

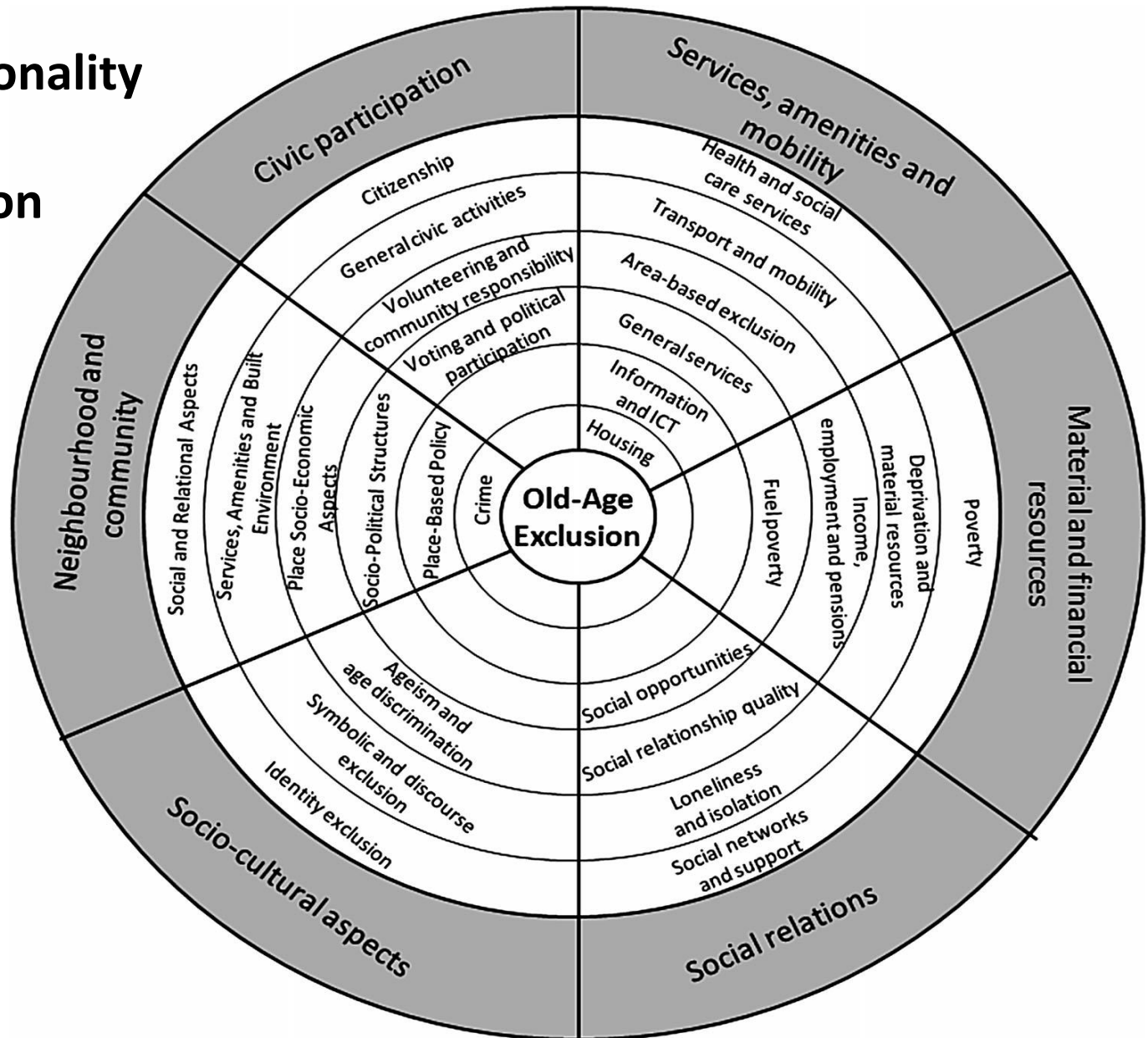


Policy brief

**“Is social exclusion and loneliness
inevitable in the old age?”**

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The Multidimensionality of the Social Exclusion



Problems and Solutions (1)

Lack of places and options to maintain and to create meaningful social relations

- Secure and comfortable **public spaces** – yards, recreation zones, public buildings;
- Accessible **public transport**;
- **Premises** for creative and physical activities;
- **Support** for activities of the Third Age Universities a.o. organizations;
- To use the potential of intergenerational volunteering in **religious, spacial** communities;
- Age-friendly **housing**

Problems and Solutions (2)

Lack of personal resources and skills for social inclusion

To **empower** older people, especially living alone, to maintain their health and realize their potential:

- Projects developing **proactivity** in older people;
- Encourage **leadership** while developing tutorial skills, including tutoring of peers;
- **IT** skills;
- **Psychological help** in crisis (deaths of partners, close relatives etc)

Problems and Solutions (3)

Lack of socially integral attitude towards the older generation

- To educate society about damage of **ageists** attitudes, social exclusion of older people, their **isolation** and **loneliness**;
- To encourage **intergenerational solidarity** at work, education and public spaces;
- To reduce **stigmatization** via mass media interventions;
- To bring the experiences of excluded older people into public.