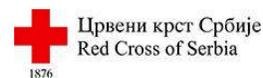




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Taking Action on Social Inclusion of Older People

Newsletter Nr. 3;
20 December 2016

Welcome to the third issue of the TASIOP newsletter covering the development in the regional project dedicated to social inclusion of older people financed by European Union, Austrian Development Agency and Austrian Red Cross. In this issue we want to inform you about the upcoming Ministerial Conference on Ageing next year in Lisbon, preceded by the review and appraisal of the regional Implementation Strategy for the Madrid International Action Plan on Ageing. Read about it in a column written by Ms. Vitalija Gaucaite Wittich, Population Unit Chief, UNECE. We will also provide the summary of the September report of the Independent Expert on the enjoyment of all human rights by older persons appointed by the Human Rights Council. We will also present the activities of the Austrian Red Cross in social inclusion of older people over the age of 80, as well as the regular activities of the project partners.

Guest Column, Vitalija Gaucaite Wittich, Population Unit Chief,
UNECE

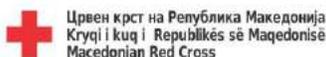


The 3rd review and appraisal exercise on MIPAA/RIS implementation approaches its culmination in the UNECE region

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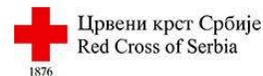
- In 2002, the **Madrid International Plan of Action on Ageing (MIPAA)** was adopted at the Second World Assembly on Ageing. It was a crucial step forward to permanently anchor ageing on the UN Agenda. It stood then and stands today for a paradigm shift away from older age being associated with dependency, vulnerability and older persons being a burden to society to one of positively embracing the opportunities that come with ageing, benefiting from older people's skills and resources.
- The same year in Berlin the UNECE member States had agreed on the **Regional Implementation Strategy for MIPAA** that singles out ten concrete commitments where progress should be continuously monitored and evaluated. They also committed to undertake the systematic five-year reviews of MIPAA/RIS implementation. The first two reviews were concluded by the ministerial conferences in 2007 (León, Spain) and in 2012 (Vienna, Austria).

The **third review and appraisal** of the realization of the MIPAA/RIS commitments is now well on its way: it started with the preparation of the national reports based on the guidelines issued by the Bureau of the Working Group on Ageing in June 2015 and it will be concluded at the fourth UNECE Ministerial Conference on Ageing in September 2017, in Lisbon, Portugal.





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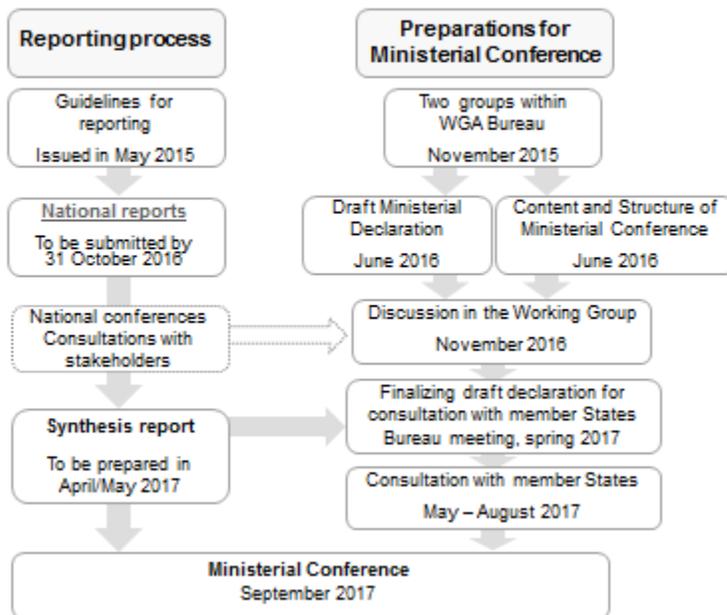
National reports on MIPAA/RIS implementation (deadline extension until 31 January 2017!!!)

The **deadline for submitting national reports to UNECE was 31 October 2016**. More than twenty member States submitted their reports on time, while a number of other countries asked for a deadline extension due to internal processes. After consultations it was agreed to **extend the deadline until the end of January 2017** when the UNECE secretariat will start working on the Regional Synthesis Report.

UNECE Ministerial Conference “A Sustainable Society for All Ages: Realizing the Potential of Living Longer” in Lisbon, Portugal (preliminary date is 20-21 September, to be confirmed - watch out to save the date!!!)

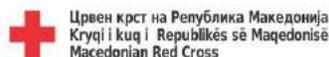
The Ministerial Conference will conclude the third MIPAA/RIS review and by negotiating and adopting a ministerial declaration will define the region’s agenda on ageing for the next five years.

3rd MIPAA/RIS review process



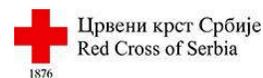
The WGA Bureau acts as a Preparatory committee of the Conference and has presented a concept note on its format as well as a first draft of declaration text for discussion at the 9th meeting of the Working Group on Ageing that took place on 21-22 November 2016. The declaration draft will be finalized at the Bureau meeting in April 2017 and then submitted for formal consultations among the member States in May-August 2017.

The official invitation to nominate national delegations to the Ministerial Conference will be issued by UNECE together with the host country Portugal in early 2017. The Ministerial Conference will be preceded by the NGOs and Research fora.





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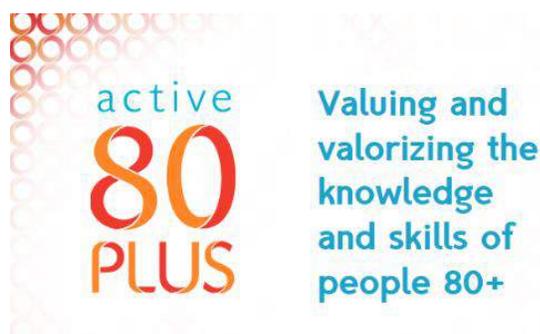


Social inclusion is an important aspect of life in the older age. Social contacts and social networks lead to better health prospects, reduce the risk of depression as well as the risk of abuse and discrimination, especially in persons over the age of 75. Austrian Red Cross has examples of good practice in working with people over the age of 80:

Austria

Active 80+

“Feeling useful gives happiness.” Quote from a participant of the 80+ project



As people grow very old they are at risk of a shrinking social network. In the Active 80+ project, volunteers and professionals of care and welfare organisations played an important role by encouraging and supporting them to become actively engaged. Their support in detecting or re-developing hidden strengths of very old people they are involved with and their encouragement of older people to engage in meaningful activities can be crucial in providing access to learning and ensuring greater independence and

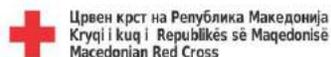
enjoyment of later life.

The **Active 80+ project** aims at developing and testing a research-based training for care staff and volunteers, enabling them to function as coaches for people at high age. Using methods and tools of the training, the coaches support older people in developing and realizing their own ideas of learning and active citizenship.

Activities ranged from detecting and fostering talents and interests of the inhabitants of a senior residence, included painting, poetry, mandala arts, DJ performances for hits of the ‘30s and ‘40s, and photograph and cinema shows, organization of a flea market in a retirement home or the establishment of a liturgy preparation group to make the liturgy more adequate and to foresee options for engaging e.g. by singing known songs

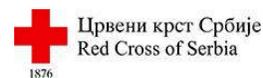
The Austrian Red Cross, Health- and Social Services Department was partner in this EU project, which was coordinated by the organization Queraum and funded within the EU Program Erasmus+. The project was carried out from October 2014 to September 2016.

A handbook for trainers, practitioners and policy recommendations can be downloaded from the project website: <http://www.act-80plus.eu/>





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Report of the Independent Expert on the enjoyment of all human rights by older persons

Thirty third session of the United Nations Human Rights Council was held in Geneva between 13 and 30 September this year and on 15 September the Independent Expert on the enjoyment of all human rights by older persons, Rosa Kornfeld-Matte submitted [her first report on human rights of older persons](#). This session was also attended by the Taking Action on Social Inclusion of Older People project coordinators. In her report Ms. Kornfeld-Matte assesses the implementation of existing international instruments with regard to older persons while identifying best and good practices and gaps in the implementation of existing laws related to the promotion and protection of the rights of older persons. The report also provides an analysis of the human rights implications of the implementation of the Madrid International Plan of Action on Ageing, 2002.

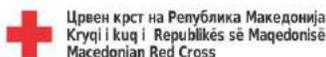
In her summary of reports received from individual countries, the Independent Expert writes that a number of countries have adopted national strategies, action plans or specific legislation on older persons, which are sometimes comprehensive in nature or geared towards specific areas such as non-discrimination or the right to health of older persons. It is apparent that involvement of older persons in the formulation of such strategies is essential in order to target the strategy, policy or law to the needs and concerns of older persons, either through consultations with older members of academia through the establishment of consultative bodies which allow for the voice of regular older people to be heard at strategic level. Here, the role of civil sector as interface between older people and policy creators is highlighted.

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In the area of care, the report explores different practices in detail pointing at useful initiatives such as introducing mandatory health insurance or free of charge medical services for older people, or establishing focal points for older people in public services, as well as focusing on providing accessible and clear information for older people on the existing care capacities for them in public sector. The Independent Expert again draws attention to older people living in rural areas whose access to different services, including healthcare is frequently very limited. She also points out that great many older people wish to stay in their own environment – house or apartment – for as long as possible and that being transferred to institutional accommodation is often against their wishes, even if it is available. Ms. Kornfeld-Matte discusses in detail different forms of support for older people that involve home care, day care centres as well as creating different care environments adequately responding to the broad spectrum of needs and functional capacities of older people in order to ensure provision of services that older people need in ways that preserve their dignity.

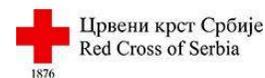
In the area of social protection the Independent Expert recognises poverty and lack of financial security as widespread issues.

As for protection from discrimination, the report underlines that alongside the general legislation prohibiting discrimination, positive practices focus on laws focusing on preventing discrimination in different segments of daily life, for example employment or financial services (credits, loans etc.). It is





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underlined that establishing monitoring bodies to oversee implementation of antidiscrimination laws should be integral part of the system meant to protect older people.

In relation to violence and elder abuse, the Independent Expert points out that one of the biggest obstacles in combating these phenomena is the lack of reliable data that would indicate the frequency of abuse, its usual forms, risk factors etc. gender aspect of elder abuse is discussed as well as the need to design detailed action plans to prevent all forms of abuse through joint work of public services but also other support services as well as older people themselves.

The report informs that some states have formed special bodies (councils and the like) to improve participation of older people in decision making and elevate the quality of public policies so that they reflect needs and will of older population as well.

The Independent Expert also discusses the living standard, housing solutions for older people (especially in those contexts where they do not have permanent residence) as well as their access to justice and human rights protection systems. She points out that some states have special mechanisms that enable older people to more easily access judicial system services – preferential or accelerated treatment but also, essentially, access to adequate and clear information.

In relation to lifelong learning the report underlines the need to design special education programmes for older people as their process of learning differs from that of younger people but it also highlights the successes of intergenerational learning that also improves social integration of older people.

Near the end, the report also discusses the importance of collecting knowledge and verifiable evidence through research and their use in raising public awareness – among general population and older people too. Some states have developed education programmes and information materials that help older people adopt information on their own human rights and show them the options related to active ageing, encouraging them to participate in different aspects of community life and life of the whole society.

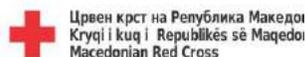
Finally, the Independent Expert assesses the implementation of the 2002 Madrid International Plan of Action for Ageing (MIPAA), discussing each thematic segment individually. The conclusion is that MIPAA succeeded in improving inclusion of older people at different levels of the society as well as generally improving the awareness of the situation: of population ageing as a global phenomenon and of many concrete elements of ageing that need to be addressed by public policies, especially in areas of discrimination and elder abuse.

Activities in the Taking Action on Social Inclusion of Older People project

In the third trimester of the project most of the activities planned were done, including the inception report. This report details the progress towards the objectives, the activities and the lessons learned in the inception phase.

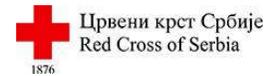
Project websites

One of the important objectives of the project is to ensure relevant information reaches the broadest possible audience,





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including older persons, decision makers, civil society organisations and the media, as well as public institutions and private sector. For this purpose five websites for national civil society networks were designed and for the project partners they are now the main communication channel through which information on activities related to project activities are passed, as social inclusion of older people and social cohesion are encouraged. A sixth website was also done to collect the data on the TASIOP project and present it in English in order to ensure the project has recognisable regional and international profile. If you are interested in project activities, this website is available at www.tasiop.org. And if you are interested in activities related to improving quality of life of older people in the countries of Western Balkans please visit the following websites:

Albania: www.mosha-network.org

Bosnia and Herzegovina: www.dostojanstvenostarenje.org

Macedonia: www.inkluzivam.org

Montenegro: www.dignitas-network.org

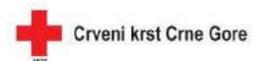
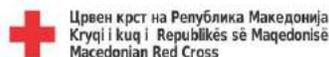
Serbia: www.humanas.rs

Study Visit to Slovenia

In line with the planned activities for the first year of the project, a study visit to Slovenian NGO Slovene Philanthropy was organised between 27 and 30 of September. The purpose of the visit was to facilitate exchange of experiences and learning from examples of good practice on different aspects of social inclusion and protection of older people. Slovenia as destination was chosen because of the similar experiences in the area of social and health policies to the project countries, but also because Slovenian decision-makers recognised the importance of including older people in policy creation and because they also realised the importance and urgency of putting the rights of older people on public agenda. In addition, all of the project countries are in one of the stages of their EU accession processes so Slovenia was chosen as one of the closest EU members with similar institutional history and with system solutions that can be analysed and applied across Western Balkans. The five countries' delegations consisted of representatives of organisations coordinating the project in their countries as well as representatives of notable public institutions and older people themselves.

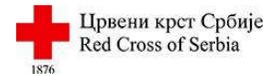


During the course the visit, opportunity was taken to organise a one-day partners meeting. Representatives of organisations coordinating the project activities discussed implementation of activities so far, challenges that were met as well as the examples of good practice. The final portion of the meeting was dedicated to planning for the remainder of the year.





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The visit took place between 28 and 30 September and it had two parts. On the first day the delegations of project countries and the representative of the Austrian Red Cross with support provided by Slovene Philanthropy NGO and the Ministry of Labour, Family, Social Affairs and Equal Opportunities participated at the 16th [Festival of the Third Age in Ljubljana](#). This year the festival's honorary patron was the Prime Minister of Slovenia, dr Miro Cerar. In addition to being present at the opening ceremony, the delegations also participated in a reception with the Minister of Labour, Family, Social Affairs and Equal Opportunities, Dr Anja Kopac-Mrak and the Slovenian Ombudsman Ms. Vlasta Nussdorfer, where they were provided the opportunity to present the TASIOP project.



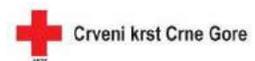
During the festival, a panel discussion was organised on the directions of development of public policies for older people, with participation of representatives of different ministries as well as academia and it presented the problems in creating policies. Afterwards, thanks to the kindness of the Ministry, a two hour panel discussion was organised where Dr Milutin Vracevic of the Red Cross of Serbia presented the TASIOP project and representatives of all project countries had the opportunities to discuss the position of older people in Western Balkans countries and provide recommendations on how to improve it. Dr Mateja Kozuh Novak of Slovene Philanthropy moderated the panel.



An important segment of social inclusion are community services that encourage active and healthy ageing and intergenerational solidarity. This is the purpose of intergenerational centres created in several cities in Slovenia. The project partners visited one of the Intergenerational Centre in the town of Zalec. This visit confirmed how important it is for sustainability to have the local community recognise the significance of activities and the significance of building the social cohesion through joint work of different organisations

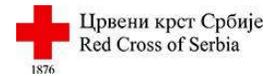
and sectors as well as different generations of people. This allows for a wider reach, broader spectrum of relevant activities and continuing exchange of knowledge and experience. Activities for children as well as older people are done in the same space as it hosts a kindergarten, yoga lessons, sewing courses and cooking lessons and through these activities members of different generations learn from each other and this strengthens intergenerational ties and solidarity.

Bulletin of the Serbian Association of Centres for Social Welfare reported on this visit [in its 52nd issue](#).





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Activities of National Partners on the Project

Serbia

Observing the 1 October – International Day of Older Persons

On the occasion of 1 October, International Day of Older Persons, a delegation of older people coordinated by HumanaS and Red Cross of Serbia staff visited the Serbian Ministry of Labour,



Employment, Veteran and Social Policy and met Deputy Minister Branka Gajic. This visit was organised as part of the traditional annual campaign [Age Demands Action – ADA](#) spearheaded by HelpAge International and carried by older activists in more than sixty countries across the world. The Red Cross of Serbia and HumanaS have been part of this campaign since its beginnings. During the campaign days meetings are organised between top level decision makers and representatives of older people with the idea for the

delegation of older people to present the problems and needs of older generations so that their quality of life may be improved and for the decision makers to pledge to influence solutions to some of these problems within the next year.

This year the discussion with the Deputy Minister centred on the phenomenon of demographic ageing and the need for the whole society to respond to it. It was pointed out that promoting healthy ageing is one of the ways for the society to prepare itself for challenges of the future as is creating systematic solutions that will enable older people to remain in their own environment for as long as possible, using their physical and mental potential to the fullest.

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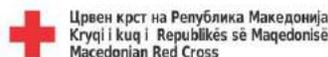
The Deputy Minister and the delegation agreed that it is thus important to promote volunteering as one of the activities of major significance for the whole society and older people in particular, as well as to promote cooperation between all sectors.



As it is clear that developing intergenerational solidarity is very important for understanding the ageing and all the challenges and opportunities it presents, the Deputy Minister repeated the pledge made by the Minister several months ago to continue petitioning the government of Serbia to designate the next year as a year of intergenerational cooperation. The Ministry will also help promote volunteering centres, as well as recognition of the role informal caregivers play in the society and provide support for their activities.

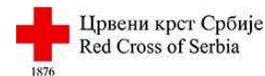


Observing the 1 October several Red Cross of Serbia municipal branches have followed the recommendations of HelpAge International on promoting social inclusion of





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older people and combating ageism and stereotypes, and organised role playing workshops for younger and older participants. [HelpAge International materials](#) were used in order to create plots through which usual situations in which older people are discriminated were shown – such as the waiting room at the doctor’s office. The participants discussed the situations and possible solutions at system and individual level.

ADA Convention Working Group

Following the HelpAge International 2020 Strategy during October Age Demands Action Convention Working Group was formed. It is chaired by Jemma Stovell of HelpAge International and co-chaired by Natasa Todorovic of the Red Cross of Serbia/ HumanaS. The group exists to facilitate sharing relevant information on international processes related to ageing policies, sharing successful tactics for advocacy at national level, cooperation in joint campaigns and sharing advocacy tools, as well as work on collection of verifiable evidence to be used in advocacy.

61 International Belgrade Book Fair

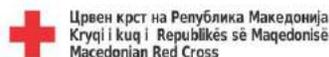
Also during October, HumanaS network used other events to address the public with important messages. Continuing the cooperation with the Ministry of Labour, employment, Veterans and Social Policy, the Red Cross of Serbia was invited to participate in two panel discussions organised on 24



October at the Ministry’s stand, all part of the programme of the 61 International Belgrade Book Fair. The first panel discussion’s topic was Prevention of Elder Abuse in Institutions. The opening speech at the panel was delivered by Natasa Todorovic, HumanaS Network Coordinator speaking about elder abuse as a public health and social problem as well as an example of violation of basic human rights. The elder abuse statistics at global level as well as the national level were discussed, some of which were sourced

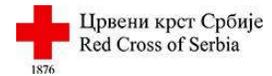
from the studies done by the Red Cross of Serbia, offering some recommendations for prevention of this form of abuse as well. For instance, it was established that 19.8 percent of older people have been exposed to some form of abuse in their older age with 11 percent of polled older people having had this experience within the last year. Elder abuse is a form of human rights violation and lack of respect. It has been discussed very sparsely up until now, treated as a sort of a social taboo to be swept under the rug. Perception of domestic abuse has changed through time and once it was understood to be a private matter while today it is perceived as a broader public issue and should be targeted by public social policies. During the panel it was stressed how important it is to develop networks of social contacts to prevent and reduce the risk elder abuse.

The second panel s was dedicated to volunteering, again with focus on older people. The title of the panel topic was Seniors Volunteering in the Community – an Opportunity for All generations. There were two HumanaS network representatives: Natasa Todorovic and Dusan Zdravkovic from Adult Education Society. Natasa Todorovic opened this panel speaking about volunteering and relying on the rich experience the Red Cross of Serbia has in this area. The speech emphasised that volunteering promotes





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solidarity but also helps persons from vulnerable population groups visibly contribute to the community which enhances social cohesion. The health benefits that volunteers experience were explained as well as the increase in self-confidence in older volunteers, the will to learn new skills and to expand the circle of their social contacts.

The panel also hosted a group of young volunteers of the Red Cross of Savski Venac and the Red Cross of Stari Grad who talked about the examples of good practice, the numerous instances of cooperation between younger and older volunteers and many things they have learned from older volunteers.

Mr. Zdravkovic talked about learning communities – part of the [UNESCO lifelong learning initiative](#) – as an example of good practice that enhances social inclusion and generates stronger ties between generations, leading to a more connected and inclusive society. Most of the HumanaS members and their older volunteers were involved with this initiative.

Forming of the new Government's Council on Ageing

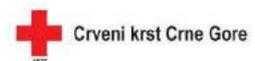
During October a new Serbian Government's Council on Ageing was formed. This council was first formed in 2007 as advisory body of experts tasked with analysing issues of ageing, social and economic status of older people, the capacities for using their creative and working potential and participation in social development, economic and public life. The new Council membership includes a representative of the Red Cross of Serbia as well as a representative of HumanaS network.

Albania

During September MOSHA network was involved in preparation of the national report on the third round of evaluation and appraisal of Regional Implementation Strategy (RIS) of the Madrid International Plan of Action on Ageing (MIPAA) in Albania during the 2012-16 period, following the invitation by the Ministry of Social Welfare of Albania. This was the third round of evaluation and the second report for Albania (there was a short report in 2007 prepared by a specialist at Ministry and the second report in 2012 never materialised).

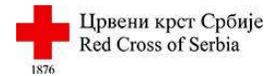
This was the first time the evaluation of MIPAA involved a high degree of participation from diverse sources and actors, especially civil society organizations. More than 20 institutions and organizations of civil society in the framework of MOSHA (Movement of Organizations Supporting Healthy Ageing) network were invited to contribute with information and experiences related to MIPAA/RIS in Albania in the reporting period. Indeed, while in addition a number of their reports, studies and analyses on ageing produced since 2012 were used.

To ensure a bottom-up approach and participation of all stakeholders, two meetings with the Ministry were organized, while a package of select relevant documents were translated and provided for review. This package contained the guidelines for stakeholders on Madrid International Plan of Action on Ageing and Regional Implementation Strategy (MIPAA/RIS) prepared by UNECE for third national evaluation and appraisal 2012-2017, a summary of MIPAA and previous evaluations and a summary of findings and





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recommendations report prepared by UNDESA/DSPD (Department of Economic and Social Affairs and Division for Social Policy and Development) fact gathering mission in Albania in 2011.

Representatives of MOSHA network members were specifically involved in exchanging information on two major issues; (a) activities they have carried out in the field of ageing (services provided, advocacy, awareness campaigns, conferences, community work, training, research etc.) and (b) their opinions regarding the general progress of government measures and reforms in compliance with the country's commitment to RIS/MIPA goals.

The report describes many contributions provided by the civil sector, as well as a new project with participation of hundreds of older activists and pensioners' organizations. It recognises that a number of commitments were covered mostly or almost solely by civil society with little intervention from the public sector: lifelong learning, community support, awareness campaigns, intergenerational activities and research among them. TASIOP project objectives and its first actions (analyses of civil sector advocacy capacities and strategic plan) are specifically described in the report along with other interventions.

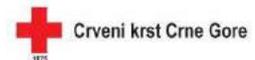
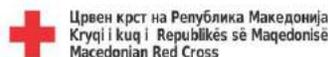
The process of preparing this report was an excellent opportunity of MOSHA network to strengthen its communication channels with public institutions and document its contributions in the field of ageing in Albania. As the report required analysing progresses gaps and future priorities, it served also as a way to highlight the importance of civil society cooperation among the public sector priorities for the future.

A Workshop on advocacy and evidence gathering In Tirana



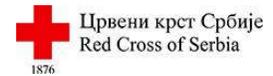
A two-day workshop, as planned by TASIOP project, with members of MOSHA network was organized on 13 and 14 October. The first day of the workshop was focused on advocacy theory and practice and its opportunities as a useful tool to change policies on ageing in Albania. The second day was dedicated to techniques to be used for gathering evidence. Evidence would be a crucial element of advocacy as well as a very necessary tool for monitoring and evaluating the effectiveness of existing national or regional ageing policies, programmes and interventions.

The format of the workshop allowed for introduction on advocacy, its means, primary and secondary targets. It also allowed for discussions and comment on the near future MOSHA network advocacy activities to be designed in the framework the TASIOP project. Alban Ylli and Genta Qirjako from AAGG and Roland Bani from the Tirana University talked on civil society advocacy on behalf and with older people covering not only international practices, but ideas and examples from the domestic work done so far. Many details from the completed analysis of the Albanian civil society advocacy capacity were discussed and participants were particularly keen to know how the politics in a democracy work, balances of power and specifics of behaviour and interests of politician. A number of real-life situations were





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provided by older people and other participants to challenge the theoretical potential of advocacy approaches. Ilija Telo, Faik Xhani, Osman Terziu and Kico Ziso contributed the most with their ideas and experience.

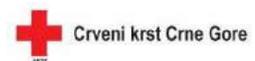
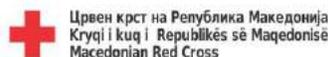
During the second day the focus shifted towards the production of evidence and the best ways to do operational research for short and medium term goals related to advocacy and influencing the change.

Roland Bani with the support of Alban Ylli and Genta Qirjako gave a broad overview of two main different approaches for gathering data: qualitative approaches and quantitative techniques. Issues such as validity of results, practicality, costs and appropriateness in terms of different population groups were discussed. The workshop aimed to explain some aspects of different stages of research work (design of objectives, field work and analyses and dissemination) in order to encourage the participation of older people themselves in all the stages of work and ensuring the research is in line with their needs. The long debate which followed the theoretic presentations served the practical purpose of selecting the most appropriate technique and population target for the planned research activities in the TASIOP project framework. The debate took into account the concrete needs for more information existing in the country and MIPPA evaluation and monitoring platform were used as potential references. It was agreed that qualitative research could be less costly and more practical to be carried out in the field, but it would not contribute much to the production of data for a number of health and social indicators included in that framework. The participants generally agreed on a limited epidemiological survey based in some urban areas (to be chosen) which could be complemented by some qualitative techniques for a more in depth perspective on the older people issues. The follow up work related to final protocols and instruments was planned for the first months of the next year.



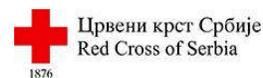
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The participants also provided final comments' of MOSHA network strategic plan and were invited to provide contributions for the network website and the project newsletter.





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Advocacy activities

The advocacy work with Ministry of Health conducted by MOSHA network in regard to program of essential services (free of charge systematic check-up) produced concrete results in October. After the promises given to representatives of older people by deputy minister of health Mr Klodian Rjepaj a compromise was found and a draft decree for Council of Ministers was prepared. In the draft decree the age group of the program was broadened to include pensioners in the 65-70 age group. 'All Albanian citizens aged 35-70 years old being permanent residents of the Republic of Albania can profit free of charge from the national program of basic medical examinations.' The decision stipulates that identification of resident citizens aged 35-70 years old will be done based on the database of the Ministry of Interior as well as the electronic registry which is administered by general practitioners at every health centre. Finally, official decision by Albanian government No 721 was issued on 12 October 2016 in the Official Gazette (issue 195, 2016) confirming the decree.

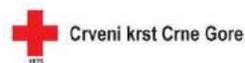
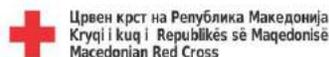


The program of basic medical examinations, or the 'check-up programme' as it is being called by the media, has started in January 2015 and was focusing initially on the middle aged population in the 40-65 age group. The package of check-up includes a list of medical tests, physical examinations and medical interviews on topics ranging from diabetes to depression. These tests are carried out at primary health care institutions under the supervision of family



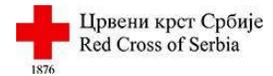
doctors who periodically invite the individuals from their catchment populations. The main objective of the programme is early detection and treatment of hidden diseases and risk factors as well as to improve the access of Albanian population to health care. Since October 2016 pensioners aged 65-70 can use those new services. Around 130 000 older people of that age will profit from that decision. Activists of MOSHA network especially the leaders of Association of General Union of Pensioners of Albania and Albanian Association of Geriatrics and Gerontology are proud of their advocacy work and the results it yielded. Special thanks go to Faik Xhani and Enver Hasa. Nevertheless, the changed

decision, most probably, could have not been possible without the openness and dedication of Deputy Minister of Health Klodian Rjepaj. The success is motivating the associations to continue with their other advocacy projects.





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Bosnia and Herzegovina

1 October – International Day of Older Persons

The Ageing with Dignity network in Bosnia and Herzegovina has since the beginning been involved with Age Demands Action campaigns of HelpAge International and has since 2007 promoted active and healthy ageing as well as social inclusion of older people on the whole Bosnian territory.



This year ADA campaign focused on intergenerational solidarity. Young volunteers of two primary schools from the Federation of Bosnia and Herzegovina (Stjepan Polje and Brijesnica) and another two from Kakmuza and Boljanic in Republika Srpska spent late September and early October focusing on assisting older persons in their communities. They organised data collection followed by design of activities that addressed prejudice and discrimination aimed at older people in Bosnia and Herzegovina and invited younger generations to solidary action.

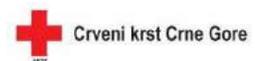
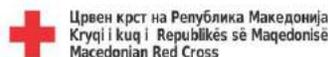
These activities included stage plays in primary schools and community centres demonstrating the impact of prejudice to audience of their peers and older generations. The objective was to influence their peers but also other generations so on the 1 October they also organised simultaneous public address to inform the people in their respective communities about the realities of older age in Bosnia and Herzegovina. These activities drew attention to the fact that prejudice towards and stereotyping older people may increase the risk of discrimination and abuse and that this is not a problem of older generation exclusively but that it demands reaction of the whole society if it wants to protect equality, solidarity and equal opportunities.

Some 100 young volunteers were involved, connecting some 300 of their peers, teachers and community members through the activities. The lessons learned through the activities will be shared with other primary schools. This is all part of the project supported by USA Embassy in Bosnia and Herzegovina as well as Association Osmijeh – Gracanica, the coordinator of TASIOP project in Bosnia and Herzegovina.

Macedonia

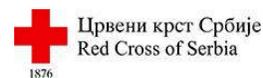
A Workshop on advocacy and evidence gathering

Red Cross of Macedonia and Humanity NGO, the coordinators of the Taking Action on Social Inclusion of Older People project in Macedonia, organised a workshop on providing knowledge about evidence-based advocacy and definition of priority areas for research. It was organised between 14 and 16 September 2016 in the "Solferino" centre in Struga.





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The main aim of the workshop was for the members of the InkluzivaM network to gain specific knowledge about advocacy based on evidence and the definition of priority areas for research at national level to collect and process data which will be used as the basis for developing an advocacy strategy, and specific advocacy activities.

The workshop was attended by representatives of the Red Cross, Humanity, the Union of Associations of Pensioners of Macedonia, University of Third Age - Skopje, Association of patients with Alzheimer's disease, Association Justicija,

Association for Development of the Roma community Sumnal and Local Development Agency Struga. Also present as partners and stakeholders were the representatives of the Ministry of Labor and Social Policy, the City of Skopje, the Institute of Public Health, Institute of Social Work and Social Affairs and UNFPA.

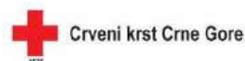
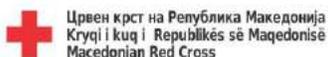
At the workshop the fundamental concepts of public advocacy were presented with more detailed explanations of techniques related to evidence based advocacy as a way to engage older people to join the continued communication with key decision makers based on verifiable data and clear objectives.

The workshop was used to present the results of the situation analysis done this summer as part of the TASIOP project. The analysis looked at strategic documents, policies that deal with the issue of aging population in Macedonia, as well as the capacity of civil society organizations in the country to successfully perform advocacy on behalf and with older people. This was followed with an exercise to identify priority issues and goals of the research that will follow. This is the next step in the project and will serve to look for solid, systematised evidence that can be used in designing advocacy initiatives in the subsequent phases of the project, which will ultimately lead to better participation of older people in public life and better social inclusion.

Activities of InkluzivaM network and its members

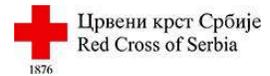


Humanity NGO, as the coordinator of InkluzivaM network, in cooperation with the Macedonian Red Cross and UNFPA, on October 13, organised a workshop to discuss contribution of Macedonian civil society to preparation of a report for the implementation of the Madrid International Action Plan on Ageing and the Regional strategy for implementation (MIPAA / RIS) 2002 and how can the civil society increase its influence on the implementation process itself as well as the reporting.





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This was followed by the second workshop on October 31 where measures and activities implemented by the member organizations of InkluzivaM under the (MIPPA / RIS) were reviewed before they were sent to the national coordinator for preparation of the report from Macedonia. The event was supported by UNFPA.

1 October – the International Day of Older Persons

Each year the Macedonian Red Cross marks 1 October, the International Day of Older Persons through different activities at different levels. This year regional organisations of Macedonian Red Cross implemented activities to encourage active aging, educational, creative workshops, recreational activities, etc. as well as organised visits to lonely older people in urban and rural areas. Red Cross of town of Skopje organized a Local Partnership meeting on the topic “Future Challenges in Skopje to work with people in the third age”, attended by representatives of local government institutions, civil society and private sector entities, as well as persons of the third age attending the Skopje day care centre for older people. Qigong seminar for active older persons was also organized.

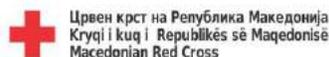
The Red Cross of Skopje and five municipal branches of the Red Cross in Veles, Kriva Palanka, Kicevo, Struga and Debar also organised home visits to older people, part of their regular work with older beneficiaries. Through these visits volunteers of the Red Cross and medical professionals deliver social and health services to older people in their homes. These activities are part of a project supported by the Austrian Red Cross, EVN Macedonia, Albiz Foundation, the City of Skopje, Kriva Palanka and in cooperation and with support of the Ministry of Labour and Social Policy.

To promote its activities with older people, Macedonian Red Cross prepared a short video with support of the Austrian Red Cross. The video, produced in three languages (Macedonian, Albanian and English) was featured on national television and shared online (<https://www.youtube.com/watch?v=iX5lg7uOits>, <https://www.youtube.com/watch?v=Fi7uvVhjN8s><https://www.youtube.com/watch?v=Yg6f1VaCIVl>)

The Association Humanity marked the 1 October by supporting the selling exhibition entitled "Older people can do it too". The aim of this exhibition is the intergenerational transfer of knowledge and skills, design and production of souvenirs while supporting older people in overcoming social marginalization and invisibility. The exhibition was organized by PUSZ Hotel Idila-Terzieva, the Centre for Culture and Cultural Studies and the Humanity NGO.

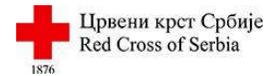
Other InkluzivaM members' activities

Humanity NGO is also tasked with monitoring the Strategy for Social Protection and Action Plan of the Municipality of Centar. The purpose of this monitoring is in co-relation with the process itself, for development of this strategy or comprehensive approach and active participation of civil society who contributed to the preparation of the strategy as such, and at the same time should perform monitoring of the implementation of this strategy. With this participative process, civil society organizations will help eliminate potential inconsistencies made by the local government and will be in co-relation with the benefit and satisfaction of the citizens of this municipality.





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Association Sumnal, through its centres, distributed humanitarian aid for older people living in social risk while at the same time participating in identification of persons with predispositions for social risks and providing advisory work with individuals in social risk. The association also held a series of workshops for older people where they were motivated to participate and appreciate different opinions, beliefs, feelings and life experiences focusing on everyday life. The topics of the workshops were: “September 8 - Independence Day of the Republic Macedonia”, “Kurban bayram”, “History of Roma during the Holocaust in Second World War” and “Social Games”. These workshops included 150 older people from Skopje’s Suto Orizari and Topaana settlements and were complemented by home visits to approximately 100 older people in the city.

For the ninth year in a row **Association of patients with Alzheimer's disease – Macedonia** dedicated the whole of September to observing September 21 – World Alzheimer’s Day and having activities throughout the month. Notably, lectures were organised at Faculty for People of the Third Age and the Faculty of Philosophy in Skopje on the importance of raising awareness of dementia (primary Alzheimer’s disease). These were accompanied by topical art performances.

The association also visited a nursing home St. Petka in the municipality of Sopiste distributing flyers covering prevention and treatment of Alzheimer’s. A lecture was organised for the students of medical school of the University of Skopje, accompanied by a promotion of a book on Alzheimer Disease by Ph. D. Dragan Ilievski. Doctor Ilievski was also invited by Macedonian Red Cross, its Cair branch to deliver a lecture to its members on prevention, clinical signs and treatment of Alzheimer’s disease.

The Association also organised a multiday street performance to distribute materials on prevention, manifestation, diagnosis and treatment as well as have conversation with interested passers-by, raising awareness of Alzheimer’s and dementia and addressing common concerns and myths. Several visits to patients with Alzheimer’s disease who are being provided care at their homes were also organised.

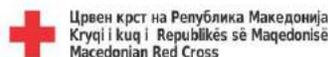
Montenegro

Signing the Memorandum of Understanding

On the occasion of the 1 October, International Day of Older people, Red Cross of Montenegro organized signing of a Memorandum of Understanding with civil society organizations and other relevant stakeholders that deal with problems of older people in Montenegro, which was a formal event in the establishing of Dignitas network.

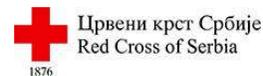


Through signing of the Memorandum the following civil society organisations formally became founding members of Dignitas: Red Cross of Montenegro, “Adria” NGO, “Volunteers of Montenegro” NGO, “Nase doba” NGO, “Povjerenje” NGO, Union of pensioners of Montenegro, “Humanitarac” NGO and Caritas Bar





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NGO. Ministry of Labour and Social Welfare of the republic of Montenegro is also the project partner, and the work of the network is supported by the Bureau for Social and Child protection and Ministry of Health which also signed the Memorandum. Members of the network agreed on the name DIGNITAS for the network, any by signing the memorandum they all committed to jointly work on improving social care on life conditions of older people and pensioners.

Celebration of 1 October – International Day of Older people

Red Cross of Montenegro marked 1 October, International Day of Older people with many activities across the country. This date is very important for the Red Cross since it has been working on improvement of quality of life of older people in Montenegro for many years now.

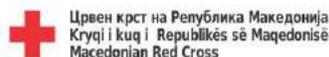
Local Red Cross branches organized different activities. Red Cross in municipalities Bar and Plav organized social events for members of their Clubs for older people. Beneficiaries and volunteers of the Red Cross of Bar presented their crafts on the city square on 30 September, as well as other activities of the branch related to older people, while beneficiaries from Plav enjoyed in a trip to Etno village with volunteers. Red Cross of Montenegro branches in municipalities Berane and Tivat also organized celebration for beneficiaries, volunteers and geronto-maids.

On the occasion of 1 October, volunteers of the Red Cross of Montenegro in Podgorica assisted older people in shopping, helped them carry the bags with groceries and escorted them home. At the same time, volunteers took the opportunity to inform older people on available support services in their area. This was done in cooperation with Shopping Centre Mall of Montenegro and IDEA supermarket. All these activities were media covered. Other local Red Cross branches distributed promotional material and provided small gifts for their beneficiaries.

Clubs for older people (Red Cross of Montenegro)

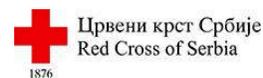


The third club for older people in the Red Cross of Montenegro will be open for work next month. The Club will be opened in Cetinje, and currently, the premises are being reconstructed and the material for the workshops is being procured. Clubs for older people have been active in the Red Cross branches in Bar and Plav for several years now and it proved to be a very successful way to promote active ageing and social inclusion, but also an efficient type of support for older people. There are usually 15 to 20 members per Club and their activities depend on their interest. Usually they handcraft some items, they participate in lectures related to health, they go to field trips, they play different games and their blood pressure and blood sugar level is regularly monitored. They also participate in First aid trainings. These activities aim to strengthen the feeling of collectiveness, pleasure and to decrease the feeling of loneliness, helplessness and isolation.





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Information on network members' activities

All network members implement different activities, but for purposes of this report, activities of NGO “Nase doba” will be presented. The organization recently launched a website www.nasedoba.me which is dedicated to issues relevant to older generation. Besides updates from Montenegro, the website presents stories told by older people, publications which contain information and experience of other organizations that advocate for improvement of the position of older people in the society. This website is a result of the efforts taken by NGO “Nase doba” since 2012 to encourage older people to use computers. By receiving support for the project from Montenegrin Telecom Company the organization was able to have members of NGO “Nase doba”, older people, complete a computer course. Now, the premises where they meet and prepare all the material is provided by NGO “Zdrava dona Montenegrina”, free of charge and the trained team is hard at work on the website. The project support covers the expenses of launching and maintenance of the website until February 2017. At the moment, NGO “Nase doba” is exploring the ways of providing additional support which would enable continuous functioning of the website.

Announcements:

Serbia: On 26 December 2016 in the Belgrade Media Centre, starting at 11 am a public presentation will be organised of results of a research study “Older People in rural Areas”. This research was done by the Red Cross of Serbia in cooperation with Ms. Brankica Jankovic, Commissioner for Protection of Equality of the Republic of Serbia, with support provided by the United Nations Population Fund (UNFPA) Belgrade office.

Montenegro: On 17-19 January in Sutomore a Healthy Ageing training of trainers will be organised for Central European Red Cross societies. The training is organised by European Regional Office of the International federation of Red Cross and Red Crescent Societies in cooperation with the Red Cross of Montenegro and targeted at experienced staff and volunteers working in health and ageing programmes.

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