

2019 actions in Kfar-Saba Age-friendly city:

As part of The master-plan we identified "ageing in place" as the main preference of the city's seniors. During 2019 we promoted two main projects that provide "aging in place" opportunities and provided new and innovative clubs in outdoor spaces and at the homes of seniors.

The first project is UniperCare: Connecting with the community

UniperCare is a TV platform (<https://www.unipercare.com/en/home>) that aims to connect social clubs to bedridden elderly and elderly whom confined to their homes.

Currently (as for December 2019) There are 100 participants in this project from around the city.

Based on the TV platform we are able to broadcast interactive activities taking place in our social clubs and to interact with the elderly.

The program goals are:

- Loneliness relief
- Increasing the leisure hours' activities for elderly
- Finding social and meaningful connections
- Strengthening family connections
- Ability to attend fitness activities from home. (The activities are adjusted to this population by a qualified instructor)

The second project is The Golden Resilience program

The program train and educate senior citizen volunteer with psychological tools to improve their personal resilience and ability to cope with crisis and aging related challenges. The program is held in Kfar Saba based on partnership between the Department for community resilience advancement, the healthy city project, the Community work unit at the Social Welfare Department and the Resilience center named after Iris Cohen.

During 2019 we established the first group of volunteers with 19 members aged 60 and over residents of the city, as seen in the picture:



The educational program included 12 sessions teaching methods and improving interpersonal skills such as psycho-physiological skills to maintain balance, identifying depressive thoughts, interpersonal communication skills, how to cope with various losses of elderly and how to strengthen the connections with the primary caregiver.

The volunteers were trained in various social center for the elderly operating in the city so they can get first impression and applied their new skills with the clubs' members.

During the year 2020, we gathered a second group with 19 new volunteers.