

16th FEAD Network Meeting

- **Panel discussion on poverty and social exclusion in older age -**

***What I want for my Ageing –
Voices from the ground***

EAPN Portugal | Paula Cruz_4th June, Vilnius

FRAMEWORK

Aim:

Identify a set of recommendations for the promotion of a Positive and Healthy Aging, by conducting participatory forums.

Methodology:

32 forums were held in different districts of Portugal. More than 800 people were involved.

Participants were selected according to a set of criteria:

- Age (55+)
- Not institutionalized
- Gender (it must be gender balanced)
- Rural and Urban areas

MAIN RESULTS

For a positive and healthy ageing:

«Change of paradigm that implies the permanence of the person in their home and in the family context, as it grows older. This ageing must be based on individual self-care work, but also, and above all, on creating better social and economic conditions for people.»

For that it was defended:

- More social/economic support to compensate low pensions and face expenses like housing and health
- Adequate minimum income schemes
- Access to quality services
- Be busy
- Ageing in place

MAIN RESULTS

What values and attitudes we must defend in relation to elderly :

«A quality ageing requires a change of mentalities towards the elderly and the role they already assume or can assume in society, in the community and in the family itself. Promoting a positive attitude towards ageing requires combating age stereotypes and promoting an intergenerational society in which all "ages" coexist harmoniously.»



MAIN RESULTS

What answers? What services we need?

«There is a clear need to promote more and better public policies in view of the ageing of people at home. There is a clear understanding that this strategy necessarily has to go through different policies in key areas such as housing, health, social protection and professional qualification, because only then will it be possible to stay longer in the home and in the community in which people inserted.»

«We do not need an accompanying loneliness. We need projects, activities that put us in action, more dynamic, both in the homes and in the community»

Forum_Braga



MAIN RESULTS

What answers? What services we need?

«Existing social services in support of the elderly are recognized as important, but they lack a structural change that involves greater humanization, qualification of services and professionals, multidisciplinary in terms of intervention and opening space for the participation of older people who are the direct users of the services.»

«Services/care services must go beyond satisfying basic needs»



FINAL MESSAGES

- **Participation is central** to promoting positive and healthy ageing (spaces, methodologies, return of results)
- Change in **social responses** (humanization, openness to the community, relaxation, listening to users)
- **Ageing at home** with family and the surrounding community
- **Fighting stereotypes** to promote a positive attitude towards ageing
- Promoting **intergenerational solidarity** to build a society for all ages
- **Volunteering** as a way to promote quality ageing
- Creation and dissemination of **cultural and leisure activities** for the well-being of older people
- **Fighting poverty and social exclusion** of the elderly
- Promoting the **mobility** of older people to foster their active participation

Some messages/answers presented during the debate:

- We must defend the development of a national (european) strategy to fight poverty and social exclusion (we must know better what's happening with poverty – there are hidden figures like women and the olders; we must develop an integrate intervention). The European Pillar of Social Rights can be a key tool for this.
- Role of FEAD and the Future (...):
 - Accompanying measures are an added value in this programme and must be expanded. For example, for the elderly we can think in "community development sessions" that work deeply social skills (eg prevention of dementias and disabilities, fighting isolation).

Some messages presented during the debate:



- (...) Role of FEAD and the Future:
 - At the moment, in Portugal, in addition to the measures, it's provided to people a pre-prepared baskets of food/products, that limits families. We must defend the use of vouchers or a card to give people the power to choose when they buy food instead of being imposed.
 - We need also to boost local economy. With a card, people can buy to local stores, to small farmers, etc. For the future it could be added a clause/article in the new Community support framework (in the rules of tenders) that allows at least a percentage of the products to be purchased both in local and national companies.

THANK YOU



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