



AGE-FRIENDLY BASELINE SELF-ASSESSMENT OF KOLBUDY COMMUNE

**DOCUMENTATION REQUIRED IN THE APPLICATION PROCESS FOR MEMBERSHIP
OF WHO GLOBAL NETWORK FOR AGE-FRIENDLY CITIES AND COMMUNITIES**

KOLBUDY 2021

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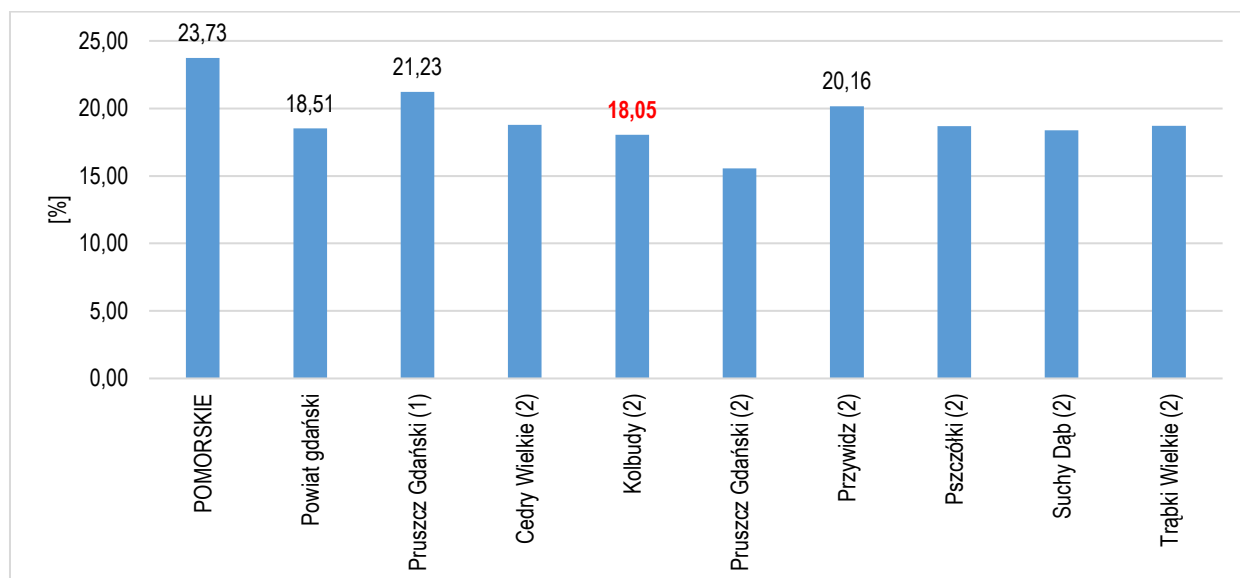
1. Population age structure in Kolbudy Commune in comparison to other communes of the Gdansk County

The demographic situation of the Kolbudy Commune is still relatively favorable. The share of youngest age group (0-19) in commune's population is higher than in the neighboring communes (except Pruszcz Gdański – rural commune). At the same time the share of oldest age group (60 and over) is lower than in other communes of the Gdansk County (except Pruszcz Gdański – r.c.) and about 5.7 p.p lower than the average in the Pomeranian Region (see Table 1).

Despite the relatively favorable demographic situation in the communes of the Gdańsk County – that may be suggested by the shares of individual age groups in total population in 2019. – in each of them (including Kolbudy Commune) the ageing process is systematically progressing. The highest increase in the share of persons aged 60 and over in the period 2015-2019 was noted in the communes Suchy Dąb (3.37 p.p.) and Cedry Wielkie (2.95 p.p.). Alarming high increase was also recorded in Kolbudy Commune (by 2.15 p.p.) (see Table 2).

Among the communes of the Gdańsk County the highest old age rate in 2019. was noted in Pruszcz Gdański m.c. (21.23%) and in Przywiaz Commune (20.16%) – see Figure 1.

Figure 1. Old age rate in communes of Gdansk County in 2019



Source: own analysis on BDL.

Table 1. Population age structure in communes of Gdansk County (31.12.2019)

Age group	POMERANIAN REGION	GDANSK COUNTY	Pruszcz Gdański (municipal commune)	Cedry Wielkie (rural commune)	Kolbudy (rural commune)	Pruszcz Gdański (rural commune)	Przywidz (rural commune)	Pszczółki (rural commune)	Suchy Dąb (rural commune)	Trąbki Wielkie (rural commune)
	[% total population]									
0-19	21,72	24,61	23,95	22,79	24,23	26,81	24,06	23,67	23,37	23,54
20-44	36,23	38,82	37,76	38,88	37,85	40,92	36,68	38,59	40,14	38,24
45-59	18,32	18,06	17,05	19,52	19,87	16,69	19,10	19,06	18,12	19,49
60+	23,73	18,51	21,23	18,79	18,05	15,57	20,16	18,68	18,38	18,72

Source: own analysis on BDL.

Table 2. Change of old age rate in the communes of the Gdańsk County in 2015-2019

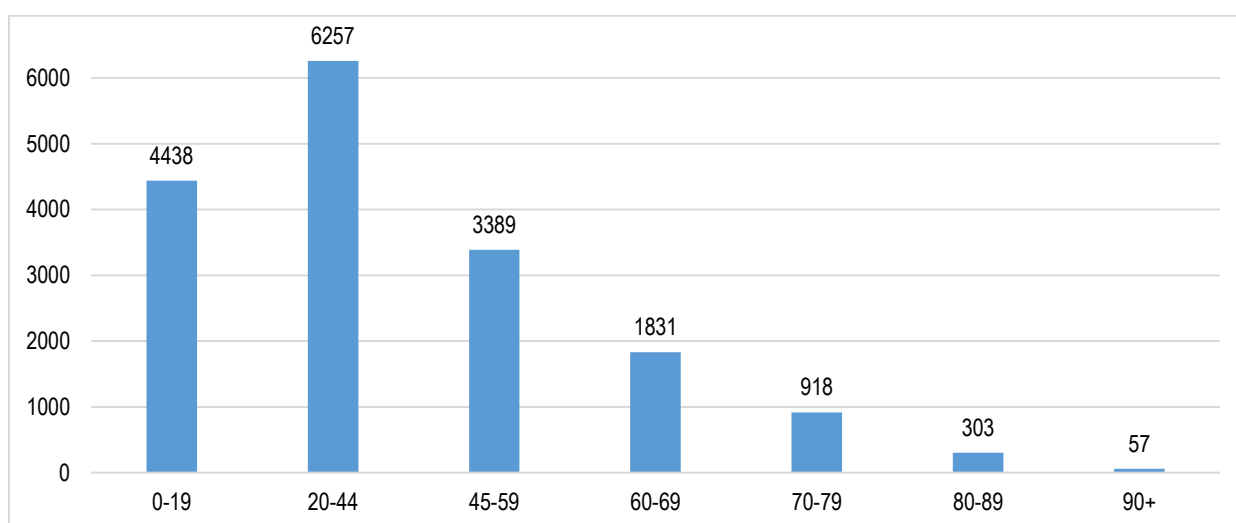
	POMERANIAN REGION	GDANSK COUNTY	Pruszcz Gdański (mc)	Cedry Wielkie (rc)	Kolbudy (rc)	Pruszcz Gdański (rc)	Przywidz (rc)	Pszczółki (rc)	Suchy Dąb (rc)	Trąbki Wielkie (rc)
2015-2019	change in p.p.									
	2,13p.p.	1,98p.p.	1,77p.p.	2,95	2,15p.p.	1,60	1,94	1,99	3,37	2,89

Source: own analysis on BDL.

2. Demographic situation in Kolbudy Commune in 2020

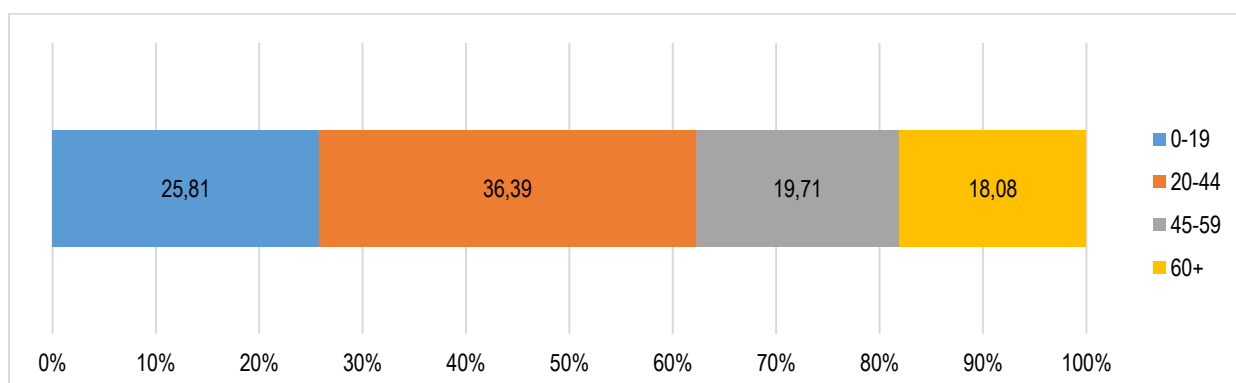
According to the data from the population register maintained by the Civic Affairs Department of the Kolbudy Commune Office 17 193 inhabitants lived in Kolbudy Commune in 2020 (198 more than in 2019). The most numerous group was formed by persons representing so-called “prime age” (20-44) – over 6,2 thousand (see Figure 3 and Figure 4).

Figure 2. Number of Kolbudy Commune inhabitants per age groups (13.10.2020)



Source: own analysis on data of Civic Affairs Department.

Figure 3. Population age structure in Kolbudy Commune in 2020

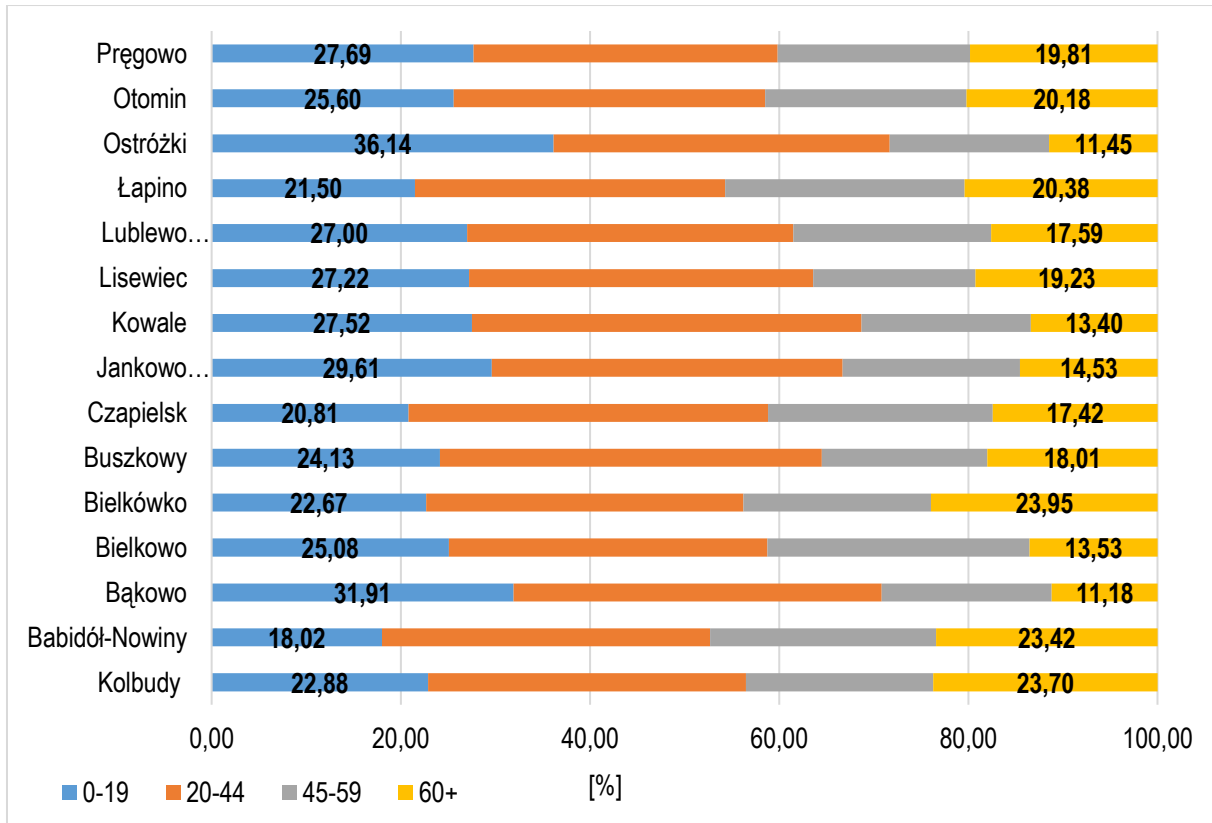


Source: own analysis on data of Civic Affairs Department.

Inhabitants age structure differs in the commune’s precincts perspective¹ (Figure 5). The precinct of Ostróżki had the most favorable age structure. The opposite situation – extremely unfavorable age structure (hyperstar) was in precincts: Bielkówko, Kolbudy and Babidół-Nowiny.

¹ Kolbudy Commune is divided into 15. precincts.

Figure 4. Population age structure in Kolbudy Commune by precincts in 2020 - share of individual age groups in the total population of individual precinct

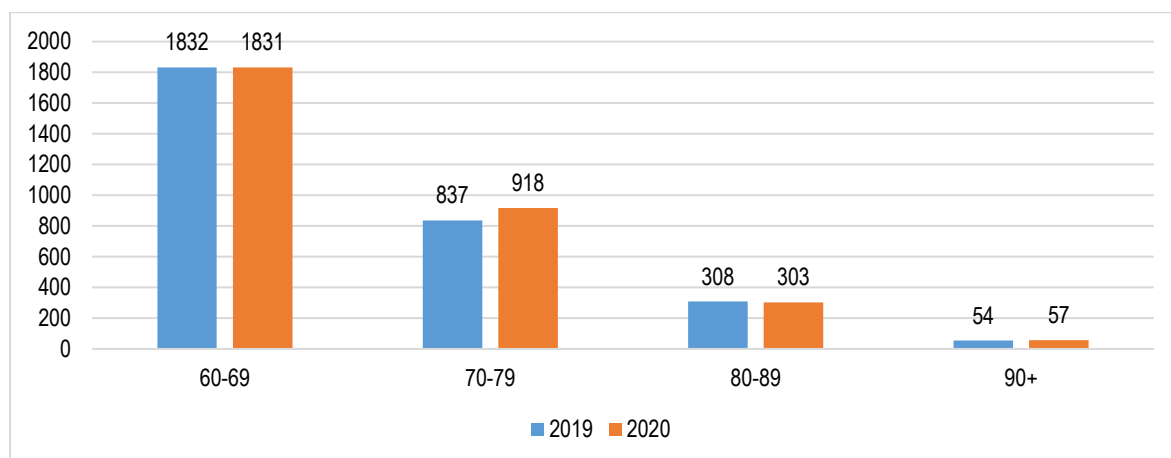


Source: own analysis on data of Civic Affairs Department.

In 2020 the share of persons aged 60 and over in total commune's population was 18,08%. That was 0,03 p.p. more than in 2019 (increase by 78 persons) (see Figure 6). Compared to 2019. the number of the "youngest" seniors did not change, but the number of seniors in the subgroups aged 70-79 and 90 and more increased.

In 2020 the highest number of seniors lived in the precincts of Kolbudy (870) and Kowale (599). That was respectively 27,9% and 19,3% in total number of seniors. Compared to 2019, the number of seniors in thirteen precincts increased, and only in two did decrease (Bielkowo and Lublewo Gdańskie). The largest increase in the number of seniors was noted in the precincts of Kowale (22 persons), Kolbudy (16 persons), Pręgowo (11 persons) and Buszkowy (10 persons).

Figure 5. Number of seniors in Kolbudy Commune by age groups in 2019 and 2020

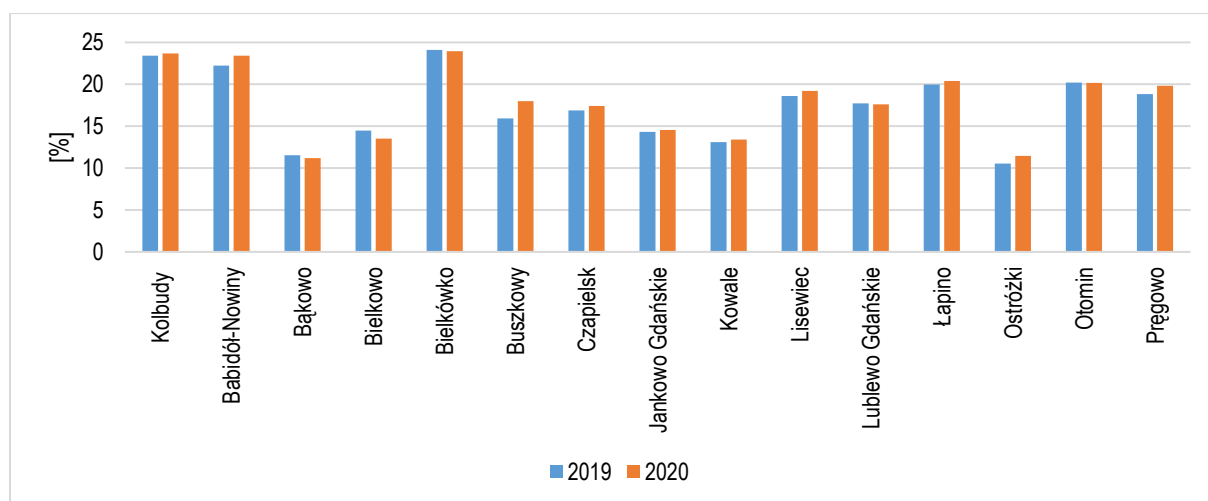


Source: own analysis on data of Civic Affairs Department.

“The oldest” precincts in 2020 (with the highest old age rate) was Bielkówko (23,95%). “The youngest” one was Bąkowo (11,8%) (see Figure 7).

Compared to 2019, precincts where societies have "rejuvenating" (the old age rate decreased) were as follow: Bąkowo, Bielkówko, Bielkowo, Lublewo Gdańskie and Otomin. The highest increase of persons aged 60 and over was in Buszkowy (by 2 p.p.), Babidół-Nowiny (1,2 p.p.), Pręgowo (1 p.p.) and Ostróżki (0,9p.p.).

Figure 6. Old age rate in Kolbudy Commune by precincts in 2019 and 2020

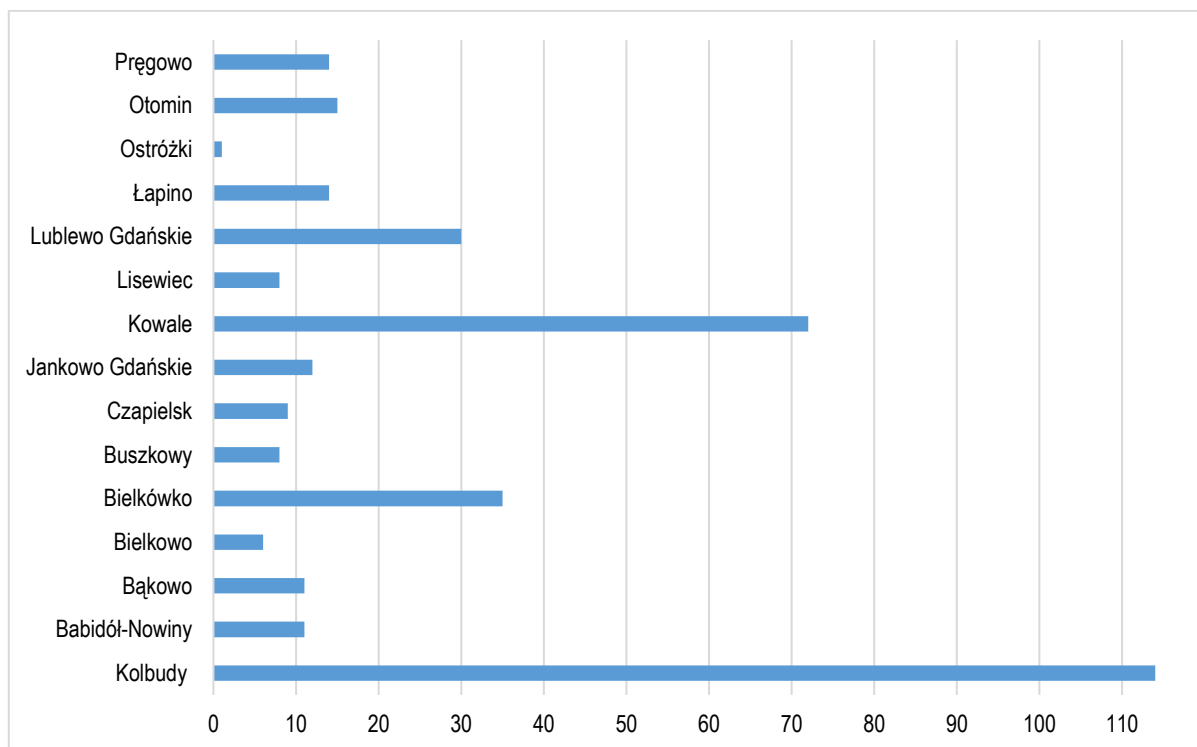


Source: own analysis on data of Civic Affairs Department.

The highest number of oldest old (80+) inhabitants of Kolbudy Commune in 2020. were noted in precincts: Kolbudy (114), Kowale (72) and Bielkówko (35) (see Figure 8). The precincts with the "oldest" structures

of seniors' population (with the highest share of 80+ in those aged 60+) were: Babidół-Nowiny (21, 15%), Bielkowo (14,63%) and Bielkówko (13,36%).

Figure 7. Number of oldest old (80+) inhabitants of Kolbudy Commune by precincts in 2020



Source: own analysis on data of Civic Affairs Department.

3. The needs and expectations of seniors in Kolbudy Commune – the results of the survey

The local senior policy design was preceded by sociological research conducted among older adults living in Kolbudy Commune (questionnaire interview method). The aim of the study was to diagnose the situation of the commune's inhabitants aged 60+ and their needs, with particular emphasis on the following issues:

- senility and loneliness,
- self-assessment of health condition,
- access to different types of care services,
- economic and social activity,
- security,
- availability and seniors' interest in services dedicated to older adults offered by the Kolbudy Commune.

A representative sample of 8% of the commune's population aged 60+ was selected for the study, proportionally according to the age structure of commune's precincts. 183 respondents took part in the study. The results of the study were presented in the report "Portrait of Kolbudy Commune Residents aged 60+" (published in 2017).

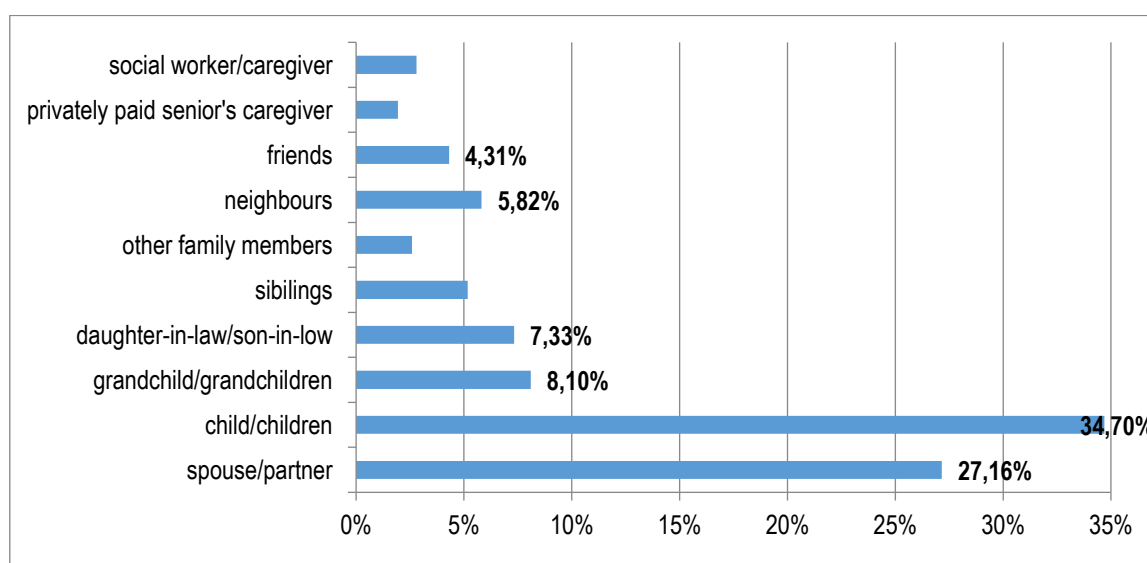
3.1. Diagnose of seniors' needs regarding assistance and care services

The research results showed, among others:

- 12% of the respondents lived alone and over 50% lived with another person (most often a spouse/partner) aged 60 years over,
- 24% reported the need for systematic support from the family members or other groups of caregivers (declarations were related with the respondents' age: the older was respondent, the demonstration of supporting needs more intensive),
- over 13% of respondents stated, they cannot count on systematic support from their relatives (this group included mainly persons aged 60-65, more often singles compared to those declaring being in a relationship and more often childless seniors).

Most often seniors' caregivers are their relatives: children (34,7%) and spouses (27,16%). Neighbors, friends and acquaintances are also perceived as creating support group (10.13% of responses) (see Figure 9).

Figure 8. Who does support/provide care services for research respondents?*



* respondents could point up to three answers

Source: own elaboration.

Most of the survey participants (86,03%) did never contact social assistance institutions operating in the Kolbudy Commune, neither in the Gdańsk County. Almost 8% of the respondents, despite they needed some kind of support, they did not ask any institution/organization for it (see Table 3).

There still functions a stereotype among seniors in Poland, that using public social services may be perceived as helplessness/weakness and stigmatize them in the local society.

Table 3. Have you ever asked for any support/help social assistance institutions operating in the Kolbudy Commune or Gdańsk County?

No, there was no such need	No, although there was a need	Yes, and I have always received the support I needed	Yes, but I didn't always get needed support	Yes, but I have never received any support
86,03%	7,82%	2,23%	1,68%	2,23%

Source: own elaboration.

3.2. Diagnose of seniors' needs regarding social activity

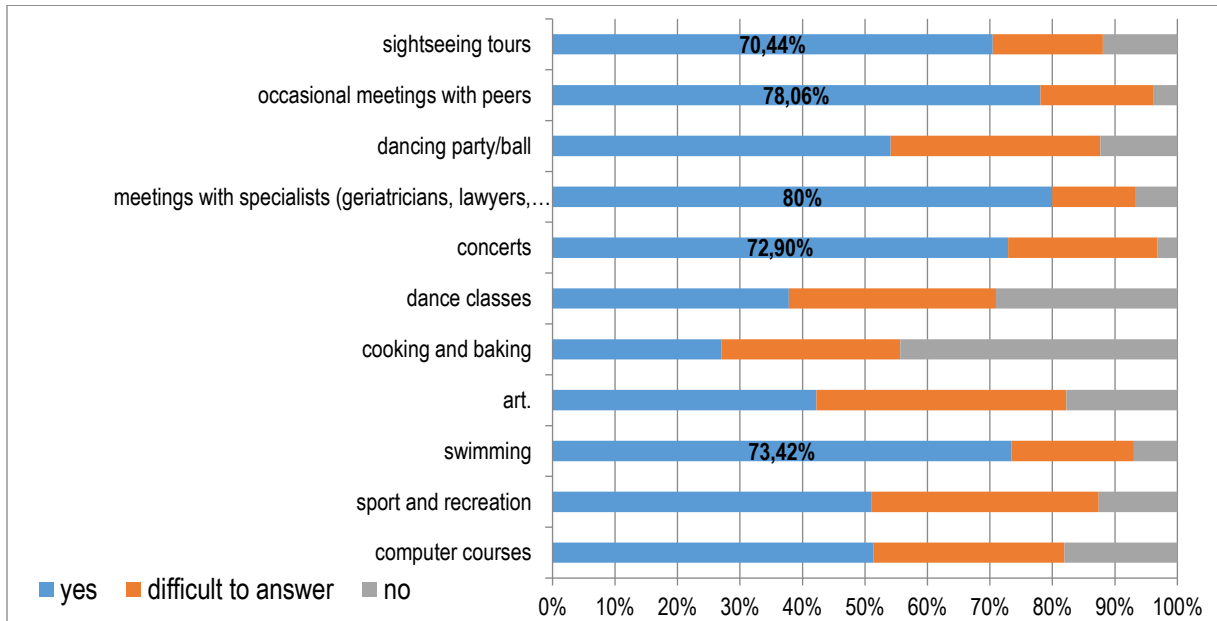
The research results showed that seniors in Kolbudy Commune are socially inactive. Only 12.5% declared participation in the activities proposed by different institutions or NGOs. Over 76% did not participate in any form of activation dedicated to seniors from Kolbudy Commune in 12 months preceding the analysis.

Among the main reasons for reduced seniors social activity, the respondents indicated: poor health, that makes it difficult or impossible to participate in social and cultural life, lack of information, mobility and transportation problems, lack of interest in the offer for seniors available in the commune.

The most interesting activities for respondents were as follow: meetings with specialists (geriatricians, lawyers, psychologists), occasional meetings (e.g. patriotic celebrations, grandmother's and grandfather's day, etc.), music concerts and activities at swimming pool (see Figure 10).

In 2017, when the study was conducted, there was no any day-care center for seniors in the commune. Research respondents were asked about their interest in this type of seniors services. They enthusiastically confirmed the interest and the willingness to participate in activities offered in such a places.

Figure 9. What activities should be available for seniors in Kolbudy Commune?

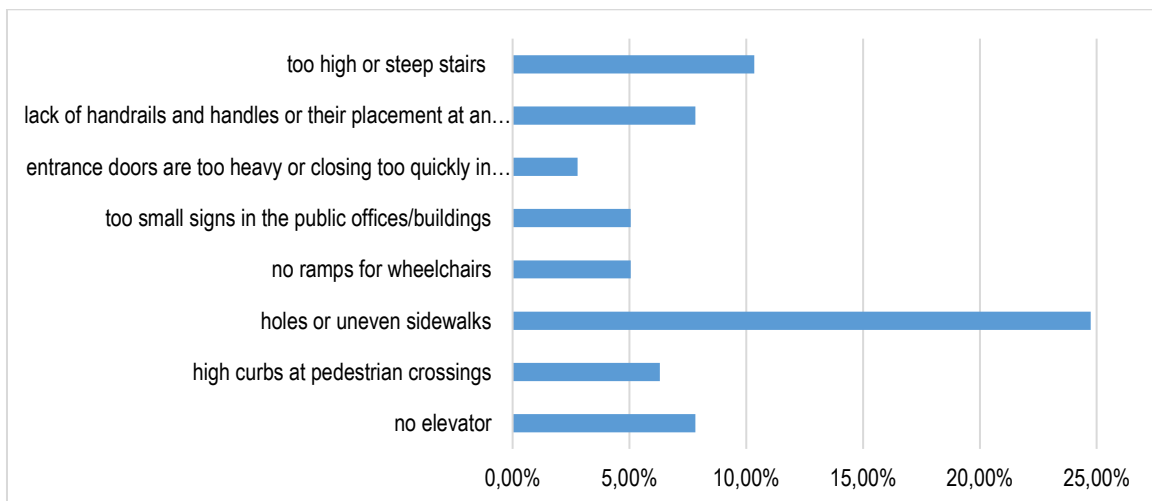


Source: own elaboration.

3.3. The existing architectural barriers and age discrimination

One of the aims of the research was to diagnose architectural barriers that hinder seniors independent functioning and usage of public space. As the most burdensome participants of the study indicated: holes or uneven sidewalks (24,75%), too high or steep stairs (10,35%), lack of handrails and handles or their placement at an inappropriate height (7,83%), no elevator in the building they live in (7,83%) (see Figure 11).

Figure 10. What architectural barriers do you encounter in the surrounding?



Source: own elaboration.

Other barriers indicated by the respondents included: no sidewalks between precincts, no bicycle stands, no benches to rest along the main communication routes and in precincts, splashing of puddles by trucks and flooding sidewalks, as well as no lighting along the pedestrians routes.

The study also addressed the topic of physical and mental violence against the seniors in the Kolbudy Commune. As the results showed, violence against seniors – although it was not a common phenomenon – occurred in various forms (see Table 4).

Table 4. Have you experienced the following situations in past 12 months?

Yes, several times	Yes, only once	No, never
Insults or ridicule		
8,93%	2,98%	88,10%
Taking / using your property by others without consent		
0,61%	3,05%	96,34%
Bullying, blackmailing		
0,00%	3,68%	96,32%
Intentional pushing, poking		
0,00%	0,63%	99,38%
Hitting, kicking, mutilation		
0,00%	0,00%	100,00%
Drive you out of your house/ apartment		
0,00%	0,62%	99,38%
Obstructing contact with a doctor		
0,63%	1,25%	98,13%
Obstructing contact with family members		
0,61%	0,00%	99,39%
Obstructing contact with other persons		
1,23%	0,61%	97,55%
Theft/ robbery (also unsuccessful attempt)		
0,62%	3,09%	96,30%
Fraud (also failed attempt)		
1,84%	6,13%	92,02%
Impatience of salesmen, local officials etc.		
5,45%	12,12%	82,42%

Source: own elaboration.

Other forms of violence (threats) experienced by the seniors participating in the study included: forcing to drink alcohol and dangerous, running unsupervised dogs.

4. Actions dedicated for seniors undertaken by local authorities of Kolbudy Commune (31.12.2020)

4.1. Care services, including home care and companionship for seniors

CARE SERVICES AT SENIORS HOMES SERVED BY SOCIAL WORKERS	These care services are provided for those who live alone and due to their age, illness or other reasons, require the support of other people and are deprived of this help. Services can also be given to people who require assistance and the family cannot ensure it.
SPECIALIZED CARE SERVICES AT SENIORS HOMES	Specialized care services served by social workers, dedicated for persons with mental disorders.
DISABLED PERSON'S PERSONAL ASSISTANT	The program is addressed to disabled people, who require the services of an assistant. Persons with disabilities have the opportunity to benefit from the support of a personal assistant, among others while performing everyday activities or undertaking social activity. The program also aims to counteract discrimination and social exclusion of people with disabilities. The personal assistant service is provided 7 days a week from 7:00 to 22:00.
PROGRAM CARE 75+	Beneficiaries of the program are persons aged 75 and over who, due to their age, illness or other reasons, require the assistance of third parties. The main goal of the program is to improve the quality of life of older people through help in meeting their daily life needs, providing hygienic care or care ordered by a doctor etc.
RESPIRE CARE AS THE SUPPORT/ RELIEF FOR SENIORS' USUAL CAREGIVERS	The program is addressed to family members who require support in the form of an ad hoc, temporary break in providing care for children with a disability, as well as for seniors.
TELECARE	Alarm system for seniors and disabled people living alone („life alert” and telecare assistant).

4.2. Active ageing and seniors' integration

SENIORS' CLUB „CO-RELATIVES”	The day-care center (seniors' club) was opened in 2018. It works twice a week for 4 hours. The offer includes: meetings with specialists, recreational and sports, historical and educational activities as well as integration of the senioral community. There are 40 members of the club.
SENIORS' CLUB “NOW IT'S TIME FOR US”	The day-care center (seniors' club) was opened in 2019. It works twice a week for 4 hours. The offer includes: meetings with specialists, recreational and sports, historical and educational activities as well as integration of the senioral community. There are 35 members of the club.
SENIORS' CLUB “UNDER THE LINDEN TREES”	The day-care center (seniors' club) was opened in 2020. It works once a week for 2 hours. The offer includes: meetings with specialists, recreational and sports, historical and educational activities as well as integration of the senioral community. There are 18 members of the club.
SPORT AND RECREATION	— therapeutic dance for seniors

	<ul style="list-style-type: none"> — gymnastics for seniors — sailing activities and recreation on the water
CULTURAL EVENTS	<ul style="list-style-type: none"> — concerts dedicated to seniors — dance parties — visits to the theater/ concert hall/ museum — organization of exhibitions
INTERGENERATIONAL RELATIONSHIPS	<ul style="list-style-type: none"> — cooperation with primary schools and kindergardens
POSITIVE IMAGE OF OLDER ADULTS IN THE LOCAL COMMUNITY	<ul style="list-style-type: none"> — promoting seniors' activities and achievements — involving seniors in important commune's events

4.3. Age-friendly public buildings/space

In 2020, an audit of the accessibility of public space and public facilities in the commune was carried out. The needs/ expectations of seniors and disabled people were taken into account. In organizational structure of Kolbudy Commune Office the specialist for public space accessibility and universal design was appointed.

A self-assessment of the accessibility of public sector institutions websites and mobile applications was carried out in 2020 too.

Conclusions from both procedures constitute the basis for the currently implemented modernization works, adapting public space to the needs of people with disabilities and people with the need for support in the field of mobility due to old age or health.

4.4. Collaborative planning and implementation of local senior policy

To ensure high priority of local senior policy in local development policy, the Mayor's proxy for seniors' affairs has been appointed in 2017. Her main responsibility is planning and implementing the local senior policy. She coordinates the cooperation with local partners dealing with the seniors' care services, presents current affairs concerning the seniors' issues at the twice-weekly meetings of commune board of management. Together with the managers of sectoral departments (education, infrastructure, promotion and development, finance, etc.) she develops and establishes mechanisms for the implementation of individual activities.

For the authorities of Kolbudy Commune it's quite obvious, that efficient and effective achievement of local senior policy requires cross-sector cooperation. Because of that public institutions, non-governmental organizations and entrepreneurs operating in the commune are invited to cooperate under the local senior policy. Several seniors' services are financed by local government and realized by non-governmental organizations (chosen in the open contest).



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