

# GATE Partner Meeting 4

## Belfast 13/01/14

### 1. Introductions & Welcome

In attendance:

Sinead Devine (WEA), Healy King (WEA), John Benyon (U of Leicester), Juan Hernandez Perez (ICOQCV), Luis Lopez (ICOQCV), Juan Antonio Gabaldon Dominguez (ICOQCV), Claudio Luchini (UIL Pensionati del Trentino), Luciano Rinaldi (UIL Pensionati del Trentino), Maria Vincenza Bernard (UIL Pensionati del Trentino), Manuela Hintenberger (Bia-net), Carlo Mastroeni (Club Amici di Salvatore Quasimodo), Guiseppe Briguglio (Club Amici di Salvatore Quasimodo).

### 2. GATE Main Presentation - see PowerPoint

Overview of what's to come - discuss dates for completed work.

- Agreed dates for Graz - May 12-15 2014
- John suggested that the Draft version of the Guide should be complete for Graz.
- Dates for Sicily in June to be confirmed 23-26th?
- Project ends in July but we need to finish up pretty much everything by meeting in Sicily to look at the final version for agreement and discuss final design, publication online etc.
- Manuela and John said final version should be completed for this meeting.

### 3. Defining Active Ageing

Look at World Health Organisation's definition: "Active ageing is defined by the World Health Organization as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It allows people to realize their potential for wellbeing throughout their lives and to participate in society according to their needs, desires and capabilities, while providing them with adequate protection, security and care when they need assistance." While this definition includes the notion of continuing activity in the labour force, it also encompasses continuing participation of older people in society.

Suggestions from the group -

- making a contribution to society, community, family
- stay active in a personal way
- participate in your networks
- intergenerational sharing, especially when its not possible within the family
- maintain diverse **interests** and an active mind
- maintaing good mental health and well being
- economic security
- employability - not the main focus for us, more the focus of the state in terms of producing income and contributing to the state. Work is important to many people in terms of active aging (paid or not) it gives people an identity and purpose and meaning.

This should be towards the end of the definition and given less emphasis than the social and civic participation.

- pensions and benefits vary throughout Europe in terms of amount and age and circumstance, how to take that into account in the definition. Are we assuming the basics are covered such as house, health, living income? Each person's individual circumstances will dictate their perception of what active aging means. First priority for many older people will be survival before they consider "contributing".
- The inequalities experienced by older people need to be addressed, not only to alleviate poverty and to improve health and wellbeing, but also to ensure full enjoyment of their human rights, to fulfil their potential as active citizens. - there was something in age ni def of active aging?
- Check on the EU Definition 2012. "Active aging means growing old in good health and as a full member of society, feeling more fulfilled in our jobs, more independent in our daily lives, and more involved as citizens. No matter how old we are, we can still play our part in society and enjoy a better quality of life. The challenge is to make the most of the enormous potential that we harbor even at a more advanced age"
- changing nature of pensions and benefits throughout Europe will affect definition as well as increasing poverty levels.
- health and life expectancy varies as well throughout EU and affects how people view ageing.
- maintaining your individualism and own persona.
- autonomy and independence
- motivation and enthusiasm to participate and contribute.
- experience joy and fun in life
- independence and inter-dependence
- having the self confidence to take the steps needed to be active, involved
- life course approach, life long learning builds interests and confidence - not something new for older people.
- keeping your health, mental and physical, independence, confidence, connection with the world and not just one's own problems. "distraction"
- benefits the older person, the family, grandchildren, OP as carers, educators, passing on stories and tradition. Grown children less likely to worry or have to care for elderly parents who are active.
- Benefits to the state/society overall in terms of keeping healthy, less burden on health care system
- Volunteering is a huge economic benefit to the state, community etc, OP as teachers, pass on traditional skills, peer learning
- gender issues to be accounted for - disparity in income esp, also men less likely to initiate group activities. Touch on this in the preamble that one must consider the diversity and differences between men and women, different incomes, educational attainment, health, countries, etc...

Age NI paper <http://www.ageuk.org.uk/Global/age-ni/documents/policy/Age%20NI%20Briefing%20Paper%20-%20EY2012%20Feb%202012.pdf?dtrk=true>

#### **4. GATE Guide: Content**

Overall length of the guide? Shorter is better! How many examples are needed?

1. Introduction - WEA
2. The Project - WEA
  - a. description, partner arrangements
  - b. aims & objectives
  - c. target groups
  - d. learning from project
  - e. added value
3. The Context - Manuela (Bia-net) to draft (approx 3 pages)
  - a. short overview of ageing society, stats and links to resources
  - b. diversity of older people and disparity in life chances, health, etc
  - c. current practices and policies
  - d. implications and issues
4. Active Ageing - John Benyon to draft
  - a. definition - def then defines the headings for the rest of this section?
  - b. barriers and benefits
  - c. life course perspective - start as you mean to go on!
  - d. role of learning (EUBIA guide?)
  - e. volunteering - Senior Volunteering Project (Carolyn) & paragraph from Sicily
  - f. engaging the most vulnerable
  - g. age friendly environments
5. Generations Ageing Together - WEA (with info from LGNI) to draft - 3 pages
  - a. Definition & practice
  - b. Barriers and benefits to intergenerational approach
  - c. Inter-generational equality, respect & solidarity
  - d. Collaborative Working - short examples from partners
6. Generations Ageing Together in Europe: Framework of Good Practice (ALL to contribute case study forms) - 7 pages approx
  - a. good practice/ practice that works
  - b. case study evidence (one per group)
  - c. lessons learned / recommendations for further practice
7. Conclusion - WEA to draft
  - a. appendices
  - b. glossary
  - c. contact details

#### Next Steps:

- Draft text should be emailed to partners by 30th April.
- Next meeting in Graz should ensure that original project proposal points are represented in final draft.
- Translation work must be done post Graz so the English version must be finalised as soon as possible after meeting.
- Sinead to present at Graz - Derry as an age friendly city.
  - WHO Age Friendly city checklist: [http://www.who.int/ageing/publications/Age\\_friendly\\_cities\\_checklist.pdf](http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf)

- engaging vulnerable older people in active aging
- **send any good photos** you have from the meetings, national working groups, older and younger learners etc. for the final version. - Use drop box to share!
- *Healy to set up drop box account.*

## 5. Good Practice that Works

Discussion about the proposed Case Study form that all partners will complete and return by the **30th April**.

GATE Criteria for good practice in a project or "activity" as extracted from 3rd meeting in Trento:

- Older adults have ownership or have been involved in the activity's creation
- Respects and meets the wishes and goals of the the group and individual learners
- Has clear objective and outcomes that are achievable
- Has considered the practical needs of older adults, i.e. access, cost, location

We propose to add 2 more criteria:

- Activity can be further developed and sustained in longer term
- Project can be transferred and adapted

(need to define terminology of "project" or "activity" in glossary to make this bit clear)

Each Case study should be only 1 page long (keep font point at reasonable size!)

## 6. Internet Research

Group was unsure what this was referring to and consulted the project proposal which notes that research is to be finished by Jan 2013. Manuela thinks this must relate the section of the guide on current practices and policies for each country.

Presentations from Trento may fulfil this criteria - *Sinead to consult with Carolyn to confirm this. Will come back to this point on day 2.*

Need to make separate section on website referring to internet research into active aging policies from each country.

*Louis and Pepino* to sent brief internet research presentation on the current practices and policies for your country relating to active ageing.

## 7. Dissemination Forms

Sinead reminded everyone to fill in and return their outstanding dissemination forms.

Sinead to send task list with due dates to all partners. (Chase John)