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MUNICIPAL OFFICE OF THE CITY OF POZNAŃ**

**SOCIAL POLICY OF THE CITY OF POZNAŃ FOR SENIOR CITIZENS
POZNAŃ, 2007
(FRAGMENTS)**

I. CITY STRATEGY FOR SOCIAL POLICY

The city strategy for social policy in the city of Poznań was adopted by the Resolution of the Poznań City Council No. XXXIII/262/IV/2003 of November 18, 2003. The strategic program is the first comprehensive undertaking in Poland, built by segments over several years, which takes the opportunity of international co-operation in the planning, performance and evaluation of the city social policy and uses community resources. It is focused on four priorities.

The social policy towards the old age and older people is a set of purpose-specific actions of public authorities and other social entities, serving the creation, improvement and/or maintenance of the social status, safety and quality of life of older people and their opportunities to participate in the culture and social life, thus increasing the oldest generation's chances of success in having an active and independent life. This is a reply to the changes in social and demographic structure of the society and deriving changes in social systems, which shows in the activities aimed at:

- shaping the general conditions of progress and life of the oldest generation,
- satisfying the needs of older people,
- ensuring that the old age has equal position with other life stages,
- shaping the relations between generations,
- harmonising and reconciling interests of individual generations,
- supporting senior citizens in handling the developmental tasks,
- shaping a positive image of the old age in social awareness,
- creating the opportunities to manage current and future situations and handle problems related to the ageing.

II. INFRASTRUCTURE SUPPORTING THE RESOURCEFULNESS AND INDEPENDENCE OF OLDER PEOPLE AND THE GENERATION OF BEHAVIOUR IN FAVOUR OF HEALTHY AND ACTIVE AGEING

Community support forms

Municipal Centre for Family Assistance provides broad assistance to older people in the area of their residence: care services for older, lonely and ill people who do not leave their homes and their family cannot provide assistance for them. The services allow older people who are not physically competent to remain in their place of residence.

In a situation where it is impossible to provide care services in the place of residence, people can be referred to the social care house or family assistance home.

Social Care Day Homes

In October 2003, a social care day home was opened in Wilda quarter, with 80 places for senior citizens who require support in form of care services, rehabilitation services, organisation of educational classes and recreational and cultural activities.

The five social care day homes managed by the City have 350 places, while in the Social Care Day Home managed by the Association of Regional Volunteer Work Centre there are 80 places.

The charges in social care day homes take the opportunity of rehabilitation treatment (massage, irradiation, magnetotherapy etc.), nursing procedures (application of medicines, blood pressure measurement etc.) and therapeutic treatment. The equipment in the institutions allows to provide therapy and rehabilitation to all who request it.

Social Care Homes

There are seven social care homes, out of which 4 are municipal and 3 are managed by monastic orders, providing 650 places in total. Among the residents of the social care homes, over 80% are people aged more than 60, with limited fitness.

All homes are furnished with appropriate medical equipment and equipment for rehabilitation and therapy. Medical care over the residents rests with family doctors who provide it under the contracts made with the National Health Fund. The residents can use medical advice in doctor's offices in the social care homes, but also the assistance of doctors outside the institution. In case of need for specialised tests or consultations, the homes ensure contact with doctors – specialists.

There is a possibility of participating in recreational, cultural and quasi-sport events. The events organised by the homes were of integration nature and the organised performances, dance parties, meetings in social care homes were carried out together with children from kindergartens, with schools, culture institutions and senior citizens' clubs. The homes co-operated with similar environmental institutions – social care day homes, senior citizens' clubs and NGOs, especially those acting in the field of assistance to older and disabled people. The homes co-operate with educational institutions, academic centres interested in impairment problems (Adam Mickiewicz University, University of Humanities and Journalism), culture centres and other interested entities.

NGOs and housing co-operatives which act for the benefit of Poznań senior citizens

There are 30 NGOs, culture institutions and housing co-operatives acting for the benefit of senior citizens. There are 20 senior citizens' clubs in Poznań, out of which 20 are located at housing co-operatives, 4 at culture institutions, 8 in parishes. The remaining 8 senior citizens' clubs operate at NGOs.

In the scope of co-operation with the NGOs, the City has provided financial grants for 35 projects.

III. HEALTH CARE - PROPHYLACTIC AND HEALTH PROMOTION ACTIVITIES

In 2006, the City of Poznań undertook various prophylactic and health promotion activities aimed at improving health and quality of life of Poznań's citizens, including also the seniors.

Oncologic prophylactics

Tasks in this scope have been financed by the City since 1994.

The funds were assigned to the financing or additional financing of tasks related mostly to early detection and prophylactics of breast cancer and prostate cancer.

Grants were given to:

1. *Spółeczna Fundacja „Ludzie dla Ludzi” (Social Foundation “People for People)* for performance of 3 tasks:
 - prophylactics and early detection of breast malignant neoplasm in women aged 50-69 in Poznań area through prophylactic mammography tests, preceded by genetic interview, free of charge;
 - health education as a tool of active prophylactics and early diagnosis of breast cancer;
 - prophylactics and early diagnosis of prostate cancer in men aged over 40 in Poznań area by prophylactic PSA tests, preceded by genetic interview, free of charge;
2. *Poznański Ośrodek Specjalistyczny Usług Medycznych (Poznań Centre of Specialised Medical Services)* – for the health program related to prophylactic breast cancer prevention behaviour in female citizens of Poznań aged 50-69 through prophylactic mammography tests, preceded by genetic interview.
3. *Zakład Opieki Zdrowotnej Poznań-Nowe Miasto (Health Care Centre in Poznań Nowe Miasto)* – for the health program related to prophylactics for prostatic carcinoma, including prostate cancer, in Poznań residents aged over 40 through prophylactic PSA tests.

Cardiologic prophylactics

The City has given for the fifth time the grant for *Zakład Opieki Zdrowotnej Poznań Jeżyce (Health Care Centre in Poznań Jeżyce)*, for continuation of the health program “New model of care over patients with cardiac insufficiency”, started in 2002. This program, as its title says, consists of the implementation and organisation of patient care with cardiac insufficiency, comprising a comprehensive and multi-disciplinary care which next to the therapeutic treatment includes also intensive educational action among the patients, members of their families and medical circles.

Prophylactics of osteoporosis

For the fourth time in a row a grant was awarded to *Zakład Opieki Zdrowotnej Poznań-Stare Miasto (Health Care Centre in Poznań Stare Miasto)* for the health program related to the prophylactics of

osteoporosis among women in perimenopause and post-menopause age (45 – 75 years) through prophylactic densitometric tests for the risk of osteoporosis-related bone breaking, free of charge.

Prophylactics of diabetes

The *Zakład Opieki Zdrowotnej Poznań Jeżyce* has received for send time in a row a grant for the task related to the prophylactics of chronic complicated diabetes through therapy education for the diabetic patients in the framework of “Diabetic Patients’ School”.

Health and healthy life style promotion and social health education

For the realisation of tasks in this area, the City has given grants *inter alia* to:

1. *Fundacja Familijny Poznań (Family Poznań Foundation)* – for the Health Promotion Centre in Poznań, the main task of which is the promotion of public health, prevention of occurrence and reduction of frequency of main health problems, through information and training aimed at providing the Poznań residents with public, free-of-charge access to specialised oral and written information about specific diseases, prophylactics of addictions and healthy life style;
2. *Towarzystwo Samopomocy Starszej Generacji „Vis Vitalis” (Self-Assistance Association of Older Generation “Vis Vitalis”)* - for the organisation and presentation of a series of lectures for senior citizens about health promotion and healthy life style;
3. *Wielkopolskie Towarzystwo Krzewienia Kultury Fizycznej (Association for Promotion of Physical Culture in Wielkopolska Region)* – for the organisation and conduct of Poznań’s part of the nationwide action “Month for Health”;
4. *Wielkopolskie Stowarzyszenie Alzheimerowskie (Alzheimer Association in Wielkopolska Region)* – for educational activities in disease prophylactics, promotion of health and healthy life style – periodical publication “Przegląd Alzheimerowski” (Alzheimer Review).

Other preventive activities having impact on solution of important social problems

For the performance of the public task related to the provision of palliative and hospice care for terminally ill people and for support of other tasks for those people, grants from the City budget were given to:

1. *Hospicjum św. Jana Kantego (Saint Jan Kanty Hospice)* – for provision of medical, nursing and pastoral care at home for incurably ill people in the terminal stage of cancer disease, counselling and advising in care over terminally ill people, training of volunteers in basic care at patient’s home;
2. *Wielkopolskie Stowarzyszenie Wolontariuszy Opieki Paliatywnej „Hospicjum Domowe” (Association of Palliative Care Volunteers of Wielkopolska Region – “Hospicjum Domowe”)* – for provision of holistic and inter-disciplinary home care for terminally ill charges of the Association through specialised home calls, not covered by the contract with the National Health Fund;
3. *Stowarzyszenie Wspierania Opieki Paliatywnej (Association of Palliative Care Support)* – for provision of hospice and palliative care to the Association’s charges i.e. patients with incurable, progressing diseases not responding to causal treatment, in particular cancer (mostly lung cancer and upper airways cancer), provided usually in the terminal stage of the disease as well as for support of other activities for the benefit of such people.
4. Rehabilitation benefits for people aged over 60, in the amount of PLN 60,000.
 - Scope of treatment: rehabilitation procedures: physiotherapeutic and kinesitherapeutic procedures, hydrotherapy, thermal therapy, local criotherapy, phototherapy, neurophysiologic exercise, methods of re-education of nerves and muscles.
 - Duration: July 1 to December 31, 2006
 - Place: Poznań city districts (Grunwald, Jeżyce, Wilda, Stare Miasto, Nowe Miasto).

Poznań City has also ordered health services concerning the prophylactics of flu, aimed at the prevention of flu contraction among the charges and employees of Poznań’s social care homes.

IV. “SENIOR CITIZENS” PROGRAM

The “Senior Citizens” program is carried out as part of the Development Plan of Poznań City 2005 – 2010. The general objective of the program is to improve the quality of life of those residents of Poznań who are economically inactive because of their age. The detailed objectives are compliant with the priorities of the Municipal Strategy for Social Policy.

The program includes the following projects:

- “Social and living assistance” – its purpose is to create a multi-version housing program addressed to older people who live in Poznań. It is assumed that this purpose will be achieved, among other, through provision of regular care for older people in their place of residence, provision of regular or temporary care for older people in large commune flat. Responsibility for performance of this project rests with the Communal and Housing Management Division.

Committed:

Towarzystwo Samopomocy Starszej Generacji "Vis Vitalis"	Popularisation of information about possibilities in adjustment of a flat for older people. Polish-German symposium "Living in the Old Age".
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- "Health" – the main purpose is to increase the access of older people to geriatric and gerontological care through the established Geriatrics and Gerontology Centre as well as encourage inter-generation integration and to improve the quality of life in old age through the prevention of the development of chronic metabolic and cardiovascular diseases throughout life.

Committed:

Wielkopolskie Stowarzyszenie Alzheimerowskie	Provision of support in the framework of the geriatric and gerontological centre
Wielkopolskie Stowarzyszenie Wolontariuszy Opieki Paliatywnej "Hospicjum Domowe"	Provision of support in the framework of the geriatric and gerontological centre

- "Personal Security" where the main objective is the safety of older people, strengthening and expansion of preventive measures aimed at the security of older people, counteracting the occurrences of violence against older people. An important element of the project will be the activation of older people to build civil society through active participation in the planned undertakings.

Committed:

Fundacja "Samaritanus" ("Samaritanus" Foundation)	Volunteer Work of Senior Citizens in Poznań – nationwide initiative
Polski Komitet Pomocy Społecznej Regional Board in Wielkopolska Charity Association	Development of volunteer work among the senior citizens, including the organisation of training for volunteers and professional carers of older people with regard to personal security: "Safe Senior Citizen"
Fundacja Familijny Poznań	Helpline for Senior Citizens (people over 60)

- "Physical and Psychological Activation" – consists of 8 tasks:
 - Relief and access system for Poznań's senior citizens to a swimming pool,
 - Organisation of holidays in forms aimed at the integration of senior citizens,
 - Development of the existing network or day institutions for senior citizens and support for activities in the existing institutions,
 - Amateur sports event for senior citizens,
 - Review or artist works of senior citizens,
 - Concert in the Music Theatre on the occasion of Senior Citizen Day,
 - "From the recesses of drawers and memory",
 - Development of information and advice activities for the benefit of older people.

In 2006, the following tasks were completed:

- "From the recesses of drawers and memory" by Wielkopolskie Muzeum Walk Niepodległościowych (Wielkopolska Region Museum of Struggle for Independence);
- Concert in the Music Theatre on the occasion of Senior Citizen Day,
- Amateur sports event for senior citizens in organisation,
- Discount for municipal swimming pool,
- Open lectures,
- Purchase of computer equipment and software for 6 cyber-cafes for senior citizens, operating in 6 schools,
- Senior citizens' support for teaching process in school after-school clubs and socio-therapeutic day-care rooms.

Committed:

Stowarzyszenie Pomocy w Problemach Życiowych (Association for Help in Life Problems)	"It is Problems, not Years that Make You Age" program of assistance and support for older people, conducted in a support centre for families in difficult life situations Nasza Chata
Diecezjalny Instytut Akcji Katolickiej Archidiecezji Poznańskiej (Diocesan Institute Of Catholic Action in Poznań Archdiocese)	Development of information and advice activities for the benefit of older people

Stowarzyszenie Ludzi III Wieku "Świerczewski Krąg" (Association of People of Third Age „Świerczewski Krąg”)	Development of information and advice activities for the benefit of older people
Fundacja "Samaritanus"	Activation of senior citizens and assistance to them – integration and (public and social) co-operation, development of information and advice activities for the benefit of older people.
Towarzystwo Osób Nieśłyszących "TON" (Association of Deaf People "TONE")	Information and advice activities for the benefit of older people; breaking stereotypes about the old age, S.O.S. through SMS
Stowarzyszenie Regionalne Centrum Wolontariatu	Information and advice activities for the benefit of older people and activation of senior citizens, development of the forms of participation, enhancing their social subjectivity in local environment. "Wildeckie Centrum Informacyjno – Doradcze dla Seniorów" (Wilda Information and Advice Centre for Senior Citizens)
Demokratyczna Unia Kobiet (Democratic Union of Women)	Activation of senior citizens and their better access to various forms of environmental services and free time arrangement for senior citizens – in progress, as well as development of information and advice activities for the benefit of older people "Poznań przyjazny dla Seniorów" ("Poznań Friendly to Senior Citizens")
Polski Związek Emerytów, Rencistów i Inwalidów (Polish Association of State Pensioners, Disability Pensioners and Disabled People) Regional Board	Senior Citizens - development of information and advice activities for the benefit of older people
Fundacja Świat Bez Przemocy (Foundation World without Violence)	Information and advice activities for the benefit of older people, better personal security of older people
Poznańskie Towarzystwo Sportowe Amatorów "Ogniwo" (Poznań Association of Amateur Sports „Link”)	Performance of the task in the framework of "Senior Citizens" program – organisation of diversified forms of holiday rest – organisation of bicycle tour
Towarzystwo Osób Nieśłyszących "TON"	Organisation of holiday rest and recreation for deaf senior citizens
Polski Związek Emerytów, Rencistów i Inwalidów Regional Board in Poznań	Provision of environmental support for older people and pensioners by organisation of meetings on various occasions by entities not included in the public finance sector
Stowarzyszenie "Fregata Swimming" („Frigate Swimming" Association)	In the rhythm of 60/minute – sport in the golden autumn of life – aqua exercise and rehabilitation – provision of diversified forms of holiday rest for senior citizens
Polski Komitet Pomocy Społecznej Wielkopolski Zarząd Wojewódzki Stowarzyszenie Charytatywne	Provision of diversified forms of holiday rest "Autumn of Life in Summer – 2006"
Congregation of Albertine Sisters Serving the Poor Poznań Province	Provision of means for older people, who cannot independently secure their basic food needs
Stowarzyszenie Osób i Rodzin na Rzecz Zdrowia Psychicznego (Association of Persons and Families for Mental Health) "Zrozumieć i Pomóc" (To Understand and to Help)	Integration Artistic Workshops for 20 people aged over 60 in ŚDS Zielone Centrum in Poznań
Polski Komitet Pomocy Społecznej Wielkopolski Zarząd Wojewódzki	Polish annual tradition – in life and memories of senior citizens

Stowarzyszenie Charytatywne	
Stowarzyszenie Ludzi III Wieku "Świerczewski Krag"	Day institutions supporting the senior citizens, review or artistic works Provision of diversified forms of holiday rest
Polski Związek Głuchych (Polish Association of Deaf People) District Branch in Poznań	Environmental day-care room for older people within the program serving the development of intellectual and physical fitness of older people
Polskie Stowarzyszenie na Rzecz Osób z Upośledzeniem Umysłowym (Polish Association for People with Mental Impairment)	Senior citizens' club for people intellectually challenged
Stowarzyszenie Osób i Rodzin na Rzecz Zdrowia Psychicznego "Zrozumieć i Pomóc"	Self-assistance and social education workshops for 20 disabled people aged over 60
Polski Związek Emerytów, Rencistów i Inwalidów Regional Board with its seat in Poznań	Organisation of occasional and festive meetings, holiday and recreation trips, picnics
Stowarzyszenie mali bracia ubogich (Association „little brothers of the poor”)	One Day Holiday
Polski Związek Emerytów, Rencistów i Inwalidów Regional Board with its seat in Poznań	Performance of selected tasks in the framework of the “Senior Citizens” program

- “Social Education”, which is aimed, among others, at breaking the stereotypes about old age and social behaviour unfavourable for senior citizens, by organising national and international conferences, symposia, social campaigns in co-operation with the media as well as through open lectures, cyber-cafes for senior citizens in school buildings and by the senior citizens' support of teaching process in after-school clubs and socio-therapeutic day-care rooms.

Committed:

Towarzystwo Samopomocy Starszej Generacji "Vis Vitalis"	Breaking the stereotypes about the old age through an Information and Advice Point
Polski Związek Emerytów, Rencistów i Inwalidów Regional Board	Breaking the stereotypes about the old age and providing diversified forms of holiday rest
Stowarzyszenie Polskiej Solidarności Pomocy Kombatantom, Rencistom oraz ich Rodzinom (Polish Solidarity Association for Assistance to Combatants, Disability Pensioners and their Families)	Breaking the stereotypes about the old age.
Fundacja Świat Bez Przemocy	Breaking the stereotypes about the old age.
Towarzystwo Samopomocy Starszej Generacji "Vis Vitalis"	Popularisation of information about possibilities in adjustment of a flat for older people. Polish-German symposium “Living in the Old Age”.