



AGE-FRIENDLY BASELINE SELF-ASSESSMENT OF THE CITY OF GDANSK

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

GDAŃSK 2023



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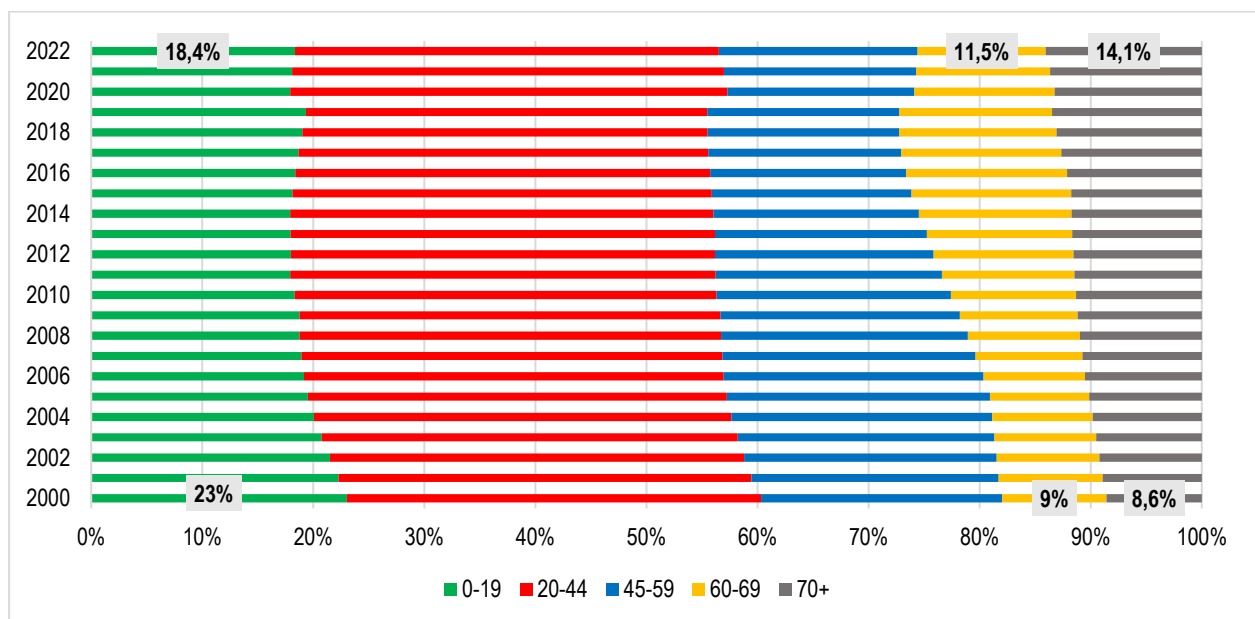
1. POPULATION AGING IN THE CITY OF GDANSK

Gdansk is the city of freedom and solidarity, with a rich historical heritage, multicultural, modern and innovative. It is the attractive place to live and work. Local authorities support citizens' initiatives and participation of local society members' in social and political life. They value and promote the partnership between the public, non-governmental and private sectors. Gdansk is the city of respect for equality and human rights.

Despite the fact that Gdańsk is a strong academic center and local enterprises offer attractive and modern workplaces, in the city the process of aging population can be observed.

Older adults constitute almost 26% of over 486 thousand inhabitants of the city. Within last twenty two years, the share of this group has increased by over 8 p.p. (from 83.3 thousand up to 124.5 thousand persons). At the same time by 5 p.p. decreased the share of the youngest group - persons aged 0-19 (from 106.6 thousand to 89.2 thousand persons).

Figure 1. Age structure of the City of Gdansk population in the years 2000-2022



Source: own study based on data from the Gdansk City Hall.

Women dominate among of Gdansk inhabitants aged 60 and over. In 2022 they constituted 59.2% of this age group.

Older adults constitute a heterogeneous group representing different needs. One of the differentiating factors is the individuals' age and increasing dependency and disability relating with older age.

The number and share of "older" seniors among the Gdansk inhabitants is systematically increasing. The pandemic era and the above-average mortality rate of the oldest slowed down the growing share of "older" seniors (80 years and more) among Gdansk older adults in recent years. Nevertheless, statistics clearly indicate the progressive phenomenon of the so-called double aging process.

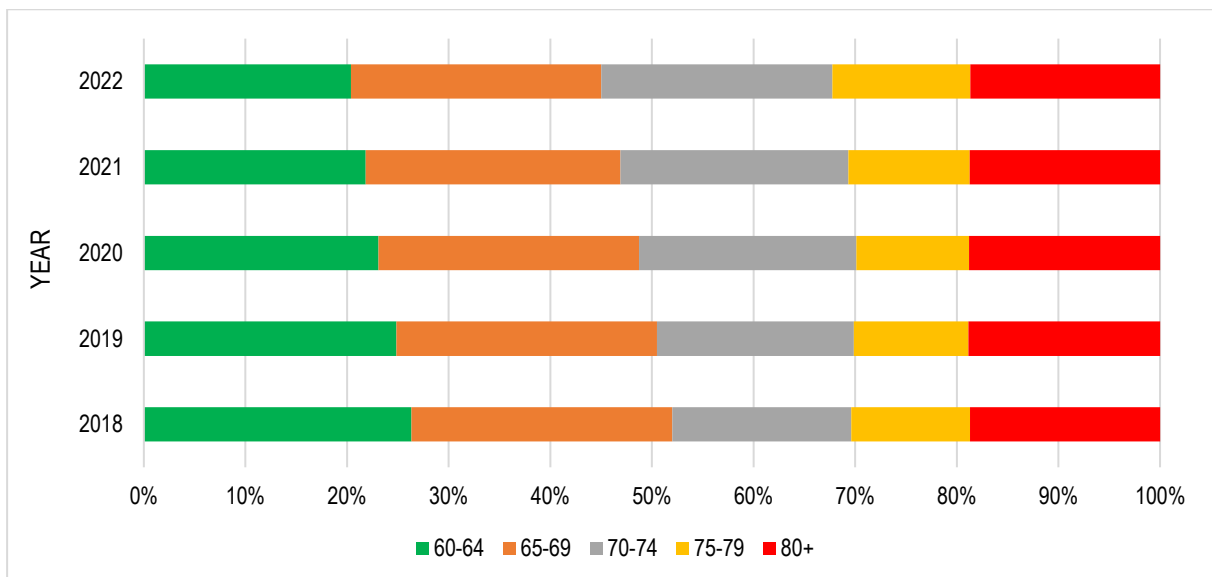


Table 1. Number of older adults in the City of Gdansk in age groups (2018-2022)

AGE GROUP	YEAR				
	2018	2019	2020	2021	2022
60-64 years	33 489	31 858	29065	27 292	25 358
65-69 years	32 589	32 921	32243	31 398	30 699
70-74 years	22 415	24 827	26946	28 041	28 311
75-79 years	14 828	14 451	13915	14 944	16 886
80 years and over	23 771	24 195	23 666	23 424	23 237
Total number of older adults	127 092	128 252	125 835	125 099	124 491

Source: own study based on data from the Gdansk City Hall.

Figure 2. Age structure of older adults in the City of Gdansk



Source: own study based on data from the Gdansk City Hall.

The change in the age structure of Gdansk's inhabitants - similarly to other cities - is the result of many social processes. The most important is the migration. Many young people emigrate to other EU countries, moreover families with small children migrate beyond the administrative borders of the city, where it's cheaper to build/buy the house or apartment. The increase in the number of inhabitants in the communes neighboring Gdansk is observed. Other determinants of ageing population are changes in the social role of women and the family model (reflected in a negative natural increase), as well as increasing life expectancy.

The migration of young people and families with small children is also observed between districts of the City of Gdansk. The districts with the highest positive migration balance are: Jasień, Ujeścisko-Łostowice, Orunia Górna-Gdańsk Południe, Letnica and Kokoszki. In turn, the districts with the highest negative migration balance are as follows: Chełm, Śródmieście, Przymorze Wielkie, Piecki Migowo and Żabianka-Wejhera-Jelitkowo-Tysiąclecia.



Table 2. Migration balance in selected districts of the City of Gdansk in 2021 and 2022

THE HIGHEST POSITIVE MIGRATION BALANCE			THE HIGHEST NEGATIVE MIGRATION BALANCE		
DISTRICT	YEAR 2021	YEAR 2022	DISTRICT	YEAR 2021	YEAR 2022
JASIEŃ	259	266	CHEŁM	-110	-125
UJEŚCISKO-ŁOSTOWICE	300	219	ŚRÓDMIEŚCIE	-150	-117
ORUNIA GÓRNA- GDAŃSK POŁUDNIE	145	144	PRZYMORZE WIELKIE	-133	-102
LETNICA	61	83	PIECKI MIGOWO	-111	-94
KOKOSZKI	125	67	ŻABIANKA- WEJHERA – JELITKOWO -TYSIĄCLECIA	-83	-50

Source: own study based on data from the Gdansk City Hall.

Specificity of the internal migrations between the city's districts determine significant differences in their age structure. Therefore there is the necessity for differentiation of activities initiate or undertaken in the field of senior policy – responding to the demographic situation.

The range of dissimilarity of demographic structure amongst the districts of the City of Gdańsk can be evidenced by a difference of 27.7 p.p. between the value of the old age coefficient in the youngest (Jasień 12.1%) and the oldest (Żabianka-Wejhera-Jelitkowo-Tysiąclecia 39.8%) district.

According to the value of the old age coefficient (the share of persons aged 60 and over among the total population), the districts of the City of Gdansk are divided into three groups: "young", "mature" and "demographically old".

Table 3. Districts' of the City of Gdansk division according to the value of the old age coefficient in 2022

"Young" districts – the share of older adults is less than 20% in the total district inhabitants							
Jasień	Ujeścisko	Letnica	Orunia Górna – Gdańsk Południe	Kokoszki			
12,1%	15,7%	15,8%	16,7%	19,2%			
"Mature" districts – the share of older adults is 20%-30% in the total district inhabitants							
Osowa	Oliwa	Krakowiec	Piecki Migowo	Matarnia	Olszynka	Chełm	Wyspa Sobieszewska
23,2%	24,9%	25,9%	26,9%	26,9%	29,2%	29,7%	29,8%
"Demographically old" districts – the share of older adults is over 30% in the total district inhabitants							
Żabianka-Wejhera-Jelitkowo-Tysiąclecia				39,80%			
Przymorze Wielkie				38,50%			
Zaspa Młyniec				38,10%			
Wzgórze Mickiewicza				37,10%			
Młyniska				36,50%			
Brzeźno				36,10%			
Suchanino				35,90%			
Przeróbka				35,60%			
Zaspa Rozstaje				34,80%			



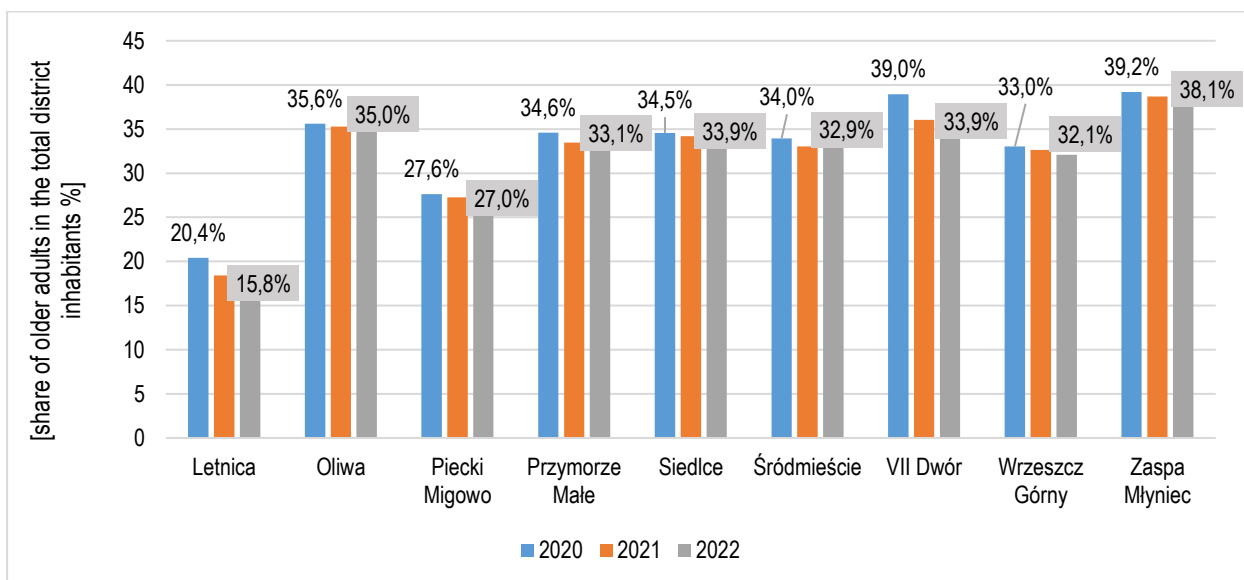
Stogi	34,40%
Siedlce	33,90%
VII Dwór	33,90%
Strzyża	33,20%
Przymorze Małe	33,10%
Nowy Port	32,90%
Śródmieście	32,90%
Wrzeszcz Dolny	32,80%
Wrzeszcz Górny	32,10%
Rudniki	31,80%
Brętowo	31,20%
Aniołki	30,20%
Orunia – Św. Wojciech - Lipce	30,50%

Source: own study based on data from the Gdansk City Hall.

The in-deep analysis of the demographic changes in the City of Gdansk districts' has revealed interesting and powerful information. Some of the districts are undergoing the process of "rejuvenation of the age structure" and some of the so-called "accelerated aging". That confirms the conviction about the necessity of differentiate activities of local authorities at the district scale.

The districts where age structure has been slowly "rejuvenating" in recent years are: Letnica, Oliwa, Piecki Migowo, Przymorze Małe, Siedlce, Śródmieście, VII Dwór, Wrzeszcz Górny and Zaspą Młyniec. Even though these are mostly "demographically old" districts, the scale and trend of changes observed in the last few years allow to assume that the aging process has slowed down there.

Figure 3. Districts of the City of Gdansk where the value of the old age coefficient was decreasing in 2020-2022



Source: own study based on data from the Gdansk City Hall.

The process of "accelerated aging" can take one of three forms:

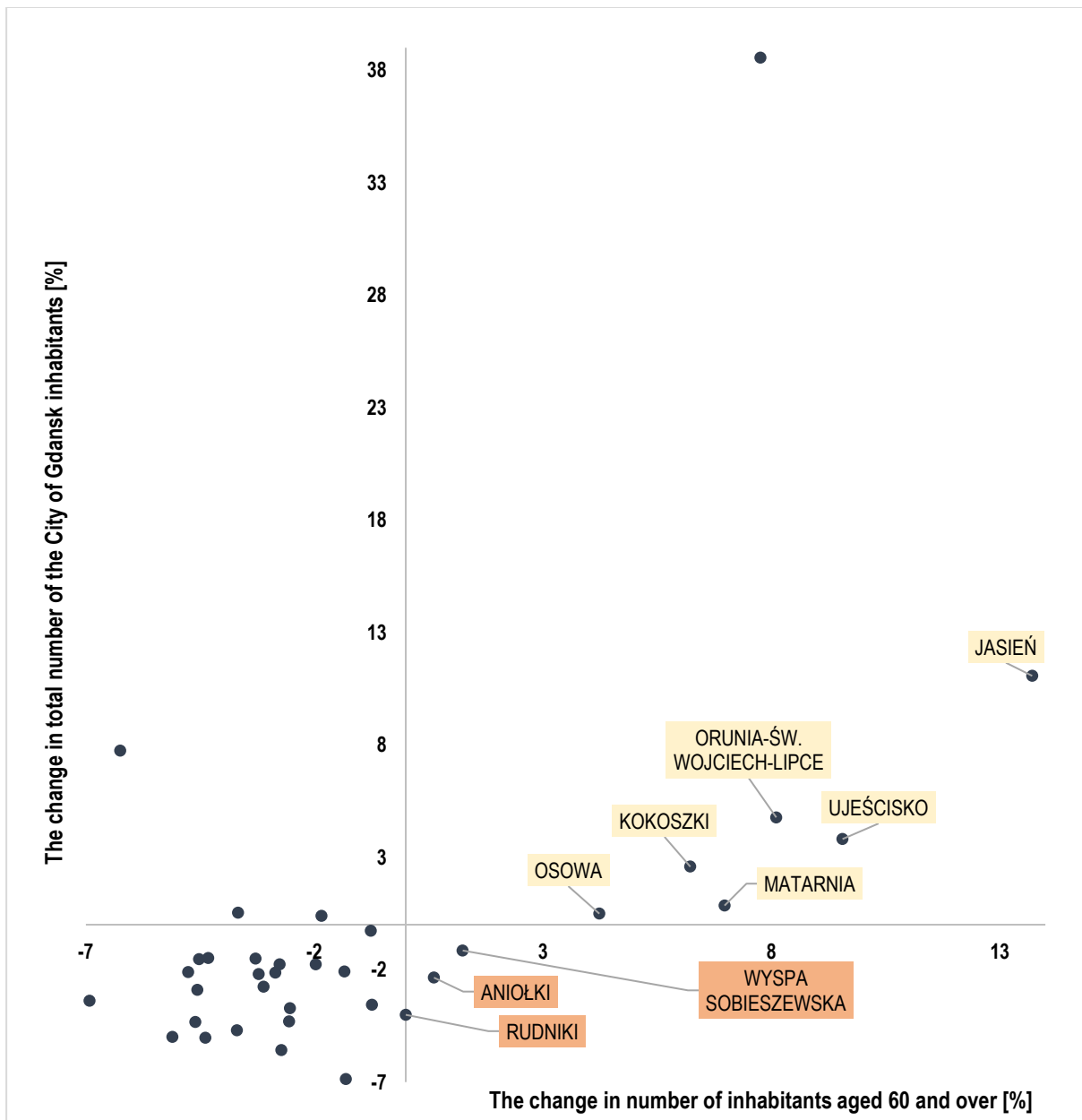
- the total number of district's residents and older adults are decreasing at the same time, nevertheless the rate of decrease of the total number of residents is higher than the rate of decrease of residents aged 60 and over;



- the total number of district's residents is increasing, but the growth rate of the number of seniors is much higher;
- the total number of district's residents is decreasing, and the number of older adults is increasing.

The most undesirable option is while the total number of inhabitants is decreasing and the number of older adults is increasing. The districts where such a phenomenon was found in period 2020-2022 are as follow: Aniołki, Rudniki and Wyspa Sobieszewska. In turn, the districts in which in this period the growth rate of the number of older adults is higher than the growth rate of the total number of district's inhabitants are: Jasień, Ujeścisko, Matarnia, Orunia-Św. Wojciech-Lipce, Kokoszki, Osowa.

Figure 4. The rate of change in the number of total district's residents and older adults in 2020-2022



Source: own study based on data from the Gdansk City Hall.



One of the key determinants of district's senior policy activities differentiation is the internal age structure of the older adults subpopulation. The greater the share of younger seniors (aged 60-79), the greater the needs and related with them activities in the field of social activation and educational initiatives. In turn, the greater the share of older seniors (80 years and over), the greater the needs in terms of the availability of care services in the senior's place of residence and care services in the institutional care system.

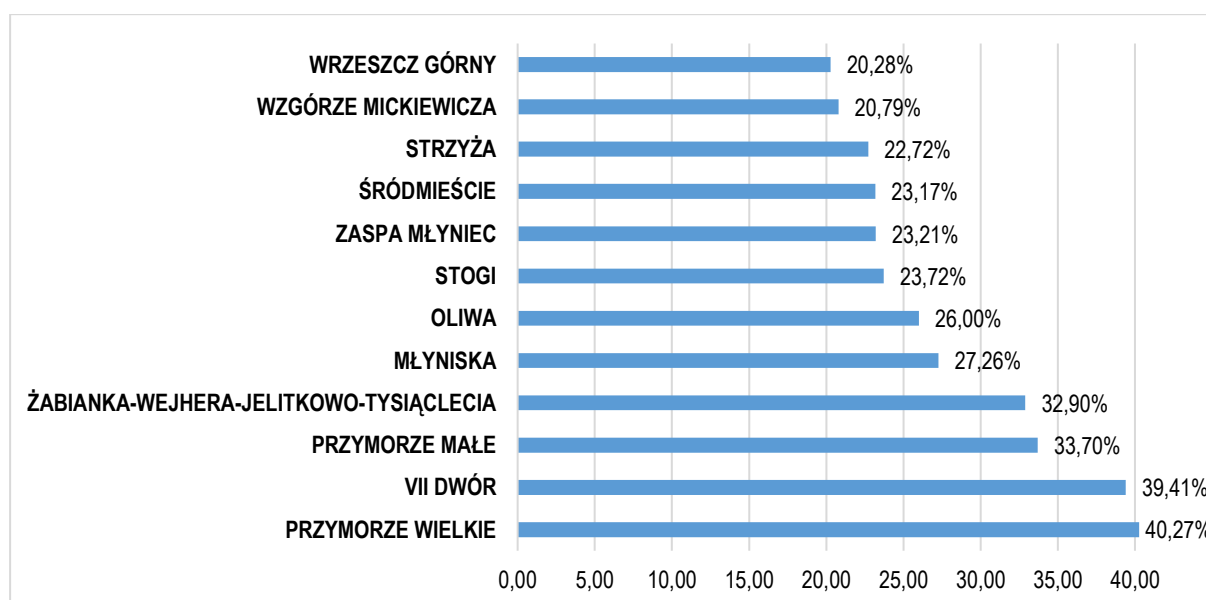
Table 4. The share of residents aged 80+ in older adults (60+) in 2022 – districts' differences

AVERAGE	MEDIAN	MIN	MAX
18,59%	18,01%	LETNICA 7,78%	PRZYMORZE WIELKIE 40,27%

Source: own study based on data from the Gdansk City Hall.

Older seniors (80 years and over) constitute over 20% of the subpopulation of older adults (60+) in twelve districts of the City of Gdansk.

Figure 5. The City of Gdansk districts where the share of seniors aged 80+ is over 20% of subpopulation of older adults (60+) in 2022



Source: own study based on data from the Gdansk City Hall.

2. DIAGNOSIS OF THE NEEDS OF OLDER ADULTS IN THE CITY OF GDANSK

Senior policy in the city of Gdansk responds to the results of research conducted in 2012 diagnosing older adults' needs. Almost 1 500 Gdansk inhabitants in older age took part in the survey "The sociological portrait of Gdansk inhabitants aged 65 and over". The study was focused on the following issues:

- senility and loneliness
- self-assessment of health condition
- access to the different types of care services
- economic and social activity
- self-esteem of security



— availability and seniors' interest in services dedicated to older adults offered in the city of Gdansk

Due to the survey results, there have been identified Gdansk older adults' characteristics. Some of them are as follow:

- over one third lives alone (37.3%), almost 75% of those declaring living with another person are two-person senior households, what means those are persons living with a spouse/life partner aged 65+,
- they often stay at home without the company (40% of respondents - aggregated answers "often" and "always"), and 15.5% "often or always" feel lonely,
- over 82% can count on family members' help when its needed, and over half (57.9%) systematically get the support provided by children,
- older adults want to live in their own homes/apartments with ad hoc support delivered by family members (37.8%) or both family members and specialized organizations (48.4%),
- just over 36% declare practicing any physical activity,
- over 35% have no hobby or passion that they would develop in their free time.

The diagnosis regarding older adults' social activity was also carried out in 2013. "Social activity of older adults in Gdansk" – it was a survey conducted under the project financed by the Government Program for the Social Activation of Older People for 2012-2013. The results, similarly to the research conducted in 2012, indicate low level of older adults' formal activity and slightly higher informal and individual activity..

Only every tenth senior in Gdansk participates in cultural and recreational events dedicated to older adults (11%), every fifth in educational activities (5.1%). Only less than 2% initiate or coordinate activities addressed to other seniors or local society. At the same time, as many as 42.8% of Gdansk seniors helped their neighbors in the 6 months preceding the survey. If older adults decide for participating in any activity, it mainly happens in their immediate residential area.

In 2023, during the conceptual work on the Gdansk Model of Equal Treatment and Strategy for Gdansk 2030+, the older adults' expectations were examined again (focus group study). The study covered six thematic areas: health, culture and civic activity, work and lifelong learning, safety and anti-discrimination, social services and public space, mobility and housing.

There have been identified the needs and expectations of older adults. They are currently being analyzed by the local authorities and will help to design new actions within local senior policy.

Due to the survey results older adults want to actively participate in the city's public and cultural life. They want to develop their passions and participate in informal senior groups and implement intergenerational projects and undertakings. The main older adults' needs in Gdansk are as follow:

- improvement of the communication system between municipal organizational units and older adults (including selection of tools and communication channels appropriate to the age and seniors habits),
- selective development of different activities dedicated to seniors in city districts, to ensure easy access to the offer,
- organizational and financial support for non-governmental organizations and informal groups working for seniors, as well as their leaders,
- development of educational initiatives that use the potential of knowledge and experience of seniors, including veterans,
- promotion of intergenerational activities, provide an opportunity for younger and older people to learn from each other, and most importantly - prevent antagonism between different age groups or manifestations of ageism,



- promoting the continuation of professional activity by persons approaching retirement age, enabling seniors to acquire new knowledge and skills and building a positive image of older workers among employers,
- information and educational activities that secure older adults against the scams,
- development of services supporting older adults in their place of residence, including: through the development of neighborhood services, increasing the number of places in support centers operating on a daily system, developing transport services dedicated to older people with disabilities,
- development of open, common spaces, designed in an accessible and senior-friendly way,
- adapt public buildings and civil engineering infrastructure (sidewalks, pedestrian crossings, etc.) to the needs of seniors in order to preserve the right of this group to independence and social inclusion.

3. SENIOR POLICY AS A STRATEGIC CHALLENGE IN THE CITY OF GDANSK

The senior policy has been implemented in the City of Gdansk since 2007. Its priorities and goals result from the older adults' needs diagnosis. It results from the strategic documents programming social and economic development of the city: "Gdańsk 2030 Plus - City Development Strategy" and the Operational Programs for the implementation of the Gdańsk 2030 Plus City Development Strategy.

Table 5. "Gdansk 2030 Plus. City Development Strategy" – goals and directions of action determining the senior policy

STRATEGIC OBJECTIVES	ACTION LINES DETERMINING THE SENIOR POLICY IN THE CITY OF GDANSK
OBJECTIVE 2. COMMON CITY	<p>ACTION 2.1. Development of the education system at every stage of life, with a focus on future competences and digitalization and talent development</p> <p>ACTION 2.2. Equalizing development opportunities for all residents, strengthening social solidarity and supporting families and developing the conditions for long independent lives</p> <p>ACTION 2.3. Building sustainable partnerships and local communities, integration and responsible participation in community life, supporting active citizenship and involving residents</p> <p>ACTION 2.4. Increasing participation in culture, supporting artistic creativity, developing culture as a system that binds the city together and builds identity, dissemination and the protection of heritage.</p> <p>ACTION 2.5. Creating the conditions for a healthy and active lifestyle, developing sport and increasing the health competences of residents</p> <p>ACTION 2.6. Preventing depopulation of the city by developing accessible housing</p>
OBJECTIVE 3. ACCESSIBLE CITY	<p>ACTION 3.1. Improving conditions for daily mobility by prioritizing and developing sustainable and integrated pedestrian, cycling and public transport systems</p> <p>ACTION 3.3. Removal of barriers in the city space</p> <p>ACTION 3.5. Implementing the concept of inward growth and a compact city of short distances</p> <p>ACTION 3.6. Creating aesthetically pleasing, multifunctional and accessible public spaces friendly to residents, meeting and leisure areas and revitalisation</p>

Source: own study based on data from the Gdansk City Hall.

Table 6. Review of the provisions included in the Operational Programs setting the framework for senior policy in the City of Gdansk

OPERATIONAL PROGRAMME EDUCATION		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Developing resources of education, teaching and care infrastructure	Effective management of education, teaching and care infrastructure	Optimising the use of premises and infrastructure, and making them available to local organisations and inhabitants, according to the needs



OPERATIONAL PROGRAMME PUBLIC HEALTH AND SPORTS		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Increasing the knowledge of the impact of lifestyle and environmental conditions on health	Promoting healthy nutrition	Implementation of educational projects on the principles of healthy nutrition, addressed to various consumer groups
		Implementation of educational campaigns for the promotion of healthy eating habits, addressed to various consumer groups
	Promoting physical activity	Implementation of educational projects on the importance of physical activity for health, addressed to various consumer groups
	Promoting mental health	Implementation of educational projects and campaigns on psychosocial aspects of health
		Implementation of psychological help projects for the inhabitants of Gdansk.
	Promoting active ageing	Implementation of educational projects on the ageing process and methods for maintaining mental and physical fitness at older age
Support for actions for preparing families to take care of seniors		
Increasing the participation of the inhabitants in physical culture	Creating the conditions for the development of public sport, including at schools, supporting physical education	Implementation and support for projects enabling physical activity of people in various age groups
		Implementation and support for projects enabling physical activity of people with disabilities and at risk of addiction, diseases of affluence and social exclusion - to promote prevention
Increasing the effectiveness of disease and addiction prevention programmes	Prevention of noncommunicable diseases, especially diseases of affluence, including cardiovascular diseases, obesity, diabetes and cancer	Implementation of projects involving health interventions aimed at reducing risk factors for diseases of affluence among various age groups
		Implementation of projects of screening tests for early detection of diseases, including cardiovascular diseases, obesity, diabetes and cancer
		Implementation of social projects and campaigns that promote prevention of noncommunicable diseases
	Preventing the abuse of medicines and dietary supplements	Implementation and support for actions that raise the qualifications of the medical community in the prevention of the abuse of medicines and dietary supplements by patients, including: extending the knowledge on drug interactions
Improving the quality of medical care	Integrating social and psychological support and medical care, including: promotion of volunteering in the area of medical care	Support for actions for the creation of an integrated health care and telemedicine system through volunteering
		Support for non-governmental organizations that build an integrated multidisciplinary assistance for the relevant environment

OPERATIONAL PROGRAMME SOCIAL INTEGRATION AND ACTIVE CITIZENSHIP		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Increasing the development potential of local communities, families and individuals	Expanding and maintaining the networks of district, neighborhood and family initiatives and actions.	Expanding and strengthening the network of local centres, local partnerships and support for leaders of local communities
		Increasing the participation of informal groups in district activation actions
		Promoting the attitude of social solidarity among the inhabitants of Gdansk



Increasing the role of inhabitants, organisations, institutions and other entities in the establishment of the city policies	Increasing the participation of inhabitants in city management	Expanding the system of public consultations on issues important for the inhabitants of Gdansk
Improving the quality of the social integration system	Increasing the access to affordable, sustainable and high-quality social services	Strengthening and enhancing interventions, in particular early intervention.
		Increasing the participation and improving the quality of environmental support in local communities
		Increasing the access to specialist forms of support
		Improving the quality of institutional forms of support

OPERATIONAL PROGRAMME CULTURE AND LEISURE		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Increasing the participation of the inhabitants of Gdansk in culture and cultural activity	Creating new and improving the availability and quality of existing institutions and other places of culture and leisure	Opening of cultural institutions and public spaces to the needs of inhabitants and local communities
		Ensuring the ability to carry out cultural activity, meetings and leisure offers in the framework of existing and emerging local activity centres
	Development of cultural offer and leisure services with consideration of the needs of various consumer groups.	Balancing the cultural offer with consideration of the needs of various consumer groups and opening of institutions to actions aimed at various groups
		Development of varied forms and methods of co-participation in culture

OPERATIONAL PROGRAMME INNOVATION AND ENTREPRENEURSHIP		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Effective and comprehensive support of companies and organisations in Gdansk	Development of the system of support for emerging and existing enterprises in traditional industries	Developing the counselling and mentoring system
	Developing the social economy sector	Intensification of social economy support, including: activation of and support for economisation of the NGO sector.

OPERATIONAL PROGRAMME INFRASTRUCTURE		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Increasing the availability of housing in all segments of the housing market and improving the efficiency of use of available premises	Development and diversification of the housing offer	Creating a system to promote the development of housing construction for the socially diverse structure of users (privately owned dwellings and dwellings for rent, including: through Social Housing Associations [TBS], sheltered, assisted and social housing)
	Increasing the access to dwellings for people in need of social support	Providing dwellings and adapting them to the needs of people at risk of poverty and social exclusion as an element of support programmes



OPERATIONAL PROGRAMME MOBILITY AND TRANSPORT		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Increasing the attractiveness of public transport	Improving the organization of public transport	Expansion of the passenger information system, addressed also to the passengers with special transport needs

OPERATIONAL PROGRAMME PUBLIC SPACE		
OPERATIONAL OBJECTIVE	TASK	KEY ACTION
Greater inclusion of green spaces and nature sites in the shaping of public space	Sustainable use of natural resources, including: providing nature sites to the inhabitants, subject to the principles of their protection	Increasing the accessibility of green areas
Higher quality of public space	Development of public space to strengthen its functionality and identity	Improvement of the safety and accessibility in public spaces addressed to all its users (universal design)

Source: own study based on data from the Gdansk City Hall.

4. ADVOCATING FOR THE RIGHTS OF OLDER ADULTS

Older adults and their representatives have an important role in planning and implementing senior policy activities.

The Gdansk Council for Seniors' Affairs was established in 2007. It was Mayor of Gdansk consultative and advisory body. The Council has been working until 2018. Its members represented organizations offering services dedicated for older adults, public and social organizations, as well as researchers working to improve the quality of seniors' life in Gdansk.

The Gdansk Seniors' Council was established in 2018. Its members are elected as seniors' representatives. The Council advises, consults and initiates activities for seniors. It cooperates closely with authorities in the area of local issues, in particular regarding the planning and implementation of the city's senior policy

The primary role of the Gdansk Seniors' Council is to increase the interest and involvement of seniors in the local society affairs. The Council operates in particular in the following areas:

- building up positive portrayal of seniors in local society, prevent the marginalization and discrimination of seniors;
- seniors' civic activity – support the activity of non-formal groups of seniors and their activities for the local community;
- intergenerational integration support;
- promotion of prevention and healthy lifestyle;
- lifelong education – developing forms of education and intellectual activity;
- culture and leisure – development of various forms of recreation, promotion of active ageing and activities that promote physical and mental well-being for seniors;
- prevent senior citizen scams;



- public space, transport and mobility - giving opinions and submitting proposals for changes related to the organization of public transport and the organization of public spaces, taking into account the needs of older adults.

5. PRIORITIES AND ACTIVITIES UNDERTAKEN IN THE CITY OF GDANSK UNDER THE LOCAL SENIOR POLICY

The senior policy has been implemented in the city of Gdansk since 2007. It follows the strategic documents programming social and economic development of the city. Its priorities and goals result from the older adults' needs diagnosis. In 2012 the deep research "The sociological portrait of Gdansk inhabitants aged 65 and over" was conducted. In 2023, during the conceptual work on the Gdansk Model of Equal Treatment and Strategy for Gdansk 2030+, the older adults' expectations were examined again (focus group study).

The main goal of the senior policy in the city of Gdansk is to ensure a long, independent and dignified life for all inhabitants in older age. It's implementation is to be achieved with activities that fall within six main priorities:

1. promotion of active ageing
2. health prevention
3. investments in infrastructure enabling independence for older adults, including those with disabilities
4. development of care services for seniors in their place of residence
5. older citizens' public and social participation and older adults' advocacy
6. promotion of the positive image of older adults' and development of intergenerational relationships

The senior policy tasks are pursued by different departments of the Gdansk City Hall. The Department of Social Development and the Municipal Family Assistance Center are the leading entities implementing social policy in this area. Many activities are undertaken in partnership with non-governmental organizations.

The older adults' representatives has significant impact on the process of planning and implementing senior policy activities' too. The Gdansk Seniors' Council has been established in 2018.

To ensure coordination of various activities undertaken in the city, the Mayor's Plenipotentiary for the Elderly was appointed in 2011.

Table 7. Priorities and selected activities realized under the local senior policy in the City of Gdansk

PRIORITY: PROMOTION OF ACTIVE AGEING
The City of Gdansk cooperate with non-governmental organizations realizing projects focused on seniors' activation Support for the activities undertaken by the Regional Center for Non-Governmental Organizations and Volunteers www.wolontariatgdansk.pl
Labor Center for Seniors run by Gdansk Labor Office



Co-organization events promoting social and professional activity, including the Gdansk Festival of Work and Activities for Seniors

<https://www.pracadlaseniorow.pl/>

Discounts for seniors using the Resident Card (eg. sports and recreational facilities and cultural events)

www.jestemzgdanska.pl

Cooperation with over 70 senior clubs operating in the city, integrating and activating seniors near their places of residence

Supporting the activities of neighborhood houses/clubs in city districts, including activities dedicated to older residents

PRIORITY: HEALTH PREVENTION

Health prevention program promoting a healthy lifestyle and nutrition "Third Age in Health"

<https://opz.gdansk.pl/trzeci-wiek-w-zdrowiu/>

Gdansk Mental Health Support Programs addressed to seniors: "Kung Fu Senior - classes activating and supporting mental health for persons aged 55+" and "Get together, Senior!"

<https://wsparciewgdansku.pl/>

Physical recreation workshops "Get active in Gdańsk!"

<https://sportgdansk.pl/nasze-projekty/aktywuj-sie-w-gdansku/>

PRIORITY: INVESTMENTS IN INFRASTRUCTURE ENABLING INDEPENDENCE FOR OLDER ADULTS, INCLUDING THOSE WITH DISABILITIES

Acceptance of the catalog of principles and recommendations in the field of universal design in relation to investments realized by the City of Gdansk - "Universal design guide. Detailed accessibility standards for shaping spaces and buildings in the City of Gdansk"

<https://www.brg.gda.pl/planowanie-przestrzenne/poradnik-projektowania-universalnego>

Development of the supported housing system as a form of deinstitutionalization of social services, including those addressed to older adults: "The Supported Housing Model operating under the Gdansk Social Housing Program for people/families at risk of social exclusion for the years 2016-2023"

https://download.cloudgdansk.pl/gdansk-pl/d/201908132980/pmq_2017_7_700_zal01.pdf

PRIORITY: DEVELOPMENT OF CARE SERVICES FOR SENIORS IN THEIR PLACE OF RESIDENCE

Organizing and financing the day support centers for seniors

<https://mopr.gda.pl/wsparcie-dla/seniorzy/>

A wide range of care services provided at the senior's place of residence, including respite care and assistantship of a seniors with disability

<https://mopr.gda.pl/wsparcie-dla/seniorzy/uslugi-opiekuncze-i-specjalistyczne-uslugi-opiekuncze/>

Handyman service for seniors dedicated for those aged 70+

www.gss.org.pl

Gdansk Model of Home Telecare - equipping seniors who are at high risk of a life or health-threatening emergency, regardless of age or type of disease, in the so-called "life button"

info@fundacjagdanska.pl



PRIORITY: OLDER CITIZENS' PUBLIC AND SOCIAL PARTICIPATION AND OLDER ADULTS' ADVOCACY

Gdansk Senior Fund – the financial program enabling the implementation of activities by seniors for the local environment, also by informal groups

gfs@wolontariatgdansk.pl

Establishment of The Gdansk Seniors' Council in 2018, which has a great role in designing the priorities of senior policy in the City of Gdansk

<https://bip.gdansk.pl/rada-miasta/rada-seniorow>

The Dolna Brama Center was opened in 2023. Seniors Information and Animation Centre is located there. The Dolna Brama Center also functions as a place where non-governmental organizations or informal groups of seniors can use the space for integration and implementation of various activities free of charge. The Center enables intergenerational activities to connect the passion and the energy to work of the citizens of Gdansk

<https://www.gdansk.pl/wiadomosci/Otwarcie-Centrum-Dolna-Brama-Dla-aktywnych-mieszkancow-organizacji-pozarzadowych,a,248651>

PRIORITY: PROMOTION OF THE POSITIVE IMAGE OF OLDER ADULTS' AND DEVELOPMENT OF INTERGENERATIONAL RELATIONSHIPS

The "Maturity Benefits" project appreciates the creativity of seniors and promotes intergenerational solidarity. Students of Stanislaw Moniuszko Academy of Music in Gdansk create music to poems written by seniors

www.benefisdojrzalosci.pl

Seniors' Parade and Picnic - an annual event integrating the senior community (several hundred participants) and providing a platform for intergenerational integration. For one day, the key to the city gates goes into the hands of Gdansk Seniors

<https://www.gdansk.pl/wydarzenia/parada-i-piknik-seniorow-2022,w,28288>

The competition "Active Seniors in Gdansk" has been organized since 2012. Its aim is to reward the most active older adults and most innovative projects dedicated to seniors. The competition promotes activities and investments improving the quality of seniors' life. There are prizes awarded in 4 categories: Active Senior - Man, Active Senior - Woman, Group of Seniors and Senior-Friendly Place

<https://www.gdansk.pl/urząd-miejski/wydział-rozwoju-społecznego/xi-edycja-konkursu-aktywni-seniorzy,a,250420>

Source: own study based on data from the Gdansk City Hall.

6. OLDER ADULTS IN THE CITY OF GDANSK – SUMMARY

The city of Gdańsk - like other cities in Poland and Europe - is under the aging process.

Older adults constitute almost 26% of over 486 thousand inhabitants of the city. Within last fifteen years, the share of this group has increased by over 5 p.p. (from 92.8 thousand up to 124.5 thousand persons). What is quite important, the share of older adults among the total number of city inhabitants is diverse in the districts' scale..

Demographic transition determines lots of challenges for the authorities. The most important is the necessity of developing new services dedicated to inhabitants in older age in the areas of social and educational activation, supporting independent functioning in the local environment within the priorities of deinstitutionalization, as well as health and care services.



The effectiveness of activities under the local senior policy depends primarily on understanding the essence of the aging process and its consequences, proper recognition of the needs of older adults, as well as on skillful cooperation based on mutual trust of local authorities, non-governmental organizations, senior communities and other institutions operating in the city.

In the City of Gdansk the tasks under the senior policy are realized by different departments of the city hall. The Department of Social Development and the Municipal Family Assistance Center are the leading entities implementing social policy in this area. The older adults' representatives has excellent impact on the process of planning and implementing senior policy activities' too. The Gdansk Seniors' Council has been established in 2018. To ensure coordination of seniors' dedicated activities undertaken in the city, the Mayor's Plenipotentiary for the Elderly was appointed in 2011.

Many activities under the senior policy in Gdansk are pursued in partnership with non-governmental organizations. Basis for the partnership are NGOs' professionalism and experience, long-term cooperation, high quality of services and social capital.

All public institutions, non-governmental organizations, informal groups and entrepreneurs operating in the city are invited by local authorities to cooperate within the local senior policy. The intersectoral cooperation brings excellent effects and allows to meet the growing needs in the field of older adults' support.

The activities under the senior policy undertaken in the city of Gdansk are financed by local funds, as well as EU programs dedicated to seniors, national government programs and the programs of the Pomeranian Voivodeship.