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PRACTICAL GUIDE

OUR RECONNECTED SENIORS

A guide to find some good practices around the preservation of socialization links for seniors. This guide was produced as part of the ERASMUS+ Our Reconnected Seniors project.



DISCLAIMER

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PRESENTATION OF THE ORS PROJECT

Following the COVID-19 pandemic, and more particularly following the quarantines, the town hall of Plœuc-L'Hermitage, in collaboration with its partners, is building a project to fight against digital illiteracy among seniors.

Indeed, during this health crisis, social connections mainly passed through digital channels, excluding those who do not have access to them, due to lack of knowledge or equipment.

The partners therefore decided to work together to develop an action plan aimed at opening and strengthening dialogue with isolated seniors, using digital tools.



PROJECT ERASMUS+



Small-scale cooperation partnership project



February 2022 - February 2024



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PROJECT'S RESULTS



Collection of testimonies from seniors on the COVID-19 crisis



Videos of testimonies from seniors on the COVID-19 crisis



Practical guide for actions in favor of seniors

PRESENTATION OF THE PROJECT'S PARTNERS



MUNICIPALITY OF PLŒUC-L'HERMITAGE

A rural commune of 4,500 inhabitants, playing a central role in its territory, the municipality of Plœuc-L'Hermitage is involved in European projects in order to respond to the challenges of its territory.



MUNICIPALITY OF PLÉDRAN

Semi-rural commune, Plédran is located in Côtes-d'Armor (Brittany) 9 km south-east of Saint-Brieuc. Plédranais elected officials attach great importance to the well-being of seniors and are particularly attentive to their needs. A Social Needs Analysis has already been carried out in this sense.



MUNICIPALITY OF AVRIG

Lying on the Olt river, the city of Avrig is situated in the heart of the Transylvanian region. Avrig plays a centrality role in its rural region. Due to the aging of the region's population, the city is seeking to develop new actions to provide assistance.



LOCAL ACTION GROUP OF ST. JOHN OF NEPOMUK

The Local Action Group of Saint John of Nepomuk (LAG SJN) is a non-profit organization bringing together entrepreneurs, municipalities, non-profit organizations and active individuals, who share an interest in rural development.



COMMUNITY OF BARTOSZYCE

The community of Bartoszyce is a rural municipality in the region of Warmia-Mazuria. It consists of a hundred villages altogether. Its rural territory encounters a problem with isolation of the elderly.

Food aid for the elderly



In the state of emergency, from 15th March 2020, Social Assistance Department from the Municipality of Avrig, with help from some companies and social foundations, offered regularly food packages and hot meals



Partners who provided help :

- Tiriac Foundation
- SC MATY S COM SRL
- Premium Porc Grup - Pandora Projects Association
- Tiberius association

Beneficiaries :

- 122 single people over 65, without carers or other forms of help, were identified

DESCRIPTION

The Social Assistance Department from the Avrig Municipality identified elderly people who were alone at home and provided them help throughout the state of emergency, and the community was also called on through social media to support it in identifying elderly people from the community who needed help.

The situation regarding elder people in need was reported weekly, from March 2020 to May 2020, during the state of emergency, at the Sibiu County Prefect Institution.

COMMUNICATION

- Information for beneficiaries by mobile phones, email addresses, official documentations from the municipality...
- Articles in local newspaper and social media accounts

BUDGET AND STAFF

- Donations from various sponsors and associations
- Employees and volunteers from the Municipality of Avrig

Avrig Municipality – Social Assistance Department
- phone: 004/0269/523101 – intern 113; mobil 0040/757058666
- email: spasavrig@yahoo.com

Support for the elderly during the COVID-19



The purpose of the activity is to help and to prevent the institutionalization of the elderly in homes for the elderly, in care and assistance centers, improving their quality of life and socialization.



Conditions for beneficiaries

- People living in Avrig
- Without family or a legal personal carer;
- Who are not independent and have special needs;
- Who are in high risk of isolation

Number of beneficiaries :

- 30 elderly people over 65
- 10 beneficiaries at the moment

DESCRIPTION

These basic services can be provided by the Social Assistance Services from the Municipality of Avrig :

- Housekeeping activities;
- Help for food preparation;
- Making purchases;
- Payment of invoices;
- Accompanying in means of transport;
- Facilitating travel abroad;
- Accompanying (spending time with elderly people);
- Leisure activities.

COMMUNICATION

- Information for beneficiaries by mobile phones, email addresses, official documentations from Avrig Municipality etc
- Articles in local newspapers : Tribuna, Info Avrig

BUDGET AND STAFF

- The budget is approved every year by the Local Council of Avrig.
- 3 community nurses;
- 2 home carers

Avrig Municipality – Social Assistance Department
- phone: 004/0269/523101 – intern 113; mobil 0040/757058666
- email: spasavrig@yahoo.com

COVID-19 hotline for elderly people



The purpose of the activity was to help the elderly in homes to access information regarding COVID-19. Indeed, a lot of information went through digital information channels, making the information difficult to access for isolated seniors.



Beneficiaries :

- 200 people
- People over 65
- From Avrig, Mârșa, Săcădate, Bradu and Glâmboaca

DESCRIPTION

In order to prevent the spread of COVID-19, the Avrig Municipality, through the Social Assistance Department, helped people aged over 65 who do not have legal support or any other help, in order to minimize their exposure outside the home. Two telephone numbers were posted on social networks which elderly people could call between 6 a.m. and 9 p.m., available from Monday to Sunday, to ask for help in order to get through the State of Emergency caused by the spread of COVID-19 more easily.

COMMUNICATION

- All the communication channels from the local and central and governmental institutions: The Avrig Municipality, The Government of Romania, The Emergency Situation Department...

BUDGET AND STAFF

- Use of the municipality's phones, no additional budget needed
- All the employees of the Social Assistance Department, especially the community nurses

Avrig Municipality – Social Assistance Department
- phone: 004/0269/523101 – intern 113; mobil 0040/757058666
- email: spasavrig@yahoo.com

Avrig Library women's traditional work group



Every year, starting in the late autumn, winter and early spring, the women from Avrig meet at the Avrig Public Library in an informal group (traditional work group), called Șezătoarea din Bibliotecă.



Beneficiaries :

- 30 to 50 women at every meeting
- Persons of different ages, but especially retired persons

DESCRIPTION

On Thursdays, from 6 o'clock in the evening until late, the women sing, recite poems, tell stories, exchange patterns, crochet, practice various other traditional crafts, dance, learn recipes of some old dishes...

It is a slightly adapted version of the sitters of hundreds of years ago, when, in each village, the women gathered in the evening at one house and jointly carried out various household activities.

This project is from the Avrig Public Library and "Prietenii Avrigului" Association, initiated by the library coordinator, Maria Grancea.

COMMUNICATION

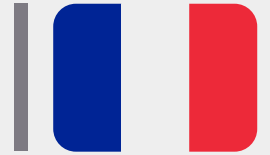
- Social media accounts, mobile phones
- Story from local and national newspaper...

BUDGET AND STAFF

- No need of a budget, only a need of a meeting place
- All the participants are volunteers who bring their own material, who use donated materials

Biblioteca Orașenească Avrig – Avrig City Library
librar Maria Grancea
strada Avram Iancu, nr. 52, Avrig, județul Sibiu,
Email: bibavrig@yahoo.com
Mobil phone: 0040748120970

SENIOR+



Living in a rural municipality raises the question of mobility, and more particularly for seniors. So that these issues do not impact the sociability of rural seniors, the town hall has set up the Senior+ system, with the help of the Familles Rurales association.



Beneficiaries :

- 12 seniors above 75 years old
- Living in their own homes

DESCRIPTION

This project aims to offer activities to seniors living at home. A minibus will pick up seniors from their homes and bring them back to the town so that they can do their shopping, at the supermarket on Tuesday, or at the market on Thursday. They also propose activities like board games or low-intensity exercise on Tuesday afternoon.



"The main objective of Senior+ is to promote the well-being of older people while encouraging the maintenance of social ties"

Mrs. Marie-Claire Thérin, Deputy Mayor

COMMUNICATION

- Communication services from the municipality
- Through the Communal Social Action Center network, through phone or visits at home

BUDGET

- € 159,437.55 for 3 years (including the minibus) with LEADER funds

Village Fair |

Every year in September, the retirement home of Plédran organizes a village fair. Residents and their families can participate in order to share a moment of exchange and reunion. Games and activities are organized.



Beneficiaries :

- 50 residents of the retirement home of Plédran
- 60 residents' relatives

DESCRIPTION

This festive afternoon includes musical entertainment and funfair games where participants can win prizes. This event opens the retirement home to the public and helps combat the isolation of residents. This year 2024, a cabaret show is offered to all residents as well as their loved ones in the town's performance hall. A snack is then offered.



“What a lovely moment! We love coming to the EHPAD fair. We can invite our loved ones. It brings life to the EHPAD.” Ms. Monique DAVY – resident at EHPAD Bel Orient

COMMUNICATION

- Local press and help from local companies
- Emails to relatives

BUDGET AND STAFF

- 15 to 20 volunteers for the animations and bar
- Animator from the EHPAD
- Rent of the reception tent: € 200 per day
- Donation from local shops for the gifts to the winners

Contacts : Blandine DESBOIS, director, EHPAD Louis Morel
Mail : direction.ehpad@ploeuclhermitage.bzh
Phone number : +33 (0)2.96.42.13.36

Training workshops on tablet use at home



The place of digital technology in our society and in the family environment of elderly people is increasing and offers interesting communication possibilities.



Beneficiaries :

- Seniors over 70
- Living at home
- In the CCAS network

“The “Seniors and tablets” project is a continuation of the municipality’s “Seniors +” system by adapting to the needs of seniors to use digital tools since the COVID-19 crisis.” , Mr. Thibaut Guignard, Mayor

DESCRIPTION

Volunteers go to the homes of seniors wishing to learn how to use a tablet and/or digital tools. They spend time with the person to teach them how to use the tool, as well as to understand its usefulness.

OBJECTIVES

- Promote prevention and keeping seniors at home by offering the discovery of the Facilotab tablet.
- Improve the well-being of the population and break isolation

COMMUNICATION

- Communication channels used by the Communal Action Center of Plœuc-L'Hermitage
- Communication service supported by the municipality

BUDGET AND STAFF

- € 6,558 (with LEADER)
- Tablets loaned by the Familles Rurales association
- Provision of rooms by the municipality

Contacts : Marie-Claire THERIN, Deputy Mayor in charge of Social Affairs
marieclaire.therin@gmail.com
<https://www.ploeuchhermitage.bzh/>

Training workshops on tablet use for EHPAD



In response to the Covid-19 shutdown of Senior+ activities, the municipality offered tablet workshops to EHPAD beneficiaries. The aim is to allow them to stay connected with their loved ones, even in the event of a new confinement.



- One weekly workshop
- Sessions lasting 1h30

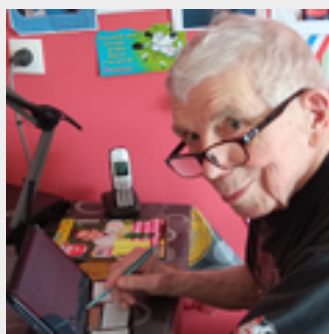
These workshops were deployed for two months. The workshop was animated by two volunteers, supervised by the EHPAD animator.

Participants to the workshops :

- 4 to 6 residents
- Between 85 and 95 years old

DESCRIPTION

During the workshop, two essential points were addressed: how to use a tablet and what can be accomplished with it. The workshop aimed to demonstrate the potential uses of tablets and assist the elderly in their learning process.



"Since the workshops, I bought a tablet with a stylus. I am now the EHPAD reporter."

Mr. Serge Lemeunier, 94

This project was accomplished without a dedicated budget, as volunteers led the animation, and Familles Rurales provided the tablets. Six volunteers from Plœuc-L'Hermitage's CCAS received training from Familles Rurales. To communicate the activities, the EHPAD animator informed residents, and groups were created. The municipality's website and local press articles were utilized for communication. A separate room with tables, chairs, and Wi-Fi was also provided.

Contacts : Blandine DESBOIS, director, EHPAD Louis Morel

Mail : direction.ehpad@ploeuclhermitage.bzh

Phone number : +33 (0)2.96.42.13.36

Bruno VALENTE, referent volunteer for the tablets workshops in the EHPAD

Mail : bvalente95@orange.fr

Mind training with a tablet



Tablets, in addition to their basic communication function, can also support seniors in their daily functioning and cultural activities.



Beneficiaries :

- 70 people
- Aged over 50
- Living in the retirement home of Bartoszyce

DESCRIPTION

After the experience of the COVID-19 pandemic, DPS Bartoszyce received 2 tablets on a test basis, which, along with other devices owned by the residents of the nursing home, are designed to help maintain relationships between seniors and their families and loved ones.

As part of the “Memory Gym” project, special applications for mind training were installed on the tablets. Exercises that require concentration and memorization of various types of information have a positive effect on maintaining the efficiency of cognitive functions.

COMMUNICATION

- Website
- Social media

BUDGET AND STAFF

- Donation from a foundation for the tablets
- 1 occupational therapist and 2 other therapy staff to give the instructions

Contacts : Maria Kobuszevska – Dyrektor Domu Pomocy Społecznej w Bartoszycach
Dom Pomocy Społecznej w Bartoszycach ul. Bohaterów Monte Casino 4
11-200 Bartoszyce
E- mail: dpsbartoszyce@poczta.onet.pl
Telefon: 89 762 21 22

Art studio



The aim of the workshops in the art studio is to stimulate imagination and creativity among the participants, to shape aesthetic needs, as well as accuracy, patience and sensitivity.



Beneficiaries :

- 32 people attend the workshop
- Aged over 50
- Group of 32

DESCRIPTION

Activities held in the art studio are intended for the residents of the day-care offered at the Barka Centre and for the residents of the nursing home in Woryny. There are two sections within the art studio: painting and handicraft with ceramics. The products or works produced by the participants are then offered at regular fairs and auctions, taking place in the centre or in the city. In the handicrafts and ceramics section, participants stimulate social-emotional development and improve manual functions. By participating in the workshops, they improve their hand-eye coordination and learn precision, focus and accuracy.

Workshops in the painting studio are aimed at rehabilitation by familiarization of participants with basic art techniques, acquiring the ability to use a palette of colors (primary and secondary colors) and the use of various materials.

COMMUNICATION

- Website and Social media

BUDGET AND STAFF

- Grants from Voivodeship of Warmia and Mazury
- Staff from the retirement home

Contacts : Pan Piotr Rafał Baczewski – the manager of the association „Jesteśmy Razem” and the chief of “Centrum Barka”
Stowarzyszenie Na Rzecz Osób Niepełnosprawnych

Hortitherapy – a therapy through gardening



Our Second Home in Tolko decided to run an ecological garden within their walls. Hortitherapy has many health benefits. It helps to develop creativity and improve balance.



Beneficiaries :

- 3 to 5 people

Staff :

- 10 people employed in the home

DESCRIPTION

The participants of these workshops work in an organic garden, plant and harvest their own crops. Then they have culinary workshops, where they can learn how to prepare meals, learn new recipes and bake cakes.

The tasks of a gardener include, e.g. preparing the area, sowing seeds, pruning plants, fertilizing plants, irrigating plants, establishing lawns, maintaining lawns, removing weeds, performing plant protection treatments.

COMMUNICATION

- Website
- Social media
- TV
- Information posted on the notice board.

BUDGET

- Public funds
- Grants from local government.

Contacts : Dariusz Fidrych - Director
Centrum-Opiekuńczo Mieszkalne "Nasz Drugi Dom" w Tolko Tolko 28 11-200 Bartoszyce
email: com.tolko@onet.pl
tel. 89 526 02 93

Occupational therapy workshops



The aim of the workshops is social activation, integration and inclusion of seniors in the local community, organizing spending free time together and preventing the negative effects of loneliness.



Beneficiaries :

- 12 people
- Over 60 years old

Staff :

- 2 employees and instructors

DESCRIPTION

As part of the occupational therapy workshops run at the Senior+ Club, the seniors are offered activating, educational, cultural, recreational and health-promoting activities.

The offer includes:

- music workshops,
- painting workshops,
- handicraft workshops,
- cooking workshops,
- gardening and floristic workshops,
- dance and movement workshops.

COMMUNICATION

- Website
- Social media
- TV
- Information posted on the notice board.

BUDGET

- Public funds from the Municipality of Bartoszyce

Contacts : Dorota Myma - manager Klub Senior+
Łabędnik 15 A 11-200 Bartoszyce
tel. 692 888 860
e-mail: klubsenior@op.pl

Food bank and public wardrobe



The Public Wardrobe and the Food Bank are operated at two locations within the LAG SJN territory. The Public Wardrobe is open 1-2 times per week in both locations. The Food Bank is available one day every two weeks.



Beneficiaries :

- 35-40 persons registered
- 100 beneficiaries total
- Residents from the LAG SJN territory

DESCRIPTION

This action provides a rapid help to people in difficult social and/or financial situation; the help available in their vicinity without unnecessary administrative paperwork. The activity is governed by the Community Work Coordinator from LAG SJN. They also cooperate with the municipality's social worker who provides principal social advice. The food bank provides basic food for beneficiaries. The public wardrobe offers clothes, home equipment, school utensils, sports equipment, toys, etc. These actions also provides essential social advices.

COMMUNICATION

- Face-to-face in meeting points (by the Community Work Coordinator)
- LAG SJN's website
- Social media
- Local press

BUDGET

- Community Work Coordinator Salary
- Food given by the regional food bank, the local shop and the community garden
- Public Wardrobe items are donations from residents

Contacts : Michal Arnošt, Project Manager, michal.arnost@masnepomucko.cz
Natálie Žáčková, Community Work Coordinator, natalie.zackova@masnepomucko.cz
Eva Valmová, Community Work Coordinator, eva.valmova@masnepomucko.cz

Physical exercises for seniors



An offer was made to the clients of the Retirement Home with a questionnaire and the exercises received the most votes. Most of the clients are physically impaired and have limited movement; they cannot attend activities in other locations.



Beneficiaries :

- 12 participants in each workshop
- Aged 70 to 85
- Participation is optional

DESCRIPTION

The animator of the activity is a certified physical therapist. The activity takes place in the Common Room of the Retirement Home. As most participants are physically impaired, they exercise in the sitting position. There are two meetings per week; each meeting takes 30 minutes. The activity is part of an ongoing regular weekly schedule. This activity allows residents to stretch

the body and exercise also in the comfort of a their housing units.

COMMUNICATION

- Animator/coordinator
- Information board

BUDGET

- Animator salary paid by LAG SJN
- Room and equipment by the retirement home



The activity has cured my back pain and, primarily, has created for me a healthy habit which I follow.", Mrs. Danuše Kunešová, 87.

Contacts : Jaromir Kastner jaromir.kastner@masnepomucko.cz
Iva Jakubčíková, Administrator of Retirement Home, iva.jakubcikova@spaleneporici.cz

Digital training for seniors



Two training sessions were organised in Nepomuk for clients of the retirement homes in Nepomuk and Spálené Poříčí representing 8 hours of training in total



Beneficiaries :

- 17 participants in both workshops in total
- Seniors from retirement homes
- Participation is voluntary

"I learned to use my smartphone so I could call my family and send pictures with my grandchildren. They do it all the time and now I can too!"
Mrs Danuše Kunešová, 87.

DESCRIPTION

Digital technology helps combat the isolation of seniors. Maintaining social contact is very important to them. Messaging applications, emails and social networks remain the most important tools to teach them, to allow them to maintain continuous contact with their loved ones and develop their social ties. This activity allows the clients to continue communication with family and other persons in situations of lock-down of the Retirement Home for the public. This activity helps to reduce digital exclusion and to reduce feelings of loneliness, improve cross-generational engagement.

COMMUNICATION

- Pre-event recruitment : Information leaflets
- Voluntary participation
- Post-event communication: website of Fenix, local newspaper

BUDGET

- Instructor's fee paid by the Vodafone CZ Foundation
- Participants bring their own smartphones and tablets
- Room: Head Caregiver's office, WIFI connection, electricity

Contacts : Jaromir Kastner jaromir.kastner@masnepomucko.cz
Renáta Vodičková, Head Caregiver pecovatelska.sluzba@urad-nepomuk.cz

Seniors band and Creative workshop



The mission of social activation services for seniors and handicapped persons implemented by Totem is to offer programs and projects aiming at preservation of mental and physical strength of the participants.



Seniors Band rehearsing at the common room of Totem centre.

Beneficiaries :

- 12 to 14 participants in each workshop
- Seniors from retirement homes
- Participation is voluntary

DESCRIPTION

Seniors Band: This is a meeting of clients who are united by their passion for music. They can put into practice their musical skills, be it playing an instrument and/or singing.

Creative Workshop: The clients use new techniques of creative activities they have learned previously. The activity instructors keep bringing in innovative stimuli to activate, motivate and support the clients in achieving the maximum possible level of autonomy. The group also produces items for other organisations. For instance, they make bed covers for a hospice centre.

COMMUNICATION

- Inscriptions through the coordinator at the reception desk
- Communication through meetings, phone and website

BUDGET

- Funds from grants
- Rooms and equipment provided by Totem
- No fee from participants
- Use of recycled materials

Contacts : Jaromir Kastner jaromir.kastner@masnepomucko.cz
Vlasta Faiferlíková faiferlikova@totemplzen.cz
<https://www.totemplzen.cz/>



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