

## Project 'Active Ageing' in practice 2009 – 2013: The Results



### ***Social relations***

- + workgroups Active Ageing are formed in 10 villages
- + Activities and facilities are organised especially for the elderly.
- + Open air sports facilities like Jeu des Boules and Physical Exercise garden
- + New activities: senior restaurants, lunch or high tea children + elderly, informative and sociable get-togethers like a reading about history of the village, creative activities or just having a cup of coffee together.
- + In existing organisations and activities there is more attention for the elderly
- Workgroups Active Ageing only partly succeeded in motivating the existing organisations to develop a special programme for the elderly.
- + There has been research on loneliness and seclusion among elderly in Hoogersmilde.
- Until now there has not been developed a successful approach for volunteers in the villages to tackle loneliness and seclusion among elderly.

### ***Body and mind***

- + Individual consult by professional of Welzijn Ouderen
- + Cooking club for men
- + Awareness on local sport activities: gymnastics, ballgames, swimming
- + New sports: Nordic Walking
- + Project '60+ Health and Wellbeing' in Drijber, Wijster and Spier.
- Loneliness and seclusion
- Awareness for needs and wishes of the elderly among existing sport organisations.

### ***Education***

- + Local newspapers, websites, Local Community College and village halls are used to spread information and educate elderly and everybody who has something to do with elderly people
- Slow decrease of attention for education over time
- Difficult to school volunteers in educating villagers, still mostly dependant on professional organisations.
- + Physical help desk is opened in Nieuw-Balinge
- Not sure whether a physical help desk is a good solution (costs – benefits)

## ***Facilities***

- + Help available for garden, house and small services.
- Difficult to link demand and offers.
- + Physical help desk, pilot 60+ Health and Wellness'
- Focus on individual possibilities of transport instead of bringing facilities to the village.
- In the near future more health care facilities are needed in rural area's.

## ***Housing and the environment***

- + House adaptation on the older age (local housing association).
- + Attention to needs of elderly in village planning.
- + Research DAAD architects
- + New village hiking paths.
- + Course 'low maintenance gardening'
- Slow decrease of attention for the wishes and needs of elderly according to housing and the environment