



Version. 1 (13)

1.11

2009-03-01

# NETWORKS

## PROJECT DESCRIPTION

### OLE2

SUBPROJECT: NETWORKS

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## Enclosures

encl	Document name
A	NetworkActivityPlan.doc
B	NetworksTimePlan.doc

## Summary of content

<b>SUMMARY</b> .....	<b>4</b>
<b>BACKGROUND</b> .....	<b>4</b>
CURRENT SITUATION .....	4
<i>Physical meeting places</i> .....	4
<i>Virtual meeting places</i> .....	6
<i>Senior Portals</i> .....	7
<i>Other networks and activities</i> .....	8
<b>OBJECTIVE</b> .....	<b>9</b>
<b>EXPECTED RESULTS</b> .....	<b>11</b>
<b>LIMITATIONS</b> .....	<b>11</b>
<b>TRANS NATIONAL PROJECT ORGANIZATION</b> .....	<b>11</b>
<b>TIME FRAMES</b> .....	<b>11</b>
<b>RESOURCES</b> .....	<b>12</b>
<b>PROJECT PLAN</b> .....	<b>13</b>
METHODS.....	13
ACTIVITIES .....	13
TIME PLAN .....	13
INFORMATION ACTIVITIES.....	13
REFERENCES.....	13

## *SUMMARY*

OLE2 is based on findings from the transnational EU co-financed project *Our Life as Elderly* (OLE) that ended in 2006, and focused on finding solutions for a better life quality for the future elderly.

With a better life quality, the pressure on costly health services and institutional care for the future elderly will be delayed. Therefore the following areas from OLE are selected for implementation:

- ✓ Establish model for physical and informal meeting places
- ✓ IT based community, web based meeting platform for senior citizens with focus on transnational solutions.

## *BACKGROUND*

OLE1 sub project NETWORKS clearly defined some of the wishes from future elderly and their view of social networking and how to regenerate and further develop these.

Our societies need to further develop meeting places where you can go without a formal invitation, to have a cup of coffee or for to participate in some activity of interest. Physical meeting places with functions to:

- ✓ Support individuals and senior groups within the community to bring about positive changes
- ✓ Foster participation in educational/training/development groups and cultural activities
- ✓ Make available at local level information to assist local people develop their own skills
- ✓ Develop a sense of friendship, co-operation and neighbourliness to overcome the generation barriers
- ✓ Develop relationships and alliances with other agencies and organizations.

Meeting places can also be of virtual nature as an online community on the Internet. A virtual information and activity centre where people can exchange ideas and find information about activities and recourses that is of local interest for seniors.

## ***Current situation***

### **Physical meeting places**

#### **Føroya Kommunufelag, Faroe Islands**

Some municipalities have provided day centres for Seniors under organized staff, often a nurse. They have until now been co-financed by the Home Government on a

yearly grant application. According to the Home Governments plans, the grant will not be available after January 1st 2009.

Some municipalities provide facilities for a men only meeting place “Undirhusid”, where they meet informally during the day and discuss municipal or local as well as world issues.

### **City of Luleå, Sweden**

We have started to organise 3 physical meeting places.

***Meeting place Klockarängen i Råneå.*** This is for seniors, relatives and functionally impaired around Råneå. To visit the meeting place is free of charge though there is coffee and sandwiches/cakes available for a small fee. We try to adjust the activities to suit our visitors. Our goal is to give people access to a meeting place with a variety of activities. The visitors can also book group activities. The meeting place will be open every Friday between 10:00 to 14:00. An additional feature here is a special “sun room” where all senses are stimulated, soft sand, light, warmth, cooling air, sound of sea gals and waves. The wellbeing is increased by the fact that you also get sunburn. This is open daily between 08:00-17:30.

***Meeting place Fyren, Lulsundsgatan 42 “Thursday café”*** where we during a couple of hours in the afternoon provide entertainment/lectures etc. The entertainment is mainly on voluntary basis and is free. Unfortunately more and more these would like to get paid so it is very hard to get people to do voluntary work.

We also have a “***kinship café***” on Tuesdays where we engage different entertainers, lecturers or simply spend some convivial time together.

At ***Senior Café at Ungdomens Hus*** you can have different activities such as Bridge, Pool, music and film room, and also purchase coffee and tea with home baked biscuits and cakes.

In the spring 2009 we plan to open another meeting place called Öرنen.

### **City of Oulu, Finland**

The Elderly care of Oulu has done networking with voluntary organisations. There is more than 15 associations directly or indirectly linked to the Elderly care in Oulu. These organisations provide several activities for elderly people. Typical activities for pensioner associations are travelling and participating to the cultural events. The Activity centre Aleksinkulma for Elderly people is the place where different kind of associations can have their meeting. The Sport activities are gathered together in the sport programme for elderly people, it is implemented together with sport department, Elderly care and Physical rehabilitation care. The Elderly care of Oulu

maintains also activities for groups in the local areas. In these groups seniors can make friendships and support their wellness.

In Sweden, in Finland and the Faroe Islands the meeting places are free of charge.

## Virtual meeting places

### Føroya Kommunufelag, Faroe Islands

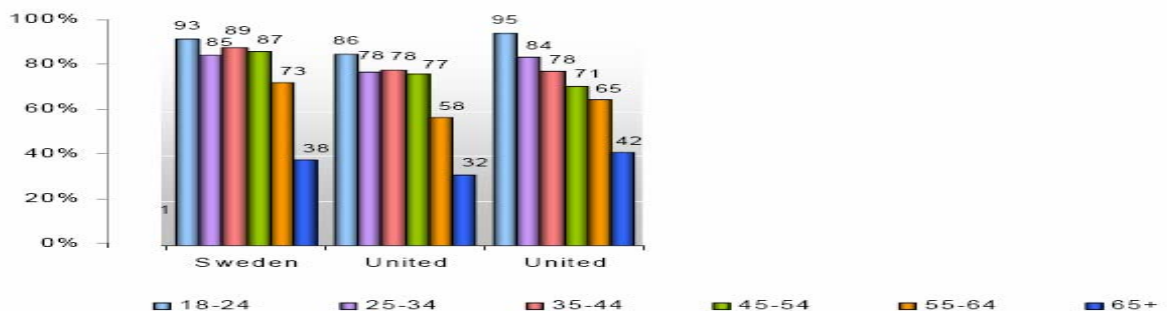
Questionnaires from OLE1 show very limited use of simple facilities like SMS and e-mail. As one lady answered on her use of the Mobil telephone – I only use it to answer calls when away from home.

In some municipalities the evening schools have begun offering computer learning. No documentation is available on Senior use of the internet.

### City of Luleå, Sweden

In our group of pensioners we believe that mails and internet banking is the main communication tools used. According to a research done by the World Internet Institute, between 19-37 percent of seniors in Sweden in the ages of 64-75 uses the Internet daily. In the same age group 50-60 percent has an internet access. Older people foremost uses the Internet to search information and send e-mails. For example read newspapers or cultivating ones interests through the use of the web<sup>1</sup>.

According to a research done by the World Internet Institute, 37 percent of seniors in Sweden in the ages of 65 and older, uses the Internet daily. In the age group 55-64 as many as 73 percent are Internet users.



Source: World internet Project, international report 2009

Older people foremost uses the Internet to search information and send e-mails. For example read newspapers or cultivating ones interests through the use of the web<sup>2</sup>.

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<sup>1</sup> Source: Olle Findahl, World Internet Institute (TT).

<sup>2</sup> Source: Olle Findahl, World Internet Institute (TT).

## Senior Portals

### **Føroya Kommunufelag, Faroe Islands**

Senior portals are not available. General information about what is happening is available on several portals and the municipality has general information on its portal. The Home government/municipality information to Seniors about their rights to services and social benefits is not systematic.

With the exception of a few articles on Seniors and the web in the quarterly National Telecompany brochure, campaigns by electronics companies are non-existent.

### **City of Luleå, Sweden**

Luleå has a portal for seniors [www.lulesenior.se](http://www.lulesenior.se) a platform where each pensioner organisation administers their own space and updates information on what is happening in their organisation. Other information is also added by different "service providers" i.e. a health club in Luleå. The platform has partly been updated also by Lars Mikaelsson from time to time.

There are also other initiatives targeting older people and pensioners, one in particular that addresses non-users of computers called **eLSe** – **eLearning for Seniors**, and aims at developing and testing an eLearning environment specifically devoted and pedagogically adapted to the needs of older learners who have no or almost no experience using computers enabling them to make use of virtual information, communication and eLearning opportunities in an autonomous and self-directed way.

In Sweden there are also other portals available that have Seniors as the main target group though the focus is mainly to broadcast information from one sole source or to cover one explicit group or international/national focus. There are also some web services for job searching, hiring and job hunting for seniors. There are no web portals similar to Lulesenior anywhere in Sweden with only a local focus.

Regarding campaigns targeting Seniors by electronics companies, the homepage made in OLE1 has attracted interest by enterprises that want to use the homepage for campaigns.

### **City of Oulu, Finland**

One of the emphases of the city of Oulu is the developing of information society as civil society. We don't yet have a portal for seniors but we have a place called "Aino". "Aino" is a place where elderly and people nearby them can get information and advice about services and other possibilities available in the city. You can get touch in "Aino" by mail, by phone or to go there.

The development of new technology is a part of the Social Welfare and Health Services every day life in Oulu. For example, there has been built a high technology

health care center in Oulu as a part of a self-help portal project. There are also some on-going projects, which concentrate on finding out how to use new welfare technologies in providing services (mobile phones, internet, support equipment). In AmIE - project, the aim is to find out individually tailored high-tech solutions and applications to improve elderly people well-being, quality of life and independence in co-operation with AmIE-partners and the elderly care service unit of city of Oulu. In the future there also may have been a project called “Esko” (if they get finance). “Esko” is a preventive work project doing together as a company with the third sector, who will be in charge of it. The aim of it is also to develop a new technology possibilities for elderly.

## **Other networks and activities**

### **Føroya Kommunufelag, Faroe Islands**

The municipalities will provide financial support by application for group activities, like the pensioner organization, on a yearly bases as well as for specific happenings.

The activities available vary from municipality to municipality. In some, the pensioners organisations are active, in others, there are no-age limited activities that Seniors participate in. During the winter season most municipalities have evening classes where handcraft is the most common subject. Computers and internet is slowly showing up on the curriculum, and Seniors are showing interest in learning to communicate through the internet.

The most important network is the family, but others, like the Faroese chain-dance organisations play an important part in networking. Bingo evenings are the all time social event, mostly female participation.

### **City of Luleå, Sweden**

There is a new initiative from the seniors in Sweden that is called “hire a senior” [www.hyrensenior.se](http://www.hyrensenior.se) I do not know that much about it but the idea is for people to for a low cost hire a senior for i.e child minding, carpentry and other chores.

### **City of Oulu, Finland**

At the moment there are more than 30 inhabitants' local democracy associations in Oulu, covering the whole area of the city. The associations are active partners for the municipality of Oulu and act through all lines of municipal operating. Nowadays in Oulu the citizens' participation is a natural part of many different endeavours, like the Entire Village as an Educator Project. Citizen participation is also part of the making of ecological programs and the city Security Network, and also in the developing of information society on local level. For example, during this autumn there have been “wellbeing theme days” for elderly at local living areas. There have been four days around Oulu. These days have offered info and action by organized several different actors. They are represented also a cross generation action, the school students from the nearest school in the area are invited there.

Also the Citizens' Houses have established their position as a forum of citizen participation and influence on common affairs. At the moment there are eleven Citizen's Houses in Oulu. Local inhabitants' Associations maintain the Houses and they are supported financially by the City of Oulu. The activities of the Citizens' Houses rise from the needs and resources of local inhabitants. These houses are also for elderly and some of them are very popular among them. In the Houses there are also computers with free IT- services and they organize courses for elderly to working with a computer. The contact information of all the local democracy associations is now found in the Internet. Some of the Associations also have their own homepages in the Internet. Part of the local discussions and announcements is also available in the Internet.

## *OBJECTIVE*

In principal the projects objectives are to fulfil the requirements, needs and wishes of our elderly through an optimal community service by a full implementation of the following transnational findings in OLE1:

- ✓ Establish model for physical and informal meeting places

The objective here is for example to stimulate pensioners to organize activities like educational courses and voluntary activities with cross generation activities.

- ✓ IT based community, web based meeting platform for senior citizen with focus on transnational solutions

The IT based community will expand the network of the pensioner and establish a platform of information flow. The platform will for instance give the pensioner's access to services, applications to services, social events and exchange between pensioners.

- ✓ Current web application running in Luleå

Here our objectives are twofold. Our running platform from OLE1 will be transferred to a long-term operator. Secondly for all other regions we will create a toolbox that can promote and facilitate the creation of further Communities to all other regions.

### **Føroya Kommunufelag, Faroe Islands**

The Network projects objective in the Faroes is to stimulate self-aid or rather self-made activities.

To reach this goal, the elders need to come together in a productive environment that provides different activities of their own choice.

The activities are expected to be mostly voluntary work, where the elderly contribute, to cross-generation activities and elder to elder activities. A pilot group will make concrete proposals

- ✓ on cross-generation activities
- ✓ regarding voluntary activity / support to elders
- ✓ regarding "ContactBanking" where users and suppliers can make contact.

With the virtual technology available to seniors at for example meeting places, the senior will be able to expand his/her network outside their local area.

### **City of Luleå, Sweden**

One of the sub-project's aim is to create opportunities to bring together people in the age group "seniors" by building up an IT platform. This meeting place will serve as a hub of informal networks and the creation of new partnerships around ideas. On this platform will also be opportunities to information on recreational / leisure activities and other activities carried out in the municipality of both the senior citizens' associations and NGOs. The business has the function of a "network agency" where also municipal information can be disseminated in an efficient manner and to interested groups. It is at meetings where ideas and thoughts flow and where you can exchange skills needed to implement one's ideas. Alone is strong, but nothing is possible to implement without the support and appreciation from others. The more contacts that can be generated in the meeting with others the more opportunities we see in the implementation.

### **City of Oulu, Finland**

As a before, the city of Oulu is preparing a new welfare strategic for the aging. The citizens panel of elderly (12- 15 people from all around Oulu, who are over 65 years old) is participating in doing that. This panel has called together from local democracy actors around the city. So the panel is taking part in both from the view of local inhabitants (and his networks) and the view of elderly. In addition panels have asked about their thoughts about Citizen's Houses. Most of them feel them good but they gave some ideas to develop them more.

In Ole 2 - we are going to develop:

The citizens panel of elderly to be a permanent model to:

- ✓ bring the voice of elderly to develop local networks to even be more suitable for elderly
- ✓ bring the voice of elderly to the strategic develop work
- ✓ Establish model for physical and informal meeting places.

## *EXPECTED RESULTS*

- ✓ Focus on seniors living independently
- ✓ Best practice for physical/informal meeting places
- ✓ Citizen dialog experience for the municipality
- ✓ Senior Panel role established in the municipalities democratic process
- ✓ Revival of “National Culture” otherwise soon forgotten
- ✓ Best practice for Cross generation activities
- ✓ Best practice for virtual meeting places
- ✓ Senior homepage up and running in the Faroes
- ✓ Current web application in Luleå under new owner/provider
- ✓ Easy access to information for Seniors.

## *LIMITATIONS*

The two parts in NETWORK both aim at supporting the importance of social networking and the pro-active health prevention that every day activity and the company of others supports.

## *TRANS NATIONAL PROJECT ORGANIZATION*

- Project owner: Management Group
- Steering group: none
- Project Manager: Sveiney Sverrisdottir
- Project group: Lars Mikaelsson, Liisa Kursula Sveiney Sverrisdottir
- Sub groups:
  - ✓ FO: Hans Andreas D. Joensen, Niels Hammer, Hans Jørgensen
  - ✓ SE: not formed
  - ✓ FI: not formed
- Reference groups: pensionist organization and other activity platforms primarily for Seniors
- Quality controller: no name yet.

## *TIME FRAMES*

During the project time we will in 2008 work with collecting general information regarding the Network project. In february 2009 we have a first draft for implementation, and by february 2010 we will have a description of changes and new functions. We will proceed with the implementation process in march 2010 and take time to make necessary changes in the process. The last three months we will use for documentation.

## *RESOURCES*

To carry out the Network project relevant computer software as well as hardware will be used as well as digital cameras and voice recorders. Also, we expect to have

- ✓ Relevant literature
- ✓ Relevant experts will be called on to take part in the process on different levels.
- ✓ Study tours and/or exchange visits, home and abroad
- ✓ Conferences, home and abroad.

## *PROJECT PLAN*

### ***Methods***

Stakeholders will be identified and contacted at meetings with concerned and by media publicity. Providers will be identified and contacted.

Involvement by stakeholders and providers will be at meetings, and by direct or indirect involvement in the project.

Implementation will be conducted with the co-operation of the Seniors and other bodies concerned.

### ***Activities***

See document A: NetworksActivityPlan.pdf

### ***Time plan***

See document B: NetworksTimePlan.pdf

### ***Information activities***

Trans National activities and national NOW stages in the project will be a focus for the press releases. For each workpackage there will be a min. 2 press releases.

Primary information activity will be at homepages, national and project page. The projects homepage [www.ourfuture.eu](http://www.ourfuture.eu) will be a gateway for project papers and activities as well as a platform for project workers. Local homepages, for example, FKF's homepage [www.fkf.fo](http://www.fkf.fo), will publish matters of common interest for its target groups, in FKF's case municipality politicians and staff as well as a large group of subscribers of different background, including members of the press.

Seniors and others that can contribute to the project will be contacted at meetings and other forms of dialog. Targetgroups on different levels will be established.

Politicians will be kept informed on the project progress at meetings.

General information on the project will be printed in the form of brochures.

Information activities are specified in the Activities Plan.

### ***References***

Final report NETWORKS (see <http://www.ourfuture.eu/step-1/project-networks.htm>,  
Final\_report\_Networks\_1.0.pdf.

Application OLE2 (Our Life as Elderly Implementation).