



# Efforts for complex integration of seniors in Municipality of Banská Bystrica



Special conference

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**J.W.Goethe: It is fortune to learn  
the advantages of old age in youth  
and to keep the advantages of youth  
in old age.**



# Content of the presentation

Scopes of social policy of Municipality of Banská Bystrica in relation to seniors

- Demographic growth of seniors
- Health condition of seniors
- National program for elders protection/National program for active ageing

Social policy and social services in relation to seniors in Banská Bystrica

- Daily centers for seniors, AES
- Emergency and field social services
- Residential social services
- Informedness and codetermination





## Scopes of social policy of Banská Bystrica in relation to seniors

- Demography – The ageing process of inhabitants
- Health condition of seniors
- National program for elders protection /  
National program for active ageing



## Demographic growth in relation to seniors

- The ageing process of the inhabitants – Decrease of child component share and growth of share of inhabitants over the age of 65
- With ascending age, the count of men in population is decreasing, so for one 90-year-old man there are 3 women.
- Structure of inhabitants of SR, according to prognosis of Statistical Office:

	2002	2005	2010	2015	2020	2025
> 65	11,6	11,99	12,83	14,68	17,80	20,05



## Demographical growth in relation to seniors

- Demographical growth in BBSR and in the city of Banská Bystrica as per 31.12.2009

	BBSR	County of BB
0 – 14	14,81 %	12,6 %
15 – 59M/54 W	63,22 %	65,2 %
60+M/55+W	21,97 %	22,2 %

*Source : SO SR*

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## Demographical growth in relation to seniors

- The Municipality of Banská Bystrica had the highest average age of the inhabitants and the highest ageing index value in 2009

(39,92 years, ageing index - 176,24, BBSR – 148,39). The City of Banská Bystrica forms 70 % of the municipality inhabitants.



# Health condition of seniors

- With advanced age come changes in health condition
- The most common illnesses for men: hypertension, ischemic heart disease, diabetes, lipidal metabolism disfunction, rachialgia
- The most common illnesses for women : ischemic heart disease, osteoporosis, rachialgia



# Health condition of seniors

Typical display of illness in advanced age is  
multimorbidity – more illnesses at the same time  
(more medical visits

more demands e.g. for transport) →

Index of social demands is being developed in accordance  
with age and health condition in SR:

55 – 69	0,4
70 – 79	3,8
> 80	13,8





## National program for elders protection/National program for active ageing

- Principles of the UN for elders within the frame of social policy:
- Independence – possibility to work and receive salary, acces to services and help, opportunity to live in natural environment,...
- Participation – codetermination about important questions of social life
- Care – Help from family, society



## National program for active ageing

- Self-realization – an opportunity to broaden their potential, access to education, ...
- Dignity – to prevent abuse, the need for decent treatment
- In the year 2009 – update of National protection program... – concept of active aging withdraws from approach, based on needs and prefers the principle based on rights



## National program for active ageing

- The principle based on rights abides the right of the elders to equal opportunities and treatment in all spheres of life, on the other hand it builds upon their responsibility to participate on decision-making processes, concerning all spheres of political and community life
- Additional principles were added within the frame of National program for active ageing:



## National program for active ageing

- Intergenerational coherence – through family, the source of intra - and intergenerational solidarity
- Life-long approach and dialogue with civil society, partnerships
- Decreasing of social differences – to improve access to their rights, services – key to social integration, right to active participation in all spheres of life



## Social policy and social services in relation to seniors in Banská Bystrica

- Support of optimal and meaningful usage of leisure time, creating conditions for exertion of elders creative abilities through daily centers for seniors.
- Within the Municipality are established 10 daily centers with over 1000 members, funded from the city budget.



# Daily centers for seniors, AES





## Social policy and social services in relation to seniors in Banská Bystrica

- Support and development of emergency and field social services allowing accommodation in home-like, natural environment
- Acces to education through the University of Third Age
- Supporting measures for elders, so they could decide about character and intensity of support and that their individual needs are respected



## Emergency and field social services for seniors

- Compensational tools lending office
- Monitoring and signalization of help requirement







## Emergency and field social services for seniors

- Alimentation of retirees is provided for approximately 250 – 300 seniors in 8 dining rooms within municipality, home delivery is provided in form of lunch distribution.
- Municipality contributes for lunches on a basis of income area – if one member of a household receives 300 €, the contribution consists of 35% of the price of a meal ticket



## Emergency and field social services for seniors

- Day care - provided within the municipality for 125 citizens through social services agency (public provider of SS – 72%) a Mária centre (non-public provider of SS - Diocesan charity BB - 28 %) – 1,5€/h.
- Transport service – provides transportation for handicapped citizens and handicapped retirees – 0,30€/km, retirees > 65 years - 0,60 €/km



## Emergency and field social services for seniors

- Rehabilitation services for household – individual therapeutic exercise, lavatherm, biolamp, ultrasound, classic massage
- Legal consulting – Once in a month for free
- The Municipality of Banská Bystrica provides 7 types of emergency and field social services in total.



# Emergency and field social services for seniors





## Emergency and field social services for seniors

- Typical display of ageing or some diagnosis is decrease of memory quality and that is the reason why the 8. type of emergency social service is being established – Alzheimer's contact centre – special services for prevention of illnesses, related to dementia and also contact centre for relatives, who take care of those persons at home



# University of Third Age at UMB

- UMB in Banská Bystrica safeguards spare-time education for seniors in following fields:
  - ✓ Social protocol
  - ✓ Gardening, landscape gardening
  - ✓ Health education, nutrition, phytotherapy
  - ✓ Art
  - ✓ Law
  - ✓ Sociology, psychology
  - ✓ Informatics
  - ✓ English, German and Italian language





# Residential social services

- Residential social services in short-time, 24/7 or daily form of residence
- ✓ Daily stationary with 9 spaces
- ✓ Department of social services in weekly form with capacity of 20 spaces

Facilities of day care (2) with capacity of 29 spaces



# Residential social services







# Residential social services

- Residential social service in a yearlong form of residence
- Facility for seniors Jeseň with capacity of 80 spaces
- Facility for seniors Jelša, Krivánska str. with capacity of 20 spaces
- Facilities of supported residence for seniors with capacity of 12 spaces
- Day care house – 84 residence units



# Residential social services





## Informedness and codetermination

- Information about social services in the city are provided through:
  - ✓ On regular basis updated social guide (latest update 10/2010)
  - ✓ Catalog of social service providers in Municipality (latest issue from 2009)
  - ✓ Web pages of the City of Banská Bystrica, where all legislative, price lists of social services, evidence of applicants, waiting list etc., are published
  - ✓ Community plan for social services – seniors participation on its creation and updates



## Informedness and codetermination

- Seniors council – within the frame of AES, a survey about creation of Seniors council is being realized. It should serve as an advisory body for the mayor, which will exert interests and satisfaction of needs of seniors and will provide their codetermination about important issues of the city within the frame of communal policy (interdisciplinary cooperation, ethical problems of the elders,...)



## Conclusion ....

- Seniors care conception in Municipality of Banská Bystrica is realized through PHSR and Social services community plan with focus on:
  - ✓ Primary prevention area growth with emphasis on seniors integration to life
  - ✓ Adjusting of social services network to demographical growth of population and needs
  - ✓ Improving of care of dementic persons and persons in terminal phase of illness



## Conclusion ....

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- Sources:
- National program for elders protection/National program for active ageing
- Care of seniors, L.Hegy
- [www.banskabystrica.sk/sociálne](http://www.banskabystrica.sk/sociálne)
- Price lists and internal sources OSV

