



The 12th E.D.E. Congress took place in Prague from September 29 to October 1, attended by participants from 21 countries. The E.D.E. thanks all members and speakers who contributed to the success of this Congress. Here are some excerpts from the moving keynote speech by Franz J. Stoffer (Managing Director of Caritas-Betriebsführungs- und Trägergesellschaft (CBT), Cologne):

The big taboos in long-term care



Growing old while enjoying life and good health for as long as possible – many people wish for just that and yet are now alarmed by a society in which growing numbers can realise this goal. Do we make ageing a taboo (topic), subject to clichés and prejudices? And why? Why has exactly what society has been striving to accomplish for so long suddenly become the problem? Why is society all of a sudden afraid of finally arriving at the destination it's been trying to reach: a fulfilled, long and for the most part healthy – and above all meaningful – life for the maximum number of people? Certainly, some dreams perish on the threshold of their realisation, but this dream has only just begun and must not turn out to be a nightmare.

In a society where work and performance count among the highest values, forced retirement means, according to one American doctor, "state-decreed senility". People are torn out and cut off from a routine that structured their day, involved them in professional and interpersonal relationships and acted as an elixir furnishing them with the communication and resonance we all need like the air we breathe. In place of it the perpetual holiday that is a good working definition of hell, as Bernhard Shaw said.

According to article 1, paragraph 1 of the German Basic Law, human dignity is inviolable. Including that of the elderly? Why do we need a "Charter of rights and freedoms" for the elderly such as the European Association for Directors and Providers of Long-Term Care Services for the Elderly has drawn up? Does the Basic Law not apply in Europe's homes for the elderly?

... We must never cease struggling to prevent the major significance of the legal environment for protecting the dignity of the elderly – and above all those suffering from dementia – from being weakened. In line with the special responsibility of the state and society, the right to care must also lay particular emphasis on the self-determination and social participation of the elderly. This must happen on the basis of an understanding of humanity that respects both people's vulnerability and the resources they still have at their disposal.

... In fact the subjects of ageing and care are surrounded by numerous taboos. These are emotionally charged and closely associated with the question of whether it is possible to live a good life in old age. What will it be like when I am old? Who will look after me? Who will love me when I'm physically and mentally unfit and need considerable help and support? When I can no longer do or understand much of what constitutes a meaningful life for others?

However it's not only individuals who face demographic and social changes and their recognisable medium and long-term repercussions, but also our countries, cities, communities and social service providers. Life expectancy is increasing, the birth rate is sinking: as the population declines the age structure changes considerably. There are fewer of us, we grow older and more varied.

... This development will change many aspects of daily life, not just the retirement age or healthcare. We will live differently, travel differently, work differently. Schools and universities will have to adapt and tailor courses to the needs of the aged. Businesses will have to rely on elderly staff. Apart from child daycares we will need senior daycares. Those who want care homes to remain as they are fail to recognise the changes ahead. The care homes of the future will have to evolve, they will become residential buildings providing care options, free of impingements, whose residents may take risks and have the liberty to forget. City district cloverleaf systems, structured in self-sufficient household communities, will have to adapt to the needs and wishes of the main target group in terms of construction, conception, organisation and leadership: the residents will determine the rhythm of the day in these apartment buildings, in line with their habits and inclinations. Hidden abilities will be rediscovered and forgotten habits revived.

Residents who are no longer entrusted to do anything because of their illness or disabilities are to be given the possibility of participating, allowing them to make decisions on certain practical matters in accordance with their abilities, needs and wishes. Dementia does not mean a loss of individuality; it means that individuality expresses itself differently.

... Elderly people with dementia or who are otherwise in need of care must also partake in society to the greatest possible extent with maximum autonomy. People want and have the right to age with dignity, especially when the need for care arises. Human dignity is founded on people's uniqueness, it is inviolable and universal from the act of creation until after death. It is intangible and often ignored or infringed, but it may never be rescinded or made subject to individual whim. Neither age nor youth, health nor sickness, origin nor religion, education nor wealth nor poverty – human dignity is inviolable and depends on none of these. Dignity: a central value in long term care.

... Demographic developments will radically change elderly care, making it a key factor in social policy. Nothing will remain as it was, and much that is taboo today will be normal in just a few years' time.

E.D.E. Vision 25

This is the 25th issue of the newsletter E.D.E. VISION. It will inform you about current developments in the field of long-term care services for the elderly in Europe as well as about projects of the E.D.E. and its member associations. The E.D.E. will also give its views on current questions of European policy in the context of long-term care.



Prof. Dr. Wilfried Schlüter

October 2011

SAVE AGE workshop in Prague



The SAVE AGE project is the first European initiative to develop and implement measures for limiting energy consumption in residential and care homes (www.saveage.eu). Before the opening of the 12th E.D.E. congress on September 29, 2011, the E.D.E. performed a SAVE AGE workshop for the congress participants. Only 15 months after the project has started, the audience was informed about the results of measurements and analyses. The most important topics were:

- Energy performance, needs and obstacles, best and worst practice examples
- Energy management information system
- Behavioural analysis regarding energy efficiency in 100 homes for the elderly in Europe
- Strategy and action plans for energy efficiency in care homes – practical recommendations.

The E.D.E. thanks all project partners for their cooperation on this workshop.



European Year for **Active Ageing**
and **Solidarity between Generations 2012**



2012 European Year for Active Ageing and Solidarity between Generations

2012 is the European Year of Active Ageing and Solidarity between Generations (EY2012, <http://ec.europa.eu/social/ey2012.jsp>). A chance for all stakeholders to address challenges that arise from the aging of our populations, such as the need to:

- help people to stay at work longer and encourage them not to retire too early
- combat social exclusion among older people by encouraging them to participate in their communities and take part in active citizenship initiatives
- prevent dependency when people become very old.

The main objectives of the EY2012 will be to:

- promote active aging in employment
- promote active aging in the community, including through volunteering and caring
- promote active aging at home through enabling healthy aging and independent living
- enhance cooperation and solidarity between generations.

Promoting healthy and independent living

AGE believes elderly people are the best placed to know what they need, and should be able speak for themselves to decide how they want to live. AGE aims to allow the EY2012 to project a positive image of aging while raising awareness about long-term care issues.

Intergenerational solidarity

By fostering mutual support and cooperation between different age groups, the goal is to achieve a society where people of all ages have

a role to play. All generations have a contribution to society, and that of the elderly is frequently portrayed as negative. Unfortunately, aging is often seen as a problem, presenting challenges to the age structure of the workforce, the sustainability of social security measures and the organisation and financing of health and long-term care services.

A year to ensure political commitment on active aging and solidarity between generations

AGE platform and its members call for positive changes in social realities for people of all ages. AGE platform and its members believe that the knowledge, skills and experience of different age groups are important resources for society.

What can the E.D.E. do to promote the EY2012?

- (i) Promote a welcome place in every care home for families, not only at the time of their visits, and invite them to participate in the organisational life of the home.
- (ii) Integrate “senior” volunteers, make them welcome, give them a little training; ensure that the staff welcomes the opportunity warmly and understands that volunteers can offer extra help.
- (iii) Promote older people’s well-being and quality of life as the ultimate objective of active aging. Reach out, inform and help the most vulnerable older people.
- (iv) Provide ICT training which allows care home residents to learn e-technology and acquire skills to enter the “digital society”.

The E.D.E. is welcoming your ideas for action too.

Angela Cluzel, E.D.E. Delegate to AGE Platform Europe



INTERLINKS – a European research project to inspire improvement in long-term care

The rising demand for long-term care calls for policy approaches allowing for holistic and inclusive views that integrate different public programmes, sectors of society, and private initiatives. The objective of INTERLINKS – Health systems and long-term care for older people, modelling the INTERfaces and LINKS between prevention and rehabilitation. The rising demand for long-term care calls for policy approaches allowing for holistic and inclusive views that integrate different public programmes, sectors of society, and private initiatives. The objective of INTERLINKS – Health systems and long-term care for older people, modelling the INTERfaces and LINKS between prevention and rehabilitation, quality of services and informal care – has therefore been to construct and validate a general framework to describe and analyse long-term care (LTC) for older people from a European perspective to illustrate the state of the art in 14 European countries. INTERLINKS has been one of the largest projects focusing on ‘Health Systems and Long-term Care for

Older People’ in the Seventh Framework Programme of the European Commission. E.D.E. has been involved in this project as one of the 20 European stakeholder organisations represented in the ‘Sounding Board’ of INTERLINKS, providing feedback on interim results and specifying useful information for improvements. In many participating countries E.D.E. Members were involved in ‘National Expert Panels’ to give feedback on national reports and to help identify innovative practice, policy developments and relevant documents.

First analysis showed that LTC systems with their own identity, defined processes, organisational structures, management and leadership approaches or specific means and resources are only just emerging. Based on the findings of the first phase, the consortium partners started to construct a general INTERLINKS Framework for LTC defining themes, sub-themes and key-issues that have to be addressed to define and analyse LTC systems. This Framework was validated by National Expert

Panels and the European Sounding Board during 2010/2011. A specific challenge during this phase was to identify, describe and analyse practice examples in the participating countries to illustrate the more than 130 key-issues to be considered. Almost 100 practice examples, at least 6 per participating country, were described, analysed and peer-reviewed following a mutually agreed-on template.

With this Framework practitioners, policy-makers and all other stakeholders working in and with LTC at organisational or at a systems level – this target group includes not least the members and partners of E.D.E. – should thus be enabled and inspired to improve their practice in five steps by means of the interactive INTERLINKS website <http://interlinks.euro.centre.org>.



Kai Leichsenring, European Centre for Social Welfare Policy and Research
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For E.D.E. members it might be interesting to note that only few innovative practice examples from the area of residential care were identified and exhibited. INTERLINKS offers an opportunity to promote your experiences in providing ‘the right type of care at the right time at the right place’ and to share it with policy-makers, researchers and the general public: get involved at <http://interlinks.euro.centre.org>!

A DIRECT CITIZENSHIP INITIATIVE FOR THE ELDERLY

“Citoyennage” is a direct citizenship initiative for care home residents and recipients of domiciliary care. Created in the Paris Region in 1996 under the instigation of the AD-PA, “Citoyennage” is coined from the French words for “citizenship” and “old age”. In fact, who can talk about old age better than an elderly person?

Who can talk about daily life in a care home better than a resident? Who can talk about care at home better than a recipient of domiciliary care?

THE GOALS

Giving a voice to elderly people means:

- promoting their participation in the life of the facility or service provider
- enhancing the responsibility of residents participating in the initiative
- integrating them fully into daily life and giving them a true social role
- facilitating dialogue between residents, directors and personnel for a better understanding of the problems faced by each, and helping them find joint solutions
- taking residents out of their normal context and creating bonds that go beyond day-to-day activities
- bringing the demands and expectations of the elderly to the media and decision makers
- encouraging staff to recognise and seek remedies for the problems raised
- creating a real dynamic within the facilities and services taking part
- instilling a national will to break with the isolation of elderly people in care homes and at home.

THE METHOD

Each year the residents choose a topic for reflection and discussion. Meetings, discussions and regular information sessions are organised in each establishment over the course of the year, culminating in a two or three-day colloquium bringing together the participating establishments and domiciliary care services.

It’s a completely different kind of colloquium, where elderly people state their views and offer suggestions. In a word, they exercise their citizenship.

“The elderly speak, the professionals listen”

While the elderly can always express themselves to their care-givers, residents and professionals find themselves in a very different context during the colloquium, more suited to exchange and creativity.

CIToyENNAGE... FOR WHOM?

For the elderly. Because they remain responsible individuals. By getting involved they enjoy enhanced social recognition, develop a sense of belonging and weave a network of relations.

For all residents of the participating establishments. Because everyone benefits from the strong dynamic that develops when growing



numbers of residents take part.

For the care personnel. Because they re-discover residents’ qualities in a new context, and reflect on their daily practices in exchange with other professionals.

With public support the method has spread to numerous regions in France. If you are interested in establishing this initiative in your own country, please don’t hesitate to contact us!

Pascal CHAMPVERT, AD-PA, France

Academic “Master of Science” degree for directors with E.D.E. certificate

For years the care sector has suffered from a huge lack of young recruits. Until now initiatives for upgrading the profession’s image have focused predominantly on factors like high social esteem, interpersonal recognition and job security. The “Healthcare Management M.Sc.” programme is unique in Germany and answers the wish for additional academic training. In co-operation with Danube University Krems (Austria), andragogik konkret offers this new course of study under very attractive conditions. Professionals who have previously obtained the E.D.E. certificate may now acquire the “Master of Science” degree in a very short time by completing a compact study programme and writing a master’s thesis. The admission requirements vary depending on candidates’ background: either a university degree, the general qualification for university entrance or a minimum age of 24 years together with eight years of relevant job experience in a qualified position. All candidates must possess the E.D.E. certificate for directors of residential care homes for the elderly. A preparation seminar lasting two and a half days takes place in August, and courses commence at the start of the 2011/12 winter semester. For further information please consult: www.andragogik-konkret.de

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26th Congress of the FNADEPA

“Growing old in 2030” was the topic addressed by professionals of the French Association FNADEPA (national federation of associations of directors of homes and services for the elderly) on June 16–17, 2011, at Les Sables d’Olonne. The participants discussed the situation and future of the elderly in a society subject to profound changes.

“The elderly in our society”: Psychologist Jérôme Pellissier posed “some essential questions regarding the elderly in our care”. For Pellissier, “believing that we know” stops us from exploring new paths.

"Old and sick: the twin affliction": "30 % of the population will be over 60 in 2035", geriatrician Christophe Trivalle reminded his audience. If the progressive aging of the population poses problems of sickness and dependency, it is also true that aging is not the same for everyone. On the one hand more and more people have the chance to grow old in good health, but on the other polyopathy remains a principal characteristic of aging. For that reason Dr. Trivalle denounces the "twin affliction" which besets elderly sick people, who receive insufficient medical care. "What will the aged be like in 2030?" asked Jean-Jacques Amyot.

- First scenario: the status quo. In this scenario the inertia of gerontological policy and French society will prevent any change whatsoever.
- Second scenario: the acceleration of current social changes. Family ties being no longer obligatory but selective, the elderly could be increasingly "shunned". *"Who will look after whom?"*
- Third scenario: *"a profound cultural change"*. According to this outrageous hypothesis *"the growing number of old people will influence the young"*. In this society the aged will finally be "cool", surgery will speed the effects of age, windscreens will be made of progressive lens glass and the Ellysée Palace will become a care home for the elderly!

"All old tomorrow": "Where will we be in thirty years?" psychologist Pierre-Yves Malo asked. One possible evolution is the progression of the current trend whereby old age will become increasingly medicalised and the elderly will be more and more excluded. Nonetheless these projections remain but one possibility among others, Malo stressed, as "humans often conserve their capacity for resistance and indignation".

"Let's stop regarding aging as a handicap" said general practitioner Pierre Guillet, for whom old age is a slice of life well worth living. *"People must keep up with their normal functions"*, the doctor explained, recommending daily gymnastics and continual learning to stimulate the memory and intellect. Aging well means adapting to the changes that take place in the body, being creative and staying fit. **"Aging is living"**

Angela Cluzel, FNADEPA, France.



Volunteer work in Prienai care home, Lithuania



Our "teacher" is not strict. Iryna is the third from the right.

The Prienai care home is an institution of the Lithuanian ARG (Association of Careful Guardianship) since 2006. The goal of Prienai care home for the elderly and disabled is to provide various social services for residents taking into consideration their needs, likes and interests. We help

them to gain knowledge and skills, to be useful to other residents and involve them in community activities. Our work with residents involves different adaptation and integration programmes, including the EVS (European Voluntary Service) projects.

Prienai care home is interested in working with any organization, and the participation of volunteers makes our facility more open. Cooperation with volunteers allows us to exchange practices, ideas and knowledge. The cooperation skills acquired in projects with Polish care homes help us organize volunteer activities with an eye to own goals and objectives.

Our facility was accredited in 2010. The volunteers Iryna Popova (Ukraine) and Esther Ruas Miguelez (Spain) started in February 2011 as part of the SALTO-YOUTH Programme. They are involved in rehabilitation and therapy programmes for people with dementia and Alzheimer and provide occupational therapy to our residents (exercise, handicrafts, outdoor activities, games). Besides, they organize English lessons and yoga courses for residents and employees. In addition they take part in international integration projects in Polish care homes with our residents.

Our residents' comments:

Jokūbas, 78: "I'm happy to communicate with Iryna. It helps me improve my Russian skills and is a nice opportunity to learn English and discuss politics and literature. My chess skills are improving too, we play every day."

Liucija, 74: "Esther, who does yoga herself, proposed yoga activities. Before we started she told us about the advantages of yoga and shared her experiences. These activities improve our health, we can relax and our spiritual well-being is better."

Aurelija, 87: "I'm glad that I have the possibility to learn English. It's a new activity for me and I'm proud of it. These lessons help me exercise my memory. My "teacher" Iryna explains everything very clearly. My knowledge of French and German allows me to compare and use their rules for my English."

Our staff enjoys these young volunteers' activities and we are interested in their ideas about our care home and social services, our country and town.

Volunteer Iryna: "In general volunteering is about helping people on a daily basis without breaks or complaints. At Prienai care home I have the possibility to interact with people of different backgrounds and with various experiences. I'm exposed to a number of challenges and, on the other hand, a lot of positive feedback. First of all, Prienai care home provides you with a perfect platform to develop in terms of communication, assistance and cooperation, since you work with people of different generations and, practically speaking, pretty opposite characters and tempers.

Secondly, I like the wide selection of activities to which I'm generally exposed. For example, social workers of Prienai care home kindly allowed me to introduce weekly English lessons for both staff and residents. I consider this highly positive. At the same time I've learned a lot of things at Prienai care home, in particular how to be patient and helpful regardless of my own mood. The months of fruitful experiences at Prienai care home have taught me that a simple smile and warm conversation can make the life of old people brighter and more colourful."

Volunteer Esther: "I'm very happy to have this volunteer experience in Prienai care home. All the staff is so friendly and sincere. I think all the social services are well organized at this institution. I feel lucky to work here, and the residents are very nice. They're always very kind and interested in my life here. I like working with the residents. During occupational therapy, I'm proud that I can help these people organize their leisure time and spend it more usefully."

On June 14, 2011 the British reporter Mike Leigh Cooper visited our care home. In his words: "I'm extremely happy to have visited your organization and to have had the opportunity to film here, in such a big and high-quality care home. I'm confident the interviews with staff, volunteers and residents will serve the purpose of the project: to promote volunteering in Europe for 2011, the European Year of Volunteering."

Raimonda Sakalauskiene, Jelena Konovalova

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