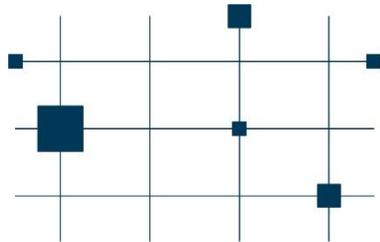


INŠTITUT ANTONA TRSTENJAKA
ZA GERONTOLOGIJO IN MEDGENERACIJSKO SOŽITJE

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Slovenska mreža
starosti prijaznih
mest in občin

SLOVENE AGE-FRIENDLY MUNICIPALITIES DURING THE PANDEMIC

SUMMARY:

Work of Slovene Age-friendly municipalities from 2020 was largely marked by the beginning of covid - 19 epidemic and by use of different means of distance communication to implement activities. The following priority activities were implemented for the Age-friendly municipalities:

- Working with informal caregivers for better long-term care for the elderly, chronically ill and disabled through courses, campaign and working with self-help groups;
- Preventing violence against the elderly, which is becoming an acute problem during an epidemic of covid -19 through workshops and preventing violence against elderly awareness;
- Development and dissemination of a voluntary network for healthy aging of older people during covid -19 through implementation of a new volunteer program "Stay connected from afar" and professional support for voluntary groups and their members;
- Performing the training for coordinators of Age-friendly municipalities for better coordination of age-friendly activities and programs in Slovenian municipalities during the epidemic;

- Professional help for management of Age-friendly municipalities in Slovenia and support in connecting with the Slovenian and Global network of Age-Friendly Cities and Municipalities.

The year 2020 was largely marked by the covid - 19 epidemic. In 2020, the following priority activities were implemented for the Age-friendly municipality:

1. Working with informal caregivers for better long-term care for the elderly, chronically ill and disabled.

The newly established association of informal caretakers of Slovenia, which includes all groups of owners from Slovenian networks. We regularly distributed materials from the field: covid-19 and vaccination, self -help groups and their power, dilemmas on home - care and institutional care, how to drive the boredom of the one we care for, acceptance of aid for elderly.

For different municipalities we also priority implemented the new courses for informal carers online and live according to covid - 19 epidemic. During the courses the attendees exchange their experience and skills for caregivers. At the courses, the participants exchange their experience and gain the practical knowledge and skills needed for elderly care (e.g. how to talk with their relative, about dementia, how to take care of their last health, dying and mourning). The course consists of 10 weekly meetings lasting up to two and a half hours. The courses are free for participants.

2. Preventing violence against the elderly, which is becoming an acute problem during an epidemic of covid -19.

We continue to work on a virtual level - in November 2020 the 3 - part workshop was held for municipalities, aiming the citizens strengthen protective factors over risk factors in the field of property, fraud prevention and better coexistence in the community and family.

3. Development of a voluntary network for healthy aging of older people during covid -19.

During the covid - 19 epidemic, we developed a new volunteer program "Stay connected from afar" to prevent the distress of the elderly and their loved ones in exceptional times of the epidemic. Through use of ICT we run a distant extension course for volunteer group leaders (in Age-friendly municipalities) and distribute manuals for groups. We also stay in regular contact with volunteers and offer professional support in their customized volunteer work and information with materials from sociological, psychological, and other practical fields of their work.

4. Performing the training for coordinators of Age-friendly municipality

On October 8, 2020, an education entitled "How to be an age-friendly municipality in the time of covid - 19?" Was held at the Anton Trstenjak Institute. We also offer regular support to the municipality with professional knowledge and empirical experience in informing and raising the awareness of its inhabitants regarding the issues of aging and intergenerational coexistence during the epidemic. Municipalities that wish to do so are regularly provided with informative articles in this field for their local newspaper.

5. Support to the involved municipalities and coordinators in connecting with the Slovenian and Global network of Age-Friendly Cities and Municipalities.

Monitoring WHO and EU guidelines and news and other international sources on age-friendly communities. Information is regularly provided to the involved municipalities through the Slovenian gerontological journal Quality Age.

6. The Institute provides professional help and cooperation for management of Age-friendly municipalities in Slovenia.

This was done by phone, electronically, or in person with the local mayor, local coordinator and other stakeholders of the Age-friendly municipality on all current issues in the field of efforts to implement the 5-year development program of the municipality for quality aging and intergenerational coexistence.