download).pdf)

GOOD PRACTICES PROJECTS – SLOVENIA (1/5)

"Guidance in adult education (ISIO)"

Aims and objectives of the projects:

- To provide high quality, professional and comprehensive information and counseling to all adults (especially vulnerable target groups).
- Connect as many providers of educational and counseling services for adults in the local area networks and also provide high quality, comprehensive and coordinated action.
- to develop volunteering work of elderly people within Guidance in adult education

Brief description:

Within this activity the concept of inclusion of volunteers in the guidance centers for adult education and training program of volunteers was developed. 12 volunteers have been trained for volunteering work in the guidance centers.

Partners: The net of 14 organization for adult education in Slovenia, led by Slovenian Institute for Adult Education.

Guidance for learning ([video](#))

<http://isio.acs.si/>

<http://www.ric-nm.si/si/dejavnosti/svetovalno-sredisce/>

[Manual Volunteering in guidance activities in adult education](#)

GOOD PRACTICES PROJECTS – SLOVENIA (1/5)

"AHA.SI (Active and Healthy Ageing in Slovenia)"

Aims and objectives of the projects:

- To make recommendations for a strategy of active aging in Slovenia in three areas: promotion of the employability of older and disposal decisions for retirement; active and healthy aging for active and healthy aging; independent living through environmental and long-term care.
- Create a working network of sectors and stakeholders in the field.
- To increase public awareness and target groups in this field.
- To carry out the analysis of the situation and specific challenges.

Lead partner: National Institute of Public Health (NIJZ)

Duration of the project: 1.3. 2014 do 28. 2. 2016

Financed by: The European Commission, Directorate-General for Employment, Social Affairs and Equal Opportunities and The Ministry of Labor, Family, Social Affairs and Equal Opportunities and Ministry of Health

[The report of working consultation 17.6.2014](#)

<http://www.zdus-zveza.si/ahasi>

GOOD PRACTICES PROJECTS – SLOVENIA (1/5)

"Elderly for the elderly"

Brief description:

Project is prepared by professionals of Slovenian Philanthropy and gerontology. All activities and forms of cooperation with senior citizens have been designed on the basis of the responses from the survey (performed at the first visit).

Aims and objectives of the projects:

- the purpose of this project is to strengthen cooperation and organization help senior citizens over 69 years to the latter as long as possible to live in their own homes.
- societies with 371 volunteers covering 22,152 local residents of North West Slovenia (a total of 17,738 individuals so far decided to participate with the volunteers which helped and visited them occasionally in the context of opportunities also help to overcome the everyday problems faced by this age).

Partner: The Association of Pensioners of Slovenia, involved 25 associations of pensioners of Gorenjska. The project senior citizens each year expanding throughout Slovenia. So far, the project included a total of 240 associations of pensioners.

Project coordinator: Edo Kavčič (edvard.kavcic@telemach.net)

<http://www.pzdugorenjske.si/Starejsi-za-starejse>

GOOD PRACTICES PROJECTS – SLOVENIA (1/5)

"Active and quality aging at home (A-Qu-A)"

The Ljubljana Home Care Institute was established in the year of 2002 funded by the Municipality of Ljubljana. Its main activity is development of various types of home health care. The main wish of the elderly is, in the context of their environment, to establish new social contacts and remain active in their domestic environment. This is the reason why we put great emphasis on the integration of older people in intergenerational cooperation. Self-help groups and volunteering achieved great success, because elderly became more open to accept students and senior volunteers in their life. To provide our users with more specific services we decided to implement the project called Active and quality ageing at home (A-Qu-A).

Aims and objectives of the projects: The basic aim of the project is to ensure a healthy and active aging population in home environment. Due to the needs of older people following the enlargement of the aid will institute within the framework of the project "active and quality ageing at home" users for the duration of the project, ie. from May 2015 until the end of December 2016 home offer free services in physiotherapy, occupational therapy, dietetics, nursing and Speech Pathology. Together with project partners, the Municipality of Ljubljana, the Institute for Kinesiology Research, Municipal Federation of Pensioners Ljubljana, Medical Faculty, the Faculty of Design and the Norwegian partners will be offered other forms of assistance, education, counseling and recreation for the quality of life in the home environment.

Results of the project:

- Acquisition of a concession to perform stated services.
- Supplying 905 users with started services (main criteria: 65 years).
- 6 trained professionals to work with users.
- Enrolment of 40 students of Faculty of Health Sciences, University of Ljubljana and 20 students of the Faculty of Design, Associate member of the University of Primorska in the project through obligatory internship.
- Implementation of mass measurements with mobile laboratory, processing and publication of results in scientific publication.

Lead partner: Institute for home care Ljubljana

Duration of the project: 09.04.2015 – 31.12.2016

Financed by: The Norwegian Financial Mechanism 2009-2014

<http://www.a-qu-a.si/o-projektu/>

GOOD PRACTICES PROJECTS – SLOVENIA (1/5)

"Slovenian Third Age University"

Description: Since 1984, when it was established through voluntary endeavours of a group of adult education experts and university teachers of andragogy, Slovenian Third Age University has steadily grown to become a national network of 45 universities in 44 localities with about 21 000 students, more than 1000 mentors and volunteers. Its practice has been extensively researched; as a result, today the University follows its own generalisations and is based on its own model.

Aims and objectives of the projects:

- to achieve better understanding of older people's needs and to better their life through culture and education,
- to facilitate integration of older people in the society through their personal growth, paid or voluntary work,
- to support active ageing in all its forms and to enable different generations to collaborate, study and work together,
- to conduct public campaigning in the field of older people's issues and education and to support older workers to stay on the labour market and /or to get back there,
- to research education of older adults and to disseminate the findings and educate teachers, mentors and facilitators in the field,
- to provide education for professionals dealing with people in later life and develop new innovative educational programmes for different groups of people in later life,
- to provide integrated counselling and guidance for active ageing (educational, psychological, legal, and guidance in the field of labour market),
- to ensure networking of civil and public organisations active in the field of education in later life.

www.utzo.si

Contact: univerza-3@guest.arnes.si

GOOD PRACTICES PROJECTS – EUROPEAN/INTERNATIONAL (1/4)

"KuuRet - International Grassroots Agent"

Kuusankosken Retkeilijät (Kuusankoski Hiking Club) was restarted in 1979, and from that time on voluntary work has been part of its activity. All its events are organized by volunteers. KuuRet55+, which started in 2007, works through individuals and small groups according to a grassroots principle both locally and at an international level. KuuRet has participated in the following projects concerned volunteering, active ageing and lifelong learning:

1. In 2006-2008 the pilot project "TraVELAgents" as a local co-partner of the Kuusankoski Adult Education Centre, the pilot project was supported by the European Union.

<http://www.ance-hellas.org/el/projects/55/>

2. In 2010-2012 the Grundtvig project "European Approach" as a coordinator.

3. KuuRet also coordinated another Grundtvig project "Active Body + Active Mind = Healthy Senior" in 2012-2014.

4-5. KuuRet has arranged two workshops for seniors supported by Grundtvig. In 2011 the theme was "Many Faces of Finnish Nature Environment" and in 2013 "Exercise and Learn in the Nature Environment".

6.-7. In the Grundtvig senior voluntary work projects "Taking care" in 2011-2013 and "Helping Hands" in 2013-2015 our partner came from Portugal.

<http://kuuret55.nettisivu.org/>

GOOD PRACTICES PROJECTS – EUROPEAN/INTERNATIONAL (2/4)

"ACTIVE AGEING GOING LOCAL (AGL)"

Lead Partner: Regional Health Agency Marche (Italy)

Consortium:

- EuroHealthNet
- Department of Welfare - Apulia Region
- Department of Social Services - Veneto Region
- Health Equalities Group (HEG)

The project is founded by European Commission - DG Employment.

The aim of the AGL is to develop European Policy Guidelines to support the designing and implementation of new integrated strategies to promote active aging initiatives. The need of a multidisciplinary approach in supporting active ageing is of growing relevance when considering demographic changes and the rise of life expectancy in Europe.

AGL aims at improving policy coordination among public and private stakeholders, through a consortium of three Italian Regions (Apulia, Marche and Veneto) responsible for planning and implementing social and health policies in Italy, the National Health Service England, considered a good practice in the field, a network of European institutions involved in the Health Sector (EuroHealthNet) and FGB. Partners will be involved in research and mutual learning activities.

<http://www.agl-project.eu/>

GOOD PRACTICES PROJECTS – EUROPEAN/INTERNATIONAL (3/4)

"VOLUNTEERING AS AN OPPORTUNITY OF LEARNING IN LATER LIFE"

The project is a collaboration of three European associates from Italy, Denmark and France. Seniores Italia, Seniores without Borders of Denmark and l'Office Technique d'Etudes et Cooperation International (OTECI) of France have joined together to gain perspective on Senior Skill-based Volunteering in Europe.

The project aims at enhancing Senior Skill-based Volunteering in Europe by investigating on senior professionals motivations to volunteer and identifying innovative strategies and tools to enhance their involvement in volunteers' activities.

The initiative also aims at identifying best practices in pre-assignment training tailored for Senior Skill-based Volunteers.

<http://www.seniores.altervista.org/index.html>

GOOD PRACTICES PROJECTS – EUROPEAN/INTERNATIONAL (4/4)

"Engaging the older people in lifelong learning"

Brief description:

The aim of the project was to identify what people from the age group of 75 + need to stay involved and learn longer. It provides suggestions and best practices on activities for people with high support needs and it matches research into practical guidelines. The project provided suggestions and best practices on activities for people with high support needs and it matches research into practical guidelines. The study involved 240 individuals from four partner countries. The results of research has shown that poor health of the elderly can prevent participation in organized activities but it is not a decisive factor. For people who are not closely involved in the activities, the biggest obstacle is poor motivation and the other is the vicinity of the activity or the possibility of transport. We have prepared a brochure in which we present the top ten proposals for the integration of the elderly, as well as Slovenian specifics that require the attention of the organizers of volunteering.

Partners: Slovene Philanthropy, Age UK, Third Age Ireland, The National Foundation for the Elderly Netherlands

Funded: Under the Lifelong Learning Programme (learning partnership)

Brochure: http://www.filantropija.org/wp-content/uploads/2015/08/SF_Erasmus_Zgibanka_180x1800_LayOut_WEB.pdf

<http://www.filantropija.org/vkljucevanje-starejsih/>

PART C – SURVEY REPORT

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EXECUTIVE SUMMARY

This survey was conducted by the team of the European Project "Plan Be: Active Senior Volunteers" with the objective to collect information about volunteering among people over 50, which will serve as the basis for the creation of a European Senior Volunteering Program. In this survey took part 88 participants from 4 different countries: Finland, Italy, Portugal and Slovenia.

The conducted survey allowed us to collect useful data about desire of the respondents to continue or start involvement in volunteering activities, reasons and motivations for volunteering (through the application of the "*Volunteering Functional Inventory*"), preferred thematic areas and target groups, as well as time availability, among others.

SURVEY OBJECTIVES

This survey was conducted by the team of the European Project "Plan Be: Active Senior Volunteers". The objective of this survey was to collect information about volunteering among people over 50 years old, and its results will serve as the basis for the creation of a European Senior Volunteering Program.

"Plan Be: Active Senior Volunteers" is an European project under Erasmus+ Programme / Strategic Partnerships for Adult Education, which focuses on creating an innovative program to promote Active Ageing and Lifelong Learning through involvement in volunteer work, addressing issues such as European citizenship, environment, intercultural dialogue, and social inclusion, among others.

PARTICIPANTS

Participants were 64 female and 24 male citizens from four countries: Finland, Italy, Portugal and Slovenia; over 50 years old.

The mean age of these participants was 67.2 years ($SD = 7.2$); 47.73% reported educational experiences beyond high school; and 45.45% reported to be currently involved in volunteering activities.

84.09% of the participants reported to live in a small city, and 76.14% reported to be retired.

METHODOLOGY (1/2)

Each partner organization in the project was responsible for collecting at least 20 questionnaires from their members/adult learners/volunteers/common citizens.

Respondents were requested to participate in a survey about Senior Volunteering, which will serve as the basis for the creation of a European Senior Volunteering Program. They were informed that it was important to answer all questions; there are no right or wrong answers, so any answer is considered correct, and that it is important to answer truthfully to questions. They were also informed that the questionnaire was anonymous and the participation was voluntary.

The questionnaire was translated to each of the official languages of the countries involved, by each of the partner organizations in the project. Each participant filled a question in the language of the country of residence.

The questionnaire consisted of Part A and Part B. Part A was composed by demographic questions and questions about volunteering. Part B consisted of *Voluntary Functions Inventory – Reasons for Volunteering* ⁽¹⁾, where respondents were asked to indicate "how important or accurate each of the 30 possible reasons is for you for you to be or to become a volunteer" using a response scale ranging from 1 (*not at all important/accurate*) to 7 (*extremely important/accurate*).

METHODOLOGY (2/2)

Scale scores resulted from averaging scores on the five items, such that individuals' scores on each scale could range from 1 to 7; the higher the score, the greater the importance of the motivation:

Career Function: the volunteer has the goal of gaining career-related experience through volunteering.

Social Function: volunteering allows the person to strengthen one's social relationships.

Values Function: the person is volunteering in order to express or act on important values, such as humanitarianism and helping the less fortunate.

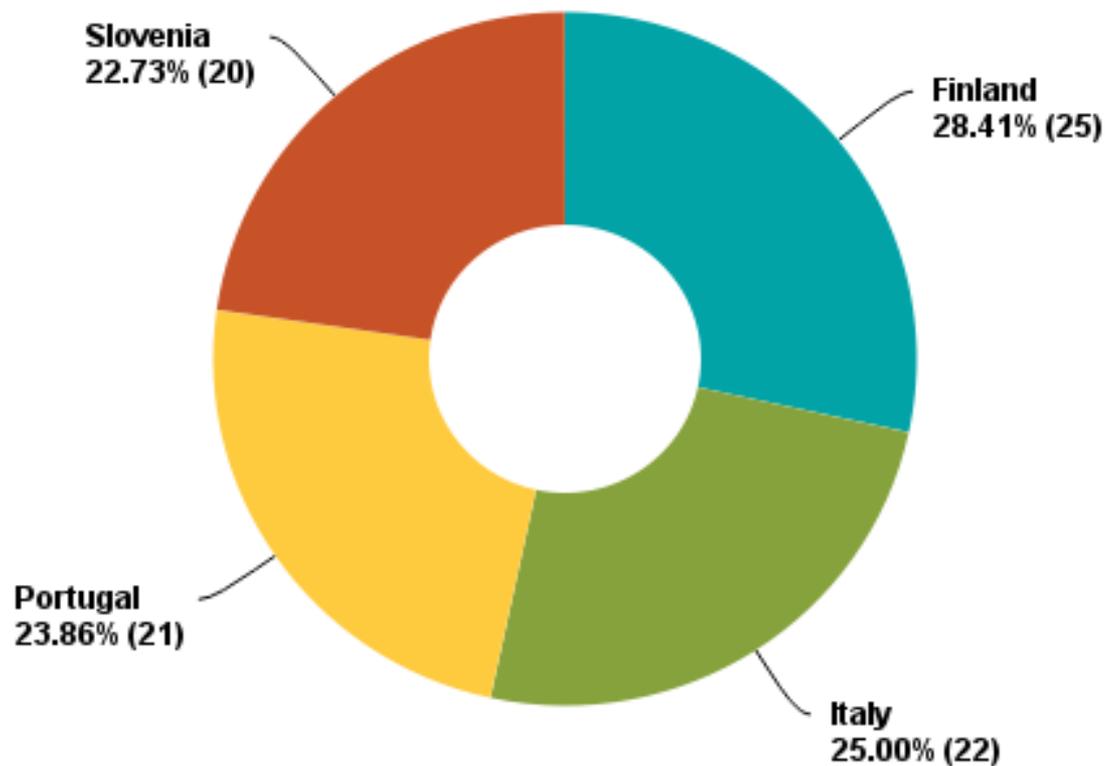
Understanding Function: the volunteer is seeking to learn more about the world and/or exercise skills that are often unused.

Enhancement Function: the individual is seeking to grow and develop psychologically through involvement in volunteering.

Protective Function: the individual uses volunteering to reduce negative feelings, such as guilt, or to address personal problems.

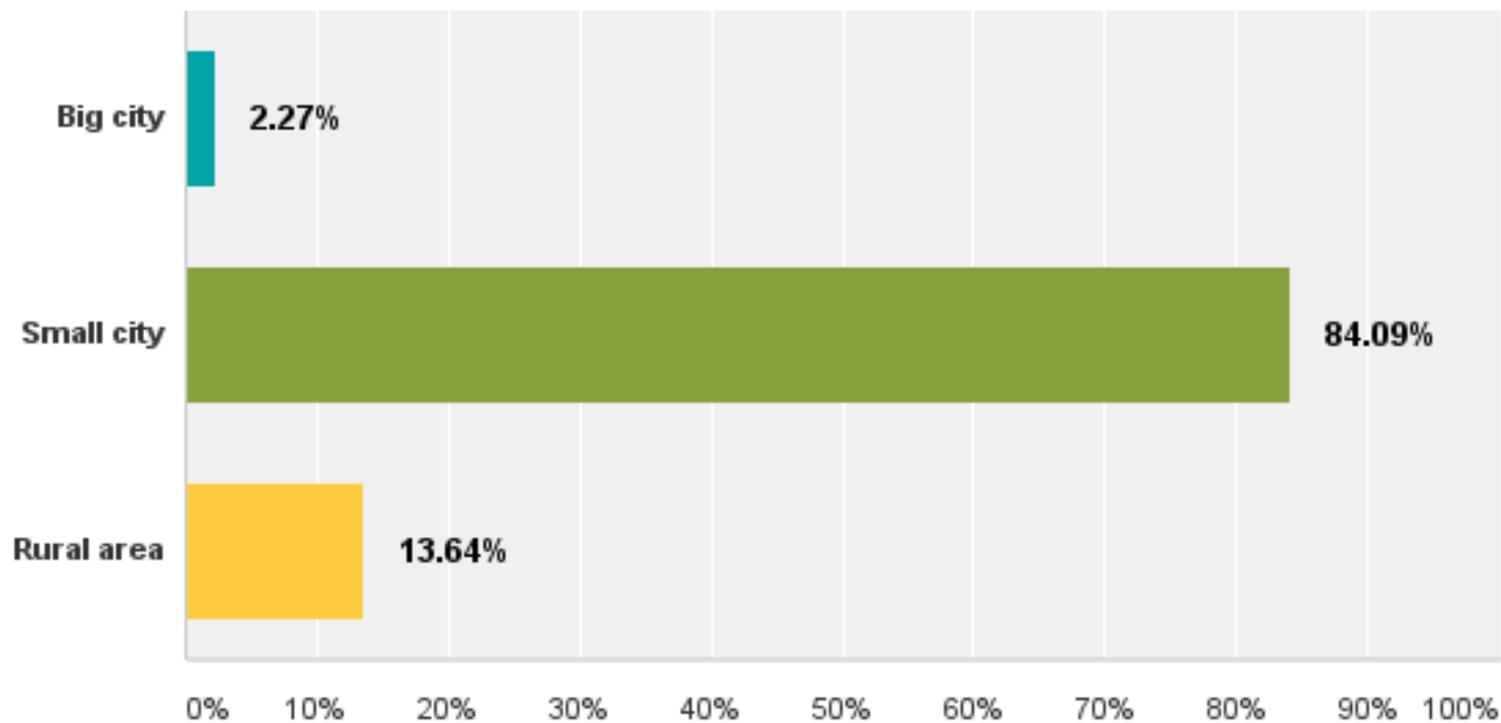
RESULTS (1/20)

Q1 – COUNTRY OF RESIDENCE



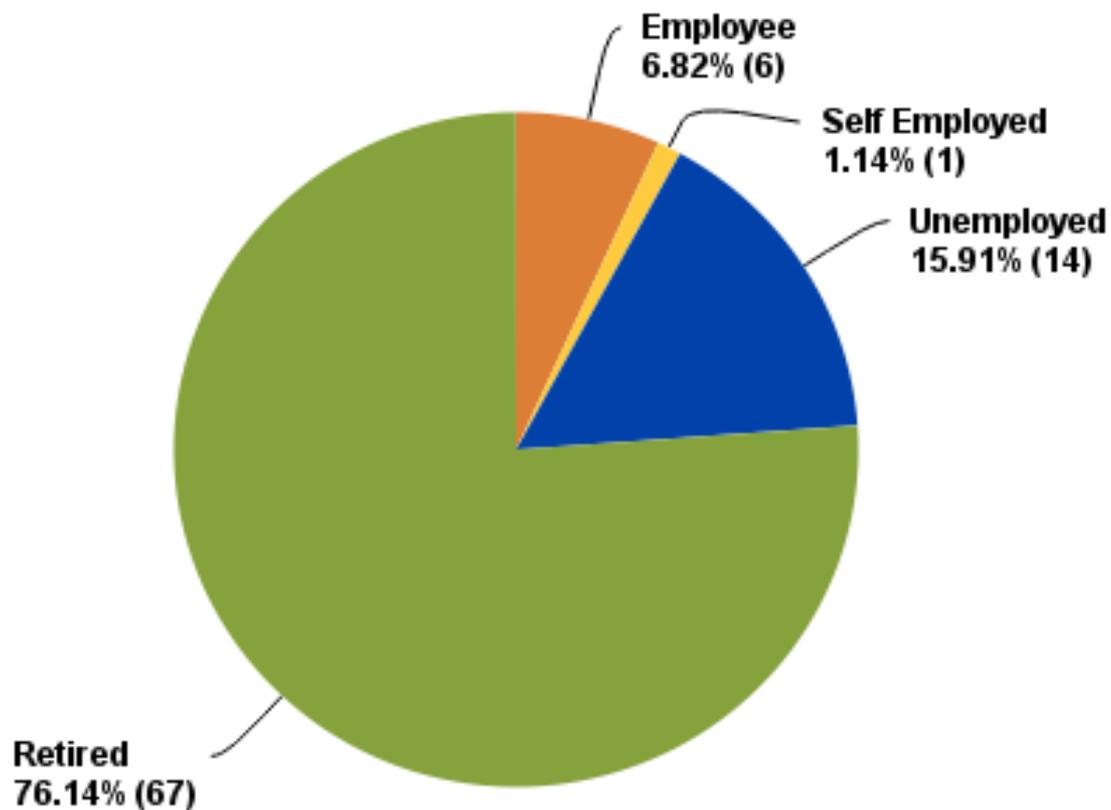
RESULTS (2/20)

Q2 – LIVING ENVIRONMENT



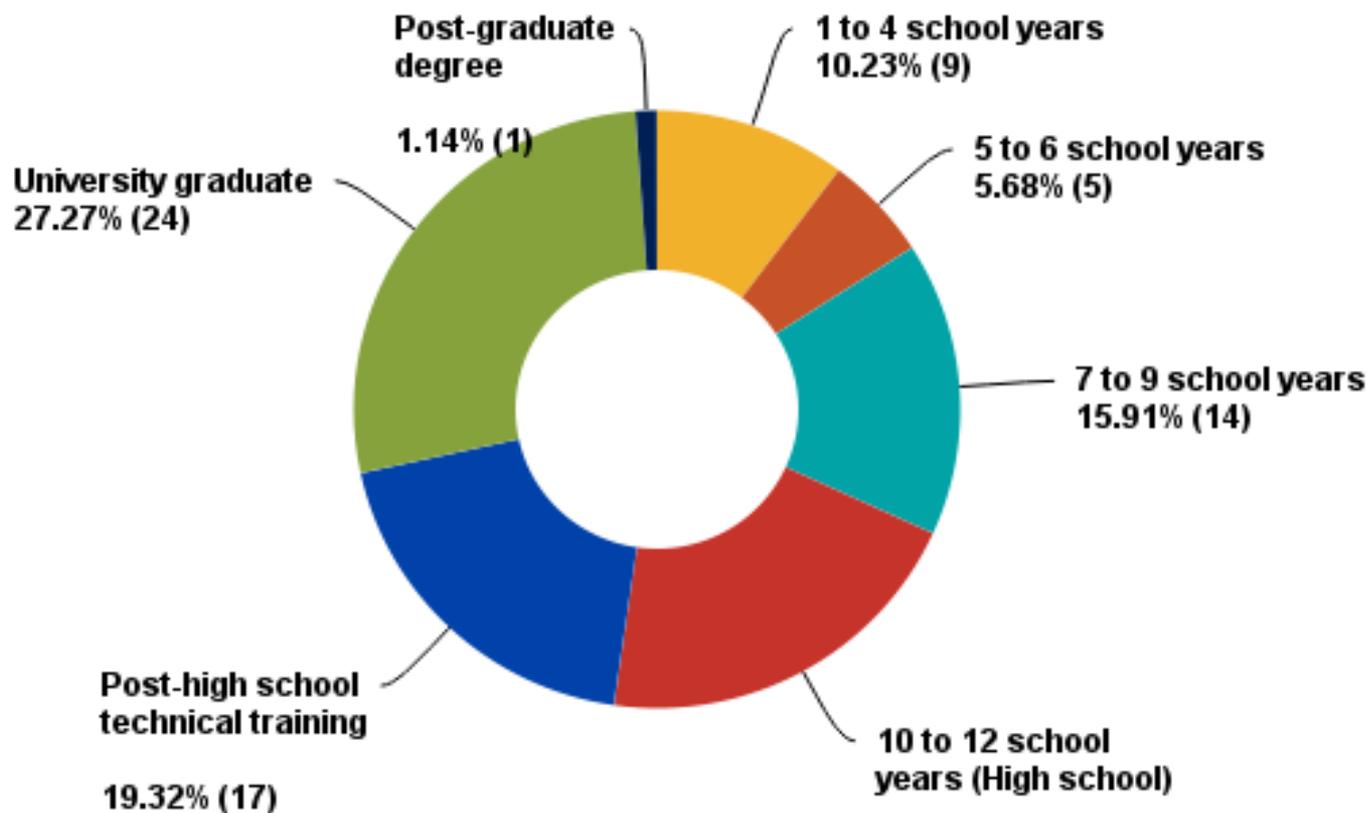
RESULTS (3/20)

Q3 – WORKING STATUS



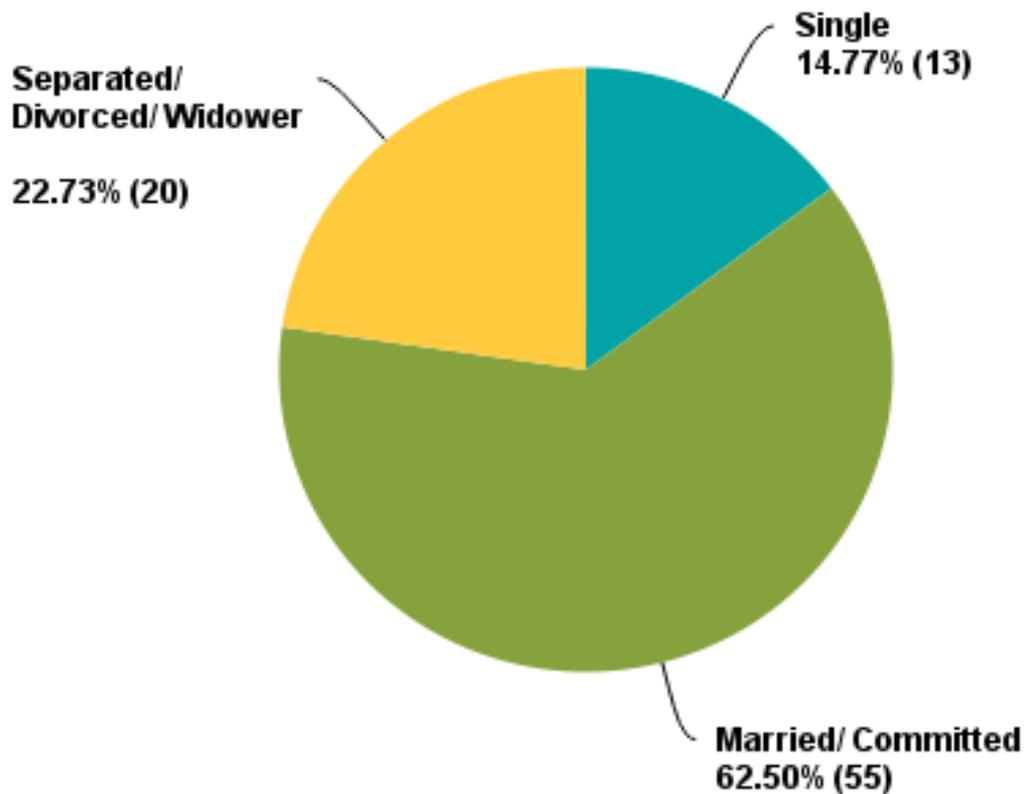
RESULTS (4/20)

Q4 – LEVEL OF EDUCATION



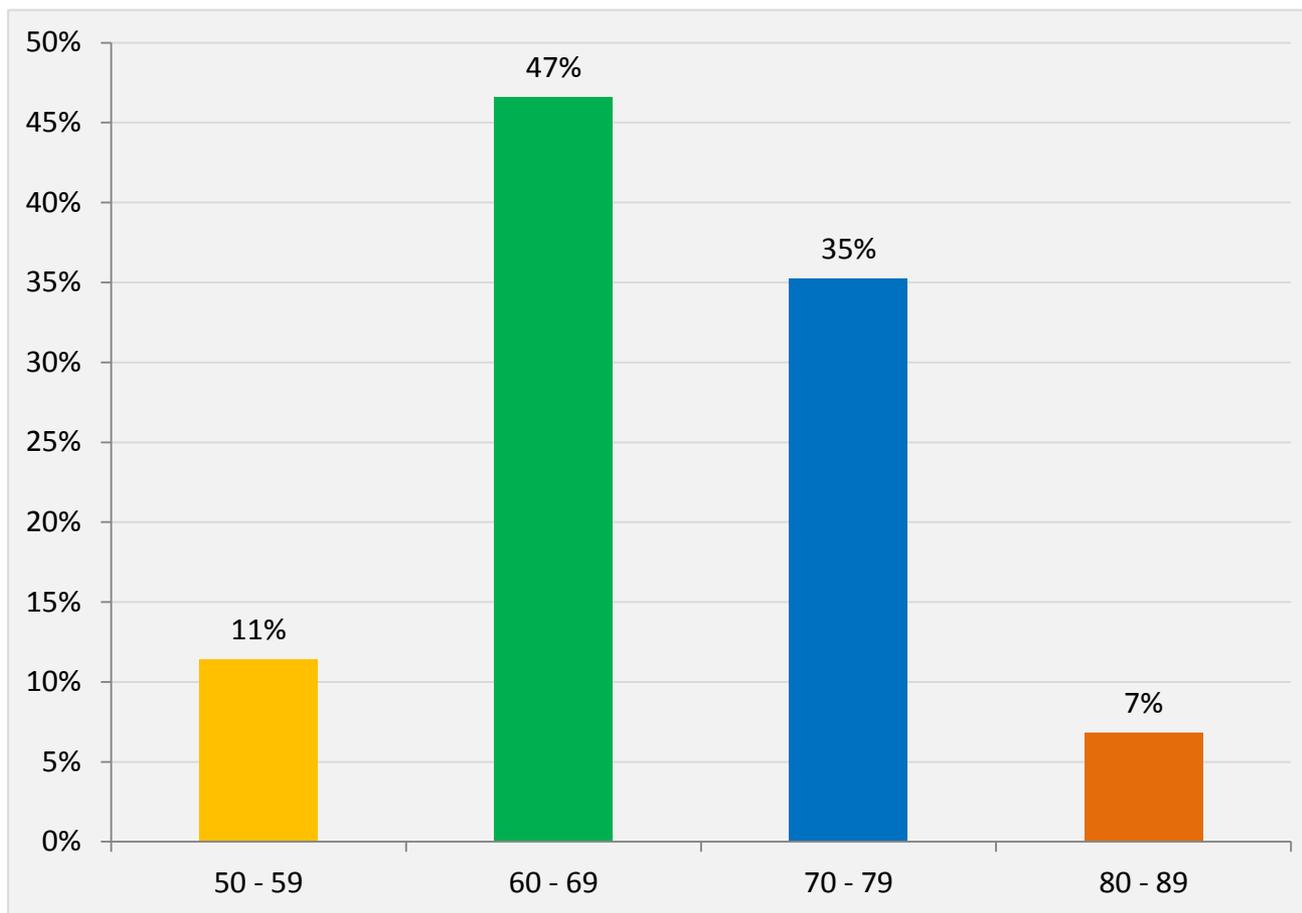
RESULTS (5/20)

Q5 – MARITAL STATUS



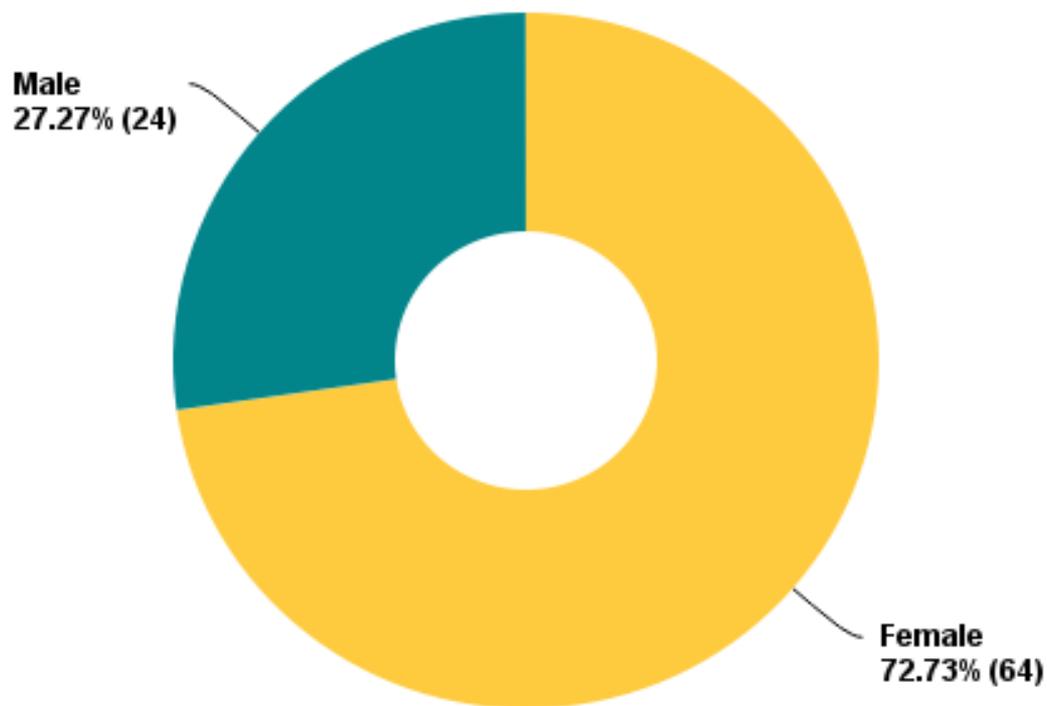
RESULTS (6/20)

Q6 – AGE



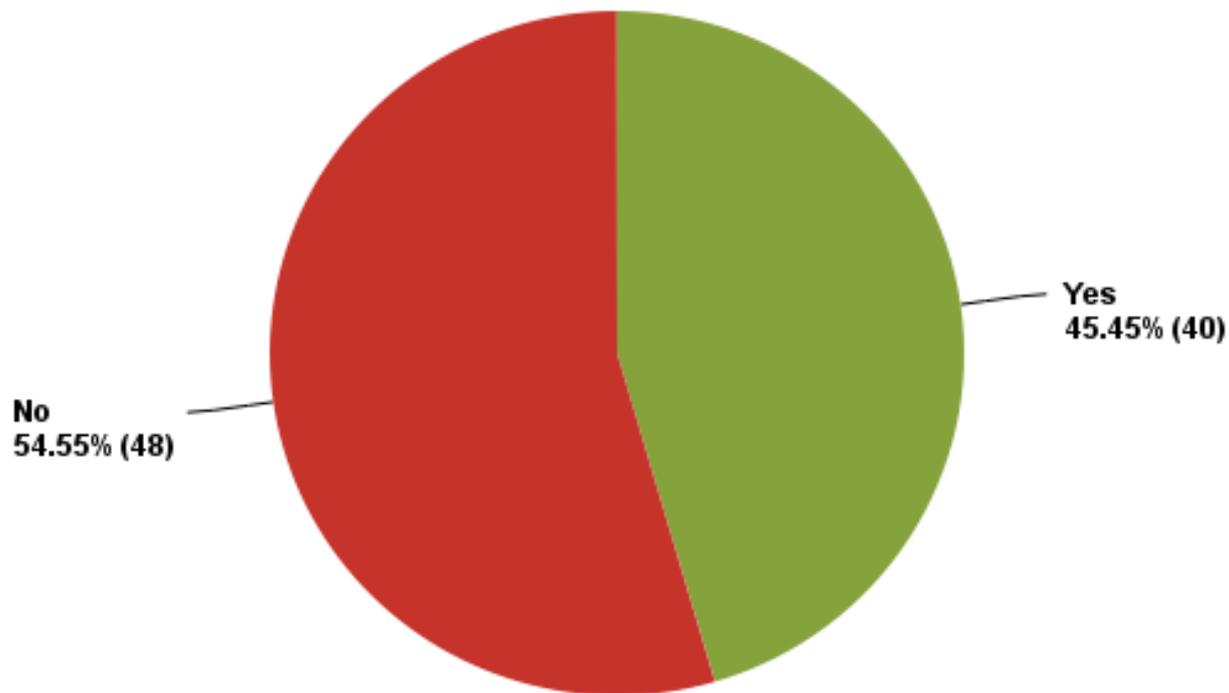
RESULTS (7/20)

Q7 – GENDER



RESULTS (8/20)

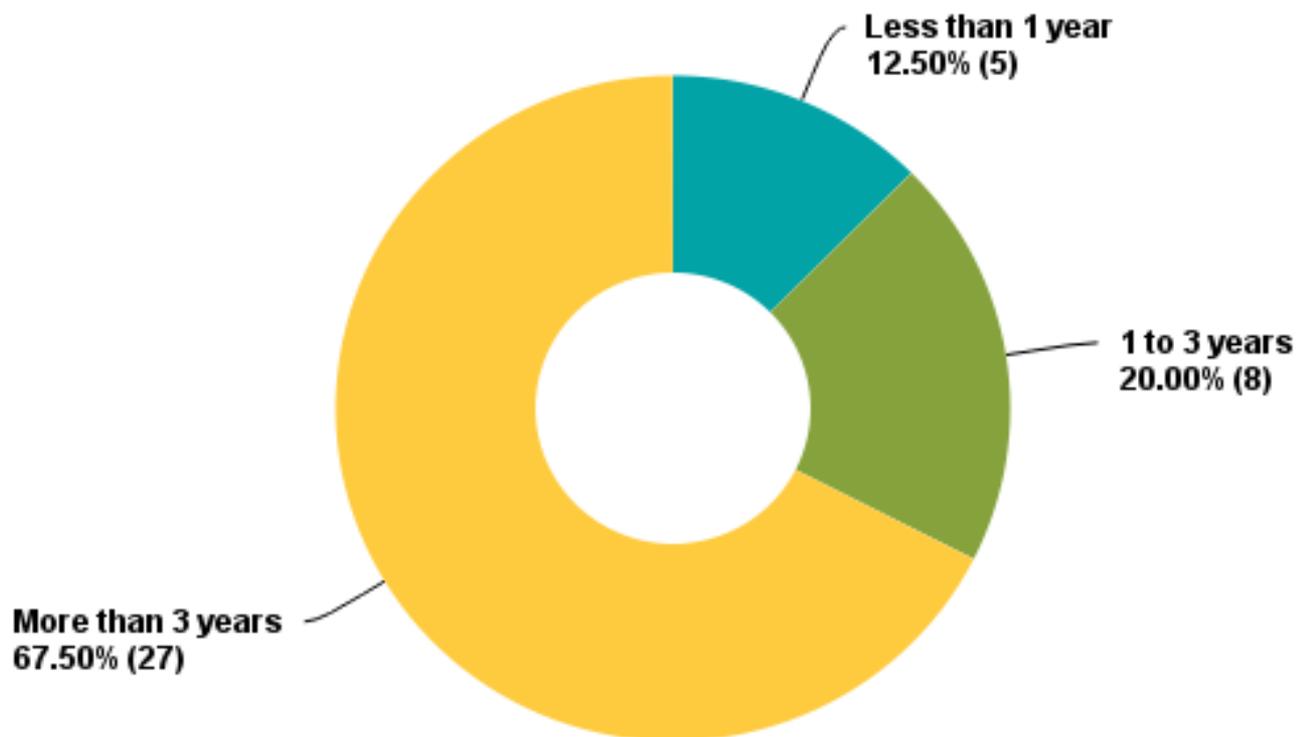
Q8 – ARE YOU CURRENTLY INVOLVED IN VOLUNTEERING ACTIVITIES?



RESULTS (9/20)

Q9 – FOR HOW LONG HAVE YOU BEEN VOLUNTEERING?

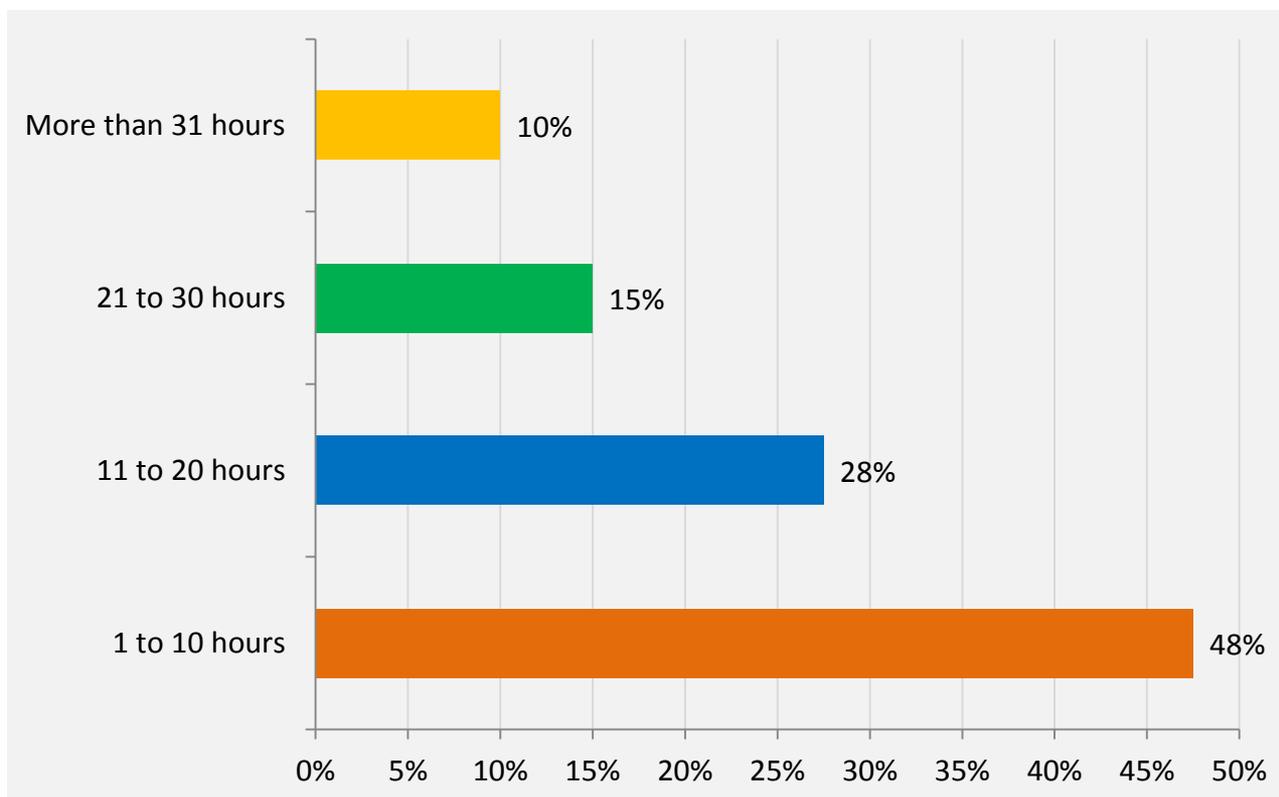
(Question only for participants currently involved in volunteering activities)



RESULTS (10/20)

Q10 – HOW MANY HOURS DID YOU SPEND VOLUNTEERING IN LAST MONTH?

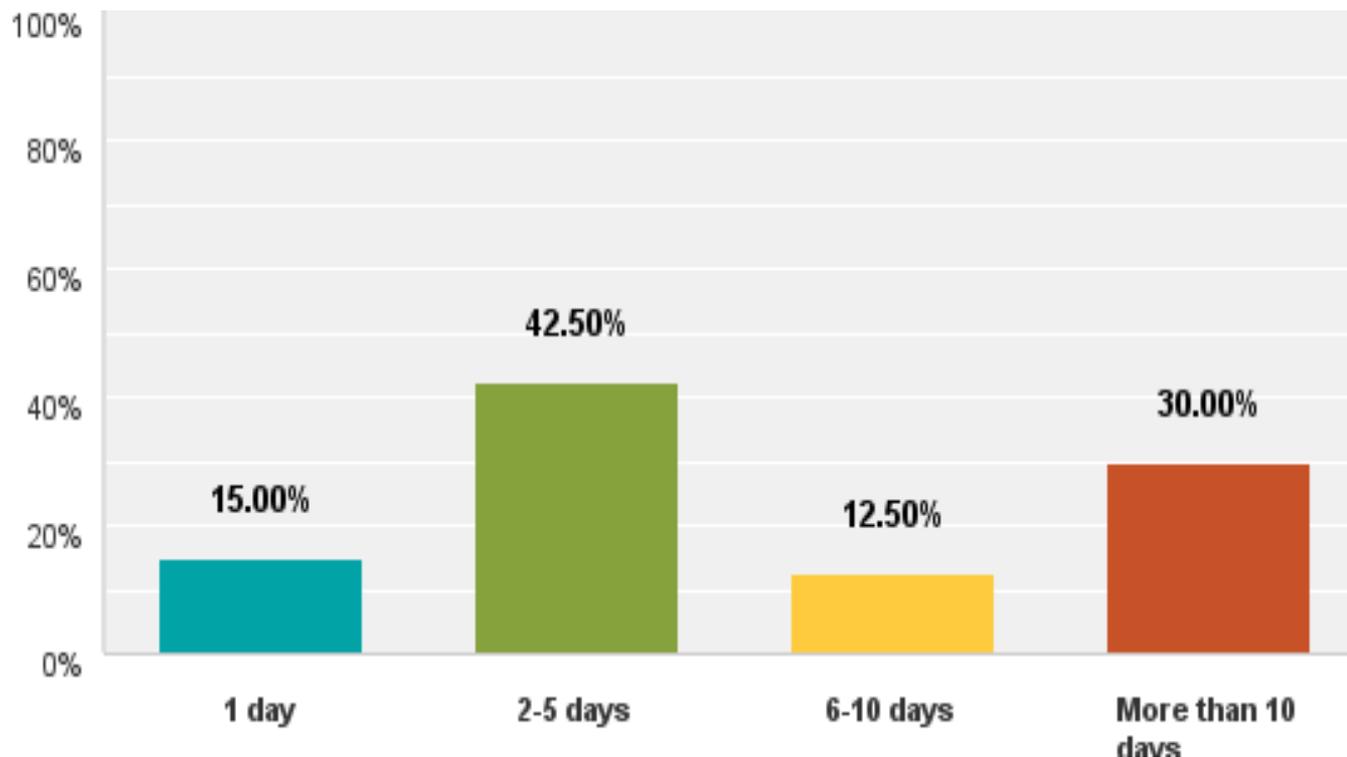
(Question only for participants currently involved in volunteering activities)



RESULTS (11/20)

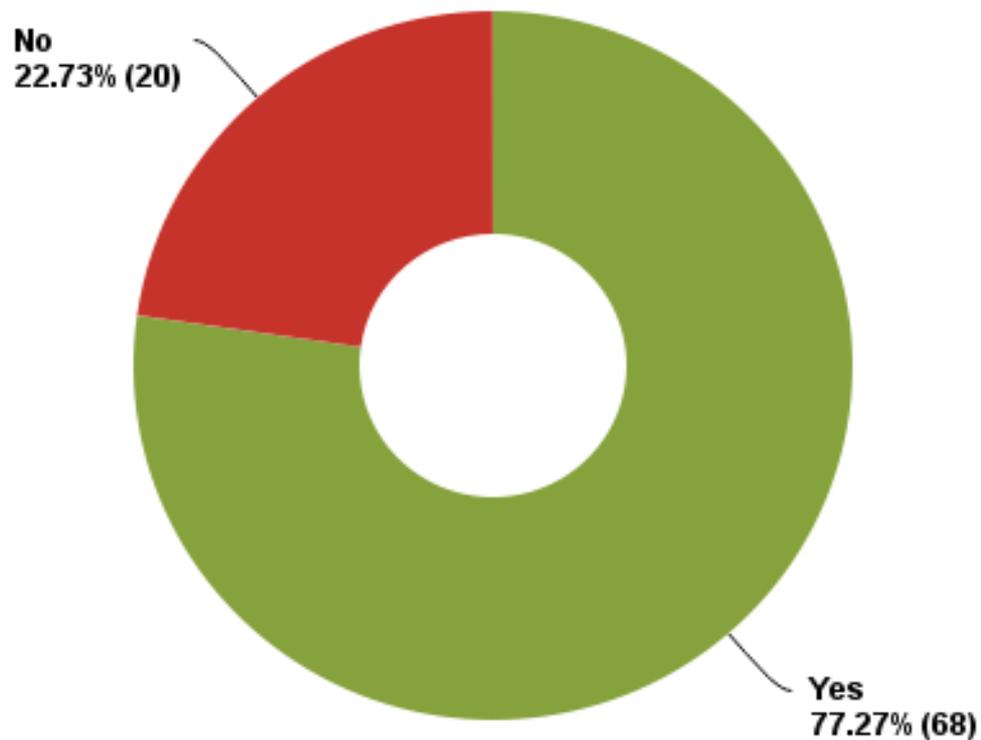
Q11 – FOR HOW MANY DAYS WERE THAT HOURS DISTRIBUTED?

(Question only for participants currently involved in volunteering activities)



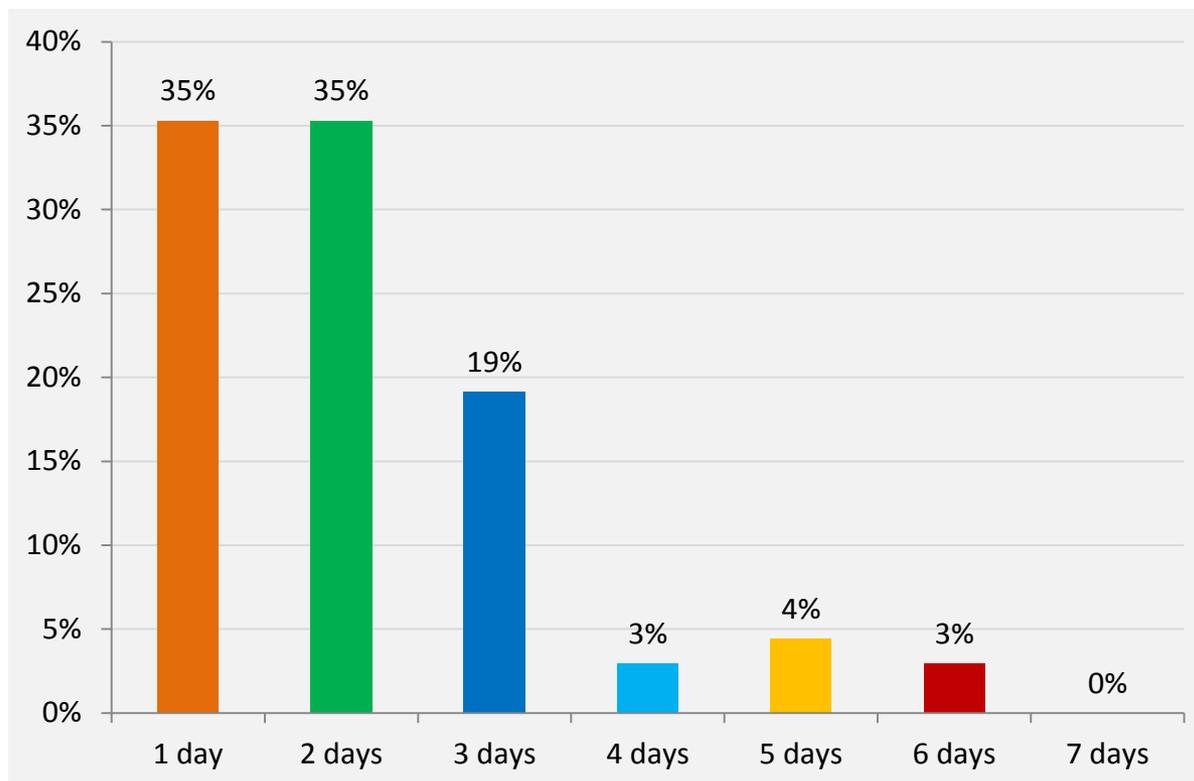
RESULTS (12/20)

Q12 – ARE YOU WILLING TO START OR CONTINUE TO BE INVOLVED IN VOLUNTEERING ACTIVITIES?



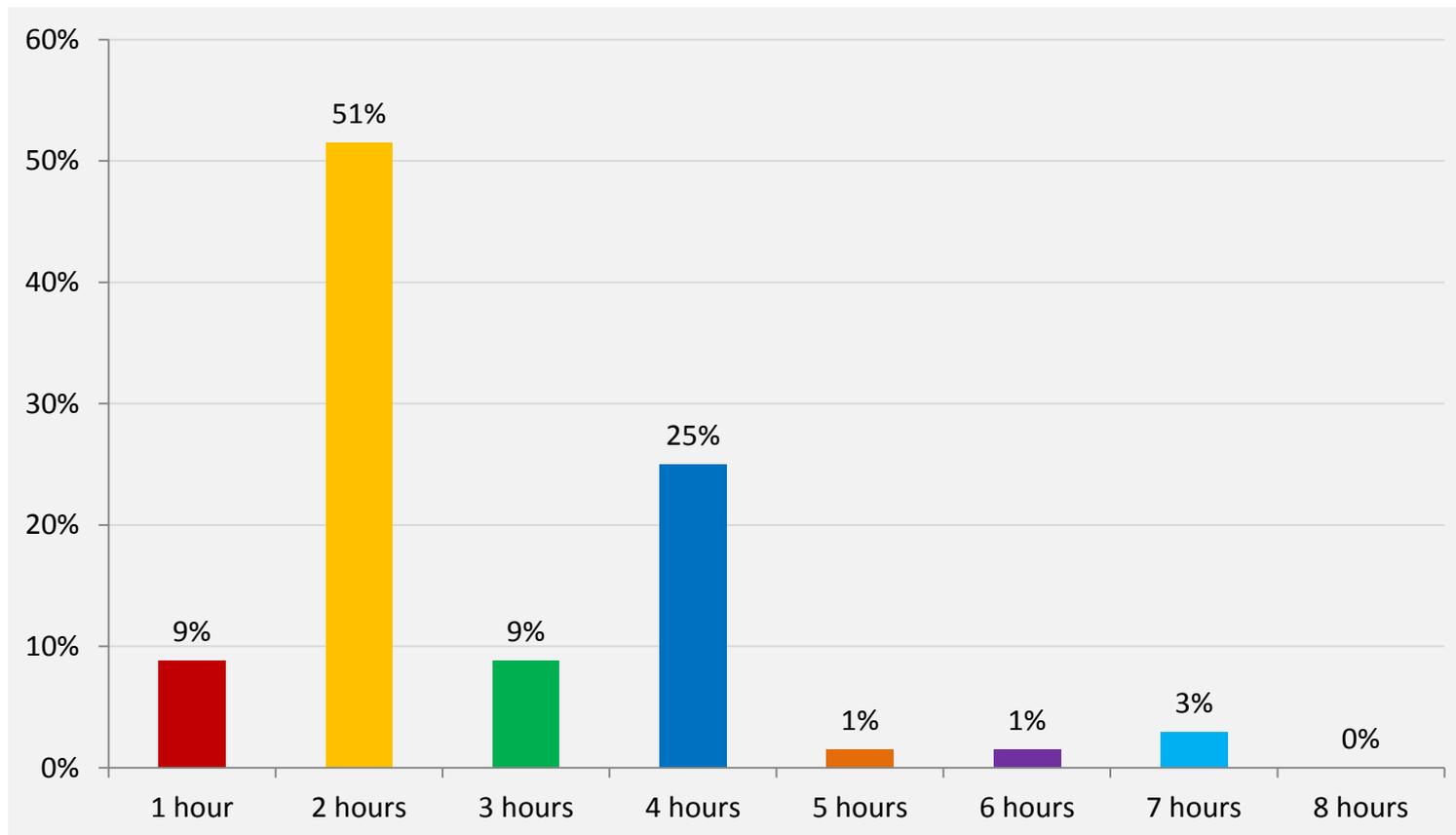
RESULTS (13/20)

Q13 – IF YOU ARE WILLING TO START OR CONTINUE YOUR VOLUNTEERING, HOW MANY DAYS IN A WEEK WOULD YOU BE AVAILABLE TO SPEND VOLUNTEERING?



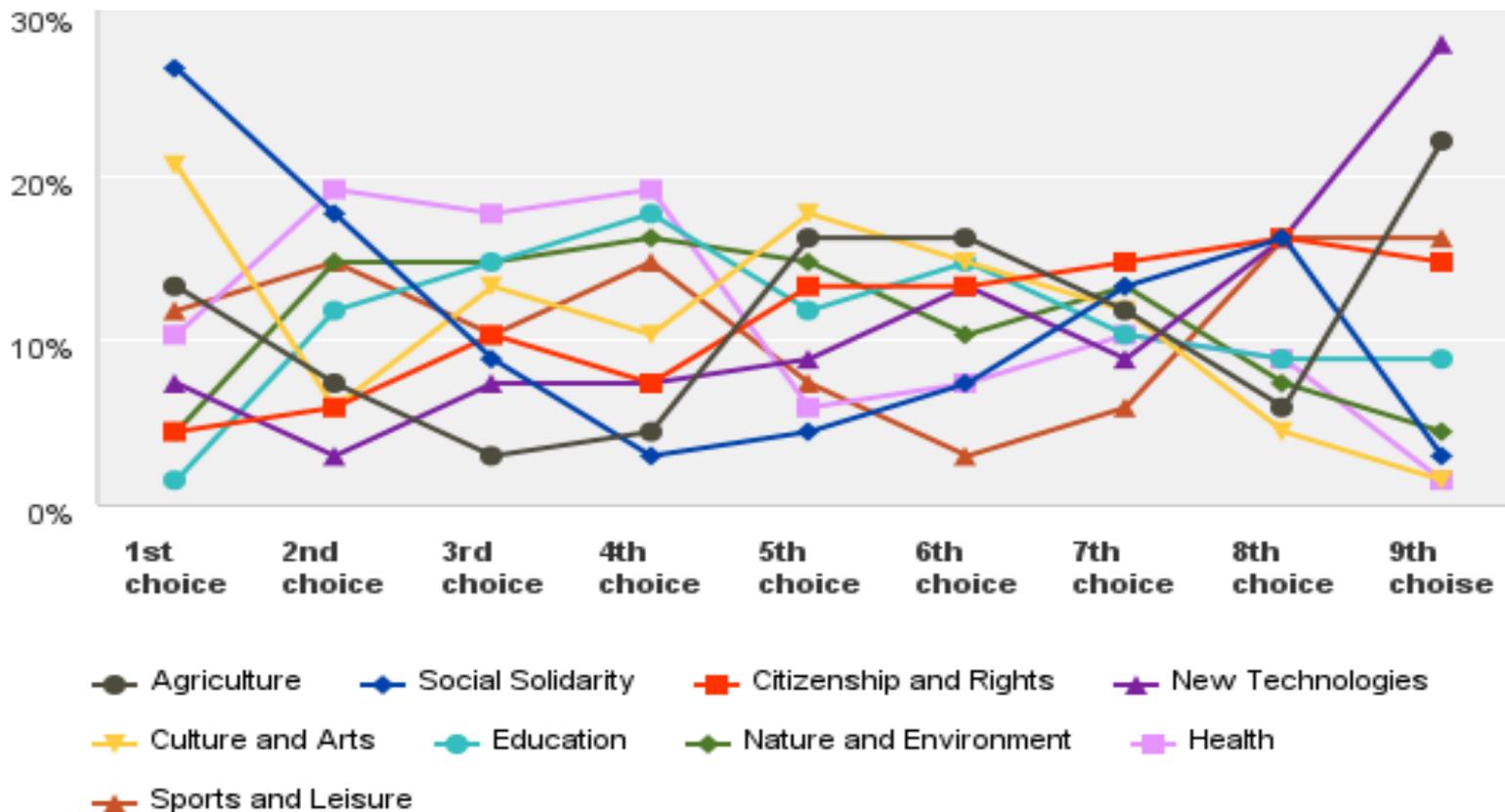
RESULTS (14/20)

Q14 – FOR HOW MANY HOURS IN A DAY?



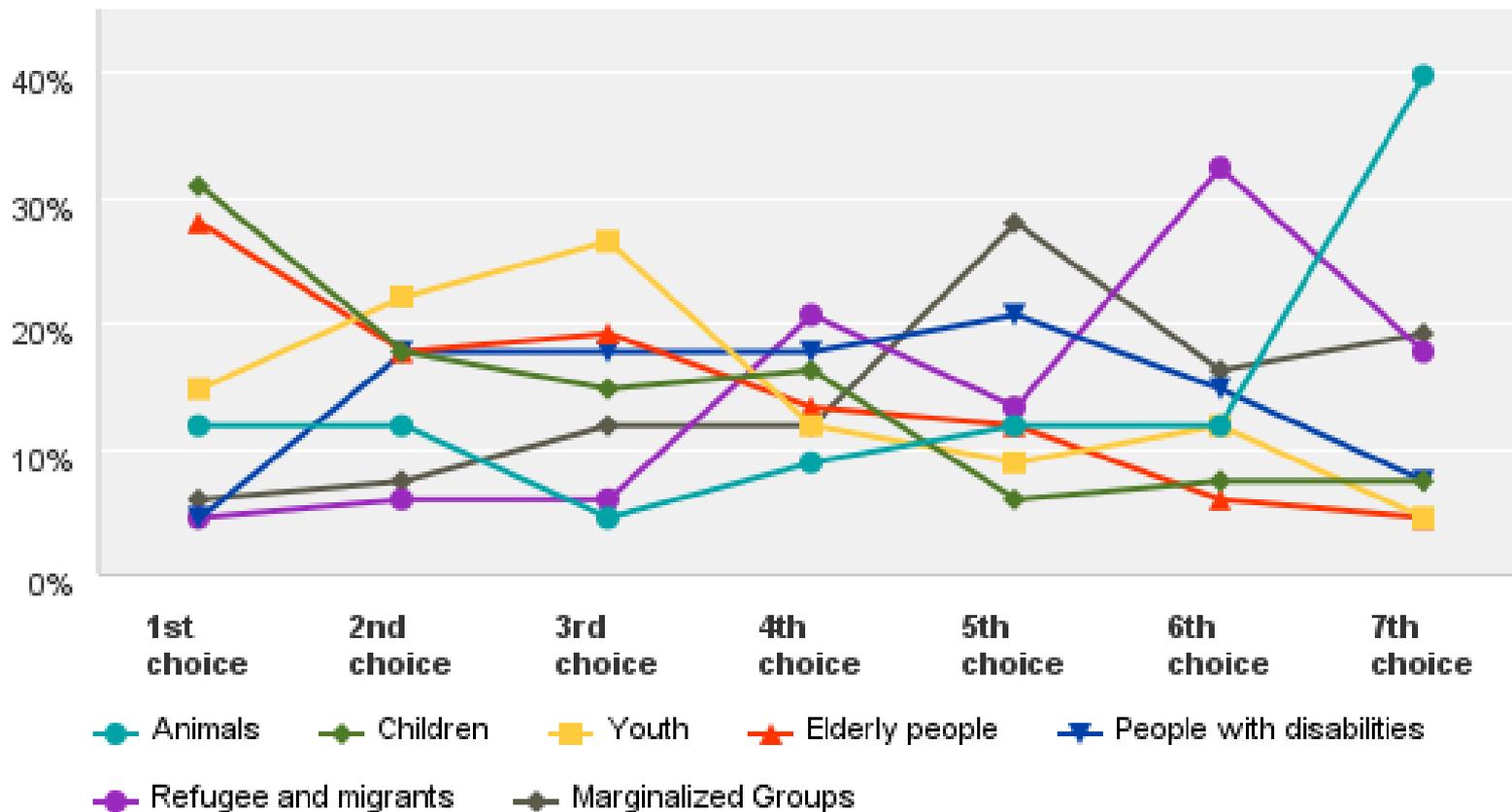
RESULTS (15/20)

Q15 – WHICH ARE THE PREFERRED THEMATIC AREAS FOR YOU TO VOLUNTEER?



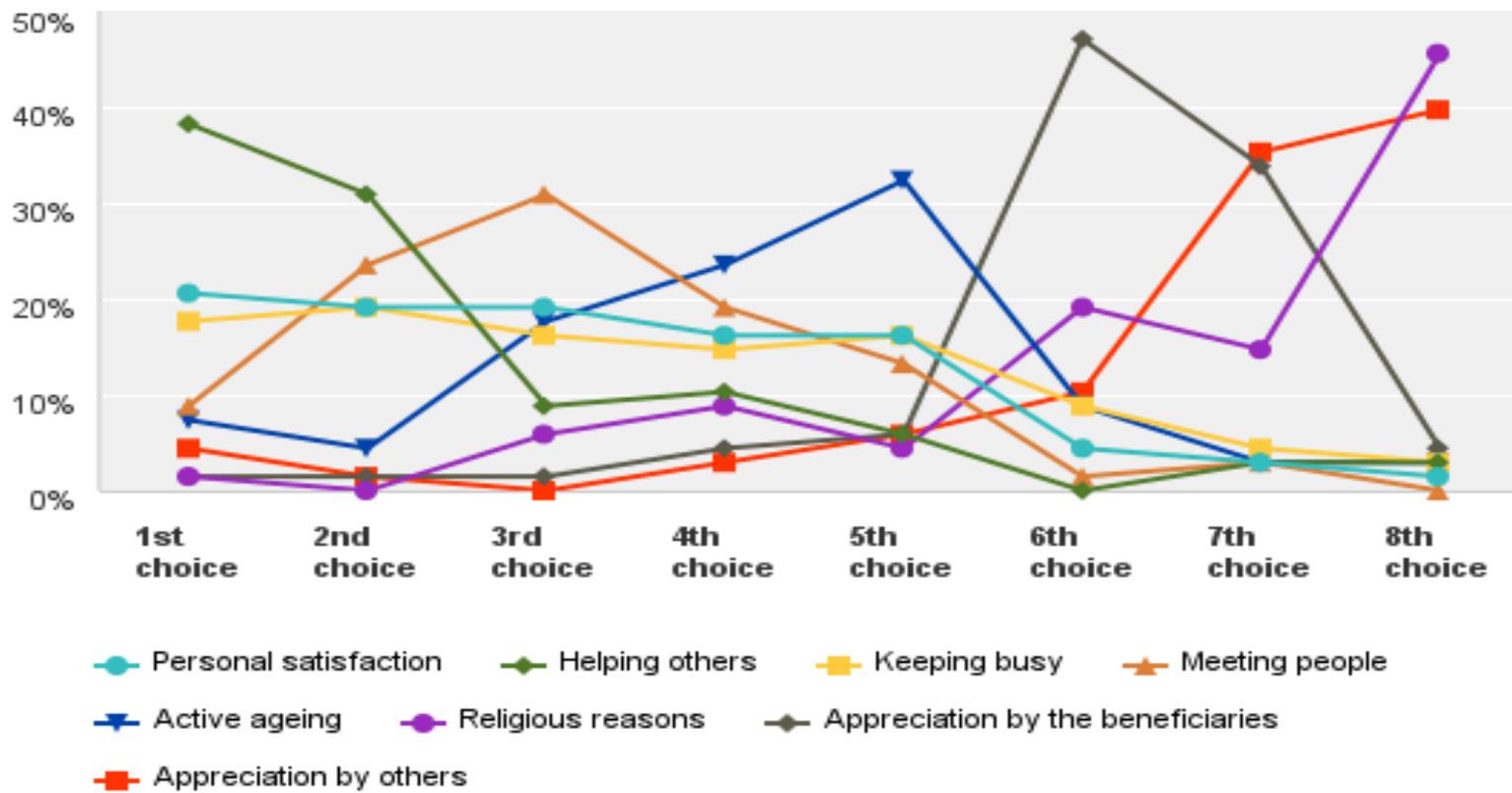
RESULTS (16/20)

Q16 – WITH WHICH TARGET GROUPS WOULD YOU PREFER TO VOLUNTEER?



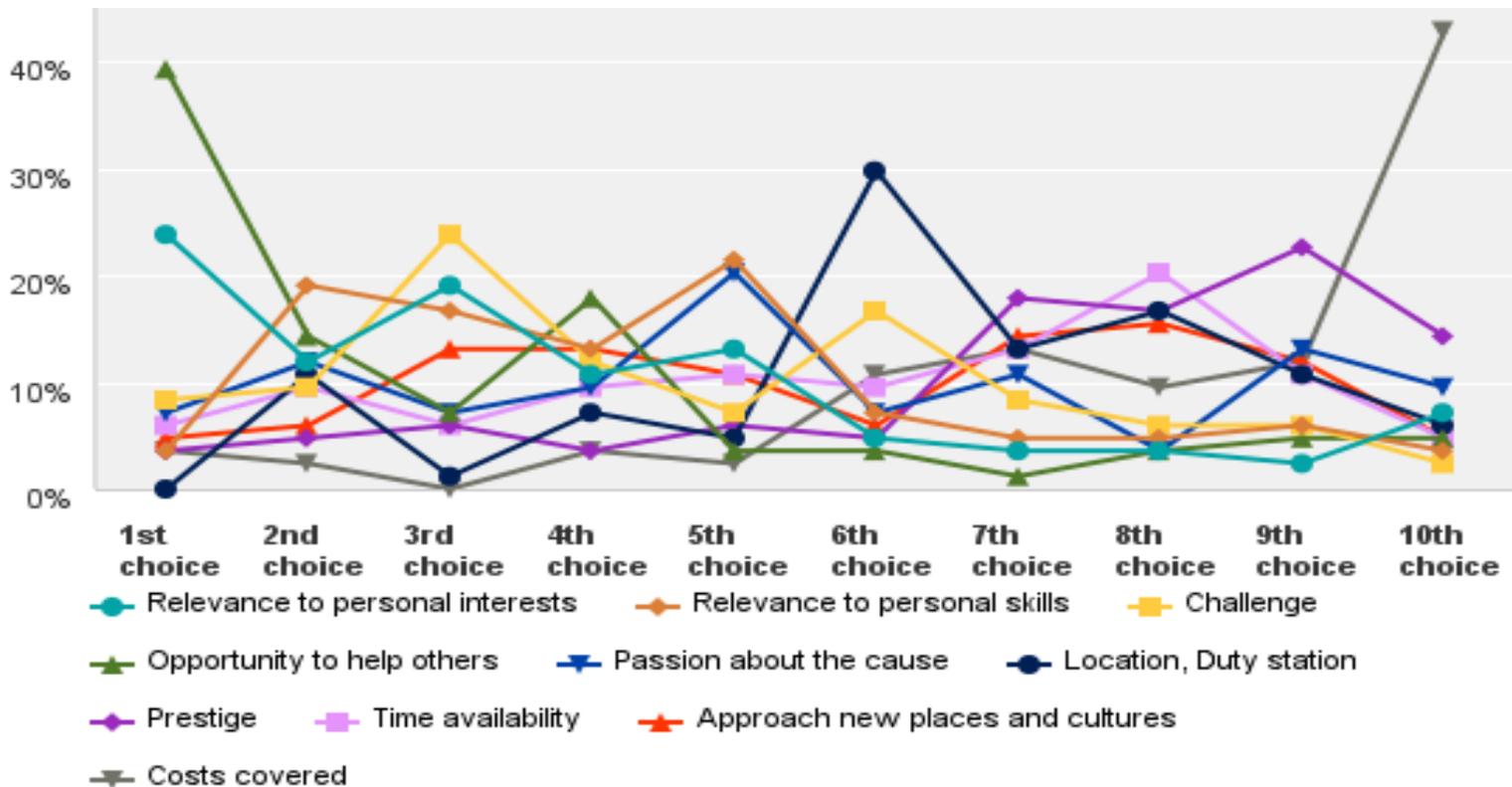
RESULTS (17/20)

Q17 – WHAT MOTIVATES YOU TO SERVE AS A VOLUNTEER?



RESULTS (18/20)

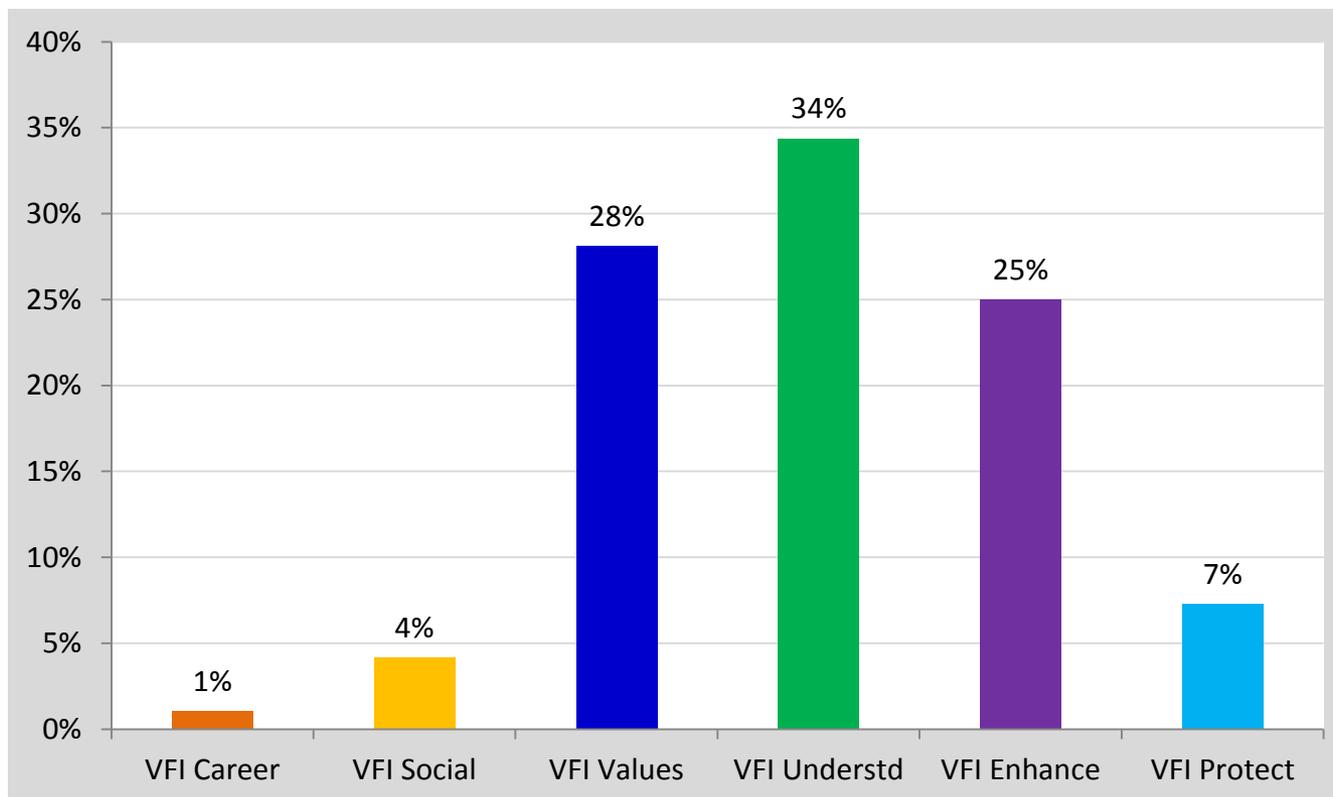
Q18 – WHICH FACTORS YOU CONSIDER TO BE IMPORTANT TO DECIDE TO ENGAGE IN A VOLUNTEERING ACTIVITY?



RESULTS (19/20)

Q19 – VOLUNTEERING FUNCTIONAL INVENTORY – REASONS FOR VOLUNTEERING

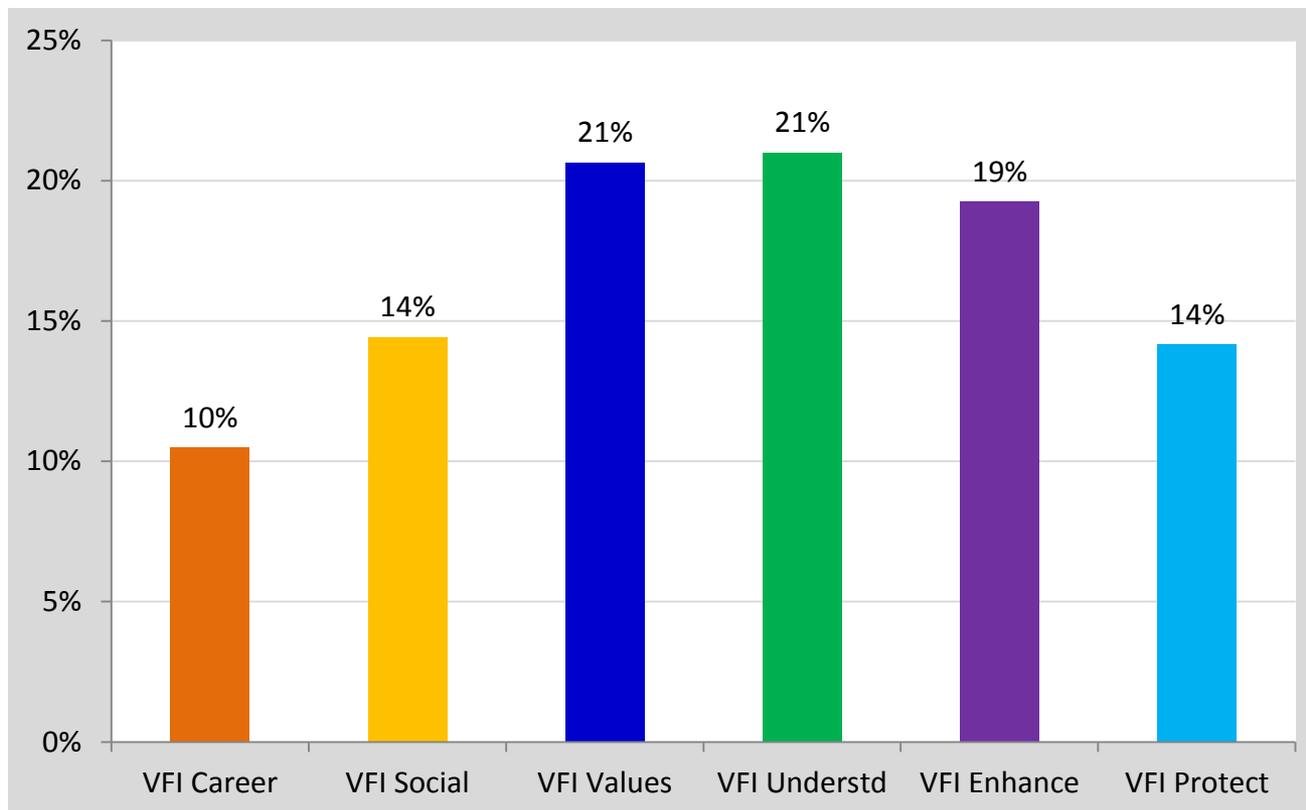
(Percentage of replies with higher score in each VFI)



RESULTS (20/20)

Q19 – VOLUNTEERING FUNCTIONAL INVENTORY – REASONS FOR VOLUNTEERING

(Percentage of score in each VFI)



DISCUSSION AND CONCLUSIONS (1/4)

- It were collected 88 questionnaires, 72.73% of the participants are women, and 27.27% men;
- The big majority of the participants live in a small city (84.09%);
- The big majority of the participants is retired from work (76.14%) and 15.91% is unemployed, which shows that 92.05% of the participants in this survey don't have a work occupation;
- 47% of the participants are between 60 and 69 years old, and 35% are between 70 and 79 years old;
- The mean age of these participants was 67.2 years ($SD = 7.2$);
- 47.73% of the participants reported educational experiences beyond high school;
- 45.45% of the participants reported to be currently volunteers and 77.27% reported to be willing to start or continue volunteering, which shows an opportunity to increase in 31.82% the number of participants involved in volunteering activities;
- From the participants already involved in volunteering activities, the majority (67.5%) is volunteering for more than 3 years now, which shows that for the majority of the respondents, the involvement in volunteering activities is a long-term commitment;

DISCUSSION AND CONCLUSIONS (2/4)

- From the participants who are willing to start or continue their volunteering activities, the majority is available 1 day (35%) or 2 days (35%) per week; concerning the number of hours each day, 51% reported 2 hours and 25% reported 4 hours;
- Concerning the preferred thematic areas for volunteering, '**Social Solidarity**' was the most chosen has 1st choice with 26.47% and 2nd choice with 17.65% (total of 44.12%). '**Culture and Arts**' has 1st choice had 20.59% and has 2nd choice had 5.88% of preferences (total of 26.47%), and '**Health**' had 10.29% has 1st choice and 19.12% has 2nd choice (total of 29.41%), being those the most preferable thematic areas to volunteer among the survey participants;
- 30.88% chose '**Children**' has the preferred target group for volunteering, and it was for 17.65% the 2nd choice (total of 48.53%). '**Elderly people**' got 27.94% has 1st choice and 17.65% has 2nd choice (total of 45.59%), and '**Youth**' got 14.71% has 1st choice and 22.06% has 2nd choice (total of 36.77%, being those three the preferred population to volunteer;
- In a first approach to understand the motivations for volunteering, '**Helping others**' got a big majority of preference with 38.24% has 1st choice and 30.88% has 2nd choice (total of 69.12%). '**Personal satisfaction**' got 20.59% has 1st choice and 19.12% has 2nd choice (total of 39.71%), and '**Keeping busy**' got 17.65% has 1st choice and 19.12% has 2nd choice (total of 36.77%);

DISCUSSION AND CONCLUSIONS (3/4)

- Considering the factors which are important to decide engage in volunteering activities, 39.29% chose '**Opportunity to help others**' has 1st choice and 14.29% has 2nd choice (total of 53.58%), '**Relevance to personal interests**' got 23.81% has 1st choice and 11.90% has 2nd choice (total of 35.71%), being those 2 factors the ones that stand out has more important.
- Going deeper to understand the reasons for volunteering through the "Volunteering Functional Inventory" ⁽¹⁾:
 - 34% of the respondents had a VFI '**Understanding**' result, which involves the opportunity for volunteerism to permit new learning experiences and the chance to exercise knowledge, skills, and abilities that might otherwise go unpracticed. Although this respondents had a VFI 'Understanding' result, from those, more than 50% reported also very high scoring in VFI 'Values' and/or VFI 'Enhancement';
 - 28% of the respondents had a VFI '**Values**' result, which involves the opportunities that volunteerism provides for individuals to express values related to altruistic and humanitarian concerns for others;
 - 25% of the respondents had a VFI '**Enhancement**' result, from which the individual is seeking to grow and develop psychologically through involvement in volunteering.

DISCUSSION AND CONCLUSIONS (4/4)

Research on mood and helping points to different mechanisms by which positive and negative moods influence helpfulness, in the case of positive mood, people use helping as a means of maintaining or enhancing positive affect;

- 7% of the respondents had a VFI '**Protective**' result involving processes associated with the functioning of the ego. Related to ego defensive or externalization concerns, such motivations center on protecting the ego from negative features of the self and, in the case of volunteerism, may serve to reduce guilt over being more fortunate than others and to address one's own personal problems;
- 4% of the respondents had a VFI '**Social**' result, which reflects motivations concerning relationships with others. Volunteering may offer opportunities to be with one's friends or to engage in an activity viewed favorably by important others;
- 1% of the respondents had a VFI '**Career**' result in which volunteering is concerned with career-related benefits that may be obtained from participation in volunteer work, or volunteering is perceived to be a mean of preparing for a new career or of maintaining career-relevant skills.

Although most part of the respondents report a higher score in one VFI, they also report scores in other VFI's, showing combined and complementary motivations.

REFERENCES

(1) Clary, E. G., Snyder, M., Ridge, R. D., Copeland, J., Stukas, A. A., Haugen, J., & Meine, P. (1998). Understanding and assessing the motivations of volunteers: A functional approach. *Journal of Personality and Social Psychology*, 74, 1516-1530.

APPENDIX A - SURVEY



We request your participation to a survey about Senior Volunteering, which will serve as the basis for the creation of a European Senior Volunteering Program. There are no right or wrong answers, so any answer is considered correct, it is important to answer truthfully to questions. The questionnaire is anonymous and confidential, and is easy to fill, you will find specific indications for its completion. Your participation will be voluntary, so you can interrupt it at any time. This work is being prepared by the team of the European Project "Plan Be: Active Senior Volunteers" funded by the European Commission through the Erasmus+ Programme.

PART A

1. Country of residence (choose one option):
 - Portugal
 - Finland
 - Italy
 - Slovenia
2. Living environment (choose one option):
 - Big City
 - Small City
 - Rural area
3. Working status (choose one option):
 - Employee
 - Free Lance
 - Self Employed
 - Unemployed
 - Retired
4. Level of education (choose one option):
 - Don't know how to read or write
 - Know how to read and write
 - 1 to 4 school years
 - 5 to 6 school years
 - 7 to 9 school years
 - 10 to 12 school years (High school)
 - Post-high school technical training
 - University graduate
 - Post-graduate degree
5. Marital Status (choose one option):
 - Single
 - Married/ Committed
 - Separated/ Divorced/ Widower
6. Age: ____



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7. Gender
 - Female
 - Male
8. Are you currently involved in volunteering activities?
 - Yes
 - No

IF YOUR ANSWER WAS "NO" JUMP TO QUESTION N°12

9. How long have you been volunteering?
 - Less than 1 year
 - 1-3 years
 - More than 3 years
10. How many hours did you spend volunteering in last month? ____
11. For how many days were that hours distributed?
 - 1 day
 - 2-5 days
 - 6-10 days
 - More than 10 days
12. Are you willing to start or continue to be involved in volunteering activities?
 - Yes
 - No

IF YOUR ANSWER WAS "NO" JUMP TO QUESTION N°18

13. If you are willing to start or continue your volunteering, how many days in a week would you be available to spend volunteering? ____
14. For how many hours in a day? ____
15. Which are the preferred thematic areas for you to volunteer? (Please fill the numbers from 1 to 9 to choose the order of your preference)
 - __ Agriculture
 - __ Social Solidarity
 - __ Citizenship and Rights
 - __ New Technologies
 - __ Culture and Arts
 - __ Education
 - __ Nature and Environment
 - __ Health
 - __ Sports and Leisure



2

APPENDIX A - SURVEY



16. With which target groups would you prefer to volunteer? (Please fill the numbers from 1 to 7 to choose the order of your preference)

- Animals
- Children
- Youth
- Elderly People
- People with disabilities
- Refugees and migrants
- Marginalized Groups (people in risk of social exclusion)

17. What motivates you to serve as a volunteer? (Please fill the numbers from 1 to 8 to choose the order of your preference)

- Personal satisfaction
- Helping others
- Keeping busy
- Meeting people
- Active ageing
- Religious reasons
- Appreciation by the beneficiaries
- Appreciation by others

18. Which factors you consider to be important to decide to engage (or not) in a volunteering activity? (Please fill the numbers from 1 to 10 to choose the order of your preference)

- Relevance to personal interests
- Relevance to personal skills
- Challenge
- Opportunity to help others
- Passion about the cause
- Location, Duty station
- Prestige
- Time availability
- Approach new places and cultures
- Costs covered

PART B

On the following page is a set of items that concern your experiences as a present or future volunteer. **Reasons for Volunteering**, presents 30 reasons why people volunteer and asks that you indicate how important each reason is for you to be or to become a volunteer.

Reasons for Volunteering: Using the 7-point scale below, please indicate how important or accurate each of the following possible reasons for volunteering is for you in doing volunteer work. Please rate your option with an (x).



not at all important/accurate for you 1 2 3 4 5 6 7 extremely important/accurate for you

	1	2	3	4	5	6	7
1. Volunteering can help me get my foot in the door at a place where I'd like to work.							
2. My friends volunteer.							
3. I am concerned about those less fortunate than myself.							
4. People I'm close to want me to volunteer.							
5. Volunteering makes me feel important.							
6. People I know share an interest in community service.							
7. No matter how bad I've been feeling, volunteering helps me to forget about it.							
8. I am genuinely concerned about the particular group I am serving.							
9. By volunteering, I feel less lonely.							
10. I can make new contacts that might help my business career.							
11. Doing volunteer work relieves me of some of the guilt over being more fortunate than others.							
12. I can learn more about the cause for which I am working.							
13. Volunteering increases my self-esteem.							
14. Volunteering allows me to gain a new perspective on things.							
15. Volunteering allows me to explore different career options.							
16. I feel compassion toward people in need.							
17. Others with whom I am close place a high value on community service.							
18. Volunteering lets me learn through direct "hands on" experience.							
19. I feel it is important to help others.							
20. Volunteering helps me work through my own personal problems.							
21. Volunteering will help me succeed in my chosen profession.							
22. I can do something for a cause that is important to me.							
23. Volunteering is an important activity to the people I know best.							
24. Volunteering is a good escape from my own troubles.							
25. I can learn how to deal with a variety of people.							
26. Volunteering makes me feel needed.							
27. Volunteering makes me feel better about myself.							
28. Volunteering experience will look good on my resume.							
29. Volunteering is a way to make new friends.							
30. I can explore my own strengths.							

THANK YOU FOR YOUR COOPERATION!



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