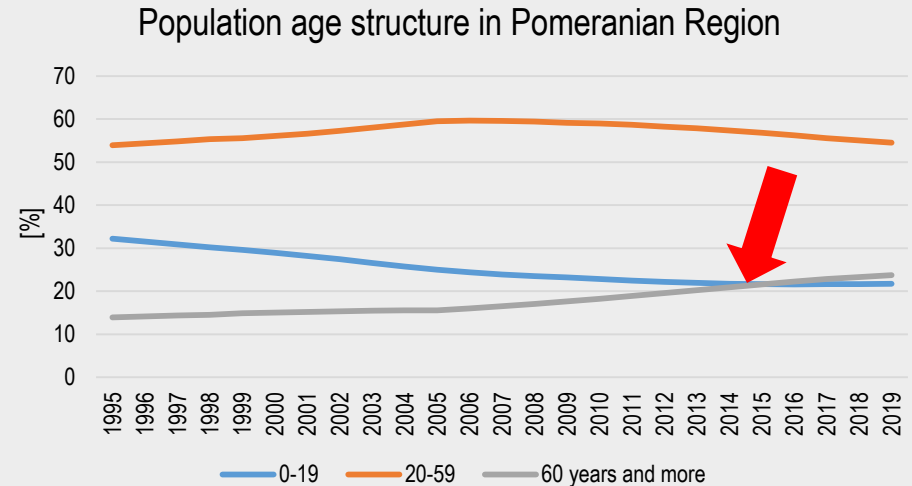
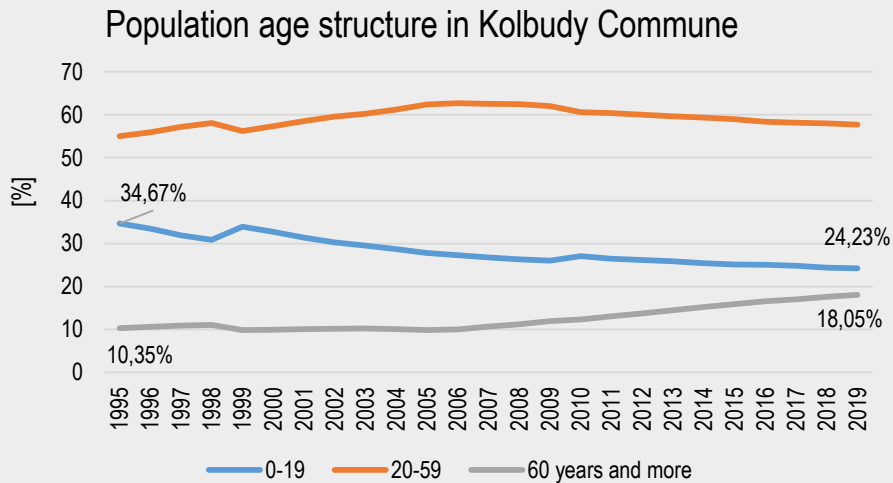




LOCAL SENIOR POLICY IN KOLBUDY COMMUNE



POPULATION AGEING IN KOLBUDY COMMUNE



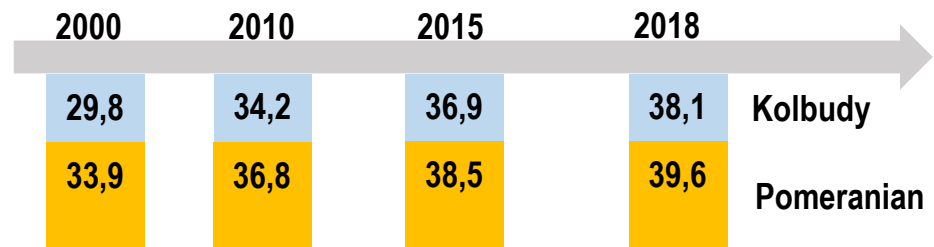
Change in the number of Kolbudy Commune inhabitants in 2000-2020

0-19 years: + 1 202 persons

60 years and more: + 2 124 persons



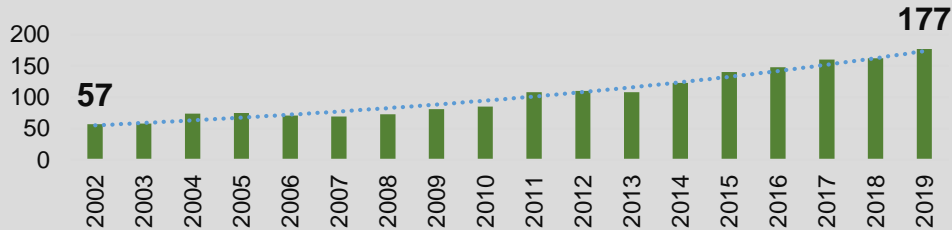
Median age in the Kolbudy Commune and Pomeranian Region



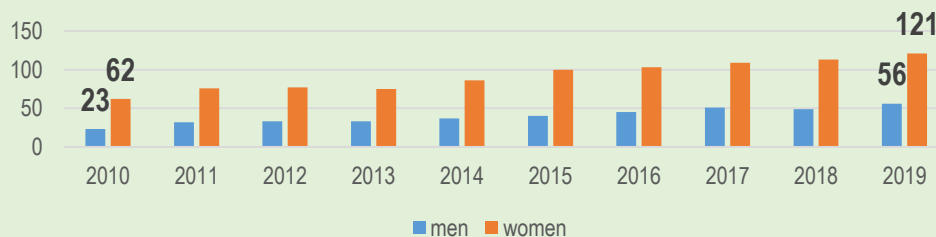
ALTHOUGH THE DEMOGRAPHIC SITUATION OF THE KOLBUDY COMMUNE IS STILL RELATIVELY FAVORABLE, THE SYSTEMATIC PROGRESS OF LOCAL SOCIETY AGEING IS NOTICEABLE

DEMOGRAPHIC DATA AND ITS IMPLICATIONS

Number of Kolbudy Commune inhabitants aged 85 and over in 2002-2019



Seniors aged 85 and over in Kolbudy Commune in 2010-2019



The age structure of the commune's inhabitants is relatively favourable

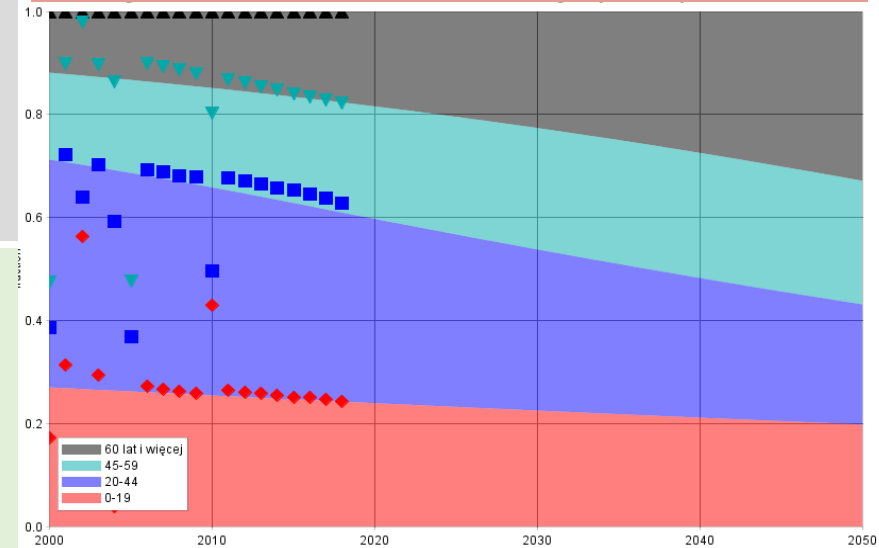
The local society is ageing - the number of older adults is growing much faster than the number of young people

The process of population ageing is happening faster than the average population ageing rate in the Pomeranian Region

Women dominate among seniors

The number of persons aged 85 and over is significantly increasing

THE FORECASTS OF POPULATION AGE STRUCTURE CHANGES IN KOLBUDY COMMUNE BY 2050



Increase of the number and share of persons aged 60 and over among the inhabitants of the commune - up to 34% of the total population in 2050

Decline of the youngest age group share to approx. 20% of the total population

Decrease of „prime age” (20-44) group share to 26% of the total population

SENIORS' NEEDS DIAGNOSE

Portrait of Kolbudy Commune inhabitants aged 60+

sociological research conducted among older adults living in Kolbudy Commune (questionnaire interview method): 183 respondents – representative sample of 8% of the commune's population aged 60+

The main issues surveyed:

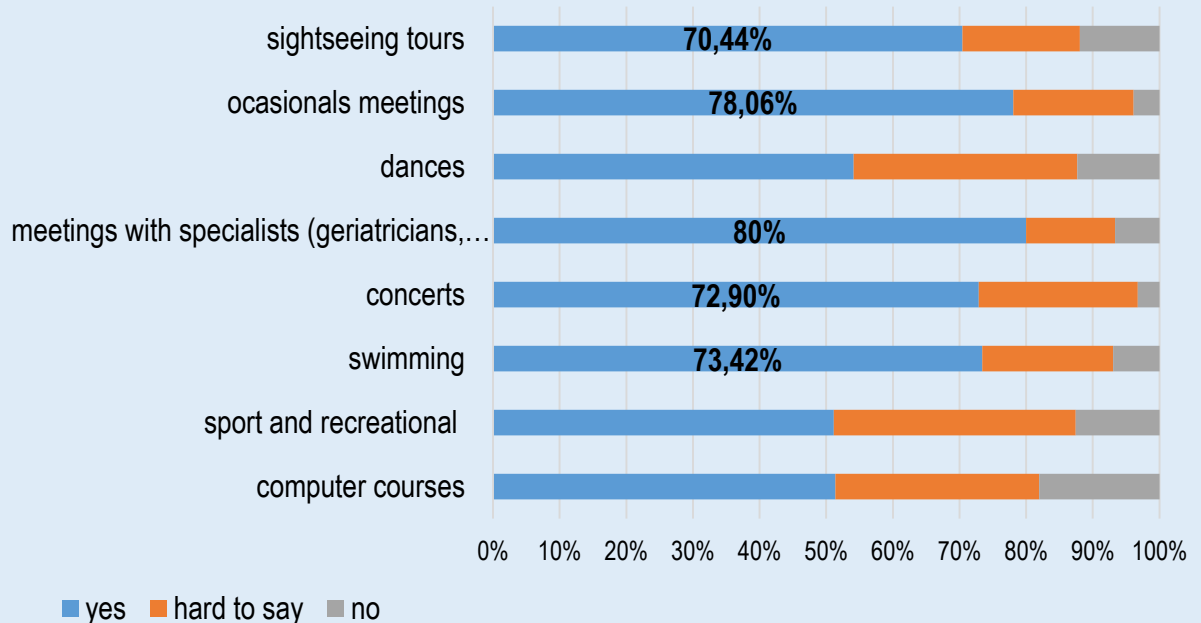
- senility and loneliness,
- self-assessment of health condition,
- access to different types of care services,
- economic and social activity,
- security,
- availability and seniors' interest in services dedicated to older adults offered by the Kolbudy Commune.

12% of seniors live alone and more than 50% in a two-person household with another person aged 60 and over

16% of seniors „often” or „always” stay at home alone

over 80% of seniors receive the support and care services from family members or relatives, when its necessary (13% remain without any support)

What activities do seniors in Kolbudy Commune recognize as attractive for them?



PRIORITIES OF LOCAL SENIOR POLICY IN KOLBUDY COMMUNE

MAIN GOAL

**TO SUPPORT SENIORS OF KOLBUDY
COMMUNE AND DESIGN THE ENVIRONMENT
FOR HEALTHY AND ACTIVE AGEING,
CONDUCTIVE TO SATISFYING LIFE IN THE
LOCAL COMMUNITY**



LOCAL SENIOR POLICY

**CREATING
CONDITIONS
FOR ACTIVE
AGEING**

**SENIOR AT
HOME:
PROVIDING
CARE
SERVICES**

**CREATE AND
PROMOTE
POSITIVE
IMAGE OF
OLDER
ADULTS**

**KOLBUDY COMMUNE – AGE FRIENDLY PLACE TO LIVE
AND FULFILLING INDIVIDUAL GOALS**

CREATING CONDITIONS FOR ACTIVE AGEING

ACTIVITY AND RECREATION

GYMNASTICS FOR SENIORS,
THERAPEUTIC DANCE
NORDIC WALKING



EDUCATIONAL ACTIVITY

ENGLISH CLASSES
COMPUTER CLASSES
HANDICRAFT CLASSES
MEETING WITH EXPERTS
(GERIATRA, LAWYER,
NUTRITIONIST etc.)

SOCIAL ACTIVITY

ACTIVE PARTICIPATION IN
LOCAL EVENTS
SENIORS – LEADERS
SENIORS – MEDIATORS
SENIORS – VOLUNTEERS



Miasteczko Kolbudy
Powiat Kolbuszowski

SENIORS' DAY CARE CENTERS – SENIORS' CLUBS



Members of the Seniors' Club
„NOW IT'S TIME FOR US”



Members of the Seniors' Club
„CO-RELATIVES”



Members of the Seniors' Club
„UNDER THE LINDEN TREES”

SENIOR AT HOME: PROVIDING CARE SERVICES

- Home healthcare services (home visits of doctor or nurse)
- Social services (including home care and companionship for seniors) provided at seniors' homes by local government, NGOs and the CARITAS – Catholic Church institution
- Home telecare („life alert” and telecare assistant)
- Trainings and psychological support for seniors' carers
- Respite care as the support/relief for seniors' usual caregivers
- Official celebrations of seniors' birthdays (those aged 90 years and over)



CREATE AND PROMOTE POSITIVE IMAGE OF OLDER ADULTS

- Promotion of the seniors' artistic achievements and activities
- Cooperation with schools and kindergartens - building intergenerational relations
- Intergenerational activities like intergenerational sightseeing tours
- Building and maintaining outdoor gyms enabling the activity of seniors
- Construction and renovation of public infrastructure within the principles of universal design
- Installation of benches along the pedestrian paths
- Lighting pedestrian crossings



AREAS REQUIRING DEVELOPMENT/IMPROVEMENT IN THE NEXT YEARS

ACCESS TO HEALTHCARE



NEW HEALTHCARE CENTER - REHABILITATION ZONE

ACTIVITY OF SENIORS - LEADERS



**EDUCATION AND PROMOTION OF SENIORS'
VOLUNTEERING**

**REDUCING THE NUMBER OF ALONE SENIORS
SPENDING TIME AT HOMES, REQUIRING
DIFFERENT TYPES OF ASSISTANCE/SUPPORT**



**PERMANENT OFFER DEVELOPMENT IN SENIORS'
CLUBS (QUANTITATIVE AND QUALITATIVE)**



**SYSTEMATIC SUPPORT FOR SENIORS WITH PHYSICAL
LIMITATIONS OR DISABLED AND THEIR CAREGIVERS**



SUPPORT FOR LOCAL (SENIORS') INITIATIVES



SYSTEM OF COMMUNICATION WITH SENIORS



MOBILE FACILITY, TRANSPORT SERVICES

SENIOR SAFETY



**LEGAL ADVICES, WORKSHOPS IN THE FIELD OF
SENIORS' SAFETY**

HORIZONTAL PRINCIPLES OF LOCAL SENIOR POLICY IN KOLBUDY COMMUNE

DIVERSIFICATION AND COMPREHENSIVE ACTIONS



UNDERSTANDING OF SENIORS' DIVERSITY AND VARIETY OF THEIR NEEDS

STRATEGIC ORIENTATION/PERSPECTIVE



THE EFFECTS COME AFTER SOME TIME (THERE IS A NEED TO BUILD UP THE TRUST AMONG SENIORS)
NECESSITY OF HAVING THE PLAN „FOR DEMOGRAPHIC SITUATION OF TODAY” AND „FOR TOMORROW”
PROVISION OF FINANCING
PROFESSIONALISM IN PLANNING AND IMPLEMENTING THE LOCAL SENIOR POLICY

INTERGENERATIONAL ORIENTATION



THE NEED OF MULTISECTORAL COOPERATION
COUNTERACTING THE AGE ANTAGONISMS OR AGE DISCRIMINATION

MULTISECTORAL COOPERATION



IMPORATNT ROLE OF NGOs
ACTIVITIES DEDICATED FOR SENIORS IN THE COMMUNE'S PRECINCTS
SENIORS – LEADERS/PROJECT PARTNERS
LOCAL ENTREPRENEURS – PARTNERS AND SPONSORS



Document was prepared by

Anita Richert-Kaźmierska, Ph.D. Mayor's Proxy for Seniors' Affairs

E-mail contact: seniorzy@kolbudy.pl