ELAC
for migrant elders

Contents

ELAC for migrant elders

Page 4-6 — Preface | by Bjørg Tysdal Moe

Page 7-10 — Introduction

Page 11-12 — MECOPP (Minority Ethnic Carers of Older People Project) | Edinburgh, UK

Page 13-15 — Teilhabe Älterer in einer bunten Stadt | Gelsenkirchen, Germany

Page 16-17 — Jongleren: Oud geleerd en jong gedaan | Brussels, Belgium

Page 18-19 — Multikulturelles Ehrenamt in der Nachbarschaftshilfe | Dortmund, Germany

Page 20-21 — The bag – a film not to be afraid of | Gothenburg, Sweden

Page 22-23 — Leeds Dementia Cafés for Elders from Ethnic Minorities | Leeds, UK

Page 24-25 — Increasing autonomy and participation of elderly migrants in the host society | Mechelen, Belgium

Page 26 — Pro Wohnen International | Oberhausen, Germany

Page 27 — Life histories | Aalst, Belgium

Page 28-29 — Köprü - Altenhilfe für Migrantinnen und Migranten durch niedrigschwellige Angebote unter Einbeziehung Ehrenamtlicher | Bremen, Germany

Page 30 — Memory pillows | Helsinki, Finland

Page 31-32 — Netzwerk Ältere Migrant/innen Kiel-Gaarden / Kiel-Mettenhof | Kiel, Germany

Page 33-34 — Pflege-Info-Center (PIC) für Menschen mit Zuwanderungsgeschichte im Märkischen Kreis | Märkischer Kreis, Germany

Page 35-36 — Älterwerden in Dietzenbach für ältere Menschen mit türkischem Migrationshintergrund | Kreis Offenbach, Germany

Page 37-38 — Accompanied integration | Teulada, Spain

Page 39-40 — HEKS AltuM | Zurich, Switzerland

Page 40-41 — Partners and Sponsors | Imprint

Preface

The European local authorities' competition "ELAC for migrant elders" was the first European competition awarding innovative municipal initiatives on the quality of life of migrant elders. With its success in bringing together knowledge from several European local authorities, it has shown us that we can succeed and create societies where migrant elders are being included in a variety of ways. Together with them we can craft our common society.

In childhood we sung "he's got the whole world in his hand", "you and me sister in his hand", "you and me brother in his hand". Equality seemed such a natural thing, as if we could smile at each other and with only the means of that smile be able to respect, love and understand each other. A whole world was possible without words, without regard for differing mother tongues, skin-colors, religion or ethnicity. As a grown up and a politician for the Christian democratic party in Stavanger, Norway, I know that this is not always so the case.

Language is invaluable. Not only for the understanding of words, but also with its aspects linked to cultural skills, religious and political history, the aspects that unite and generate societies. These aspects define our identity and give us concepts like "them" and "us".

Preface

In 2009 a research project initiated by the Norwegian Association for Local and Regional Authorities asked migrant elders about their expectations for their old age. The project concludes:

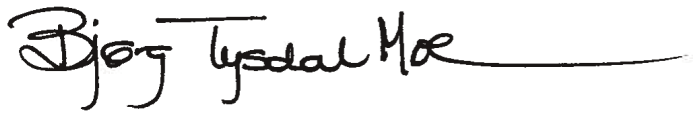
"All in all, there is little doubt that the development is moving in a direction where families with a minority background will increase their use of the public care services. At the same time, many elderly immigrants still prefer help from their families to public assistance, and many of the young generation also want to contribute to the care of their parents. The challenge for the local authorities is to find programmes that support the families' motivation and capacity to contribute. The local authorities must, however, not take it for granted that all families have the same motivation and resources to participate. Neither should such programmes be at the expense of the caregivers or of the quality of the care. Given these conditions, such a combination of public and family care might turn out to be good elderly (parental) care."
(Multicultural elderly care, 2009).

The MECOPP project in Edinburgh, which won the first prize in the "ELAC for migrant elders" competition, is offering solutions to the challenges that these Norwegian, and more broadly speaking – European – local authorities are now facing in relation to services for migrant elders.

Through this competition, which was launched through an initiative of the State of North Rhine Westphalia and the Council of European Municipalities and Regions (CEMR), in partnership with the Committee of the Regions and under the patronage of the European Parliament, we share our knowledge on how we can better care for each other. Through projects such as those presented in this brochure,

we can gain further insight on how to enable the new inhabitants of Stavanger and any other international local community to be participators. I hope that we are casting an inclusive society with the help of the inspiration offered by the projects presented here.

Thank you for giving the opportunity to improve our knowledge of how to care for each other, not opposing the concepts of "us" and "them" but creating a common future.



Bjørg Tysdal Moe

Deputy Mayor of Stavanger
CEMR Political Rapporteur on Social Policy

The cities of Edinburgh, Gelsenkirchen and Brussels are the winners of the European Local Authorities‘ Competition „ELAC for migrant elders“. On 9th February 2011 at the Committee of the Regions in Brussels, they were awarded for their innovative municipal initiatives improving the living conditions of migrant elders.

In her capacity as speaker of the jury, the former EU Commissioner for Regional Policy and current Chair of the Board of Trustees of Aktion Courage e.V., Dr. Monika Wulf-Mathies, gave the laudatory speech and underlined that the jury’s task had not been an easy one. “All 16 nominated initiatives by local authorities or initiatives from local authorities in cooperation with non-governmental organisations were innovative, sustainable and concrete. It would be wonderful if all 16 projects were implemented amongst Europe’s towns and municipalities. Our guiding notion was to award those initiatives that address migrant elders as equal partners and which support active ageing, empowerment and participation. Municipal programmes are successful if they see migrant elders as fellow citizens with equal rights rather than as social welfare cases. This was the case with many projects.”

The first prize went to the initiative “Minority Ethnic Carers for Older People Project (MECOPP)”, which supports family carers in a variety of ways. MECOPP offers information and support in different languages, qualification programmes, social and therapeutic activities and support through the domiciliary care at home service. Migrant elders are not only service users, but are also represented on the Board of Directors of MECOPP. MECOPP is contracted by the City of Edinburgh and the National Health Service NHS Lothian (UK).

The City of Gelsenkirchen (Germany) received the second prize for its initiative “Growing older in a diverse city”, which

aims at the particular consideration of migrant elders in the development of the city's senior citizens' master plan. Existing projects are linked and coordinated within a city-wide concept.

The third prize went to the project "Jongleren: oud geleerd en jong gedaan" by the "Hogeschool-Universiteit Brussel", a merger of university colleges and a university in Brussels, Belgium, and the Flemish Community Commission. Students of journalism, arts and social work together with migrant elders create an exhibition of pictures and stories that focus on the life of senior citizens in the multicultural city of Brussels. Whilst the migrant elders serve as guides to the students and pass on their life experiences of the city, the students enrich their own intercultural knowledge and skills.

The following projects received a special mention: "Multicultural volunteering in the neighbourly help" from Dortmund, Germany, "The bag – a film not to be afraid of" from Gothenburg, Sweden, "Leeds Dementia Cafés for Elders from Ethnic Minorities" from Leeds, UK, "Increasing autonomy and participation for elderly migrants in the host society" from Mechelen, Belgium and "Pro Housing International" from Oberhausen, Germany.

Introduction

One of the characteristics of Europe's demographic change is the growing ethnic diversity of the population, also within the older age groups. This is due to the different migration processes of the past and the increasing mobility of the older population. This development is enriching Europe.

So far a coherent strategy to turn this development into an economic, social and cultural chance for Europe does not exist. However, a first step was undertaken by the State of North Rhine-Westphalia (Germany) with its project "Active Ageing of Migrant Elders across Europe" (AAMEE, www.aamee.eu), funded by the European Commission.

The AAMEE project revealed that the debate on the quality of life of migrant elders living in Europe has only just begun and needs to be continued in a structured way. New research initiatives, cooperation of volunteer organisations and, in particular, initiatives of local and regional authorities, need to be strengthened.

For this reason, the Ministry for Health, Equalities, Care and Ageing of the State of North Rhine-Westphalia and the Council of European Municipalities and Regions (CEMR) – in partnership with the Committee of the Regions – launched the European Local Authorities' Competition "ELAC for migrant elders" in order to reward good practice that may stimulate municipalities and towns across Europe to implement initiatives and projects improving the quality of life for migrant elders. "ELAC for migrant elders" was held under the patronage of the President of the European Parliament and was funded by the Ministry for Health, Equalities, Care and Ageing, the King Baudouin Foundation, the Körber Foundation, the Generali Zukunftsfonds and the Foundation International Dialogue of the Savings Bank in Bonn. The competition was carried out by Aktion Courage e.V.

The competition's call for submissions was published on 1st June 2010 and was further publicized with the help of European institutions such as the European Parliament, the

European Commission and the Committee of the Regions as well as umbrella organisations such as the Council of European Municipalities and Regions and its members. A total of 34 applications from Austria, Belgium, Finland, Germany, Italy, Spain, Sweden, Switzerland and the UK were received by 31st October 2010.

All projects were linked to at least one of the following municipal fields of activities: housing, leisure and culture, social and intergenerational activities, culturally sensitive products and services and volunteering for and by migrant elders. Projects came from large cities such as Edinburgh, Gothenburg and Brussels, smaller towns such as Mechelen (population 80.000) and Teulada (population 15.000) and counties such as Märkischer Kreis and Kreis Offenbach and demonstrated that local initiatives for migrant elders can be tailored to varying circumstances.

The 16 best projects were invited to a dialogue with the jury which allowed for first-hand exchange of experiences between the nominees. The dialogue took place in January 2011 in Bonn, Germany. At the awards ceremony on 9th February in Brussels, the winning projects were announced and were later on presented at a workshop on 14th April.

With the publication of this brochure at the end of the competition "ELAC for migrant elders" on 31st July 2011, a wider audience will have access to information about the projects and be able to contact the relevant persons involved.

1st Prize

MECOPP

(Minority Ethnic Carers of Older People Project)

Edinburgh, UK

Project

MECOPP assists Minority Ethnic carers access the supports and services necessary to undertake or sustain a caring role. Carers are family members who provide support in daily living activities to people who are affected by age, frailty, disability and longterm health conditions. We provide the following services from our Carers Centre: multi-lingual advice and information; advocacy and casework support; education and training opportunities; individual and group support; recreational, social and therapeutic activities; and practical support in the home through our domiciliary care at home service. We provide a complementary service to our partners in the statutory sector through input into workforce, policy and service development. MECOPP is the only dedicated Minority Ethnic carers organisation in Scotland.

MECOPP's overall aim is to work in partnership with Minority Ethnic carers, the voluntary and statutory sectors to remove barriers which prevent or inhibit access to supports and services necessary to undertake or sustain a caring role. Many of the carers that we work with are older people themselves who are caring for an older spouse or elderly parents. Although the main focus of the project is the informal carer, we also work with the person in receipt of care as any services provided to them will be of in/direct benefit to the carer.

MECOPP

(Minority Ethnic Carers of Older People Project)

Edinburgh, UK

Partners

MECOPP was established as an independent charitable organisation in January 2000. Its core services are funded through a 3 year joint contract with the local authority and health board. In addition to this, MECOPP receives a range of funding from the Scottish Government and other charitable trust funds as well as generating earned income through its social enterprise activities.

Our Board of Directors is made up of Minority Ethnic older people who are either actively caring or who are former carers. The Board members have overall responsibility for all aspects of organisational governance. Board members also provide a link with the respective Minority Ethnic communities who are able to raise issues of concern with them which are then brought to the Board for discussion. Our users are also regularly consulted on the development of new services and how existing services are performing.

MECOPP is contracted by the local authority (City of Edinburgh Council) and NHS Lothian (Health Board) to provide a range of culturally sensitive services and products to support Minority Ethnic carers and those they care for.

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2nd Prize

Teilhabe Älterer in einer bunten Stadt

("Participation of seniors in a diverse city")

Gelsenkirchen, Germany

Project

This initiative by the City of Gelsenkirchen is about particular consideration of migrant elders in the senior citizens' master plan development, participation as self-organisation and of migrant elders, of sick people and of those in need of care.

The initiative coordinates and links existing projects.
These are the following:

- Self-organisation with counselling of people sharing the same language;
- neighbourhood founders;
- assistance of migrants suffering from dementia and their families;
- a dementia project for the children of migrants;
- neighbourhood maintenance-cooperation with the Jewish community;
- intercultural everyday accompaniment and accompaniment for elderly people;
- qualification for professions in the elderly care / focus on culturally sensitive care
- dialogue to intercultural learning

Teilhabe Älterer in einer bunten Stadt

("Participation of seniors in a diverse city")

Gelsenkirchen, Germany

Project

Objectives to be reached:

- Overall goal participation: development of the main targets of the senior citizens' master plan and its essential fields of action (solidarity between generations, participation, self-organization, a family-friendly rearrangement of the living environment, care in case of dementia and need of care in proximity of the quarter) with special regard to migrant elders;
- Promotion of self-organization and participation of migrant elders; development of new neighbourly structures with the help of the immigrant population; development of self-organised consultation structures for migrant elders;
- Overall goal dementia-friendly city: destigmatisation of dementia; enhancement of the life situation of migrants suffering from dementia; intercultural opening of health-care and elderly care structures; relief of informal caregivers; recruitment of young people from immigrant families for nursing professions;
- Initiation of provision and support offers in order to ensure nursing within the own domestic environment; development of intercultural competence in the elderly generation: collection, qualification and distribution of respective offerings

Teilhabe Älterer in einer bunten Stadt

("Participation of seniors in a diverse city")

Gelsenkirchen, Germany

Partners

City of Gelsenkirchen
Seniorennetz Gelsenkirchen

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3rd Prize

Jongleren:
Oud geleerd en jong gedaan

("Jongleren: Youngsters learn from active seniors")

Brussels, Belgium

Project

In the course of this project by the "Hogeschool-Universiteit Brussel" (HUB) and the Flemish Community Commission (VGC) in cooperation with several service centres, students of journalism, arts and social work and elders (from both Belgium and non-Belgium background) work together to create an exhibition with pictures and stories that focus on the life of senior citizens in the multicultural city of Brussels. The elders serve as guides to the students and pass on their perception of the city. By making the students acquainted with Brussels and its inhabitants, the different cultures and lesser known places, they acquire intercultural skills.

The seniors (regular customers in the various service centers) come from disadvantaged backgrounds and often lack a large network. They have little contact with students, so for them, the participation in this project is an extension of their experiences and environment. By making the seniors subject of the exhibition and giving them the responsibility to serve as a guide in Brussels for the students, we also work positively on the image of these seniors about themselves.

Jongleren:
Oud geleerd en jong gedaan

("Jongleren: Youngsters learn from active seniors")

Brussels, Belgium

Partners

Hogeschool – Universiteit Brussel (HUB) is the result of a merger between three Brussels-based university colleges and one university.

Diversity has high priority at Hogeschool – Universiteit Brussel. The mission statement says that HUB sees added value in a diverse and multicultural society. We see our presence in Brussels as a unique opportunity to experience world citizenship. The promotion of diversity is important for our students, staff, college, economy and society. By doing this in a positive, experiential way, in the curriculum itself, the students experience the value of working together with all kind of people irrespective of their age or cultural background.

The Vlaamse Gemeenschapscommissie (VGC, or, in English, the Flemish Community Commission) is the local representative of the Flemish authorities in the Brussels-Capital Region.

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special mention

Multikulturelles Ehrenamt in der Nachbarschaftshilfe

("multicultural volunteering in the neighbourly help")

Dortmund, Germany

Project

In order to improve the provision of services for migrant elders in the elderly work and to facilitate access to offers of the elderly care in Dortmund for this group of people, the office for senior citizens in the neighbourhood of Innenstadt Nord established a voluntary group of neighbourly helpers. This group mainly consists of elderly people of different nationalities. This project is aimed at establishing contacts and encounters, social networks, participation as well as support and assistance.

With the help of the office for senior citizens, and with the support of existing services and providers in the district, the requirements and needs of migrant elders are identified, and this leads to fields of activity for neighbouring helpers. Migrants of different ethnic groups become active in their neighbourhood, depending on their needs and competence (a sense of responsibility for their apartment building). Their deployment is cross-generational and independent of their own ethnicity.

Fields of activity:

- activation of migrant people within the scope of a small-scale neighbouring network,
- assistance and support in coping with everyday life,
- visiting service and accompanying service for the elderly,
- providing assistance with new social contacts,
- translation help and language support,
- homework assistance (migrant elders support children and teenagers with language problems)

Multikulturelles Ehrenamt in der Nachbarschaftshilfe

("multicultural volunteering in the neighbourly help")

Dortmund, Germany

Partners

City of Dortmund

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special mention

The bag – a film not to be afraid of

Gothenburg, Sweden

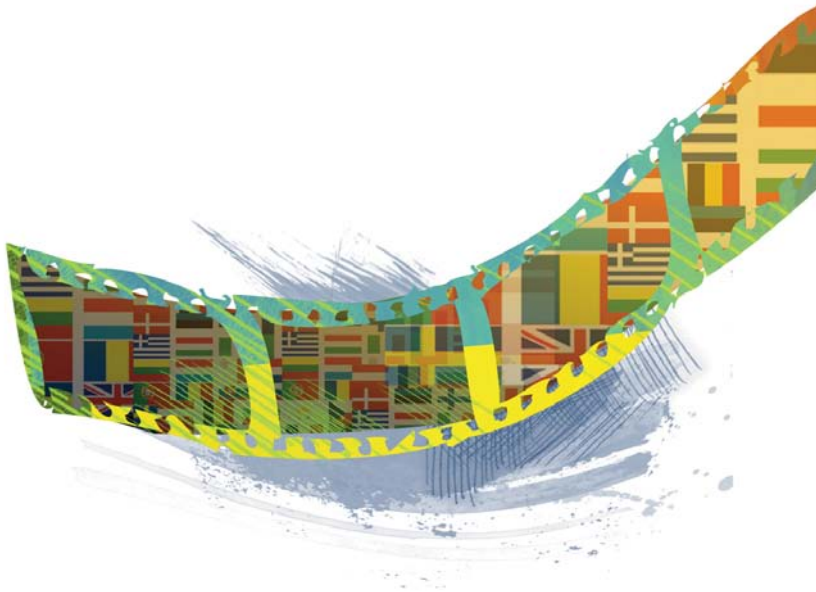
Project

This project's result is a silent film (19 min) with subtitles in 12 languages and a guide for discussion about elderly people, diversity and security. It was produced with migrant and Swedish-born elders addressing topics such as safety, solidarity, crime prevention, fire and injury from falls and where to turn to for help. It is intended for the use of groups.

As people get older, they often revert to their original language and can then no longer understand the new language. This is the reason why the silent film has subtitles in twelve languages: Finnish, Persian, Turkish, Arabic, Polish, Spanish, Somali, English, Greek, Italian, SKB (Serbian / Croatian / Bosnian) and Swedish. The guide and instructional material contains examples and questions for discussion for the person who is going to show the film. The guide and instructional material is available in English and Swedish.

The film is intended to reflect the diversity in society, encourage commitment, combat isolation and loneliness and increase understanding and tolerance between groups – wherever they come from.

Security for elderly people is a prioritised aim of the municipality. Elderly people should be able to live a rich life confidently in circumstances that respect their self-determination and integrity. Their ability to be out of doors and participate in various activities should be encouraged.



The bag – a film not to be afraid of

Gothenburg, Sweden

Partners

The film has been made in broad cooperation with 22 participants from the state, municipal and non profit sector active in Gothenburg. The actors are amateurs but the film-maker is professional, Nasrin Pakkho, who has written the script and directed the film.

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special mention

Leeds Dementia Cafés for Elders from Ethnic Minorities

Leeds, UK

Project

Dementia Cafés for Elders from Ethnic Minorities were set up to improve quality of life participation and active ageing of dementia sufferers from Black and Ethnic Minorities (BME). They integrate cultural and medical knowledge and bring public services, voluntary groups and BME citizens together to offer new, culturally sensitive activities and services which improve care and wellbeing of elders.

The Dementia Cafés aim to improve the lives of elders suffering from dementia, reduce isolation and actively promote inclusion in community life. There are 11 Cafés, ensuring wide coverage across the city.

One Dementia Café offers services exclusively for elders from ethnic minorities and it supports the remaining cafés to also offer services adapted to needs of BME elders with training and advice.

Objectives:

- Help elders from diverse communities, their carers & families to cope better with dementia
- Improve mental & physical wellbeing through activities designed for dementia sufferers
- Improve understanding of elders' needs by their carers, families, local community & service providers

Leeds Dementia Cafés for Elders from Ethnic Minorities

Leeds, UK

Project

Elders suffering from dementia feel insecure, anxious, paranoid and frustrated. This can lead to isolation. Symptoms such as memory loss and other mental health problems therefore worsen. The Dementia Cafés embed services for BME elders within the community to help meet their specific needs, helping individuals and their carers to be more open about this stigmatised condition. They meet monthly and offer activities, culturally appropriate meals and advice on diet to slow progression of this degenerative disease.

Partners

Leeds City Council
Leeds Black Elders Association

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special mention

Increasing autonomy and participation of elderly migrants in the host society

Mechelen, Belgium

Project

In cooperation with local doctors, shopkeepers and public services, language courses for migrant elders offer training in daily situations such as taking the bus. The courses are tailored to the individual needs and pace of the learners. The weekly classes also serve as an incubator for social contacts between the participants.

As opposed to any of the alternative language courses existing from various providers today, **this project's language training does not focus**

- on gearing people up for the job market
- on achieving strongly set objectives with a pass/fail at the end

but focuses on

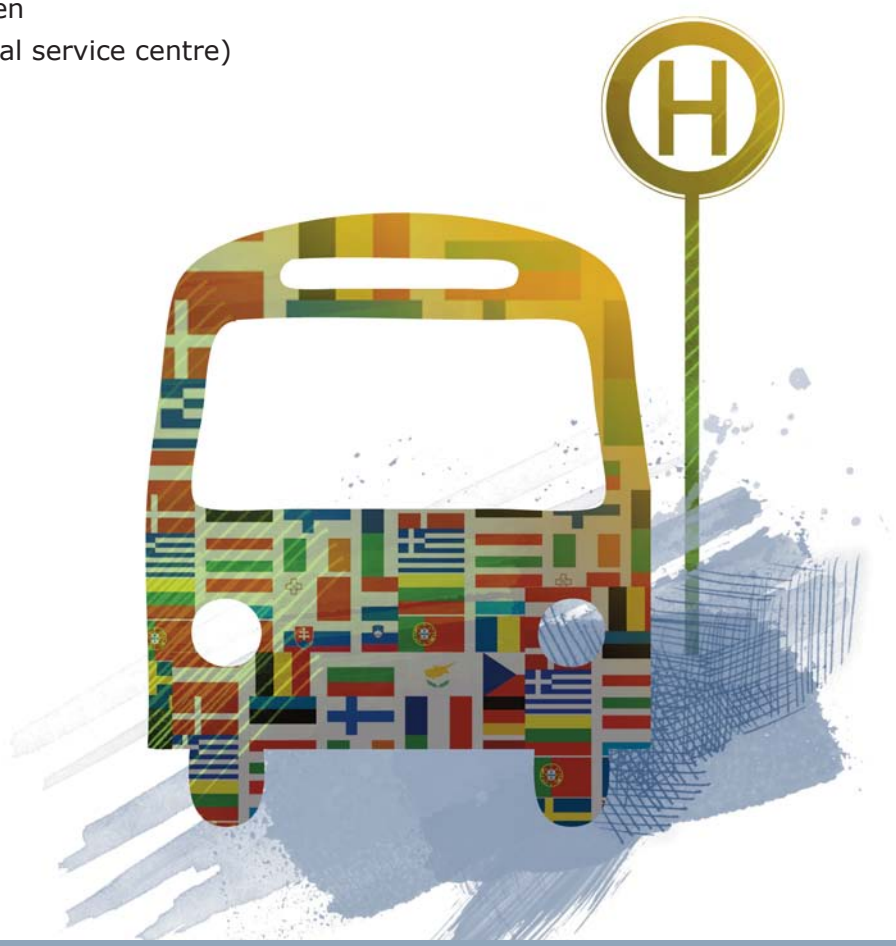
- breaking the chains of social and cultural isolation
- targets the increasingly large population of migrant elders
- achieving the maximum individual progress, taking into account the possibilities of every individual. Every step taken is considered a success on its own
- does not exclude people who are illiterate in their native language

Increasing autonomy and participation of elderly migrants in the host society

Mechelen, Belgium

Partners

OCMW Mechelen
(Municipal social service centre)



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special mention

Pro Wohnen International

("pro housing international")

Oberhausen, Germany

Project

The project "Pro Wohnen International" in Oberhausen offers senior-friendly and reasonable housing in combination with culturally sensitive services for migrant elders in their neighbourhood. These services especially take into account the needs of people who spend their lives in two countries – the country of origin and Germany as the new home country.

Migrant elders have been included in the concept development within the scope of workshops. To provide offerings in the common room such as computer courses, language courses or information events on health matters have all been suggestions made by migrant elders. These suggestions have been taken up and are offered on site in consultation with them. A constant exchange and co-operation ensure the permanent inclusion of elderly people within the framework of the project.

Partners

City of Oberhausen
WohnBund-Beratung Nordrhein-Westfalen

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Life histories

Aalst, Belgium

Project

‚Life histories' is an oral history project aimed at migrants. It enables them to tell their life story: where were they born, where did they grow up, why did they migrate and why did they choose to come to Belgium – Aalst, how were they received by the local people etc. Their story is made available through http://www.madeinaalst.be/levens-verhalen

Most migrants do not think of themselves as being part of the history of the place where they live. This is, however, undeniably so. The project therefore aims at raising awareness concerning this issue, not only with the migrants but with the local host society as well. It furthermore aims at the involvement of the local migrant community in the heritage of the city where they live. The project wants to show that the story of the migrants of Aalst is in effect part of the story of Aalst itself.

We always make sure elders of the first generation are involved in our oral history projects. This is very important, especially for the second and third generations of migrants. Being in between cultures it is essential for them to know their own history while integrating in the host society.

Partners

City of Aalst

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Köprü - Altenhilfe für Migrantinnen und Migranten durch niedrigschwellige Angebote unter Einbeziehung Ehrenamtlicher

("Elderly care for migrants through low-threshold offers involving volunteers")

Bremen, Germany

Project

"Köprü" means "bridge" in Turkish. Volunteers receive a qualification developed by the Zentrum für Migranten und Interkulturelle Studien e.V. (Centre for migrants and intercultural studies, ZIS) in order to help migrant elders with the elderly care system. The volunteers visit migrant elders seeking advice in their homes or accompany them to authorities and service providers.

Furthermore, information events and individual consultation for migrant elders and their families are offered.

The qualification programme that we work with was developed with the aim to reach those migrant elders that are not integrated into society. The volunteers are migrants themselves and have thus background knowledge that they can bring in. They act as multipliers and experts on site and help to reduce fears.

Although the number of migrant elders has increased, the services of the elderly care are used only to a small degree in comparison to the German population. Fears and prejudices need to be overcome so that migrant elders are able to participate in the elderly care system.

Köprü - Altenhilfe für Migrantinnen und Migranten durch niedrigschwellige Angebote unter Einbeziehung Ehrenamtlicher

("Elderly care for migrants through low-threshold offers involving volunteers")

Bremen, Germany

Partners

The Zentrum für Migranten und Interkulturelle Studien e.V. (Centre for migrants and intercultural studies, ZIS) was founded in 1981 as an independent organisation and is active in the fields of community work and offers classes in German as a second language. With its manifold offer, it does not only aim at migrants but also encourages encounters between Germans and migrants.
The project „Köprü" is supported by the city of Bremen. 11 organisations active in elderly care or healthcare in Bremen are cooperating with ZIS in this project.

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Memory pillows

Helsinki, Finland

Project

As part of a course of Finnish for foreigners, repatriates from the former Soviet Union created Memory Pillows from family photos, talking about their life stories. At the end of the project, the seniors acted as guides for the visitors of an exhibition about the Finnish diaspora in the former Soviet Union.

The target group of the project were senior-age Finns who migrated to Finland in 2007-2009 from the former Soviet Union (Ingrian Finns). They are Finnish language learners at the Adult Education Center of the City of Helsinki. The main goal was to explain to local people about the ethnic Finns' tragedy during the Stalin period in an alternative way. For the people who took part in the project, it was not easy to retell about the executions and deportations to Siberia and the Far East or Middle Asia or about the deaths of their loved ones. People brought old photos of their relatives and we made collages of them. We then printed them onto special paper and transferred this onto fabric and sew pillows. During the process we spoke about those people and their lives and also about the tragic history of all Ingrian Finns and their future life in their new homeland – their original fatherland.

Partners

Ingrian Cultural Association
Adult Education Centre of the City of Helsinki

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Netzwerk Ältere Migrant/innen Kiel-Gaarden / Kiel-Mettenhof

("Network Migrant Elders Kiel-Gaarden / Kiel-Mettenhof")

Kiel, Germany

Project

In order to improve the situation of migrant elders in the districts of Kiel-Gaarden and Mettenhof on a lasting basis, actors of social work and migration, elderly work, health-care provision, and migrant organisations have come together to form an interdisciplinary local network bringing together different organisations for the first time. This alliance ensures a variety of different offers in the native language, if needed, which are coordinated and accompanied by the project „Netzwerk Ältere Migrant/innen in Gaarden". The following offers are carried out in various collaborations under the responsibility of the participants of the project. The project is coordinated by a project manager at every location, and comprises the following modules:

1. Organisation of

a) trainings for intercultural communication for staff working with senior citizens

b) information events on senior-specific topics for migrant elders. Special services for migrants are as well to be integrated in this offer.

2. Course offerings and conversation circles to support informal caregivers and volunteers under involvement of native speaking caregivers, respectively translators

3. "Growing Older in Germany" - series of seminars for Russian- and Turkish-speaking immigrants

4. Information events on preventive healthcare for immigrants held in their native language

5. Information for pupils and their parents about possible training paths into the elderly work (as well voluntary work in the social sector and civilian service). Here, the learning centres and coordinating agencies of the welfare organisations are available as partners.

Netzwerk Ältere Migrant/innen Kiel-Gaarden / Kiel-Mettenhof

("Network Migrant Elders Kiel-Gaarden / Kiel-Mettenhof")

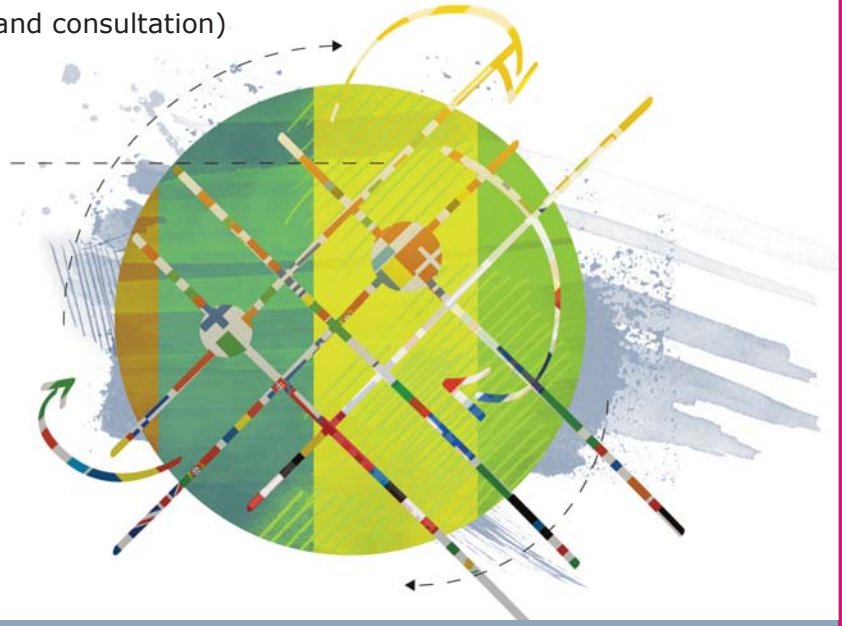
Kiel, Germany

6. Development and use of suitable materials for memory training for migrant elders, especially for those with incipient dementia.

Partners

AWO-Zentrum für interkulturelle Konzepte,
Projektentwicklung und Beratung
(Centre for intercultural concepts,
project development and consultation)

City of Kiel



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Pflege-Info-Center (PIC) für Menschen mit Zuwanderungsgeschichte im Märkischen Kreis

("care info centre for migrants in the county of Märkischer Kreis")

Märkischer Kreis, Germany

Project

The set-up of a care information centre offers better access to home care offers for migrants.

In the care information centre in the Märkischer Kreis, qualified "Intercultural Nursing Guides" actively support the target group specific offer for consulting, mediation and accompaniment of migrants in need of care and their family members.

The objective is to reduce access barriers for the use of social and nursing services and the creation of a target group oriented offer for the improvement of the quality of life for migrants in need of care and their relatives.

This includes:

- Consultation offered in the migrants' native language, on how those who live alone, can stay longer in their own domestic environment
- A cross-generational multiplier training of volunteers with and without a migrant background ("Intercultural Nursing Guides")
- Establishment of a coordinated pool of volunteers for the information centre
- A perfectly tailored and sustainable extension of the existing services of nursing consultation/ nursing services in the Märkischer Kreis for migrants in need of care and their family members through the cooperation with the qualified "Intercultural Nursing Guides"
- Accompanying supervision services for qualified volunteers

Pflege-Info-Center (PIC) für Menschen mit Zuwanderungsgeschichte im Märkischen Kreis

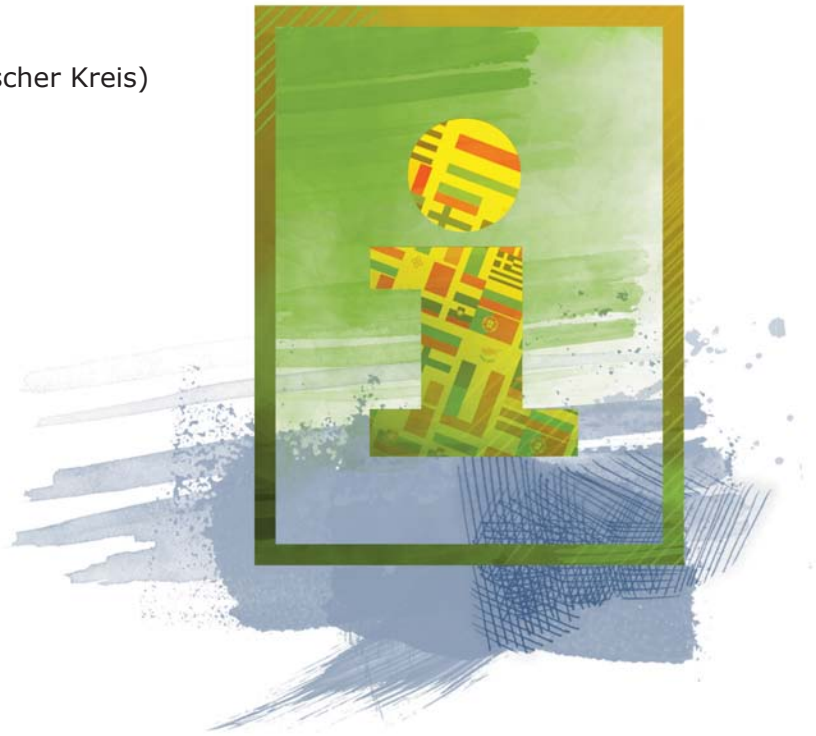
("care info centre for migrants in the county of Märkischer Kreis")

Märkischer Kreis, Germany

Partners

Caritasverband Iserlohn e.V.

Märkischer Kreis
(County of Märkischer Kreis)



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Älterwerden in Dietzenbach für ältere Menschen mit türkischem Migrationshintergrund

("Growing Older in Dietzenbach for elderly people of Turkish origin")

County of Offenbach, Germany

Project

Migrant elders rate among the fastest growing population group in the county of Offenbach. The first generation of "guest workers" has already arrived in the elderly care.

Cultural differences and language barriers often prevent the access to the German elderly care system. Therefore, information was imparted on the access to the elderly care system such as pension scheme, stationary and outpatient support and, in addition to this, information about the healthcare system, healthy nutrition, and meaningful leisure activities of the daily life in old age. Corresponding to the participants' interest, this also included excursions to Heidelberg, Wiesbaden and Frankfurt.

The strongest grouping has been addressed in Dietzenbach, namely Turks. In order to gain access to them, multipliers, respectively bridge builders were involved. The needs were established, and it quickly became clear that not only care and support are to be topics but leisure activities and vitality as well.

A network was established for the players on site: clubs, associations, politics, an information centre for elderly citizens, volunteers, the Council of Foreigners and the Advisory Board for Seniors hear frequently from events in the project.

Älterwerden in Dietzenbach für ältere Menschen mit türkischem Migrationshintergrund

("Growing Older in Dietzenbach for elderly people of Turkish origin")

County of Offenbach, Germany

Partners

Leitstelle Älterwerden des Kreises Offenbach
(Coordination office on ageing of the County of Offenbach)

Städtische Seniorenarbeit der Kreisstadt Dietzenbach
(Department for elderly care of the Municipality of Dietzenbach)

Arbeiterwohlfahrt Offenbach-Land
(a local welfare organisation)

Zusammenleben der Kulturen in Dietzenbach e.V.
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Accompanied integration

Teulada, Spain

Project

As early as in 1999, the community decided on involving foreign municipal councillors in the district council as an important engine of integration. Today, 5 of the 17 municipal councillors are foreigners, and alongside their primary tasks such as social affairs and environment, they need to attend foreigners in their respective language, no matter whether they are private persons or clubs and associations. The foreign population of Teulada consists mainly of seniors.

With these contacts, not only problems concerning the town hall are addressed but private issues such as labour law, social security or wedding documents. The municipal councillors have thus become helper in every initial situation.

We aim at uniting the migrants and the local Spanish to citizens with the same rights and duties as "residents of the municipality of Teulada-Moraira". Thus, we introduced the citizen card in our municipality. It serves as a card in all matters of the community and it does not distinguish between nationalities.

Also, teams have formed from the largest working groups that service the town hall. With their help, essential decrees have arisen in the field of construction and environment. Additionally, the mayor meets the Spanish and the larger groups of foreigners two or three times annually in order to discuss the activities organised by the town hall in the national language but also in order to receive ideas and proposals as well as complaints from the groups.

Accompanied integration

Teulada, Spain

Partners

Municipality of Teulada

The municipality of Teulada is situated between Valencia and Alicante at the Mediterranean Sea. In the years from 1990 onwards it has grown considerably and has a population of 15000 inhabitants today. Two thirds are foreigners.

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HEKS AltuM

Zurich, Switzerland

Project

AltuM is a project carried by the HEKS (an aid organisation of the Protestant Church in Switzerland), where volunteers network, advise and accompany elderly people of the same origin. The targets are, among other things, the prevention of isolation, recreational activities and to be well informed about old-age provision.

AltuM organises encounter and exercise offers: meetings in coffee shops, swimming courses, German courses, information events on age-related questions, social events, etc. The cooperation, networking and exchange of experience with different organisations and authorities is sought and promoted explicitly.

AltuM trains so-called key persons in cooperation with Pro Senectute. These volunteer key persons originate from cultural groups of migrant elders and move in the same social networks. The key persons organise events concerning social, economic, legal and health-related topics for elderly people and, thus, pass their knowledge on. As a result, they are able to offer help to the AltuM participants in case of problems and to respond competently to their needs and queries.

The aims of AltuM are: migrant elders

- have a basic knowledge of the old-age provision and the social system in Switzerland,
- are well informed about matters relating to health,
- deal with the topic of preparation for old age and are aware of corresponding offers and institutions,
- make use of existing offers, respectively, participate in events, courses and activities,
- increase their opportunities for participation,

HEKS AltuM

Zurich, Switzerland

Project

- have a social network and promote their self-organization so that they can be active and able to design their life positively in the new homeland,
- break through their isolation, respectively, prevent it.

Partners

Hilfswerk der Evangelischen Kirche Schweiz (HEKS)
(aid organisation of the Protestant Church in Switzerland)

Pro Senectute

City and Canton of Zurich

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