



Workpackage 3b II

Products and tools

version. 4

SUBPROJECT: NETWORKS

Project manager:

Sveiney Sverrisdottir, Faroe Islands

Participating partners:

Oulu Finland and Luleå Sweden



**Northern
Periphery
Programme**
2007–2013

Innovatively investing
in Europe's Northern
Periphery for a sustainable
and prosperous future



European Union
European Regional Development Fund

Contents

Contents.....	2
Background	3
1 IT based community	3
1.1 Content of implementation	3
1.2 Organizational frame and areas of responsibilities	3
1.3 Tool Box, 2. draft	3
1.3.1 Guidelines on.....	3
1.3.2 Documentations	4
1.3.3 Case stories.....	4
1.3.4 Packageing,.....	4
2 Physical informal meeting places	4
2.1 Costs and benefits.....	4
2.2 Content of implementation	4
2.3 Organizational frame and areas of responsibilities	5
2.4 Tool Box, 2. draft	5
2.4.1 Guidelines.....	5
2.4.2 Documentation.....	5
2.4.3 Effects	5
2.4.4 Packageing.....	5
3 National projects	6
3.1 Faroe Islands	6
3.1.1 Cross generation Activities I:	6
3.1.2 Cross generation Activities II:	6
3.1.3 Activity houses and places	6
3.1.4 IT	6
3.1.5 Bus service to activity house	6
3.1.6 Service bank	7
3.1.7 Chain Dance	7
3.1.8 Elderly days	7
3.2 Luleå.....	7
3.2.1 Lulesenior.....	7
3.2.2 Activity houses and places	7
3.3 Oulu.....	7
3.3.1 Elderly Council	8
3.3.2 Citizen Panel.....	8
3.3.3 Chain Dance	8
4 Linking OLE2 projects	8
5 Activity and Time plan	9
6 Final Conference	9
6.1 Virtual meeting places	9
6.2 Physical informal meeting places	9

Background

The subproject Networks is divided into 2 main themes, Virtual meeting places and physical informal meeting places.

Each theme is supported by national projects. These reflect on the need for change or new functions in each country.

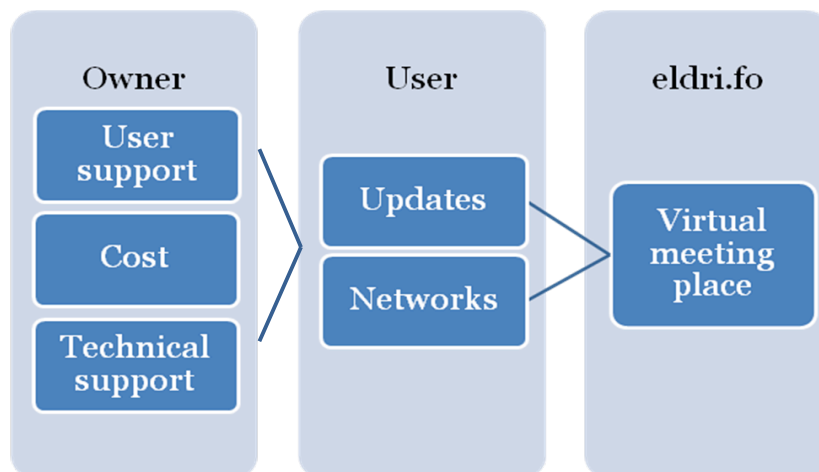
1 IT based community

1.1 Content of implementation

- ✚ Transfer of current web application LuleSenior in Luleå, from the municipality to private owners completed.
- ✚ With LuleSenior as an example, the Faroese have set up the homepage ELDRI.FO.

1.2 Organizational frame and areas of responsibilities

- ✚ Responsibility for The LuleSenior has been taken over by a new owner.
- ✚ The ELDRI.FO will be transferred to the National Association of Pensioners by the end of project.
- ✚ Each address will have responsibility of updating their page.
- ✚ Supplier contract on program updates.



1.3 Tool Box, 2. draft

1.3.1 Guidelines on

- ✓ [how to start](#) a homepage, including application, suppliers, registration and cost,
- ✓ how to run a homepage, including organization, responsibilities, support and cost.

1.3.2 Documentations

- ✓ General [technical description](#) of contents – eldri.fo and lulesenior.se,
- ✓ [Transfer agreement](#) of LuleSenior to private owner
- ✓ [Organization](#) of LuleSenior
- ✓ Instructions on work process concerning uploading news, including log-in, photo-processing and what to avoid – eldri.fo

1.3.3 Case stories

- ✓ The contacting process
- ✓ users and administrators.

1.3.4 Packaging,

- ✓ USB stick
- ✓ Brochure.

2 Physical informal meeting places

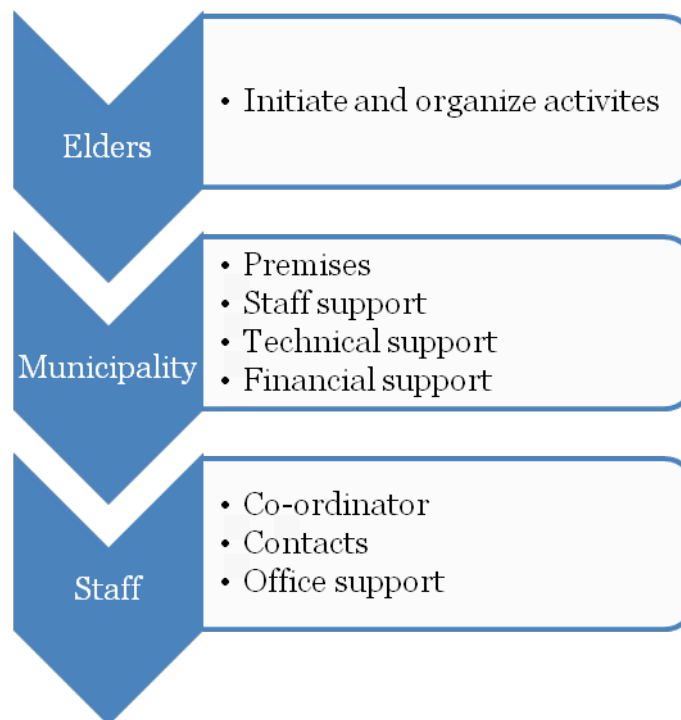
2.1 Costs and benefits

- ✚ Premises used for physical informal meeting places are existing municipal property or at Nursing homes, therefore no costs for rent.
- ✚ Costs depends on which activities you choose to arrange and how much effort are put in to the arrangement.
- ✚ “Elderly week / days” gives an opportunity for elderly to establish social contacts with other elderly. Research findings show that it decreases the need of geriatric care, assistance and help.
- ✚ “Self generated” activities reduces social isolations. Research findings shows that reduced social isolations improves the health and well being for all involved.

2.2 Content of implementation

- ✚ Informal physical meeting places
- ✚ 3 models for Senior participation
- ✚ Elderly days /week of activities
- ✚ Chain Dance

2.3 Organizational frame and areas of responsibilities



2.4 Tool Box, 2. draft

2.4.1 Guidelines

- ✓ Model for organising [Senior participation](#)
- ✓ [Meeting places](#), based on 3 different activities. Requirements, staff, equipment and costs
- ✓ Guidelines on directed at Municipality and Senior organisations a.s. and others implicated.

2.4.2 Documentation

- ✓ Organisational plans; Cases: Oulu, Porkeri and Vaga
- ✓ Agreement of understanding between Municipality and Seniors, Cases: Oulu, Porkeri
- ✓ Rules for Municipality on process and responsibility. Cases: Porkeri
- ✓ Letter of acknowledgements: Mayor and Senior spokesman.

2.4.3 Effects

- ✓ Case study (CS); Seniors – Municipality staff
- ✓ Productions during period¹; photos, handcraft, video, dvd, news clips.

2.4.4 Packageing

- ✓ USB stick
- ✓ Envelope/s for different parts. Hard copy and digital.

¹ Products from students exhibition at end of season.

3 National projects

Each partner is free to run own projects inside the frame of application.
Different projects that will support the main themes in each country.

Documentation for packaging will be supplied by these projects.

3.1 Faroe Islands

Our goal is not only to establish meeting places but also to introduce different activities that will give the pensioner an opportunity to engage in activities with younger generations and others interested.

Where not specified, our projects are seasonal, run during the winter season, from October to Easter. See also *Activity&Timeplan#2* and *Activity&Time planFO#2*.

3.1.1 Cross generation Activities I:

Activity: Pupils from local school have classes at Nursing home.

Purpose: Future health care students

Outcome: Activity a permanent subject

Target groups: The school system and health system

Tool box: Documentation for schools on activity.

Action plan: Project already running for second season.

3.1.2 Cross generation Activities II:

Activity: Young and elderly share a place and activity

Purpose: Bridge between generations

Outcome: Activity permanent part of preschool

Target groups: Municipality institutions and seniors

Tool box: Documentation for preschools on activity.

Action plan: Project started this fall.

3.1.3 Activity houses and places

Activity: Facilities where activities can be held

Purpose: Opportunity to meet informally

Outcome: 3 different models of activities and premises

Target group: Municipalities and seniors

Tool box: Documentation on models.

Action plan:

3.1.4 IT

Activity: Courses for seniors on computer and internet

Purpose: Make the internet an accepted method of communication

Outcome: A survey on use of services and applications

Target group: Pensioners

Tool box: Description on easy access

Action plan: Courses up and running.

3.1.5 Bus service to activity house

Activity: Bus route in sparsely populated area with no public transport route
 Purpose: Access for seniors to participate in activities
 Outcome: A survey on use of services and physical benefit from participating
 Target group: Municipalities and seniors
 Tool box: Description on how to do.
 Action plan: project starts in october 2010.

3.1.6 Service bank

Activity: Data base on volunteers
 Purpose: A list available to public institutions and private enterprises
 Outcome: Seniors share their knowledge
 Target group: Seniors that want to contribute and stakeholders
 Tool box: Description on how to do.
 Action plan: preparations are still ongoing.

3.1.7 Chain Dance

Activity: A trans national event with Oulu and Luleå (Housing project)
 Purpose: Make elderly people move and give them a feeling of togetherness
 Outcome: Empowerment
 Target Group: Seniors, home-living
 Tool: Description of communication.
 Action plan: TO be held at 25th October.

3.1.8 Elderly days

Activity: A trans national event with Oulu and Luleå (Housing project)
 Purpose: To give seniors an opportunity to meet and participate in different activities and socialize
 Outcome: Empowerment
 Target Group: Seniors, home-living
 Tool: Guidelines on set-up.
 Action plan: to be held for 2nd time end of october.

3.2 Luleå

3.2.1 Lulesenior

Activity: Transfer ownership to external organisation
 Purpose: Secure sustainability
 Outcome: A virtual information site for enterprises and seniors
 Target groups: Pensioners and citizens of Luleå
 Tool box: Technical description of model.

3.2.2 Activity houses and places (in cooperation with the housing group in Luleå)

Activity: Facilities where activities can be held
 Purpose: Opportunity to meet informally
 Outcome: 3 different models for facilities where seniors participate in activities
 Target group: Municipalities
 Tool box: instructions on models.

3.3 Oulu

The city of Oulu is a partner in the project which calls ESKO. The whole project have four different section and one of them is specialized especially

for the elderly people. Within that subproject they have started to think the possibility to create own web pages for the elderly. The pages would be a part of the Aleksinkulma, which is physical meeting place in Oulu. The pages would give elderly the information of what is happening and the pages would give the associations opportunity to inform their services and events. We have been inspired the Luleåseniors pages and co-operation within OLE2 process.

3.3.1 Elderly Council

Activity: Create a formal Council to support elderly peoples interests

Purpose: The main purpose for Elderly Council is to improve City of Oulus decision-making by paying attention to elderly peoples interest and needs by understanding the strenghts and richnesses of the culture and knowledge of elderly.

Outcome: More knowledge about elderly peoples strengths and interests

Target Group: Municipalities and social media

Tool box: The Principles of Elderly Council

3.3.2 Citizen Panel

Activity: Create a local channel for elderly people to influence their environment and decision making.

Purpose: Improve participation of elderly people

Outcome: Regional network for elderly people in cooperation with Elderly Council

Target group: Elderly people who get activities near their homes

Tool: Description of the work in networks

3.3.3 Chain Dance

Activity: Have a common event with Luleå and Faroese Island

Purpose: Make elderly people move and got them feeling of togetherness

Outcome: Empowerment

Target Group: All the elderly people and particularly those people living in institution

Tool: Description of communication

4 Linking OLE2 projects

Even if the purpose may be different, OLE2 National projects share between them similarities.

Regarding Networks, we can see a strong link between “Self generated activities” in sub project Housing as well as in “Students program” in Staff and Competence.

In both cases, the activity seems to be the same while the purpose is described from a different angle.

5 Activity and Time plan

See separate document: NetworksWP3bII_Activity&timePlan#2.xls.

6 Final Conference

At the final conference, I expect to have presentations of both trans national themes and use the national projects as background material.

Example of how to do this (from TransNational Leader):

6.1 Virtual meeting places

1. Show how we the eldri.fo works
2. How did we get the users to update it
3. Invitation to conference participants to put up comments a.s. on the homepage
4. Regrouping, and go through comments?

6.2 Physical informal meeting places

1. Lecture on the benefit for the municipality to offer this form of socializing in order to lessen the burden of Home Care and services
2. Presentation of Elderly Council and Citizens Panel (Finland)
3. Presentation of the Chain Dance; how can this method be used in other perspectives as trans national and national interation between elders in homes and in other instances
4. Presentation on the “elderly week / days” (in co-operation with Housing)
5. An invitation to Conference participants (workshop) to give their take on how to take the “elderly week / days” to another level.