Active Ageing of Migrant Elders
Good Practice in Europe
The “Active Ageing of Migrant Elders across Europe” project is promoted by the Ministry of Intergenerational Affairs, Family, Women and Integration of the State of North Rhine-Westphalia, Germany (MGFFI) and the Directorate General for Employment, Social Affairs and Equal Opportunities of the European Commission (DG EMPL) via the ENEA Programme (VS/2007/0652).
Preface

In Europe, the number of migrant elders is growing in general. On the one hand, this is due to the migration movements in the last few decades and on the other hand, it is a consequence of an increased mobility of the elderly people.

The associated growing cultural variety of the elderly generation also has consequences for the cities and municipalities in North Rhine-Westphalia: adaptations with regards to the house supply, the services close to the households, the cultural and leisure offerings and the social services are necessary, for example.

The project “Active Ageing of Migrant Elders across Europe” (AAMEE, www.aamee.eu) of the Ministry of Intergenerational Affairs, Family, Women and Integration of the State of North Rhine-Westphalia draws attention to the chances associated with this development for Europe.

In terms of social developments, the citizens themselves often find their own and convincing answers from the civil society. The present collection of good examples from the practice with and for migrant elders across Europe proves this. The role models offer, at the same time, suggestions for the decision-makers in the cities and communities. They are encouraged to start new initiatives in order that coexistence in diversity can succeed better and better in old age.

I wish that many further municipalities accept these good examples. North Rhine-Westphalia will, thus, become the federal state of new integration chances – not only for children and juveniles but also for migrant elders.

Armin Laschet
Minister for Intergenerational Affairs, Family, Women and Integration of the State of North Rhine-Westphalia
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Imprint
1. Introduction

The present brochure was created in the scope of the project “Active Ageing of Migrant Elders across Europe”. This project was implemented by the Ministry of Intergenerational Affairs, Family, Women and Integration in the State of North Rhine-Westphalia between December 2007 and November 2009.

The AAMEE project pursued as long-term goals:

- The recognition of the life achievements of migrant elders.
- The illustration of the chances and potentials that migrant elders have.
- The promotion of social, cultural and economic integration of migrant elders through voluntary engagement in the fields of ‘housing,’ ‘services close to private households,’ ‘education,’ ‘leisure,’ ‘culture’ or ‘marketing,’ for example.
- The stimulation of the development of new, culturally sensitive products and services.

On the one hand, these goals should be achieved by involving as many decision makers as possible from the respective fields of action, and by informing them about this concern. And on the other hand, with the partners of the AAMEE project¹, the project website www.aamee.eu and a newsletter distributed all over Europe, interested voluntary organisations were invited to participate in recommendations for the practice of civil engagement and to introduce their project for the present brochure.²

Altogether, 47 projects were submitted, 29 of them came from Germany, seven from Switzerland³, six from the United Kingdom and one each from the Netherlands, Austria, Bulgaria, Finland and Sweden. Since there is no evaluation on behalf of AAMEE, each submission was accepted⁴. Therefore evaluations in the project do not reflect the opinion of the Ministry of Intergenerational Affairs, Family, Women and Integration in the State of North Rhine-Westphalia or the European Commission. The listed contact addresses will serve to foster the exchange of views, and to share experiences.

The submissions can be summarised as follows:

1. Assisted Living and Improvement of the Housing and Life situation
2. Sports Activities
3. Promotion of the Intercultural Understanding
4. Cohabitation of younger and older People
5. Promotion of Health
6. Living together in the Neighbourhood
7. General Promotion of Integration

The individual examples show that migrant elders make an important contribution to the cohabitation regarding the concrete projects. They also reflect the wide range of civil engagement of and with migrant elders.

One of the objectives of the project “Active Ageing of Migrant Elders across Europe” is implemented by the brochure – namely to explore the potentials of migrant elders as well as to promote their social, cultural and economic integration. In order to found far more initiatives designed to improve the coexistence with migrant elders than here documented, the recommendations for the civil engage-

¹ Deutsche Welle, Cities- and Municipalities of North Rhine-Westphalia, the City Congress of North Rhine-Westphalia, the Associations of Districts of North Rhine-Westphalia, the state working group of the umbrella organisations of the Freie Wohlfahrtspflege of the federal state of North Rhine-Westphalia (LAG, FW NRW), the state working group of the municipal migrant representations of North Rhine-Westphalia (LAGA), Association of Housing and Real Estate Industry of North Rhine-Westphalia e.V. (VdW), Stiftung Internationale Begegnung of the Sparkasse in Bonn, European Volunteer Centre (CEV), NRW BANK.
² The invitation was issued via a standardised online form.
³ The projects from Switzerland were accepted as suggestions, even if the initiatives of AAMEE referred to the EU member states.
⁴ Only two projects could not be included due to formal reasons.
ment with and for migrant elders are included as third chapter in the brochure. They were developed in cooperation with a variety of groups across Europe.5

2. Good Practice in Europe

2.1 Assisted Living and Improvement of the Housing and Life Situation

2.1.1 Nascha Kwartiha
GAG Immobilien AG, Cologne, Germany

Many migrants from different nations live in the surrounding of the project. This gave us the idea to initiate a joint way of living for this target group. We have observed that Turkish families, who have to maintain older and dependent people rather tend to live close to their relatives. In case of a necessary change of residence, this criterion inherits a greater importance than the accessibility of the residence. Furthermore, we have found in the requirements analysis that the group of Russian-speaking people accounts for the larger proportion of the elderly people. As contingent refugees or “Aussiedler” they also migrate in old age. In the search for a cooperation partner from the respective culture, it was found that the Russian information centre already had experiences with the topic at the time of the project development, and also expressed a great interest in cooperating while the Turkish organisations acted rather cautiously. Hence, the project proposal was (at first) developed for this target group.

„Nascha Kwartiha” (Russian: „Our Residence”) addresses the needs of elderly Russian people. “Nascha Kwartiha” is an ambulatory supervised flat-sharing community for Russian-speaking people with dementia and in need of nursing. In a flat of 260 square metres in Cologne-Vingst eight people are living, who are looked after by the Diakonie Private Limited Company as an outpatient service, by voluntary helpers and relatives around the clock.

The eight residents found their new home on July 17, 2006. They are mainly Jewish contingent refugees and several Russian “Aussiedler”. The mix of both groups of migrant people is more of a problematic aspect of the project which we would not repeat again in that way. The life of the flat-sharing community follows the habits of the residents. Thus, there are served Russian meals, they speak Russian together and Russian feasts are celebrated. The residents are looked after by native Russian-speaking nursing and housekeeping staff that is especially trained in dealing with people with dementia. The relatives are intensively involved in this care. It is important that a major part proceeds in Russian, as the German language they once learnt is often nonexistent due to their dementia. The care service hired Russian staff for the flat-sharing community. Each resident has his own room furnished according to his own wishes. There is in each case a TV connection and a telephone connection. The common rooms were furnished jointly. The kitchen is provided by the responsible body.

The flat-sharing community includes a large private garden. In order to ease the orientation for the residents, a colour concept was developed for the flat, because the human colour perception still remains intact in case of highly advanced dementia.

The objective of the unique project in Germany is to develop a joint place accommodation for people with migration background and in great need of help, and, thus, to offer them an alternative to inpatient treatment. They have the opportunity to live their cultural identity in the shared apartment. For people with dementia, this is an important therapeutic aspect with stabilising and relaxing effects.

5 The participants are included in chapter 3.
The results are clear. Residents, who were not given a long life expectancy by doctors, have already been living for several years in the shared apartment. The drug treatment can be reduced. The states of anxiety and restlessness are less frequent. The “confused person” feels well in the culture he/she knows from his/her childhood and youth, because this is also a part of her/his biography that is present and from that he/she draws strength for the daily routine.

The residents, who are represented by their relatives or a legal carer, are responsible bodies themselves for the flat-sharing community. The residents united themselves in a “residents GbR” (Gesellschaft des bürgerlichen Rechts, German civil law association). The purpose of the GbR is, among other things, to agree on an outpatient service and to decide who is to enter the GbR. In order to support them, we gave the “Residents GbR” an assistance that counsels the GbR and runs current businesses. In the GbR it is granted that the residents and their relatives have the greatest possible leeway and rights of co decision. For an optimal representation of interests, a respective charter was compiled, and attuned and implemented with the proper authorities. The “Residents GbR” concluded with us a rental contract about the apartment.

Dementia and the care of people with dementia have played a minor role in the Russian geriatric care due to a much lower life expectancy. There are little experiences and common knowledge, and people rather keep quiet regarding this topic. The cooperation of relatives within the GbR and the mutual exchange of ideas help them to cope better with the situation. Therefore, the concept entailed clear aspects for self-help as well for this group.

Several partners participate in the project “Nascha Kwarthra”:

- The agency for living concepts developed the project idea and supported the concept and its implementation on behalf of the GAG Immobilien AG, and assumes the moderation and management of the family member groups as assistance of the “Residents GbR”.

- PHOENIX Cologne e.V., culture and integration centre of Cologne is a self-help organisation of migrant elders for migrant elders. PHOENIX-Cologne e.V. helped with the “cultural transfer” of the project. It assumes parts of the public relation work, helped with the search for residents and staff and provides voluntary staff for the flat-sharing community.

- The Diakonie GmbH developed the care and support concept and was elected by the residents (represented by their relatives) as the central nursing and care service. The Diakonie GmbH concluded successfully the negotiations with the local welfare agency about refunding of the carer wholesale, and thus to secure the financing for the residents.

The project is designed for a long-term. In the long run, it could reach its limits if there is no need for such living and care forms, anymore. This can be assumed in case that the ethnicity will be completely integrated and there is no longer a need for separate offers.

Due to the fact that the concept has proven to be successful in practice, a further outpatient flat-sharing community for people with migration background is planned for Turkish migrants.

The GAG Immobilien AG with its headquarters in Cologne is the largest residential housing company in Cologne. The three business areas are structured as follows:

1. Focal point is the renting of about 39,000 of their own apartments and 2,200 foreign ones. The technical and commercial inventory management is organised in eleven branch offices on site on the clients’ premises, in municipalities and a head office. The scope of duties is completed by an extensive social management. Here, the company develops its own approaches for the current social problems regarding the tenants and accommodations where the residential housing company holds inventories. The main topics are: unemployment, excessive indebtedness, juvenile delinquency, neighbourhood development and the consequences of the demographic change. Cooperation with players from social care and urban district development are entered, and they develop their own projects.
2. The housing management for third parties is organised in the WEG property management and the GAG service association. This relatively new branch can fall back on over 90 years of experience and know-how of the group in renting business.

3. As a third business area, the GAG Immobilien AG builds for its own inventory (demolition/new building) and is active on its own respectively on purchased properties as a builder in the construction of one-family homes and condominiums in the district of Cologne.

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2.1.2 FEDKa – Care Support Group/ Circle of Helpers of different Mother Tongues and Nationalities
Educational Ethno Centre of Karlsruhe e.V., Germany

In 2008, we found on the one hand, that the regulation systems for seniors in Karlsruhe are seldomly occupied by migrant elders due to generally known barriers, and on the other, the geriatric care system in Karlsruhe is still not sufficiently focused on the needs of migrant elders needing care. In the future, the emphasis needs to be put on the development of structures and facilities specifically orientated towards migrants (qualitative need), as over 65,777 people with migrant background live in Karlsruhe, of which 2,801 are over 60 years and 6,262 over 65 years (city statistics 2008). The objective of the Educational Ethno Centre of Karlsruhe e.V. was to train the volunteers of different mother tongues and national origins, so that they can practice their help function more effectively.

Our association is an important information channel striving for an intensive cooperation with both the existing geriatric care facilities and the networking of the migrant associations, and removes the existing information deficits of migrant elders regarding their rights (for example, pension, nursing insurance, social welfare, EC law, etc.).

In “FEDKa” (family disburdening services of Karlsruhe), the specifically trained volunteers offer to migrant elders, requiring nursing care with a significant need for general supervision and care, an individual and flexible nursing for those in need for care and to ease the burden for relatives. The trained volunteers of different mother tongues and different national origins are important confidential persons making the information about the possibility of the geriatric care in Karlsruhe transparent. Upon consultation, they take care of individual persons in need of care three times a week hourly. Thus, caring relatives are able to realise their own needs or get round to resting. Additionally, biographically orientated and promoting activities like music, movement, singing, playing, handicrafts and joint discussions take place. The target groups are different ethnicities of migrant elders, namely those in need of care suffering from dementia, those in need of care being mentally ill and those in need of care being mentally disabled. Trained volunteers of different mother tongues and of different national origins are important components in our service and daily routine management in the scope of case management and personal budget. A proposal of recognition of a low-threshold care service is submitted to the seniors’ office of Karlsruhe.

The sustainability of the circle of helpers initiative is secured by quality assurance measures. The assisting persons are prepared for their work by preparatory courses lasting 60 educational units. An evaluated framework concept for the performance of the course is available, and there are group meetings taking regularly place (once a month), case discussions and further trainings. The project initiators are available as personal contacts.
As a heterogeneous association, the Educational Ethno Centre of Karlsruhe e.V. sets a great store by a multicultural and multilingual membership of people of different national origins. By working on a regular basis in working groups, associations, networks and committees that are active in the migration field of the city, and by participating regularly in expert meetings on integration issues and cooperating continuously with public facilities, a sensitisation and change of attitude of the responsible decision-makers for the situation of people with a migrant background and their families is achieved.

The objective is, furthermore, to create a networking of the activities of organisations and institutions, and our most important target is to promote and support the people with a migration background socially, professionally and politically. We act on the fact that diversity management is recognised and applied as an important element of the professional integration of migrant people in economy. Beyond that, we are working on society to open itself further towards the complexity of cultures, and the proceeding of international cooperation. We aim at a better cooperation of people of different origins and a long-term as well as sustainable contribution to combating racism and xenophobia. It is our concern to develop offerings that respond the needs of migrant elders in order to create equal opportunity between German elders and migrant elders. We realise our mission statement through independent mobile migrant counselling. This includes among other things: daily life management, care management, regular conversation circles for caring relatives, consultation after hospital stay located in the neighbourhood area, procurement of outpatient and inpatient rehabilitation, home care, inpatient/day-patient nursing, counselling about the quality of supply of professional providers, nursing insurance, law of the severely disabled, social welfare law, participation in stimulating legal care, preventive possibilities, health education.

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2.1.3 Pro Living – International Living in Oberhausen-Tackenberg, Germany – attractive Living in the Neighbourhood
Coordination Office Living in Old Age of the City of Oberhausen, Germany

Living in the neighbourhood and old-age provision continue to grow in importance for the groups of people with a migrant background. In the 1950 settlement of Oberhausen-Tackenberg, especially Turkish people and Turkish investors, of which some of them live in this area, have formed property on the Tackenberg after the privatisation of former publicly funded tenanted dwellings. They develop their apartments and settlement with a major initiative. For example, The Mevlana Mosque was the first mosque being established here in Oberhausen, Germany on the premises of the former supermarket. Individual Turkish entrepreneurs secure the local supply in the area. In the settlement, where approximately 2,000 people are living of which about 50 percent are people with a migrant background, exists a functioning network of collaboration and cooperation for a common cooperation of engaged individuals, institutions, clubs and associations.

But here were no barrier-free apartments for elderly people, no housing offerings for commuters, no supporting structures for the daily routine in old age, no supporting structures for caring relatives with migrant background.

In a circle of active local players and of those in the city of Oberhausen, the idea to initiate a model-like living project, especially for migrant elders under the title “Pro Living”, was founded. It is a comprehensive course of action, oriented on a small scale for enhancing the housing and life situation, especially for migrant elders. The project is a federal model project in the scope of the experimental housing and urban development “Innovations for quarters suited for families and elderly people”.

The project comprises offerings of barrier-free apartments and apartments for commuters, a common room for supporting the neighbourhood and the information and service centre as a con-
tact point, a district-oriented infrastructure (a cultural sensitive outpatient care, for example). The coexistence suited for families and elderly people in the neighbourhood is also supported by integration and participation offerings for old and young. The plan is promoted by the experimental housing and urban development (ExWoSt) and received the Robert- Jungk- Award in 2008.

In the scope of the federal programme, a joint, advisory and meeting offering for different activities was provided in the neighbourhood in the quarter. Four “carers” (Turkish, Polish, German, female, male) offer here their support regarding questions on every day issues, organise joint breakfasts, lectures and conversation circles. A culturally sensitive outpatient care service offers as well regular consultation hours and help.

The long-term objective of the project is the implementation of an international accommodation offer and care for elderly people with different migrant backgrounds. Through a determination of requirements (interviews as well as workshops with the people involved and multiplicators), the development of a social and business oriented infrastructure is performed. This also includes the housing provision of migrant elders – especially of the commuters travelling to their home country on a regular base – and the expansion of an attractive neighbourhood for young and old.

There is cooperation with:
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DITIB-Türkisch Islamischer Kulturverein e.V.
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Migrationsrat Stadt Oberhausen
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The project is supported by the experimental housing and urban development (ExWoSt) in its development and building of the offerings in the first three years (by the end of 2009) within the federal programme: “Living in the quarter suited for families and elderly people”. The common room is provided for free and organised for the next few years (the rooms are property of the city). Further staff resources could be acquired. A further important element for the long-term stability is also the establishment of a female Turkish entrepreneur from Duisburg with “Die Pflegezentrale Duisburg” (The care central of Duisburg).

The tasks of the coordination point “Living in old age” of the city of Oberhausen comprise:

- developing ideas and concepts for projects that are suited for elderly people;
- public relation work and committee work for the most different project approaches in the field of “residing and living” of elderly people in Oberhausen, i.e.: residing, culture, leisure, education, intergenerational offerings, migrant elders.

Cooperation partners
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Internet: www.wbb-nrw.de.

WohnBund-Beratung NRW (Housing Association Counselling)

- Counsels and supports neighbourly and community-living and develops new qualities around the living in settlements and districts;
- It links inventory renewals and building, social issues, economy and ecology and sets new accents for a future-oriented living in rented accommodations and joint properties;
Are engaged in fulfilling preferred apartments of young and old, of families and singles, of people of a different cultural background.

Contact

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2.1.4 A Housing Community for (very) old Italians
Domicil Schwabgut, Bern, Switzerland

Motivation for the project

The project “A Housing Community for (very) old Italians” takes the needs of the Italians into account, namely staying close to their relatives. Moreover, they don’t want to give up their own cultural identity. The one year old project showed the great need of the Italian community for a housing community.

The wish of the first people with a migrant background in Switzerland, the Italians, became ever clearer. They don’t return to their home country anymore. The parents or today already grandparents are strangers and not totally integrated here. But their family, children, grandchildren etc. remain here, because they are socialised in the agglomerations and firms after 30 to 50 years of cooperation in the city of Bern. They have yet a clearer meaning of family and relationship-based liability in contrast to that being present in the German-speaking Central Europeans. They wished for “an institution, in which they could live their cultural individuality”; but can be able to enjoy the social security of the Swiss cultural possessions. The most important memories in the age-related weaknesses of the entering persons of an average of 87 years bind them to their mother tongue and emotions of the direct environment of their culture circle. Therefore, we decided not to offer a “mixed” Mediterranean group but a cultural linguistical form clearly attributed to this region. Together with the concerned circles, groups and associations of Italians, a decision was made in the scope of the renovation of the Domicil Schwabgut and the conversion of the housing communities to found a housing community with only Italian-speaking persons, for the time being. There are no organisations in Switzerland yet offering such housing communities with Italian-speaking persons.

We invited other ethnic groups to the same events about the topics of age and migration. It was shown that only those people wonder about this topic that have been living here over two to three generations. About 20 and 30 years ago, there were very few Italians that could imagine living in Switzerland in old age. The same phenomenon can be observed with the first generations from the new immigration countries. They have a “family- and clan-like” thinking too, and according to them, they would never put their parents into institutions. The Italians didn’t want that, too. They ghettoised themselves verbally and socially in their leisure time in the culture area and environment, and this is still the case.

Short description of organisation

The Domicil Schwabgut is an institution for elderly people and comprises 120 residents in eleven housing communities. The housing communities include ten to twelve residents. The institution located in the west of Bern (working-class settlements and prefabricated concrete apartment blocks under monument protection) is one of 16 institutions of the association Domicil Schwabgut with its headquarters in Bern. The philosophy of Domicil is a quarter-related anchoring of people who are no longer able to live in their ancestral environment, due to psychological, physical or social reasons. The Domicil Schwabgut is the largest institution, and with its clearly defined structure of housing communities unique in Switzerland.

Apart from that, it has manageable social communities, as the number of people with age-related weaknesses has risen due to the demographic development and they can be cared for at home. A suited institutionalisation in the Domicil Schwabgut is possible for them. We offer double bedrooms only upon request or therapeutic indication; otherwise every person has its own private room.
2.1.5 Foundation Alterswohnen in Albrisrieden

Foundation Alterswohnen (Living in old Age) in Albrisrieden, Zürich, Switzerland

The initial idea for a cultural specific care offering arose from an over 94-year-old Italian woman. When entering the nursing apartment, she was able to communicate well in German. With the progress of her dementia, she lost the learned language and contacting was only possible in her mother tongue. We made this experience over and over again showing us the importance of the mother tongue, hence, the initiative for the Oasi (alloggio assistito per anziani) was founded.

During their whole life, many migrant people moved among their fellow countrymen during their work and leisure time. Equipped only with a completion of basic school, they often work in the sector of unskilled labour like cleaning, in manufacturing companies, in the hospitality industry and in construction. When buying groceries, they benefit from the Swiss peculiarity that all the products are written out in three national languages (German, French, Italian). One part of the migrant people learned German well, to the other part, the language remained foreign. The stay in Switzerland was often regarded as temporary.

In the existing caring institutions, the exclusion was repeated once again to the migrant people like they had to experience it often in their biography. They felt like strangers in the company of others in need of care and were not able to communicate well, furthermore, important features of their culture and lifestyle were not taken into consideration.

The Foundation AWA (non-profit, private Foundation Alterswohnen in Albrisrieden) was confronted more and more frequently with the demand for a place for Italian people in need of care. The proper municipal authority responsible for the planning of nursing care places explicitly negated the need for an offer that is specifically addressed to migrants.

In spring 2003, the foundation board agreed on the project for a nursing apartment for Italians. As a first step, the statistical figures of the over 70-year-olds were gathered. The Italians are still on top with a community of approximately 3,000 persons. The proportion of the Spanish people is comparatively low with a community of about 250 persons. The Italians, who became Swiss citizens by marriage or naturalisation, were not taken into consideration regarding the enquiries – this part accounts for a significant percentage.

The questioning of Italian and Spanish organisations such as trade unions, Com.it.es, Missione Cattolica Italiana and the municipal department for promotion of integration confirmed the great interest and the urgent needs for a cultural specific offer.

In the quarter of the arrival of the guest workers, a suited property was found in the immediate vicinity of the Casa d’Italia and the Missione Cattolica Italiana, and so the nursing apartment Oasi was established of four 3-room apartments which were converted into a large apartment. Oasi provides space for nine residents on two floors. A garden terrace is also included.

The most important feature for the operation of a culturally sensitive nursing apartment is the communication in the mother tongue and the knowledge and wealth of experiences of the cultural characteristics of this nationality. The concept of the nursing apartments that starts per se from a high degree of individuality of the residents was adapted. The most significant and difficult point was the search for proper staff. They have the same origin or speak fluently Italian and/or Spanish whenever it is possible. A central point of the nursing apartments for migrants is the preparation of the “Italian kitchen”, for it is of high importance and leads to daily discussions. The residents increasingly spend
their daily routine together. Activities like music and singing are important components of the day.

After completion of its construction, a grand opening of the “Oasi, alloggio assistitio per anziani” in the presence of the Italian and Spanish consul generals as well as the mayor of Zurich and over 200 guests took place in January 2006.

The great demand for a nursery place in the Oasi induced the Foundation AWA to realise a further Oasi. Thanks to the cooperation of a building society, a construction object was adapted that was already started, and so the “Oasi due” in Albisrieden could already be opened with eight places in April 2008.

The non-profit, private Foundation Alterswohnen in Albisrieden (AWA) has been running nursing apartments for elderly people in need of care since 1992 in Albisrieden, a quarter of the city of Zurich, Switzerland.

Originally Albisrieden was a farm. A new quarter arose there after the incorporation in the 1950ies: non-profit building societies overbuilt green space with residential buildings on a large scale. Working class families and employees moved into the favourable apartments, but in the last 30 years, the population structure has clearly changed – Albisrieden became the district with the highest proportion of elderly people. The provision of the inhabitants in need of care could no longer be performed directly in the quarter. At the same period, a wealthy woman from Albisrieden, Alice Schoch-Bockhorn (A.S-B) charged in her estate the establishment of the ASB Foundation, whose purpose it is to support elderly residents of the quarter. Thanks to this foundation, the sponsorship “Alterswohnen in Albisrieden” (Living in Albisrieden in old age) could be founded, opening the first “nursing apartment” in the city of Zurich in 1992.

Seven to ten elderly people in need of care are accompanied and looked after during the last part of their life per nursing apartment. A team of staff from various professional fields is responsible for care, support and the infrastructure performances (housekeeping and provision) and they guarantee the operation of 24 hours. The medical attendance is provided by the previous family physician. Necessary therapies such as physiology, ergo therapy, speech therapy, etc. are performed by external specialists on site. The preservation of existing resources and the involvement in everyday activities is an important goal during the accompaniment and provision of the elderly people living in the nursing apartment. The manageable group of residents allow designing the care for the elderly people individually and according to their needs. The equipment of the nursing apartment as well the daily routine is based on the previous living respectively according to the living structures at home. Apart from an electric nursing bed provided by the foundation, the room is furnished with personal furniture. In the morning, the focus is on body care, and the residents are supported by the staff as required. The further activities like the preparation of meals, laundry service, cleaning, etc. are performed by the team. The close proximity to the everyday procedures enables the residents to an active or passive participation. They help to steam vegetables, to set the table, comment on the preparation of the menus or stay in the kitchen and enjoy the delicious aroma coming from the cooking of the meals.

The afternoon is reserved for visits of the relatives, previous neighbours, and acquaintances from the quarter or for playing together. During fine weather, the residents go for a walk in the surroundings. The evening is spent jointly in the living room. Some of the residents already retreat in their rooms for the night’s rest after dinner.

The high degree of individualisation within the nursing apartments predestines this model for specifically targeted offers like the maintenance of elderly migrants in need of care.

A nursing apartment can be implemented in an existing residential building by combining various residential units, or a nursing apartment floor plan with the sanitary and barrier-free adjustments is already considered during the planning. A nursing apartment is from an economic point of view a very attractive offer, too. In comparison to the costs of the infrastructure and operation of a room in a nursery home, it is significantly cheaper.
The “Equal Opportunities Programme” was established following a decision by Trust, Hanover & Bield in 1999 to look into why there was a disproportionately low take-up of housing, care and support services in Scotland by people from Black Minority Ethnic (BME) communities. Research by the Trust, Hanover & Bield Associations confirmed that while demand for services unquestionably existed, BME people seeking to access services faced a multitude of barriers including difficulties with language, literacy, culture, age, isolation, health and family. As a result, an inequitable situation existed, leaving older BME people disadvantaged and often experiencing financial hardship and problems in obtaining suitable housing and other key services. The Associations resolved to take a proactive, joint partnership approach to helping older BME people to overcome these barriers and created the “Equal Opportunities Programme” to tackle these issues in an innovative and practical manner. The “Older People Services Project” within the “Equal Opportunities Programme” created a methodology and framework for delivering help directly to individuals. The prime motivation throughout a decade of special projects has always been to improve the quality of life for older BME people.

Our innovative work includes taking projects directly into homes, places of worship and social gatherings through surgeries and one-to-one visits. A prime innovation is the “Happy To Translate” project within the “Equal Opportunities Programme” which we designed and implemented in collaboration with older BME people. It bridges critical communication gaps by means of an instantly-recognisable symbol which signifies to people of any nationality that they can obtain language assistance. It aids both service users and providers and has been adopted by a range of organisations operating in sectors including health, police, education and housing.

The “Equal Opportunities Programme” is entirely focused on improving the lives of people from BME communities living in Scotland and we have a particularly strong focus on helping older people.

Research has demonstrated that older BME people in the UK are statistically more likely to be living in poverty and social isolation than older white people, and also to struggle with associated problems such as poor health, inadequate housing, lack of independence, low confidence and self-esteem.

Moreover, they face several barriers when trying to obtain information on or access to key services from housing to benefits. The biggest problem frequently concerns communication as many older people have difficulties in either speaking, reading, or comprehending English, making even seemingly simple tasks, problematic and stressful.

Our highly committed and skilled team are culturally sensitive and multi-lingual, enabling them to develop a strong understanding of our clients. A recurring theme in client feedback on our work is the high degree of comfort and benefit they derive from dealing with people who really understand their needs and who can communicate with them confidentially in a respectful and empathetic manner.

We are a small team in terms of resources but we have achieved a significant amount not only in terms of effecting positive changes for individuals but also in terms of influencing policy issues relating to BME people in Scotland such as resource planning, service delivery and cultural awareness.

We have forged powerful relationships of trust with people from many minority groups, particularly with people of Indian, Pakistani, Bangladeshi and Chinese origin (who constitute the largest minority ethnic groups in Scotland).
We reach out to BME communities at a grassroots level, consulting them where they feel most comfortable - in their homes, places of worship or social centres. We do not only obtain and translate important information, we assist clients every step of the way in filling in forms and dealing with officials, helping them to obtain a positive outcome. To date, through our “Older People Services Project”, we have raised more than half a million pounds for older BME people in the form of benefits and allowances such as Attendance and Disability Allowance. We have also improved the quality of daily life for hundreds of older people significantly through getting them help with a raft of other issues such as disabled parking permits and central heating.

Communication is a recurrent problem to which we devised an innovative solution - our “Happy to Translate” initiative. It constitutes an easily recognised symbol (chosen in consultation with BME communities) which indicates that language assistance is available. It is supported by training tools and is currently in use by over 32 member organisations across Scotland, and it was recently adopted in England also. Organisations such as the National Health Service and police force have found it an invaluable aid not only to service users but also to their staff when dealing with BME communities in what can constitute stressful or sensitive situations.

We are also tackling the issue of widespread under-representation of BME people in employment in the housing and wider public sector in Scotland through our “Job Opportunities Support Project” within the “Equal Opportunities Programme” which has helped BME people to secure work placements and in some cases permanent jobs. The project has helped people from BME communities to get a foot in the door in jobs to which they might not otherwise have had access and it also helped employers to build links with BME communities, identifying job candidates they might otherwise have overlooked.

We are increasingly recognised as authorities on equality issues which means we participate in a number of key policy/strategy groups, enabling us to influence policy decisions and resource and procedure planning at a both local and national level.

We communicate frequently with clients and across several media channels in a variety of BME languages. We have massed a number of case studies of service users which testify to the effectiveness of our approach and to the tangible benefits it delivers. The benefits have not only been economic for service users but our projects have improved their mental and emotional wellbeing.

There is cooperation with: Trust Housing Association. Trust is a not-for-profit housing association which manages housing and related services through offices in Edinburgh, Glasgow and Arran. It provides more than 2.400 homes throughout Scotland, including a range of rented accommodation as well as some shared-ownership properties. Its properties are occupied by older people, families and others in housing need. Trust’s properties for Older People include amenity, sheltered and very sheltered housing. It also has two specialist care homes catering for the particular needs of people diagnosed with dementia. Properties are allocated according to the care and support needs of individuals. Trust employs more than 350 office and development based staff in Scotland.

Hanover (Scotland) Housing Association: Hanover is a not-for-profit housing association that provides and manages a range of specialist, affordable housing for older and frail older people. Most of its properties are rented but it also manages a number of owner-occupied developments for older people. It provides a mix of purpose-built sheltered and very sheltered accommodation and also a range of support services for residents. Hanover also provides some affordable general needs housing. It is one of the largest specialist housing associations in Scotland, managing homes for more than 5.000 residents across the nation. It also operates Telecare, a 24-hour emergency alarm and support service.

Bield Housing Association: Bield is a not-for-profit association which currently provides housing, care and community services to an estimated 15.000 older people in Scotland. Its main services are: Supported Housing; Care Housing; Private Retirement Housing; Community Services (Flexi Care Projects, Supported Living Services, Respite Care, Day Care.). It also operates Response24, a Community Alarm Service. Bield has properties throughout Scotland, providing accommodation for older people in either specially-fitted flats or cottages. Its properties include 3.000 sheltered,
amenity and retirement houses and flats for rent and more than 1,000 Very Sheltered properties for rent. In addition, Bield manages more than 400 properties for owner-occupiers.

The work of the “Equal Opportunities Programme” was initially financed solely by the three founding housing association partners (Trust, Hanover & Bield). As we developed new projects and proved their worth, we obtained financial support from external bodies including The National Lottery, The Scottish Government, Communities Scotland and Capital City Partnership. We are working on other funding mechanisms such as a membership subscription model for our “Happy To Translate” project which would ultimately make it self-financing. Obtaining external funding makes our work viable and sustainable.

The “Equal Opportunities Programme” is an award-winning specialist unit supported jointly by three housing associations - Trust, Hanover (Scotland) and Bield. Its remit is to promote fairness, equality and social inclusion for Scotland’s Black and Minority Ethnic communities, particularly the “hard to reach”. It was established in 1999 to address poor take-up of services by older BME people and has grown significantly in the last decade, becoming widely-recognised for its innovative projects and deep expertise on equality issues. Our work makes a positive difference to the lives of older BME people living in geographically diverse parts of Scotland, from major cities to rural and island locations, enabling them to retain their dignity and self-esteem. The core focus of the programme is to encourage take-up of a range of services from housing to benefits and other entitlements by BME older people through the “Older People Services Project”. We also pursue a wider objective to develop policy and procedures which promote positive action in regard to service provision by a range of agencies including housing associations and government agencies. This entails active participation in policy groups at a local and national level. A key part of the Programme’s work involves raising awareness about available services among BME older people through grassroots networking and targeted multi-lingual marketing. We also raise awareness among service providers about the needs of older BME people now as well as addressing demographic issues for the future as Scotland faces the prospect of an ageing population and an increasingly multi-cultural society. We take a multi-generational approach to ensuring service provision and delivery meets the needs of older BME people. This includes a specific project (“Job Opportunities Project”) designed to encourage more people from BME communities to seek and secure employment within the housing sector and the wider public sector. We work in partnership with other agencies to develop and promote equal opportunity practices in employment. We provide specialist training on equality issues, including cultural awareness training. We developed, administer and market an innovative project (“Happy To Translate”) designed to overcome communication barriers which can prevent BME older people from gaining access to vital information about key services.

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2.2 Sports Activities

2.2.1 Multicultural Sports Clubs bring their Fathers back to the Roots
SV Hellas Bochum e.V. Ellassport - “Representation of interests of Greek sports clubs in Germany”, Bochum, Germany

The project emerged from the many meetings within the representation of interests in order to find out which tasks and plans can be implemented by this community. The founder, provider of ideas and driver of the representation of interests is Mr. Dimitrios Zachos (53), who has contact to both the youth and the seniors. He is very engaged in the club’s activities and always wondered why migrant seniors would still shut themselves off to the clubs while, at the same time, they complained about the lack of volunteers. When he spoke to some elderly Greeks he realised that they could be lead to the clubs by trusted persons, where they are shown the advantages (health, social interaction, an
increased joy of life).

**The project**

By the membership of many clubs within the representation of interests, “Ellasport” functions fast and effective as a multiplicator and a leader of the programme. As the clubs are our members, they recognise their advantages and use them by cooperating actively. We help them and they pass the help to third parties, additionally, they open to further members and volunteers. With a growing number of employees, ambitious plans can also be implemented quickly with many other target groups.

The first migrant people of the 1960s had gotten accustomed to be almost exclusively among themselves. Partially, this has also not changed in old age, as they prefer the company of their country fellowmen only for a few hours per week and spend their time in pubs where almost no other nationalities stop off. They read their newspapers there and at home and follow the news via satellite nearly exclusively in their own national language. They also discuss excitedly about topics like politics from home in their language. In contrast, they receive less news from their immediate region and less information about events in their cities, municipalities and districts. It seems that their active time is soon over, while Germans of a similar age participate considerably more active in their everyday life with people of the same age and as well with younger ones. We are against this constantly social exclusion from the active life and the separation between younger and elderly people of other nationalities. The objective is that they become more active in the country they have become old. But first they must be brought to this point, and concrete offers need to be submitted for them.

As a representation of interests, our members turn actively with targeted offers to migrant elders in order to integrate them in the community life with tailored programmes. In the clubs, the older people encounter younger and older ones, locals and other migrant people, active and passive ones. Here, they are needed and guided to voluntary engagement. They are asked to come to simple trainings for seniors to the sports field where they are slowly introduced to adolescents and other people and health-promoting exercises. Apart from the promotion of health, they perceive events and news from their immediate environment and feel integrated in the community. New interests and animal spirits are woken up, the people gain a greater interest in undertaking a voluntary activity and, thus, improving their social environment.

In the reverse case, young people with a migrant background experience how young and old can live together actively. They see how elderly people enrich the community life with their knowledge, and they won’t have any longer fear of contacts with this role models and will stay actively in touch with other people for a long time. Actions like the participation of the club in public events of the respective city multiply the contacts beyond the club’s boundaries and develop a sustainable feeling of participating actively in a community.

**Short description of organisation**

The SV Hellas Bochum was founded by Greek migrant people in Bochum in 1977 as a sports club and takes actively part in contests of the regional associations and the German football association (DFB). With their success in sports, they were able to move up twice into the next higher leagues. The members of the club are not only Greek people. They form a unity with Germans, Turks and people of other different nations in order to celebrate joint successes.

The independent branch of the club “representation of interests of Greek sports clubs” has been endeavouring for three years to support and train sports clubs registered in Germany and structured similar as Hellas Bochum in their leadership and organisation. In the club, this department is listed under the name “Ellasport” and is run by Dimitrios Zachos. The engagement extends to 20 distributed sports clubs in North Rhine-Westphalia with just under 2000 members.

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2.3 Promotion of Intercultural Understanding

2.3.1 Intercultural Network for Seniors
Support association for the Spanish-speaking Catholic community of Siegen and beyond, Intercultural Community (Interkulturelle Gemeinschaft e.V.), Siegen, Germany

The project “Intercultural Network for Seniors” was founded due to the personal motivation of the project manager in May 2008. The pilot project is designed for a period of three years and structured as follows.

The migrant elders are accompanied socio-pedagogically on the basis of their life situation with the objective of integration in the spirit of a partnership.

Module 1 starts with the situation analysis. At first is implemented as a basis: a social area analysis, a plan for elderly people and an integration plan. Then, statistical data follow and the evaluation of figures of: the over 50-year-olds with a migrant background, the ethnic groups in the catchment area (autonomous migrant organisation), the presentation of the senior groups and senior clubs. Afterwards are described: the coordination and networking, the autonomous migrant organisations, the municipal committees, the integration council, the advisory board of seniors and the cooperation network of the migrant services of the city of Siegen.

In module No. 2, the senior circles of the same ethnicity (for example, Italy, Spain, Croatia, Turkey, Poland, Serbia, Iran, Russia, etc.) are formed. The structure, the programme and the targets of the respective cooperation as well as the competent supervision and the acquisition of resources need to be determined. The independent programming (regularity), the transfer of knowledge, the intercultural exchange, the meetings, the networking and the activation are promoted in the senior circles.

Module 3 deals with further training, promotion of independence, disclosure and promotion of intercultural resources, intercultural coordination of the civil engagement, guidance towards cooperation in the intercultural field as well as involvement in the municipal, social and political activities.

After completion of the project, the players of the senior circles are to be able to develop and accomplish their own programmes and to participate actively in both their own ethnic group and intercultural groups. There is cooperation with the seniors’ advisory board, the integration council, autonomous migrant organisations, the cooperation network of the welfare associations and of the city of Siegen.

The support association of the Spanish-speaking Catholic community of Siegen and beyond -Intercultural Community- is an autonomous migrant organisation founded in 1997. The organisation aims exclusively at directly non-profit and/or charitable purposes in the sense of section tax-privileged purposes of the German tax code in the currently valid version. The purpose of the organisation is the ideal, personal and material support of the Spanish home of Siegen as centre for intercultural encounters, the promotion of performance of actions and measures pursuing peaceful coexistence of the different ethnicities in Siegen and beyond, the promotion of child and youth work and of elderly care, the promotion of maintenance of the Spanish language and culture, targeted information and educational events on current topics, especially with respect to migration issues and the promotion of the religious life of the Spanish-speaking Catholic community in Siegen and beyond.

In order to achieve this purpose, the organisation assumes the legal and assets maintenance for the activities of the Spanish Catholic community of Siegen and beyond, and guides the Spanish Home St. Michael as a centre for intercultural encounters.

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2.3.2 Seniors are conquering Europe
The DITIB Educational Establishment and Meeting Place in Duisburg-Marxloh e.V., Germany

Motivation for the project
In the course of time, it became apparent to many migrant elders that they will continue living in Germany after termination of their professional life, although they often lack knowledge of the possibilities, rights and duties that come along with their status. A comprehensive, sensitive support is required, here. Additionally, the seniors decided to live in a new home country for which they show a new understanding, namely to be no longer a guest but an inhabitant and to live here together with all the other parts of the society on an equal footing.

A “seniors working group” was especially founded for the requirements analysis in Duisburg-Marxloh with about 30 participants gathering weekly and consulting on important subjects as well talking about current issues and the needs of migrant elders.

The project
The DITIB meeting place is the first Muslim establishment in its environment with an independent work for senior citizens. The work of the meeting place could encourage other communities and associations to take up a similar work.

The work for senior citizens of the DITIB meeting place contains various key aspects that are clarified below. In the scope of the open work for senior citizens it is essential to consider elderly people holistically with their social relationships, their environment as well as their concrete life situation. This work contributes to the fact that elderly people consider individual living conditions, participate in the life of the family, community, society, and thus, achieve self-contentment, which conduces to a longer physical as well as mental independence.

An individual bilingual counselling on-site is urgently needed. Since personal issues are oftenly discussed there, the seniors are looking for a familiar room and a person known to them. Events take place besides the individual counselling that inform through specific offers in Duisburg about a better coping with the everyday life and about providing assistance. Furthermore, the seniors get to know their everyday world through informative excursions into the local region as well into other European countries.

The work for seniors in the meeting place began already during the construction phase of the mosque. As over 50 percent of the members of the community are seniors and the tendency regarding that matter is slightly increasing, it is necessary that this work is continued and intensified.

The coordination through full-time employees and the steady acquisition of volunteers guarantee a constant, high quality work.

Short description of organisation
The DITIB educational establishment and meeting place in Duisburg-Marxloh e.V. is a recognised institution in the district of Marxloh in Duisburg that stands up for intercultural education and encounters, also beyond the district. The meeting place is a cooperation partner for various institutions, particularly regarding questions of the intercultural and interreligious coexistence. Besides the general educational work, the key points youth work, work for women and seniors are firm elements of the work.

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2.3.3 Literature Circle of the Association – Translation of Russian Lyrics and Songs into German

Our association was founded in 1999 and the founding members were Germans, contingent refugees and former citizens of the Soviet Union. We all thought that something needed to be done for the elderly of these “new citizens”. Many of them lived their lives in large “tower blocks” as it came or used to speak only to their former fellow countrymen, for they could only speak German very poorly or not at all. We wanted to help them, to get them out of the housing facilities, to have a talk with them, to help them with the authorities and to offer them an additional consultation and contact institution. They were to get the opportunity to learn the German language or to improve their language skills during conversation trainings; conversations in the German language with correction. How do I behave in the German daily routine, or which habits and customs are usual in Germany (but also other topics by request)? As many foreign residents still make many mistakes despite their German language skills while speaking, we offer this special conversation training with error correction. Often errors have crept into the language which are repeated over and over, for no-one draws attention to them.

An association should hold a diverse offering for its members but also for the public and should make these offerings available to anyone. The offerings can be accessed at: www.driv-mg.de.

The members of the literature circle translate songs and poetry from the Russian language. During different literature afternoons or evenings, the attendees are given lyrics in a musical form or the original form and the translation is performed in German and Russian. Two printed books (“Lyrik eingebunden” (“Lyrics contained”) and “Mein Lied geht nie zu Ende” (“My song is never-ending”) prove the diligence of this literature circle. Even “Radio Moscow” already reported on this literature circle and broadcasted recorded literature evenings of this circle.

We are represented in the integration council of our city and within this council, we cooperate closely with approximately 50 further associations attached to the integration council.

As the books of the literature circle are printed in both languages (one page in German, the other in Russian), it is helpful when learning the respective language. People will read the lyrics or the translated songs later on and/or will discuss about them.

We are a non-profit association for the integration of “Aussiedler”, contingent refugees and Russian-speaking fellow citizens from the former Soviet Union, striving for the promotion of tolerance and international attitudes in all spheres of culture and understanding between different peoples.

The objective of the association was and is to ease the integration of “Aussiedler” and contingent refugees from the areas of the former Soviet Union. By offering education, culture and leisure activities, an advantageous interaction and careful integration should be made possible for all people. The promotion of tolerance and international attitude in all spheres of understanding between different peoples, cultures and education is therefore an essential element of our community. Today, we look forward to the healthy cooperation in our association, but also to the good work with other associations and organisations.

In the greater area of Mönchengladbach, approximately over 14,000 people from the former Soviet Union are living. We would not only like to conduct an equal maintenance of the German and Russian culture but also of all people and diverse cultures of all our members. We have over 250 association members and are always happy about new engaged members enriching our community. Currently, we include members from 22 different nations in our association.

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2.3.4 Project Migrant Elders

Arkadaş e.V.-Association for intercultural Education, Training, Culture and Sports, Hannover, Germany

The “Project Migrant Elders” was built in Hannover in 1999. In the run-up, a contact was established to the council groups and the social committee of the city of Hannover. It was sensitised to the effect that migrant elders adjust to an evening of life at large and that there is a large gap in demand regarding their care. As the Turkish seniors, who belong to one of the largest subgroup of the seniors in the region of Hannover, visit our premises actively since the foundation of our association, and the city of Hannover, in turn, can hardly reach them, respectively cannot reach them at all. With its offerings, our project has been granted for more than seven years due to the care and maintenance for this part of the population.

The offerings that are mostly held in the Turkish language, include information and enlightenment events (regarding issues of health and pension law, etc.) social counselling and procurement, encounter possibilities and social contacts (above all, in our café, meetings on Wednesday), journeys and excursions to explore their living environment (institutions and outside facilities in Hannover and beyond, city trips), journeys abroad, courses with various contents dependent of the demand (partly in cooperation with intern and extern association projects), translation works Turkish / German.

The elderly people and their needs are the centre of our project work, and that is why the programme contents are developed in common work. The use of our offerings is independent of an association membership or an affiliation to a certain culture of origin. Seniors of other ethnicities and nationalities are most welcome to participate in the activities. Those who request for our offerings or help organising them are partially still young elderly people of about 50 years, however, mostly retired early. That is because signs of old age and exhaustion exhibit earlier through migration experiences and this is related to a poor working and living situation.

One main goal of the project work is promoting a living together in solidarity and sociability, as many migrant elders suffer from social isolation and loneliness, but tend, at the same time, to reflect on their cultural religious roots in old age. In concrete terms this means to take joint excursions, to provide sufficient free rooms for individual and group discussions as well as for the performance of cultural and religious holidays in a relaxed atmosphere and initiate and intensify intergenerational encounters. An announcement in the mother tongue, our manageable and comfortable premises as well as our flexible association structures help to feel at home and to feel well at this.

The project is also about granting migrant elders help with forms, providing them with support in getting acquainted with the area and the rigid and strongly branched governmental institutions, for it is difficult for them to express themselves in the German language, respectively to react properly to official requirements and to see through the social structures. Hereby, positive experiences and feelings of success are to be conveyed in order to strengthen the interest and active participation of the migrant elders in the social life in Germany. In order to promote a self-reliant life in the receiving society, the experiences and the knowledge of migrant elders is upgraded and valued by involving them decisively in voluntary activities of the association. So, we understand our efforts performed in a very obtrusive way, also as a promotion of the voluntary engagement.

Our further fields of activities include the cooperation with institutions performing work for elderly people as well as migration work, counselling of specialised personnel and institutions aiming at migrant elders as a target group and public relation work. With this, it is striven for sensitising the
native receiving society for the needs of elderly people of a non-German origin as well as gaining specialised personnel and institutions for a culturally sensitive work for elderly people, respectively supporting them in their efforts to achieve intercultural openness.

The project is based on municipal funds since its establishment in 1999, and needs to be applied for every year. Through our efforts we try to give them aid in the form of self-help, gain volunteers as well as to strengthen the network and support structures within their own community, respectively to organise networks between German and Turkish seniors through tandem projects, which become ideally independent.

Arkadas e.V. is an autonomous migrant organisation that especially aims at Turkish-speaking migrant people, but is also very open towards people of other ethnicities. It is about the Turkish culture maintenance, softening up of stereotypes by performances of the contemporary modern Turkish culture, bridging the gap between cultures, reduction of mutual provisions, promotion and monitoring of the integration process of the migrants and their relatives, education and information through social counselling as well as organisation of enlightenment events and courses.

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2.3.5 Intercultural Meeting "Breakfast Meeting"
Municipal Meeting Centre of Eving-Dortmund, Germany

In May 2007, the project “Breakfast Meeting” was brought to life. An engaged citizen with a Turkish migrant background contacted the seniors’ office Eving in Dortmund, Germany, about a suited room for a group of seniors outside of mosques and tearooms. A space was found in the municipal meeting centre of Eving-Dortmund with the support of the seniors’ office. During various individual conversations and on the occasion of a common Easter breakfast with representatives of the management of the meeting centre, the seniors’ advisory board, the German and Turkish volunteers as well as the seniors’ office of Eving, misgivings particularly on behalf of the volunteers of the establishment could be expressed and allayed so far as to say that there was a willingness of all players to start experimentally with the “Breakfast Meeting”.

German and Turkish seniors get together to a joint breakfast with their respective country specialties and to a mutual exchange of opinions. This “Breakfast Meeting” in the municipal meeting centre can be accessed by all visitors and in the meanwhile it is attended regularly by a firm circle of about 15 persons. Depending on the attractiveness of certain topics, there are always new visitors to the centre. The “Breakfast Meeting” takes about two hours. After the breakfast that lasts approximately one hour, information is exchanged about the most different topics. These are offered by voluntary speakers who are invited by the seniors’ office of Eving. The seniors find themselves involved in a steady process of demand and response regarding the choice of various topics, respectively speakers and have a say in this. The information performed in German on topics like “living in old age”, “application of the care stage” or “power of attorney / living will”, etc., are translated into Turkish after a few sentences. After a recital, there is always the possibility to ask questions in order to receive deepened information. With bilingualism, the recitals are, on the one hand, comprehensible and interesting for the German seniors of the “Breakfast Meeting”, and on the other, this means to the Turkish seniors that they not only extend their German language skills but the Turkish translations ensure that the – to some extent complex – information and “difficult” topics are understood sufficiently.

The objective of the offer is to create exchange opportunities for seniors with a Turkish background that can take place independently from religious communities or tearooms. Beyond this, it inherits the chance to offer information and counselling to migrant elders of which they often remain excluded due to language deficits. They are further shown leading support possibilities.
The establishment of the offering in a municipal meeting centre implies that, if German and Turkish seniors meet regularly within a defined scope, they learn to tolerate, respectively to accept each other. During an approach of “small steps”, new possibilities of encountering and common activities (common bus ride, common excursions, and common feasts) are created time and time again by the management of the meeting centre with the support of voluntary Turkish multiplicators comprising contacts that are positive on all sides.

With the development of this particular offer “Breakfast Meeting”, a number of different further activities were established. On request of the seniors from the “Breakfast Meeting”, German respectively literacy courses and care courses have been organised in Turkish, and events like a “literary breakfast” (jointly with the Auslandsgesellschaft Nordrhein-Westfalen (Foreign Society of North Rhine-Westphalia) or weekend seminars, for example, were implemented.

Since May 2007, the “Breakfast Meeting” has been taken place with interested German and Turkish seniors. The premises for the “Breakfast Meeting” are provided at neutral costs by the municipal meeting centre. Engaged volunteers are indispensable for a long-term stability and sustainability.

**Contact**

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**2.3.6 Multicultural Senior Citizens’ and Family Work**

Supporting organisation: IFAK e.V. – Association for multicultural child and youth care, migration work; Institution: multigenerational house - district community centre of Dahlhausen-Bochum, Germany

With a share of migrant people of round 30 percent and the quotient between old and young being of 145, i.e. there are 100 children to 145 people older than 59. This means that our district Dahlhausen-Bochum is on average of the Ruhr area. Many elderly people are singles. Also in the population group of migrant people, the multigenerational household represents a discontinued model. The social environment in Turkey does no longer exist and the financial situation is often difficult. Their dream of returning home can often not be realised. Our socio-spatial and society-oriented work has already been providing us with new insights into the living worlds of these seniors for over ten years. The variety of social problems of this generation of migrant people and the need for social counselling and accompaniment have always been brought to us.

The needs of migrant elders for culture, education and information have not been and are not considered sufficiently within the municipal planning of the elderly care. These kinds of offers of our institution were necessary, and have been and are considered with pleasure by seniors and their families but also increasingly by the German visitors.

Our offering structure develops with the needs of our seniors. Relatives and younger visitors are involved in the senior citizens’ work on request. Intergenerational and cross-cultural projects and encounters are part of a self-conception.

The multicultural project approach means to promote the common goal, namely living together and mutual tolerance of migrant and native people. The respect of the particular culture and religion is of central importance. It is a further goal to be a bridge between the groups of migrant people and municipal structures.
The diverse offerings of our multicultural senior citizens’ work aim at older visitors and their families with and without a migrant background. Offers are, for example, the open senior citizens’ meeting, breakfast for senior citizens with bilingual information (for example on social intercultural services, health topics, etc.), the intergenerational project “Start. Arrive. Life Stories. Life Plans.;” project groups, biographical work, gymnastic and health courses, computer courses, social counselling in the mother tongue, excursions, educational and meeting events, interreligious events.

The successful meeting, culture and educational projects lead to self-organisation and a permanent voluntary engagement of migrant elders and Germans, for example in cultural events, summer parties and in the external presentation of multicultural projects as well as in the active participation of the offering structure. The steady development through multicultural and intergenerational projects as well as the recognition as a multigenerational house 2008 has contributed to a constant, mutual “intercultural opening” of migrant elders and natives.

The supporting organisation of the project is the IFAK e.V. – Association for multicultural child and youth care, migration work. It is a self-organisation of migrant and native people on a municipal level. The association is carrier of more institutions, projects and measures in the fields of intercultural child and youth work as well as migration work in different districts of Bochum, Germany. The IFAK e.V. is a member of the Paritätische Wohlfahrtsverband of North Rhine-Westphalia and since 1975 a state-approved carrier of the youth welfare service organisation. On a municipal level, the IFAK e.V. is a member of the “Arbeitsgemeinschaft der Offenen Türen” (working group of the open doors) in Bochum, Germany.

Until today, the IFAK e.V. has become an organisation in which both the membership and board and the teams of the individual institutions are multiethnic occupied. They all aim at an intercultural approach, and thus, at the common goal, namely to promote coexistence and mutual tolerance of migrant and native people. The respect of the respective cultures and religions is of central importance, and the IFAK e.V. regards itself as a bridging gap between the migrant groups and the municipal structures.

The multigenerational house of the district centre of Dahlhausen- Bochum has been standing for a coexistence of generations and a cultural exchange for ten years. Children, adolescents, families and seniors, especially those with a migrant background, are addressed with numerous offerings. Under one roof you can find an open field for children and adolescents, a field for seniors, intergenerational projects, intercultural district groups like the toddlers’ group, parents meetings, ADHD self-help groups, integration courses, integration agency, a special service for migrants, intercultural and interreligious events, the district stock exchange and a district newspaper “Tausch” (Exchange).

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2.3.7 The “Coloured Cells”, a German-Turkish Seniors’ Actors Group
Workshop of the old Talents – Theatre of Experiences,
Carrier: Nachbarschaftsheim Schöneberg e.V., Berlin, Germany

At the beginning, there was the need of the older actors of a German origin as well as the management of the ancients’ theatre project to participate in the stories of the migrant elders, to act together with elderly people of a different origin and to work on commonalities. Workshops with actors of a German origin and adolescents of a Turkish and Arab origin established the first contacts in the intercultural field and claimed for extension and consolidation.
Besides the medical and care support, creative offerings addressing elderly people and their existing abilities need to be formulated as well. The theatre work with seniors expresses a part of this new approach of the senior citizens’ work. With this, migrant people who are able to integrate themselves in the creative process are also addressed. Acting on stage represents a particularly audience-friendly way of posing questions of social relevance like, for example, concerning the integration possibilities of our society.

The “Coloured Cells” (“Bunte Zellen”) are a seniors’ theatre group of Germans and Turks from Berlin that came together for the first time under the direction of Johanna Kaiser in January 2005. The individuals are: Atiye Altül, Mihrican Ateşli, Ruth Böttge, Karin Fischer, Durmuş Çakmak, Erich Häberle, Niyazi Hastan, Marianne Kirschke, Marianne Poczatek (acordeon), Clemens Rufer, Cemal Şahin (saz), Marie-Luise Schmidt-Wigger, Inge Schoubýé, Fatma Ülker und Harald Weingärtner (acordeon).

After the first timid attempts, not only their experiences and their stories were exchanged but the decision to perform them on stage was also quickly made. The actors meet once a week for rehearsals. Before premieres, tours and festivals, the rehearsals can take several days a week and whole weekends.

What do the German and the Turkish war and post-war generation have in common? Are there any commonalities or do we remain foreign to one another? These questions and the dealing with them seemed to be the stuff of the “Bunte Zellen” for a common production. In April 2005, the group previewed their first play „Allet janz anders, aber so verschieden nu ooch wieder nich! - Herşey farklı, fakat o kadar da farklı şimdii yani!” (Everything is different, but not as different as it seems!) in the leisure sites of the Arbeiterwohlfahrt Kreuzberg (workers welfare association). The premiere followed about one month later in the Nachbarschaftsheim Schöneberg (neighbourhood home of Schöneberg). They tell stories, play and sing in two languages. The stories that play in the 40s in Germany and in the 60s in Turkey are accompanied by accordion and saz. Two years later then, in March 2007, the second premiere of the “Bunte Zellen” followed in the Nachbarschaftsheim Neukölln (neighbourhood home of Neukölln): „Flammheimlich – Ateş Gibi Gizli“. This play deals with the issues of resentment, envy and suspicion among the residents of an apartment building in Neukölln after a fire. Evil ghosts incite the resentment. Here, too, the play is accompanied by accordion and saz and the group sings and plays in German and Turkish.

Both productions are played in several districts of Berlin in front of different types of audiences concerning age, language and social structure. And so the “Bunte Zellen” have performed in neighbourhood homes and district centres (Schöneberg, Kreuzberg, Wedding, Tegel, Neukölln), leisure sites for seniors (Kreuzberg, Steglitz, Tempelhof) and youth establishments (Schöneberg, Steglitz). Beyond that, they played in museums such as the Jugendmuseum Schöneberg and the Heimatmuseum Kreuzberg, as well as in independent theatres like the Saalbau Neukölln and the Tyatrom. Furthermore, the group kept showing extracts of their programme in conferences on senior citizens’ work or in a university of applied sciences for social work. The “Bunte Zellen” also performed for the members of KIDÖB, a Turkish shop for women, and FÖnes, a support association of the Aziz Nesin Foundation. Finally, the participation of the group in “Rampenlicht statt Rückzug” (“Spotlight instead of Retreat”) should also be mentioned, an intercultural theatre festival organised by the theatre of experiences 2006 in Neukölln.

But there are also performances outside of Berlin. The “Bunte Zellen” toured through Greece in October 2007. They played both productions in Salonika, Volos and Athens and gave workshops with adolescents and adults. Other theatre groups from abroad had the pleasure to meet the “Bunte Zellen” during two tours. They participated in the International Amateur Theatre Festival in Donzdorf in May 2007 and in the International Amateur Theatre Days in Hanau in October 2008. Most recently, the group was invited for two days by the “Anatolian Cultural Centre” of Göttingen, Germany, at the end of April 2009. Besides the rehearsals, performances and tours, the “Bunte Zellen” held several workshops with children, adolescents, students and adults of completely different origins.
Pupils of both the elementary schools and high schools (in the scope of their project weeks) and students dealt with the topics friendship and conflict or prejudice between “old” and “young” as well as between the religions/ cultures in about ten workshops, in order to present the result jointly on the stage at the end of a cooperation that usually lasted several days. An example of this is a seven days’ workshop of the “Bunte Zellen” with a second elementary class on the subject of mobbing in April 2009. The seven days’ cooperation was supervised by the students of the Alice-Salomon-University under the management of Johanna Kaiser, concerning the development and implementation of the concept. In 2008, the “Bunte Zellen” has been awarded the Berliner Tulpe (the Berlin Tulip) – German-Turkish public spirit, where they ranked second.

There is cooperation with the Berlin Senate Administration for Integration, Employment and Social Affairs, the Paritätische Wohlfahrtsverband, the neighbourhood home of Schöneberg as well as its institutions (nursing, social, socio-cultural institutions), the Berlin neighbourhood homes and district centres and the Alice-Salomon-University of Berlin.

In the Workshop of the old Talents – Theatre of Experiences, the intercultural theatre work was meant to be of duration from the very beginning on. Only through continuity in the group work (regular rehearsals and performance practice as well as workshops and tours), the actors of the “Bunte Zellen” could get involved so quickly and trust each other. However, this work was, and still is dependent of a sustainable financing.

The Theatre of Experiences is an experienced amateur theatre. The three senior theatre groups, Spätzünder (Late Bloomer), “Bunte Zellen” (Coloured Cells) and Ostschwung (Eastswing) are united under its roof. The Workshop of the old Talents that regards itself as a precursor of a modern cultural work for senior citizens was initiated by the Theatre of Experiences in 2008.

Its name reflects its programme, so that actors from 50 years on up develop their plays on their own and can draw on their life experience. They perform the real-life stories in a bold, fresh way and jargon and with tragedy and comedy. They act for young and old, in theatres and cabarets, senior meetings, churches, schools, at congresses, in the backstreet of Berlin and on tours across Europe. In 2010, the theatre celebrates its 30th birthday, and is thus Germany’s oldest theatre project for seniors. During this time, round 40 productions found their way to the stage, three movies document the work and the book “Graue Stars” (“Grey Stars”) provides background and advice for those interested in the work.

The Workshop of the old Talents was founded in spring 2008. It is supported by EU funds and the Paritätische Wohlfahrtsverband and the Senate Administration for Integration, Employment and Social Affairs in Berlin. The Nachbarschaftsheim e.V. is the carrier of the workshop. Together with Berlin’s districts and universities they are developing new modes of civil engagement in the creativity field and are giving impulses for a modern senior citizens’ cultural work.

The Workshop of the old Talents unites the Theatre of Experiences, the creative potentials as promotion of young talents, the intercultural melting pot and the intergenerational theatre practice as school of life as well as training and further education programmes for multiplicators in master school. The Workshop of the old Talents offers opportunities in many of Berlin’s districts to test socio-cultural initiatives, to join a theatre group, to start joint activities between young and old, migrant people and Germans in workshops, or people who are being trained as multiplicators for a new cultural work seniors.

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2.3.8 Polyphony-Voices of the Cultural Variety
Institute for Education and Culture e.V., Remscheid, Germany

Motivation for the project

The Institute for Education and Culture e.V. is a coordinator of “age-culture.net”, a communication platform for various institutions, creative artists and cultural mediators from European regions in order to develop innovative and high quality cultural offers and cultural products for elderly people. Through the exchange with the Dutch partner, the idea for the project “Polyphony-Voices of the Cultural Variety” arose in 2007.

The project addresses generally an exceedingly neglected population group. The artistic performances and the cultural contribution of these people is to be appreciated and to be made visible, because what applies to migrant people in general, applies to the older generation on a larger scale: there is virtually no knowledge with respect to their cultural interests and their participation requests. The project aims to change this, and research and practice are to be interlocked for this purpose.

The project

“Polyphony-Voices of the Cultural Variety” offers high-grade pedagogical offers, for which new methodical and didactical concepts were developed. A high artistic level is reached in the concerts. The cultural contribution of migrant elders is thus impressively presented to a large audience in a place of high culture.

“Polyphony-Voices of the Cultural Variety” is a project at the interface between culture and social issues. The cultural participation of migrant people of older generations stands in the centre of the scene. Many of the immigrants who came in the middle of the 1950ies to the region of Remscheid, Germany, contributed significantly to the cultural diversity of the region. “Poliphony-Voices of the Cultural Variety” wants to emphasise strongly this contribution as an official project of the European Capital of Culture, Ruhr.2010.

The singing is the centre of this programme. This art form is easily accessible, familiar to many people and links them. The workshops are the heart of the project. Amateur singers over 50 years have the possibility to develop their vocal talents with the support of professional musicians and music teachers. The concerts are the highlight of the project. A part of the participants have the possibility to present their personal song to a large audience according to the motto “Sing the Song of your Life”. The concerts become a special event by selecting the performance venue and the accompaniment by professional musicians. Concerts took already place in summer 2008 and 2009 in the Theatre of Duisburg, a place of high culture. For the chosen songs, the artistic director, Bojan Vuletic, wrote arrangements for the eight persons’ ensemble, including a string quartett of the Duisburg Philharmonics and four jazz/world musicians. The project will end in a great singing festival in the Mercator Hall in Duisburg on May 9, 2010. Through this event, migrant elders are involved concretely in the organisation of the year of the European Captial of Culture. The duration of the project is from May 2007 to August 2010.

The Institute for Education and Culture merged to one project community with two partners experienced in the field of culture and in age: the GSP – Gemeinnützige Gesellschaft für Soziale Projekte mbH (non-profit association for social projects) of the Paritätische Wohlfahrtsverband of North Rhine-Westphalia in Wuppertal. The GSP has intensive contacts at its disposal regarding the field of social work on site, and contributes, at the same time, its experiences with innovative and successful projects at the interface of culture and social issues, for example through the project Remembering-Forgetting: Feats of Dementia.

Euro+Songfestival is the name of the partner from the Netherlands. The Euro+Songfestival was developed for the European Capital of Culture of Rotterdam in 2001, and is the provider of ideas for “Polyphony-Voices of the Cultural Variety”. The initiator and director, Ms. Conny Groot, is an artistic counsellor of the project.

The cooperation between actors from the cultural, educational and social field leads to an exchange of expertise that will have a sustainable effect. “Polyphony-Voices of the Cultural Variety” sets impulses for the discussion on the intercultural opening of cultural establishments. By intensive public relation work (presentation of the project in conferences and other events, publications in print
media as well as in specialist literature, reportings in print media and in sound broadcasting media,
website), experiences are forwarded and encourage to further imitation.

The Institute for Education and Culture in Remscheid, Germany, was founded as an establishment of
research and model development. With its projects, the Institute for Education and Culture promotes
the cultural participation and education of all generations. The demographic change and its
effects on culture is a central spere of action. With the project “mehrKultur55plus” (promoted
by the Ministry for Intergenerational Affairs, Family, Women and Integration in the State of North
Rhine-Westphalia), the institute initiated a dialogue on the potentials of culture and the chances of
the cultural industry in the demographic change across North Rhine-Westphalia between 2004 and
2007. Simultaneously, the European network for culture and age “age-culture.net” (as well promoted
by the Ministry for Intergenerational Affairs, Family, Women and Integration in the State of North
Rhine-Westphalia) arose as an international platform coordinated by the Institute for Education and
Culture. Since 2008, the Institute has been developing and implementing the topics culture and age
for the State Chancellery of the State of North Rhine-Westphalia.

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2.3.9 Friends of the Russian and German Culture
District Community Centre Agathof e. V., Kassel, Germany

The group “Friends of the Russian and German Culture” was initiated in 1997. As an establishment
of the open work for senior citizens, we wanted to react to social changes. Besides the German lan-
guage that is familiar to our visitors, a further language should be established in our institution. Cru-
ial were the experiences and counselling that there are quite many elderly people from the states of
the former Soviet Union, who only speak German poorly or not at all. To locate an offer for these peo-
ple where they can meet, trace their roots, are understood, but where it is also offered a possibility
of integration, is the mission of the preventive work of an establishment of the open work for senior
citizens. The intercultural competence of the managers of the establishment who comes from Po-
land, was the basis for the decision to provide an offer for people from the states of the former USSR.

In group meetings taking regularly place, there are encounters between people migrated from of the
former USSR states to Germany and Germans. The offering is open to all those who are interested
in the Russian and German culture. A cultural term was taken as a basis, that respects both the
contents of the high culture and the different socio-cultural particularities. The target of the group is
the mutual exchange of the cultural characteristics, to learn and appreciate the particularities of the
other culture and to maintain the various cultural peculiarities. In an encounter with the other, a level
of relationship is to grow, and a “learning from each other” in all spheres of life is to become possible,
and not only in the sphere of language.

Just fewer than 20 people have been meeting for twelve years every 14 days for approximately three
hours. A half-year-programme is developed for the encounters. A topic that is prepared by a group
member is determined for every meeting, and it is spoken both in the Russian and German language.
The members often choose contents from the high culture, but contents from the field of politics,
health, travelogues or topics of general education are also addressed. All feasts whether Russian,
German, Jewish, Christian or Orthodox are celebrated. Sometimes, speakers are invited or events
are jointly attended, however, advice and assistance are also offered in terms of questions con-
erning the everyday life.

The individual meetings start with an informal conversation phase of half an hour. During this one-
on-one conversation, the members have the opportunity to enquire after the state of health of the
other person and all topics can be discussed with a familiar person. Simple assistsances such as filling out of forms, accompaniment to the authorities in order to bridge language problems, or assistsances in everyday life situations are discussed in this phase.

The group starts with a round in which each member involves himself actively with her/his experiences that happened since the last meeting. At this point, there is a possibility to discuss problems that could not be solved during the one-to-one conversation. Solutions are searched jointly. If a solution cannot be found within the group, it is enquired after professional help. The actual topic is only started after this phase. Two women moderate the group on a voluntary basis. One of them was born in Magdeburg, Germany and the other in Kiew, Ukraine.

One third of the participants are Germans, the other two thirds are from the former USSR states. The offer was meant to be addressed to all people from the Russian language area, however, the contingent refugees felt much more inclined to this concept than the Russian-Germans. The proportion of the Russian-Germans is of about ten percent. Released places are promptly occupied through new interested parties, but the fluctuation is low. The average age for women is about 75 years and for men about 71 years.

Many contingent refugees don’t have any religious experiences, and therefore, the new well-developed synagogue is not the right place for them to perform their wish for a cultural togetherness. The district community centre Agathof in Kassel is the only place where this is all possible. Ten years ago, the contingent refugees established a bards’ club in our institution and eight years ago, a SIGNO (protection of ideas for the commercial use) inventors’ club. The establishment of a Sunday school in the Russian language was discontinued by the employment of the responsible initiators. It has taken the other users about five years until they were able to accept this renewal in their establishment. But today, the bilingual groups are a part of our house, of our district and our city of Kassel.

The group is designed to be a lifelong working circle and a circle of friend. It already exists for twelve years. The members inform themselves and participate in common activities. As long as the establishment is financed by the city of Kassel and as long as we are able to provide the framework for the meetings, all three bilingual groups will take place here. The development of further intercultural offerings is supported by us.

Regarding the bards’ club, it is to say that bards have fun by componing, texting and performing songs with guitar accompaniments. Real-life stories are sung in the songs that can not always be named openly. It is a genre that was especially cultivated in the states of the former USSR. Every fourth Saturday of the month, a concert is offered. As a rule, the presenters don’t have a professional training for music or lyrics.

People from the former USSR states and Germans meet in the SIGNO inventor’s club. These are generally people who worked as engineers and scientists of various professions before. They all want to contribute their experiences and knowledge, and they especially support each other concerning inventions and patent applications. This group is very successful in the national comparison and the inventions of the members are awarded yearly.

The district community centre Agathof is located in the east of Kassel in a former working district. In 1980, the over 100 years old building of the Agathof School was converted to an encounter centre for elderly people by the promotion of the Hessian Ministry for Social Affairs. Ever since, it has been financed by the city of Kassel in the scope of the open work for senior citizens and was carried by a non-profit association. The institution is run by a permanent specialist (social work/ social education) who has been securing the development in terms of content and organisation of the institution over years. She is supported by trainees, the initiative – work-instead-of-social-welfare (AsS) employees and further temporary staff.

The core of the work of the community district centre is group offerings in the field of encounter, movement, creativity, culture and new media. About 500 persons use the offering weekly and round
50 different group offerings take regularly place in the centre, one third of which are run by staff working on an honorary basis and the rest of them are volunteers. The offerings of the institution reflect the changes in the self-concept and in the composition of the older users. Besides the typical club offerings for seniors, we began very early to react to social developments with projects. Thus, offerings in the field of new media, theatre for seniors and district stories were able to take root. But also EU projects like, for example the film production of “Fremde im Stadtteil” (Strangers in the District) of the intercultural culture project “Erinnerungen Raum geben – Making Memories Matter” were initiated.

There is continually cooperation with establishments of the youth work, whereas new communication technologies prove especially helpful as mediators. Juveniles guide seniors to use their mobiles while seniors document the changes in the district in video films which they present in schools, then.

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2.3.10 Empowering elderly people by reminiscing
Ingrian Cultural Association, Helsinki, Finland

The motivation of the project “Empowering elderly people by reminiscing” is to give honour for elderly people. In this project they are acting as subjects, not as objects of some acts.

The Ingrian Cultural Association (ICA) has disseminated these techniques for example to Russia, Estonia, Norway and Sweden in order to benefit NGO’s working with elderly people. The methods used by ICA has been published in a book “Happiness and Power by narrating” which was published in 2009 by Vanhustyön keskusliitto. ICA has created a concept of workshops and a training programme for group leaders. The methods can be used in different environments and groups.

1. Reminiscence workshops have existed since 2004. The participants of the reminiscence groups are elderly (60-90 years old) remigrants of Ingrian background. The group size is about five to six (small group). It is important that every participant has enough time to tell her or his lifestory and its turnpoints. Ingrian Culture is a culture of memories. It is understandable when people have been forced to leave their homes, relatives, language and religion. For elderly people who have more life behind them than in the future in front, reminiscing and telling life stories with other peers is important.

2. The group works with two trained leaders. The sessions will last about two hours. The groups meet every week, but there can be intensive workshops of every three to four days, too.

3. During the sessions the participants tell their life stories. The structure of the sessions is quite free. The only obligatory question is in the first meeting “Please, tell us, who you are.” In the end of the meeting the group decides what themes they will have in the next time. The method works. In this self autonomous way the whole life circle will be discussed.

4. Photographs have an important role in the reminiscence groups. Photos will be analyzed and how they reflect the past and concretise the environment and life styles. And at last the photos will be used as decorations of the reminiscence artefacts, too.

5. Most of the old Ingrians wish that their life stories could be written and published so that the future generations could get acquainted with their fates. Reminiscence artefacts is a practical tool to make their life stories readable and visible.

6. The “products” of reminiscence workshops have been quilt stories, memory boxes, memory dresses, story pillows and photos transferred on clay.

7. For the participants it is important to see the turn points of their lives by their own eyes. Because of the new technique it is possible to copy originals and also reconstruct them. Expressing traumatic feelings is easier visually than orally. Emotions can be expressed by colours, different materials, size and by layout etc.
8. One of the fineses of the method is that participants will learn new channels to express themselves. The threshold to join the group is low. Everyone has some kind of skills that are needed and others are helping. The process is empowering both, participants and team leaders.

The techniques of the reminiscence process are stabile now. The process has been tested in different environments and with people of different cultures.

The Ingrian Cultural Association (ICA) is an active promoter of Ingrian culture. The Ingrian Cultural Association was established in 1993. From 1990 onwards Ingrians living in the Soviet Union have had permission to move to Finland as remigrants.

ICA’s main targets are to enliven and maintain Ingrian culture and promote Russian Finnish remigrants to integrate in Finland. In recent years, the artistic reminiscence techniques have grown in popularity. Key activities are workshops, Cultural Café, where people can meet and discuss interesting themes, organize concerts, publish Ingrian literature, genealogy and voyages to the historical homeland, too. On Internet ICA has a web-site called “Virtual Ingria”, which has got a huge package of knowledge.

Ingrians are originally a small Finnish speaking nation, whose historical homeland was located in the area, which is nowadays the Province of St. Peterburg. Because of the Russian revolution, Stalin terror and finally the Second World War Ingrians were deported from their homeland and forced to exile. After the Second World War Ingrians have lived in diaspora; scattered around the Soviet Union (the largest groups were living in Soviet Karelia, Estonia and the Province of St. Peterburg), Finland and Sweden. The members of ICA are mostly Ingrian migrants and their descendants. After the collapse of the Soviet Union about 30,000 Ingrians have remigrated to Finland because of their Finnish origin. Many of them are elderly people, who are russificated because they have had no possibility to use Finnish language.

The foundation stone of the identity of Ingrians is now the common suffering history: stories of tragic experiences of the past. The critical discussion was not allowed in the Soviet Union. Therefore Ingrian people were not able to share their traumatic experiences before the collapse of the Soviet Union. Especially for elderly Ingrians it is very important and also therapeutic to recall the past. ICA considers the reminiscence work very imperative. ICA has developed new and creative methods meant to elderly migrants in order to make their life stories visible and at the same time support their identity and integration process, too.

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2.3.11 Cambridgeshire Libraries and Cambridge Chinese Community
Cambridgeshire Libraries, Archives and Information, Cambridge, England, UK

The motivation for the project "Cambridgeshire Libraries and Cambridge Chinese Community" came from discussions between the Local Studies Librarian, the Cambridge City Community Worker, the Library Partnership Manager and the Chair of the Cambridge Chinese Community. It began with a wish to showcase the Chinese Community to the wider Cambridge community, by using the Central Library as a venue for an exhibition and celebration event. As part of the planning for this event and our wish to involve all age groups within the Chinese Community we decided to hold an oral history workshop with older members of the community. The first transcripts from this led to further work with individuals and the strong wish from the planning team that these amazing life stories should be made more widely known to honour the experiences and to assist community understanding and respect within Cambridge.
Cambridgeshire Library staff in partnership with Community workers from Cambridge City Council and translators worked with members of the Cambridge Chinese Community to explore the memories of the older members of the Cambridge Chinese Community. Amazing and extraordinary life stories were collected. As a result we decided to collect the life stories of children and grandchildren of the older people to contrast their experiences. We decided that these should be published as a book to bring these remarkable experiences to the attention of a wider public, to promote better understanding between the generations and between local communities and to preserve the stories for posterity as part of the rich history of Cambridge and its people. A successful application was made for funding to the Lottery to enable this. Articles on the Chinese in the UK and Cambridge and Chinese Festivals were also included.

A festival was also organised to showcase and celebrate Chinese culture in the Central Library with all age groups taking part. This included calligraphy demonstrations, cookery, fashion, art and literature. The finished publication was published jointly in both English and traditional and modern Chinese. The translation and production of the correct Chinese type characters for printing was achieved by members of the University Chinese Association. A recognition ceremony for the people taking part was held in Shire Hall. The book has been sold widely throughout the UK, many copies to schools and libraries to be used in promoting cultural awareness.

The task of producing the book in dual languages with high quality pictures and artwork was a challenge but we are very proud of the finished result. We are very pleased that we didn’t miss the opportunity to preserve the experience of this generation for future generations. The book will continue to be read for many years to come and will be preserved in the local studies collection. For the first time a reminiscence project with the Chinese community has been published in both English and Chinese.

There is cooperation with the “Cambridge Chinese Community Centre”. The purpose is to support the Chinese Community in Cambridge and to provide opportunities for integration and awareness between communities in Cambridge.

Cambridgeshire Libraries, Archives and Information Service, the purpose is to deliver high quality library and learning services to the people of Cambridgeshire, to contribute to the cultural life of people in Cambridgeshire, to provide information services and formal and informal learning opportunities and to collect and preserve the history of Cambridgeshire and its people.

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2.3.12 Suhana Centre for Asian Elders
Age Concern Southampton, Shampton, England, UK

Approximately 20 years ago there were no facilities for Asian people in Southampton where they could go and spent their free time. Representatives of the Asian community request the Southampton City Council for a place where Asian Communities meet and do some activities. Later the City Council gave contract to Age Concern Southampton to tune this project.

The Community Services provides books and magazines in various languages on loan (free of charge). The “Primary Care Trust” provides health and information talks and uses centre’s members as a consultancy tool. The Forest Forge Drama Company works in partnership with its members to create and play drama. The “Health call Opticians” provide free eye test to its members and glasses. The National Health Service provides free podiatary service to members who are diabettic. The Community Radio Station, Local T.V. Channel are cooperating. Once a month 2/3 Suhana Centre members participate in a radio talk show with a centre co-ordinator to share their life experience. In this way their knowledge is transfered from one generation to another and also to other communities such as the host community. It also raises awarness among all communities why Asian people came
into this country and what kind of work they did in the past and what contribution they make towards their host country. This will increase integration.

Our service allows members from different countries, e.g., India, Pakistan, Bangladesh to meet at one place and encourage to celebrate their own culture without upsetting others in a very friendly and secure way.

“Suhana Centre for Asian Elders” is addressing Asian Elders who live in the city of Southampton. It provides a secure place for Asian Elders to meet with their friends from the community and learn from its services, such as Tai-chi, Yoga, access to internet, sewing machine and healthy eating and Asian television/news.

**Short description of organisation**

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**2.4 Cohabitation of younger and older People**

**2.4.1 Holiday Breakfast with Teenagers**

Caritas conferences of the pastoral care unit of Mannheim Vogelstang-Käfertal as well as the Caritas Association of Mannheim e.V., Germany

**Motivation for the project**

The project “Holiday Breakfast with Teenagers” arose through a spontaneous contact between juveniles and volunteers in the carnival holidays 2007. The adolescents wanted to know who actually is in “their” youth club and wished to participate, too.

The innovation here is that adolescents and seniors of totally different ethnicities have conversations together and, thus, consolidate their integration in the north-east of Mannheim. “Holiday Breakfast with Teenagers” is a project initiated by the “Round Table Rott” and carried by the Caritas conferences of the three communities of St. Laurentius, St. Hildegard and Zwölf Apostel. The breakfast for seniors in the youth club “Im Rott” was established by the round table in 2003. This intergenerational breakfast form arose through the openness of the volunteers who recognised the interest of the youth during the carnival holidays 2007 and invited them to the seniors breakfast for the next holidays.

The seniors of the senior breakfast meet every Tuesday from 09:00 to 11:00 in the youth club and great regularity is hereby emphasized. During holidays, the teenagers are allowed to have breakfast with the seniors. Both the seniors breakfast and the “Holiday Breakfast with Teenagers” are a low-threshold offer for meeting people. The participation is optional. The teenagers and seniors enrich each other mutually with their respective horizon of experiences. The seniors are predominantly “Aussiedler” and expellees from the former Soviet Union and the formerly German territories. The adolescents were mostly born in Germany, but their families originate from many different countries.

During the regular holiday breakfasts, young and old have breakfast together, discuss and joke jointly. There are also special topic-based breakfasts such as a grill breakfast in summer or an advent breakfast in winter, in which you can grill, sing, read and dance.

There is cooperation with the pastoral care unit of Käfertal-Vogelstang. The breakfast was only made possible through the support of the parish caretaker and the deacon. The Alliance of the German Catholic Youth (BDKJ) provides the room for the breakfast. The juveniles are an intersection between the holiday breakfast and the youth club “Im Rott”.

The project seniors breakfast as the “mother project” takes place every Tuesday in order to create a
regularity. The holiday breakfast is only held during holidays, so that truants are not rewarded. The team of volunteers is supported and accompanied by the Caritas of the community. This guarantees the sustainability of the project, as well as the regular meeting of the “Round Table Rott”.

The Caritas conferences of the volunteers of the communities are volunteers engaging voluntarily in the community. In this context, a visiting service is accomplished for new residents or for the community’s sick persons, for example. The Caritas of the community employs full-time staff and is the intersection between the Caritas association and the Caritas conferences of the volunteers of the community. The Caritas social and migration service provides the residents of the respective pastoral care unit with counselling regarding all social issues and other questions. The Joseph-Bauer-House is the meeting point for the “Round Table Rott”. It is a nursing home in the Caritas association. The Caritas-Table is an organisation which provides the needy people with favourable food and supplies the seniors breakfast and the “Holiday Breakfast with Teenagers” with food.

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2.5. Promotion of Health

2.5.1 Meeting of Senior Citizens of the "Association of Iranian Seniors Aschiane" (Nest)
Association of Iranian Seniors "Aschiane", Vienna, Austria

The meeting of the senior citizens’ project of the „Association of Iranian Seniors Aschiane“ began with jointly visits of cultural establishments like museums, libraries, etc. in Vienna. The knowledge about the Austrian contemporary history as well as the social structures were to be amplified and the intercultural understanding was to be promoted. In addition, the German language skills were to be enhanced. Institutions in Vienna were to cooperate and networked in the sense of the Aschiane philosophy. Excursions into the immediate surroundings took place in Vienna. The joy of exercising, also in the sense of prevention of premature aging needs to be practically promoted. Additionally to the monthly meetings, weekly afternoon meetings are to provide the target group with the opportunity to meet like-minded people regardless of the scheduled events. This involves an initiative for migrant seniors, whereas the proportion of women is approximately 80 percent.

With various recitations from the field of culture, social issues and economy, the clients are informed about news and about things which are unknown to them. Recitations about the “Financial Crisis” from the field of economy, “Social Security at European Level” from the field of social issues and “Effects of the Medicine of Iran on the Western Medicine” are examples of these three fields.

The initiative is domiciled in the Amerlinghaus Cultural Centre where we receive a room once a month and the equipment for recitations, should there be any. This cooperation leads to the fact that the project has become reality. The Municipality of Vienna supports the project partly.

The sustainability of the project is inevitable and the ageing process is increasing. Several scientific studies and the experiences of three years have shown that migrant elders feel well when they speak in their mother tongue. They are able to “open” themselves easier and last but not least: they get “healthier”.

The management of the senior citizens’ meeting of the “Association of Iranian Seniors Aschiane” consists of 50 percent of both women and men. The members are migrant people of Iranian origin with different religious affiliations such as Muslims, Armenians, Bahais and Zoroaster, for example. No one cares about the religion of the other, and this balanced situation provides the members with a feeling of security.
The project is regularly complemented with different offerings like computer or memory training, for example. The meeting is to take place twice a week in the future. It will become a day centre, in which two employed persons attend the clients. Many further volunteers are motivated to contribute their skills to themselves and to others. A newspaper is to be produced by the target group, and other foreign languages like English and French are to be considered (weekly courses are planned). Walks are organised during fine weather. A medical counselling will be held regularly before the beginning of the club. This will happen directly in the club by a doctor who is a member himself and who provides his service for free.

After in-depth deliberations, the meeting of the senior citizens of the “Association of Iranian Seniors Aschiane” was founded in April 2007 with the objective to support naturalised migrants of Iranian origin through counselling, information, leisure activities as well as other integrative measures. In the course of many comfortable evenings that took place on the last Thursdays of every month, the Amerlinghaus 7, Stiftsgasse 8 in Vienna was selected as a meeting point. We had conversations together with the members around tea and cake on those evenings and we discussed about topics of importance for our target group in Vienna. Essential information were gathered, presented and discussed in cooperation with advice centres and experts.

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2.5.2 Dementia Service Centre for Migrant Elders
Arbeiterwohlfahrt of the District of Western Westphalia in Cooperation with AWO of the Subdistrict of Gelsenkirchen-Bottrop, Germany

The work of the “Dementia Service Centre for Migrant People” was taken up in February 2004 in the knowledge that there were no other offers available for the enlightenment, information, care and maintenance of migrant people with dementia. Beyond the Foundation Wohlfahrtspflege and the Ministry of Intergenerational Affairs, Family, Women and Integration of the State of North Rhine-Westphalia, it was searched for sustainable and responsible structures that secure the work on a long-term basis. This was found in the Citizen Action Group of the Dementia Service of North Rhine-Westphalia.

The innovative character consists of the fact that we began to present products that inform in Turkish, Russian, Polish and Serbo-Croatian about the topic of migrant people suffering from dementia and deal with it. Thus, a working approach was selected that is to function for a long time and is to be continued beyond an individual help.

The “Dementia Service Centre for Migrant Elders” arose in the period from February 1, 2004 to June 30, 2006 from the project “Dementia & Migration”, funded by the Foundation Wohlfahrtspflege. With this project, the topic of dementia among migrant elders was taken up and dealt with for the first time in North Rhine-Westphalia. The persons affected and their relatives, especially Turkish migrants, but also migrant people from the Serbo-Croatian language area were informed, enlightened and, if needed, conveyed to an appropriate body to deal with their problems.

The structures of the provision of health care were as well sensitised and informed about the topic. With the development of products that inform about and deal with the topic of migrant people suffering from dementia, first contributions and impulses were given in order to address the topic in a qualified form. After the funding by the Foundation Wohlfahrtspflege, there was a new transitional follow-up financing by the Ministry of Intergenerational Affairs, Family, Women and Integration of the State of North Rhine-Westphalia. The project “Dementia & Migration” is a part of the Citizen Action Group of the Dementia Service of North Rhine-Westphalia since December 2007 and is subsumed under the title “Dementia Service Centre for Migrant Elders”.

Motivation for the project

The project

Short description of organisation
The promotion is channelled through the Ministry of Labour, Health and Social Affairs of the Federal State of North Rhine-Westphalia as well as the North Rhine-Westphalian nursing care insurances. The working approaches are continued. Tasks like the service function in terms of questions regarding migrant people suffering from dementia for the remaining ten dementia service centres in North Rhine-Westphalia and the initiation and support of voluntary assisting structures will be assumed further on. In addition to the present Turkish-speaking co-worker, a Russian-speaking medical and nursing specialist could be integrated in the team. Beyond that, the “Dementia Service Centre for Migrant Elders” will deal with the recruitment and training of volunteers in the future and will develop corresponding handouts and, if necessary, a curriculum in intercultural adapted forms for the training and further training of volunteers with a migrant background.

The sustainability and long-term stability of the project “Dementia Service Centre for Migrant Elders” is guaranteed by the topic of product development, for the products will have an effect beyond a possible end of the project. The long-term stability is moreover guaranteed by the integration of the Citizen Action Group of the Dementia Service of North Rhine-Westphalia.

The Arbeiterwohlfahrt (workers welfare association) (AWO) is a recognised association of the voluntary welfare work. The district association Westliches Westfalen (Western Westphalia) of the AWO maintains the “Dementia Service Centre for Migrant Elders” jointly with the AWO subdistrict of Gelsenkirchen-Bottrop as a special offer of support for the whole of North Rhine-Westphalia.

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2.5.3 Health-related Self-Help of NRW and Migration: Promoting Health with Understanding!
The Paritätische Wohlfahrtsverband of North Rhine-Westphalia; carrier of the project: GSP-Association for social projects; project financers: AOK Rhineland/Hamburg and Westphalia-Lippe, Germany

Migrant people are especially challenged in terms of orienting themselves in society that is in many respects unfamiliar to them. Insufficient language skills, a lack of knowledge regarding the German health care system as well as the absence of culturally sensitive offerings lead to the fact that migrant people don’t (cannot) use the health care they require and which is available to them. This concerns, above all, the Turkish-speaking population living in Germany, for they form the largest minority group. In addition - especially concerning this migrant grouping - there are other health care concepts and other disease and coping strategies that are hardly considered in our health care system.

Self-help groups are nowadays an essential part of our health care system. They are a recognised valuable complement to the medical attention and are an element in rehabilitation and in overcoming a personal life crisis. Therefore it is obvious to open up the access to self-help as well for Turkish-speaking people affected by cancer.

A characteristic of the Turkish population is that a large family circle is affected by each individual disease and can, at the same time, stir into action from grandparents to fist-degree and third-degree relatives. A well-directed approach of information and enlightenment can reach the target group considerably. This is to be realised by a continual development of a multiplicator pool with Turkish-speaking volunteers and Turkish-speaking assistants on site as a tandem of multiplicators from the German self-help and multiplicators of Turkish origin.
The target group are Turkish-speaking fellow citizens suffering from cancer and their families. The project “Health related Self-Help NRW and Migration” will test exemplary how the experiences and competences of the affected persons of the German cancer self-help organisation can be made usable for fellow citizens of Turkish origin, in order to overcome their own cancer. Thus, the project is implemented on three levels:

1. Sensitisation processes in the regional associations of the cancer self-help in order to gain a better understanding of Turkish-speaking persons suffering from cancer and of their families;
2. Support for Turkish-speaking persons suffering from cancer and their families in coping the disease;
3. Development of a cooperation between German and Turkish-speaking persons suffering from cancer in the scope of the health-related self-help structures in North Rhine-Westphalia.

The project wants to support the associations, modify their competences as an aggrieved demand-oriented party in order to pass them accordingly to the Turkish-speaking persons suffering from cancer. The project aims at introducing Turkish-speaking persons suffering from cancer to the possibilities of the German health-related self-help and also at strengthening them to use this help for their self-care. The project aims at developing the cooperation structures, especially those of the health-related self-help of NRW in a way that the cooperation and the common exchange of experience between Germans and Turkish-speaking affected persons (suffering from cancer) (respectively affected persons with a migrant background) will become the rule within this self-help infrastructure.

The project works (and enriches itself of) with already existing results from the following “done at home” and completed projects such as the - project of health-related self-help of NRW 2006-2007: Migrant People - Access paths and participation in self-help organisations of the health-related self-help of NRW; - project of the health-related self-help of NRW from May to September 2008: Dealing with cancer in the Turkish-speaking population – Starting points and possibilities for self-help. The project’s timeframe amounts to three years from December 2008 to December 2011.

The Self-related Self-Help of NRW has been working as a network of the regional associations of the self-related self-help in North Rhine-Westphalia in the Paritätische Wohlfahrtsverband in the so-called area of Witten since July 2, 1992. In the meantime, the Health-related Self-Help aligns over 60 regional associations of the health-related self-help of NRW. In close cooperation with the Addiction Self-Help of NRW, they represent their interests and pass their suggestions and recommendations coordinated on to politicians and professionals of the health-related expert community. This network took a majority decision for the necessity and the implementation of such a project and stood up for it.

Through the visits of Turkish-speaking multiplicators in the regional associations of the cancer self-help organisations and a joint special event due to the completion of the project, an ongoing networking is to be targeted between the Health-related Self-Help of NRW, the health-related autonomous migrant organisations and the Turkish persons suffering from cancer. German cancer aid associations reflect their work and can, thus, reduce possibly sustainable barriers concerning the cooperation with Turkish-speaking persons suffering from cancer by a correspondingly developed concept.

In the Paritätische Wohlfahrtsverband of North Rhine-Westphalia, round 3,000 non-profit organisations give aid with 5,000 services and institutions in all fields of the social work. The association provides its member organisations with technical and economical support and represents its interests towards policymakers, administration, sponsors and the general public. Through offerings of training and quality management, the Paritätische Wohlfahrtsverband of North Rhine-Westphalia secures the technical standards in social work, and promotes civil engagement for other people and the commitment for one’s own social concerns. The association consists, among other things, of 100 migrant and refugee organisations as well as 80 offerings of health-related self-help and 13 hospitals, 40 self-help contact centres, self-help offices and over 2,500 self-help groups.
2.5.4 IKS-Interkultural Senior Citizens’ Office: Specialist Counselling for Migrant Elders and their Family Members

German Red Cross District Association of Oldenburg-City e.V., Germany

Due to the increasingly globalised society, the composition of the population, family structures and family relations are changing. One consequence of this is the decrease of familiar support systems. Therefore, the development of coexistence requires new forms and access paths of counselling and care services, and thus, concrete forms of the arrangement of integration processes of migrant elders.

Regarding the need for care, health care and utilisation of care services of migrant elders, there still is little profound knowledge about these topics. Nevertheless, there is a belief that migrant elders present health problems due to their worse living conditions earlier than seniors without a migrant background. In addition, there are also aspects specifically related to migration, besides the age-related diseases. Individual studies have proven that age-related diseases like dementia, occur in migrant elders at an early age. Against this background, it is especially important to get involved in the integration process, respectively in improving the life condition of migrant elders in old age.

A culturally sensitive counselling for seniors in their native language in Oldenburg is promoted for the first time by this project. As migrant seniors don’t make use of conventional counselling and service offerings of the geriatric care in Oldenburg, it can be concluded that there are either too high inhibition thresholds or the offerings are not interesting enough. The continuous strategic promotion of the civil engagement of migrant elders as well as the interleaving of the geriatric care networks and migration-related social work are an innovation.

Regarding the course of the demographic development, it is obvious that the proportion of migrant elders belongs to the strongest growing population group. Single investigations indicate that migrant elders make hardly use of medical and nursing services of the geriatric care. Causes may be, on the one hand, a lack of information of the migrant families, and on the other, access barriers to institutions of the geriatric care can make the use of this services difficult. In order to reduce these barriers and improve their integration in the health care and maintenance system, the German Red Cross District Association of Oldenburg-City e.V. opened the first Intercultural Senior Citizens’ Office (IKS), an expert counselling for migrant elders and their family relatives in the city of Oldenburg.

The city of Oldenburg promotes this innovative integration project, because the municipality would like to gain knowledge about the life situation, and among other things, about the health situation of migrant elders. At first, the main focus is on the determination and analysis of the needs of migrant elders.

The project substantially aims at enhancing the living conditions by a concentration of measures, as a comprehending, a needs-oriented and a culturally sensitive counselling and information brokering in the native language contributes to equal participation in the geriatric care system. The IKS has inter alia the following tasks:

1. Counselling, for example, on benefit claims in nursing and health insurance and on everyday questions; assistance in dealing with authorities; support in questions of care and living in old age; information provision regarding (service) offerings of the geriatric care institutions, doctors and therapists in Oldenburg;
2. Implementation of (mother-tongue) information series on interesting topics or geriatric care such as the topic of dementia;
3. Promotion of the civil engagement of migrant elders;
4. Creation of low-threshold offerings; active cooperation in the network of the geriatric care and migration-related social work; promotion of the intercultural opening of the geriatric care system.

The close cooperation with the senior citizens’ office of the German Red Cross, already existing for 14 years, produces synergy effects. Thus, the professional counselling for seniors is secured. We can only fulfil our mission, if we recruit people, especially volunteers, for our tasks. Our work is carried by them – namely by committed, professionally and personally qualified volunteers, but also by likewise full-time employees whose relationship to each other is characterised by equality and mutual trust. In the context of integration of migrant elders, the cooperation with all integration-relevant players of our municipality is of high importance and contributes to their successful integration in the city of Oldenburg.

The sustainability is guaranteed by the integration in the overall social context. Through the performed awareness-raising work, the developing work, the public relation and networking, stable care structures were to be developed and institutional cooperation relations were to be created. The promotion of the voluntary engagement of migrant elders and the cooperation with the University of Oldenburg are to guarantee sustainability, as well. Students accompany the project scientifically.

The German Red Cross is a part of a world-wide community of people in the international Red Cross and Red Crescent Movement that grants victims of conflicts and catastrophes as well as other people in need, aid without distinction. Under the banner of humanity, neutrality, universality, voluntariness, unity, independence and impartiality we stand up for the life, health, well-being, protection, a peaceful coexistence and the dignity of all people.

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2.5.5 Health Promotion Group Courses for Migrant Elders
The Swiss Red Cross, of the Canton of Zurich, Switzerland

The promotion of health in old age is of great importance. The preservation of quality of life is a gain for every elderly person and economically necessary, as the time of need for care, and the nursing fees will be reduced by the independence of the elderly people.

The recruitment of migrant elders has proved over and over difficult in terms of realisation of integration projects. The Swiss Red Cross (SRK) of the Canton of Zurich is increasingly working together with motivation specialists. They are key personalities networked in the respective language groups and motivate to participation in the courses. They are engaged by a written assignment agreement and compensated accordingly. The modules were tested and achieved excellent evaluation results.

More than half of the migrant people of the first generation remains in Switzerland. Migrant elders are exposed to special health risks due to their migration history as well as their over-representation in sectors of the labour market which aggravate health. Due to the data issue, the Zurich health report 2007 recommends to promote the health of migrant persons with targeted measures. As it proved extremely difficult to reach migrant people with general measures of the health promotion, it is utterly important to offer special offers for this target group. This is the only way to guarantee equity in health care.

Health care and integration interact with each other. Health is the basis that makes integration possible in the first place. The offer guides the participants to find their way in the Swiss health care sys-
tem more easily. They increasingly succeed in exploiting their health potential, and the integration process is favoured by this fact.

The courses held in the native language, comprise three modules of three hours each. Central are the topics of nutrition, exercise, social issues and preventive medical checkups in old age. Additionally, the course management imparts basic information and enables the exchange and answering of the participants’ questions. An information holder as well as topic-related brochures are available in the group’s native language. Up to now, Albanian, Turkish and Italian language groups could be serviced.

It is thus the objective to enlighten migrant people from the age of 50 about health-relevant factors and to strengthen their health-related self-responsibility. The project works setting-related, participatory and on a low threshold level.

The SRK of the Canton of Zurich cooperates closely with motivation specialists from migrant organisations. So far, there has also been cooperation with Pro Senectute of the Canton of Zurich, with the cantonal integration promotion and the cantonal health promotion. Offers will further be expanded in the Canton of Zurich. After the three target groups (Albanian, Turkish and Italian) are localised and attended, a Serb-Croatian-Bosnian-speaking course manager will be trained in the course of 2009, who will start working from 2010 on. The objective is to develop this offer.

The SRK of the Canton of Zurich is a independent and innovative relief organisation in the Canton of Zurich. As a member of the Swiss Red Cross, they get involved on a regional level according to internationally accepted humanitarian principles of the Red Cross Movement. The dignity of every single person is in the centre of their work independent of one’s status or one’s origin. This is why the SRK of the Canton of Zurich engage themselves with courage and belief.

The SRK of the Canton of Zurich close gaps unbureaucratically and effectively in the social net and in the field of health care. Their ultimate object, however, is still the social integration and their main principle is help for self-help. They stand legally up for the most vulnerable ones of the society and relieve people in emergency situations quickly and effectively. The SRK of the Canton of Zurich promote the professional cooperation between volunteers and employees. They observe vigilant social developments and face the challenges.

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2.6. Living together in the Neighbourhood

2.6.1 Migrant Elders in the Neighbourhood Life
District Workshop of Dicker Busch, Rüsselsheim, Germany

The idea of the project arose from a conversation between the responsible persons carrying out the federal-state programme of “Social City” in Rüsselsheim and the Council of Foreigners of Rüsselsheim. Hereby it was mentioned that most of the projects addressed to migrant people are heavily focused on younger people. The project idea was realised by a HEGISS financing (Hessian joint initiative of the social city) and the agreement of the city administration of Rüsselsheim and has been running since July 2007. Its financing is restricted to three years.

The project pursues an approach of activation, information and of the development of social networks. In cooperation with partners, the project offers information events in different mother tongues, joint excursions are organised and it also encourages migrant elders to become active for their district. The project’s staff supports all people hereby fully, and offers regular meetings in order that public spaces might arise and establish themselves for migrant and native elders.
The activation of residents in order to enhance quarter structures is an essential element in the federal-state programme. The project approach is not based on the deficits of migrant elders but concentrates on the strengths and abilities of these people.

Apart from the district workshop of Dicker Busch, there is no other institution directly involved in this project. There are, however, several cooperation partners regarding individual points of the project work.

The following points are to guarantee the sustainability of the project work:

1. The foundation of the working circle of “Migration and Age” in cooperation with the headquarters Ageing and the office for integration tasks of the city of Rüsselsheim;
2. Continuation of the café 50+ by the working community “Migrant Elders” of the Council of Foreigners of Rüsselsheim;
3. Continuation of the “International Women’s Group for Women from 50” by individual group members;
4. Continuation of the “Women’s Group for Arab-speaking Women from the age of 50” by individual group members;
5. The connection of an Italian group to the district workshop of Dicker Busch; Persuasion efforts are undertaken in associations, advisory councils, institutions, service providers, etc. in order to approach migrant elders actively.

The project takes place in the framework of the federal-state programme “Social City”. The district of Dicker Busch II is in this programme since 1999, whereas the district workshop of Dicker Busch is the institution that was commissioned by the city of Rüsselsheim to plan and implement a district-related project. At the very begin of the district work, mainly structural modifications were initiated. However, in the course of time, constant social measures came along which have been already forming the focal point of the district-related work for quite some time. Since the programme “Social City” will run for ten years, the work of the district workshop will be finished by the end of 2009.

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2.7 General Promotion of Integration

2.7.1 Have they stayed here or are they arrived? Activation, Reinforcement and social Integration of Migrant Elders
The Diakonie Ruhr-Hellweg e.V., Germany

The Diakonie Ruhr-Hellweg e.V. has been active in the field of care and counselling of migrant people and “Aussiedler” already for many years now. In the scope of this work, it was found that especially migrant elders hardly make use of existing offerings. Most of the participants of our group offerings stated that they have never visited events for elderly people. Some of the reasons that were given by them were, among other things, reservations concerning organised events, language problems and a feeling of being out of place. According to our observation, this has strongly to do with the different life concepts of migrant people and the native population. Beyond that, most of the migrant people don’t feel addressed by the existing offerings. This in turn, might have something to do with the fact that they, as a rule, are not involved in their development and planning so that their needs are not taken into consideration at all during the conception. These were the crucial reasons that lead to the initiation of the project in 2006.
Regarding social work, the innovative character of the project lies in the creation of (self-) help structures for migrant elders that are linked, on the one hand, to an equalisation of the specific problematic issues of the persons affected, and on the other, to a relief of the concerned institutions. This applies therefore especially to the fact that possibilities and structures aiming at a greater involvement and participation of migrant elders have only occurred through the project.

The integration project “Have they stayed here or are they arrived?” addresses migrant people older than 50 years. The project is promoted by the Federal Ministry of the Interior and has been running for over two years in the cities of Soest and Lippstadt, where it was located on the sites of the migration special services of the Diakonie.

The project’s main objective is the sustainable improvement of the self-help potentials of migrant elders. Beyond that, the project contains the following targets:

1. Improvement of understanding as well as of knowledge of the social security system (transparency);
2. Permanent promotion of use of existing offerings and institutions by migrant elders;
3. Structural changes/adjustments of the offering structure (development of goal-oriented offers/setting up networks);
4. Promotion of the group’s civil engagement;
5. Improvement of interaction of the psychological and counselling offer related to the social work of the Diakonie (effectiveness regarding the use of existing resources);
6. Cooperation with other players (networking/coordination of existing competences and offers);
7. Recognition and promotion of interest groups/competences of migrant people.

The House of Cultures of Lippstadt is carried and organised by the Diakonie of Ruhr-Hellweg and the Social Service of Catholic Men. It is an institution involved in the project “Have they stayed here or are they arrived?”. The house represents a place where people from different countries and cultures have the opportunity to encounter and to establish contacts. There are regular offerings of courses and projects which are to contribute to a better integration and cultural exchange. A further focal point of the work performed in the House of Cultures of Lippstadt is the field of counselling. Migrant people receive consultation and support concerning the most different questions about life.

The offers as well as the independently organised project elements will still be carried on with the continued support of the previous cooperation partners (SKM – Katholischer Verband für soziale Dienste in Deutschland (Catholic Association for social services in Germany) – Bundesverband e.V. (Federal Association); AWO – Arbeiterwohlfahrt Bundesverband e.V. (Workers’ Welfare Federal Association); Soester Tafel e.V.), the involved autonomous migrant organisations and the recruited volunteers even after the project’s expiration. Through the close connection of the project to the initial consultation for migrants as well as to the institutions of cooperating colleagues, it is guaranteed beyond the term of the project that its participants will also have contact persons on site in the future.

The Diakonie Ruhr-Hellweg e.V. is the Diakonische Werk of the Evangelist Parish District of Arnsberg, Soest, Unna and Hamm. The Diakonie Ruhr-Hellweg e.V. is an Evangelic network of social assistance aiming at helping people in social, mental and physical need. It detects the reasons of distress, fights against social equality and is available for all people regardless of their origin or religion. The Diakonie is a reliable partner for numerous people in the large region of Ruhr-Hellweg. Our offer comprises altogether 36 institutions with over 550 employees.

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The project was developed out of the necessity to enable people with different cultural backgrounds to participate in social life. The life situation of many migrant people is characterised by reduced social contacts, poverty in old age, loneliness and the lack of social recognition. These people come from different social classes and various republics of the former USSR. Thus, they don’t form a homogeneous group. The occurrence of dementia presents averagely ten years earlier in migrant elders. Regarding this aspect, it is therefore especially important to become preventive in this matter. Our conversation circles help these people to improve their personal quality of life.

This model was systematically implemented as a centrally regulated project by Russian-speaking seniors performing voluntary services. Due to the personal access to the group of the Russian-speaking seniors by the native-speaking full-time employee, it was possible to recruit people for voluntary work.

The target group are elderly Russian-speaking seniors who came to Germany at an advanced age. This group represents with approximately 5,000 persons by far the largest migrant group among the seniors in Hannover. A high integration performance within their new living environment is expected from this group and many problems arise through strong deficits regarding the German language skills. A lack of knowledge of the German language leads, among other things, to a social isolation within their environment. Within the group of people, sustainable concepts are often missing. Due to many negative experiences in the countries of origin, there are great fears of contact towards Germans and, additionally, there is often distrust towards German authorities. These people came with this kind of knowledge: “what comes from the state cannot be good”. Negative experiences have shaped this group of persons for decades. As a consequence of this, even leisure activities are often only accepted on a limited level. Due to the fact that this group of people has not been entitled over 60 years to language courses financed by the state, the idea was developed to support elderly Russian-speaking migrants through so-called conversation courses/conversation circles in their integration into the “new homeland”.

Apart from the objective to learn the German language, this offer is also linked to the objective to form social networks in order to prevent loneliness. With the recruitment of a native-speaking employee, it was made possible to establish good contacts with the Russian-speaking migrant group. Thus, it was also possible to recruit people for the voluntary management of these groups. The volunteers of the Municipal Seniors’ Service of Hannover (KSH) don’t receive fees but are entitled to a low expense allowance as a refund for phone calls and commuting expenses, for example. Under the technical support of full-time employees in the (KSH), Russian-speaking volunteers manage these groups. Apart their knowledge of Russian language skills, the volunteers also possess a good knowledge of the German language and they have a migrant background themselves. Some of them worked as German teachers in the former USSR. In the meantime, it was succeeded to recruit four persons for this voluntary work, who provide seven group offerings in total in several districts of Hannover.

A further target is to enable and encourage migrant elders to establish contacts with German seniors. Conceptionally it is planned to create conversation circles that build on the experiences of the conversation groups. German and Russian-speaking seniors are to meet in these groups and to discuss jointly about various topics and questions arising from the other cultural circle in the German language. So far, it has been succeeded to organise such a conversation circle. This group is managed on a voluntary basis by a female senior citizen from the former USSR. The participation in this conversation circle leads to further personal contacts and friendships. This allows integration on a very special level. The participants of the groups are a good example of the way how communication can take place between people with very different biographies. These people are important as multiplicators, because they pass their positive experiences on to others. The offers have no time limit and are planned on a long term. This seven offerings contain three different stages:

1. For senior citizens with very little language skills;
2. For senior citizens with advanced language skills;
3. For senior citizens with excellent language skills.

Thus, it is made possible that we are able to provide offers according to the need of each individual. Stage three offers Russian-speaking seniors the possibility to communicate in German with the native seniors and to establish personal contacts.

The Municipal Seniors Service of Hannover is the department of the city administration that deals with age-related issues. The services of the Municipal Seniors Service of Hannover range from offerings of the open work for seniors to general counselling and information up to the professional planning for seniors. The services are performed as a personal help for individuals, as counselling, as socio-cultural group work and in form of a comprehensive district-wide projects for a city suitable for seniors.

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2.7.3 Resource-oriented active Involvement of Migrant Elders in terms of social Participation
KOTTI e.V. Neighbourhood and Community Association at the Kottbus Gate, Berlin, Germany

On the basis of growing needs of migrant elders for the exchange in the native language, encounters and information, the offer “Club 2. Spring, meet female migrant elders of the 1. Generation in the Family Garden” was initiated with the help of a female volunteer of the first migrant generation in 1996. Missing intercultural offerings and offerings in the native language make the access to participation in the socio-cultural life more difficult. Many people often lose their social contacts when they retire. A lack of German language knowledge, uncertainties in terms of language, a lack of knowledge concerning the social and aid system, frequently lead to loneliness and isolation, and not least, this results in psychosomatic diseases and/or to an early death. Thus, a female participant can be quoted: “I rediscovered laughing. The whole week I look forward to coming to this place”. In the meantime, the offer is joined by round 150 women aged between 55 and the middle of 70. About 60 percent of these women are singles. The main goal is to pick the needs up comprehensively and to create sustainable structures.

The project aims at women of the first migrant generation from Turkey from the age of 55. From experience, there are high inhibition thresholds for migrant elders and, especially, for women to participate in existing offerings. Many migrant women are already ill from the age of 50 and/or even unable to work. The demand for offers held in native languages, but above all for places for the exchange of experiences, encounters and economical leisure activities are an increasing manifestation of the target group’s needs.

The main focus of the work concentrates on: designing intercultural offers of a low threshold and close to the people’s homes, strengthening of self-help, promotion of social contacts, creation of information events and counselling in the native language, exchange and encounters through intercultural dialogues, conversation circles between young and old, stimulation and strengthening of leisure activities regarding the promotion of health and wellbeing, biography work on coming to terms with the past, social recognition through public relation work, exchange and encounters with various senior groups, culture associations as well as religious institutions, motivation of multipliers to participate in senior forums, especially, in the municipal senior representations and the concentration of resources through networking.

Offers and activities are always designed in agreement with the participants and their cooperation and according to their needs and interests. The main objective of the project is to reinforce the self-potential and to take up the resources of the participants in order to integrate them actively in the
creation of common living spaces. All projects of the KOTTI e.V. have the objective to work for improving the quality of life in their catchment area in interaction of the residents and employees. The tradition of cooperating, joining in discussions and co-designing still is the landmark of KOTTI e.V. today and is anchored in all working fields of the association.

Activation, participation and strengthening of self-help potentials are essential aspects regarding sustainability. In long lasting processes, social contacts are reinforced and the participants are supported in implementing their own ideas and creating networks, but also to participate in existing social and cultural offers. Multiplicators are supported with regards to the perspective of involving migrant elders in senior-related political processes on a long-term basis. Beyond that, the networking of different resources in the district contributes to the development of viable structures.

The association of KOTTI e.V. neighbourhood and community association has been committed to different projects and offerings in the catchment area around the Kottbus Gate in Berlin Kreuzberg as a district community centre since 1986. The objective is to improve the social and economic situation of the residents. The various activities and offers always comprise the intergenerational dialogue between the several cultures in the district. The target group are migrant people. The emphasis is, among other things, on offers in the field of family planning, offerings for migrant elders and the promotion of civil engagement and the identification with the district. The support of self-sustaining help plays an important part. KOTTI e.V. is currently the sponsor of four day-care centres with 120 places, the youth culture floor MOSAIK, the Schülerhaus at the Nürtingen School with 200 child care places, the children's office at the Jens-Nydahl-School with the neighbourhood café Family Garden.

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2.7.4 Recreation Offers for Seniors- Practical Testing of a culturally sensitive Elderly Care
The Inner Mission of Munich, Diakonie in Munich and Upper Bavaria e.V., Germany

The number of migrant elders in our society is growing steadily. Besides the “guest workers” who have reached retirement age and wish to spend their old age here, there are also other groups of migrant people living amongst us, who came on other ways to Germany. They all have one thing in common: ageing requires coping of the everyday life as well as assistance and support in old age, so that those people still live a life of quality and dignity. Many of them don’t speak sufficiently German in order to regulate their issues themselves. They depend on emergency or geriatric care services. As they don’t know these services or fear that they cannot make themselves understood when applying to them, they don’t contact these services and remain unprovided. It is difficult for the services of the geriatric care to access these fellow residents. Sometimes help is only possible by a native-speaking mediator and attendant. The needy seniors are more affected by this, as poverty in old age leads to isolation and loneliness. In 1999, a motion was brought forward for a new service providing migrant elders with care at the city of Munich.

The project leisure time for seniors- practical testing of a cultural sensitive geriatric care is to bring needy migrant elders and multilingual helpers together in order to enable them to get to know each other, to gain experiences together, to provide migrant elders with information about offers in geriatric care, especially the help required in everyday life and about offers in guid-

Motivation for the project

A practical testing of the cultural sensitive geriatric care took place during the training of volunteers for seniors. Common activities in the leisure sector, at games, at painting mandala and singing as well as during conversations and convivial evenings arouse one’s interest in cultural differences and other cultures. Strangeness can thus be overcome and sensitivity and group dynamics are promoted. Migrant elders, who haven’t known each other before, meet for walks in Munich and cultivate telephone connections to other seniors and pupils as well as to both employees.

The target of the project leisure time for seniors- practical testing of a cultural sensitive geriatric care is to bring needy migrant elders and multilingual helpers together in order to enable them to get to know each other, to gain experiences together, to provide migrant elders with information about offers in geriatric care, especially the help required in everyday life and about offers in guid-
ance, support and in administrative procedures, to work on biographic culturally specific features, to deal with the topic of “Uprooting in old age”, to reduce fears on both sides and, thus, to create a good basis for a culturally sensitive geriatric care. It is a further target to support the contact among migrant people and to the helpers for seniors, to develop networks and to improve the everyday life on a long-term basis.

There is cooperation with the seminar for multilingual helpers, care in old age – Non-profit Ltd. of the Inner Mission of Munich, Diakonie in Munich and Upper Bavaria e.V. Under the precondition of a permanent financing, the intercultural quality development in the culturally sensitive geriatric care for migrant elders could be guaranteed and further developed.

The Inner Mission of Munich, Diakonie in Munich and Upper Bavaria e.V. has been involved with its services and institutions in the welfare and social mission of the Evangelic Church since the establishment of the association in 1884. The offerings of their services and institutions in Munich and its surroundings address people of all ages, who are looking for acceptance and advice, who are in need of care, who expect help, who require refuge and accompaniment in life. They offer help in life comprising physical, mental and emotional help as well as help in social and material issues. Their life stories and cultural influence is thereby respected. The migration services of the Inner Mission of Munich, Diakonie in Munich and Upper Bavaria e.V. advise and assist people of all nationalities in becoming integrated in society – independent of their origin, world view, religion, skin colour, age or sex.

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2.7.5 Seminar for multilingual Volunteers
Help in Old Age – Non-profit Ltd. of the Inner Mission of München, Diakonie in Munich and Upper Bavaria e.V., Germany

The guiding principle of the Bavarian senior policy is based on the wish of the most seniors, namely being able to live as long as possible in their familiar domestic surroundings. The project was founded in July 2008 in the scope of the model programme “Innovative Geriatric Care Concepts”, in order to provide migrant seniors with a special offer for their ageing in Germany.

The innovative aspect in the seminar for multilingual helpers is the investigation and testing of new unconventional access paths to different migrant groups, because it is the project’s goal to ease migrant elders the access to the social system. Bridges are to be built to services and institutions and their use is to be eased. The benefits of the help system are to be made accessible to migrant elders. The seminar is testing new, unconventional access paths to migrant elders. It recruits multilingual helpers as guides in the social help system and prepares and accompanies them in form of a training for their assignment.

The Inner Mission of Munich is a modern social enterprise which is obliged to the gospel of Jesus Christ in its service. More than 100 services offer help in life in Munich and its surroundings. This kind of help is oriented towards Christian values like charity, veracity, justice and freedom.

The seminar for multilingual helpers will be promoted by the Department of Social Affairs of the federal state capital Munich and the Bavarian State Ministry of Labour and Social Research for the duration of two years. Afterwards it will become a permanent offer of help in old age of the Inner Mission of Munich.
Short description of organisation

The Help in Old Age Non-profit Ltd. is a modern and social service company. It was established in 2005 as a fully owned subsidiary of the Inner Mission of Munich, Diakonie in Munich and Upper Bavaria e.V.

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2.7.6 The Seniors’ Club of the Russian-speaking Seniors of Bergmannsfeld / Hörsterfeld: Integration and Identity

District of Bergmannsfeld in Sponsorship of the Social Service of Catholic Women in Central Essen e.V., Germany

Motivation for the project

In 2002, the GAGFAH (Non-profit stock company for employees of Heimstätten), one of the largest real estate companies in Essen-Bergmannsfeld (BF), questioned together with the District Office of BF seniors at the age of 60+, who are tenants of the GAGFAH. The GAGFAH assumed that there should already be implemented a corresponding housing and social policy in consideration of the present-day realities and the long-term future prospects. In this matter, problems of migrant residents play a major role. The current share of “Aussiedler” and contingent refugees as well as of other migrant people from the former USSR is very high in BF. It was very pleasant that the Russian seniors did not only want to be questioned but to participate in concrete activities after the survey. As a result of the survey, a seniors’ club was offered by the District Office BF after a previous consulting with the persons in question. The first organisational meeting of the seniors’ club took place on October 11, 2007. The second seniors’ club of E-Hörsterfeld has been around since September 2008.

The project

The club’s activity is diverse and contains regular meetings, numerous excursions, recitations, cultural and sporting events as well as the language course “German for foreigners” and consultations in Russian. The topics of these events are offered both by the club’s management as well as by the club’s members themselves.

Essen-Bergmannsfeld is a relatively young large housing estate (GWS) that had been built in the period between 1963-1969. Most of the Russian-speaking seniors (Russian seniors) have been living in the GWS only since the late 1990s. As a result of the seniors’ survey, conducted in 2007, and in order to fulfill the Russian seniors’ needs of information, culture, sports and integration, the District Office of BF offered a seniors’ club where people can regularly meet for social activities. Numerous excursions, recitations, cultural and sporting events were planned from the very beginning. All Russian tenants in the GWS BF at the age of 60+ are defined as the target group of the project. The fundamental object of the seniors’ club aims at the fact that Russian seniors are more and more able to identify themselves with their living environment in order that can be better integrated into it. The seniors’ club BF is financed by municipal funds (city of Essen, RAA (Regional Office to Support Children and Young People from Immigrant Families), Office for intercultural Work, Essen) and the District Office BF, and is supported organisationally by the real estate company GAGFAH and RDC (Regional Developing Company) as well as the Catholic parish.

Although there are different nationalities among the members of the seniors’ club, they all speak fluently Russian, they all want to integrate themselves successfully, and they still want to keep their cultural, linguistic and socio-psychological identity. There are regular casual encounters taking place in the District Office BF which are to contribute to an enhancement of the quality of life of the club’s members. In principle, it can be observed that the provided offers and performances of public establishments, including the sports clubs, are much too rarely used and appreciated by migrant seniors. However, they accept consultations offers well and find pleasure in participating in public events like
the “district festival”, flea markets, presentations, etc. The seniors’ club invites speakers on different topics important for the Russian seniors.

The tourist activity of the seniors’ club is developing very intensively. Excursions are organised by the seniors themselves instead of travel agencies. We have observed that some members of the seniors’ club have been living in Germany for over ten years, but never have visited Essen. They have neither seen the world-famous Cologne Cathedral nor the Königs-Allee (the King’s Alley) in Düsseldorf or the Villa Hügel (Villa Hill), the Essen Cathedral and the Old Synagogue. Cultural events are, furthermore, an important element of the club’s activity. Some club members have a university degree with a PhD. In the former USSR, they participated in the scope of various cultural events. When they came to Germany, they stopped participating in these cultural activities, and therefore it is essential to rebuild these activities, particularly culture is an utterly important part of the identification of human beings. Some of our club members attend regularly the language course “German for Foreigners”, offered free of cost and taking place in the Catholic parish of Bergmannsfeld is promoted by the city of Essen. Many seniors, for example, from the countries of the former Soviet Union, came at an advanced age to Germany. Due to their age, they can only learn the German language slowly. A profound knowledge of the German language is, however, an important condition for a successful integration. Therefore, we will especially keep observing this activity and support it. The seniors’ club BF maintains relationships with various institutions caring and nursing Russian seniors. We make ourselves known in the media and participate in conferences and other events on the topic of migrant seniors. Since 2008, the second seniors’ club of Russian seniors has been working in the neighboring large housing estate of Essen-Hörsterfeld. The club’s activity contains a long-term and sustainable character. The most needs of the Russian seniors are well known now, thanks to the seniors’ questioning. Therefore, many events are planned in advance, in case the financing enables this. The financing for the year 2009 is currently secured.

The district office of the Social Service of Catholic Women in Central Essen e.V. is the site of the district project of Essen-Bergmannsfeld, which is the focal point of the project activities, office of the coordinator as well as the counseling institution and the place for civil engagement in the district. The working field of the district work comprehends the facts of the district as structures characterising the living world of its residents. The task of the district work is to interact with this social space under the participation of all parties in the district. The range of consultation work in the District Office of Bergmannsfeld comprises questions on the correspondence with authorities, the problematic of social welfare, the topic of employment (unemployment/ qualification) as well as questions on the subject of living/ living environment. The district office organises language courses for Aussiedler and other Russian-speaking seniors living in the district. There also is the district newspaper “Blickpunkt Bergmannsfeld” (Focal Point, Bergmannsfeld) that has been supplied quarterly and for free to every household in the settlement for over 13 years. The seniors’ questioning conveyed in 2007, confirmed that the seniors from the former Soviet Union’s countries are in need of a seniors’ club where social gatherings take place and where excursions, recitations, cultural and sporting events and consultation in Russian are implemented. This promotes both their successful integration and their identity. The district office supports the seniors’ club of the Russian-speaking seniors organizationally and methodologically.

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2.7.7 Creation of new, integration-promoting structures to improve the Living Situation
Multicultural Forum e.V. of Lünen, Germany

Motivation for the project
Attempts to network migrant elders to local offers of the geriatric work and the nursing infrastructure had only been little successful when the project was started. There were only individual initiatives. During this individual initiatives it was recognised that a good and intensive preparation of a project-oriented cooperation of the migration and the geriatric work requires additional personnel deployment. This was created with the pilot project.

The project
New access paths to the existing structures for migrant elders were tested such as Turkish media, grocery shops, personal contact, contact to the entire family, respectively to the children, leisure activities, consultations in their mother tongue, information events, excursions, etc. The pilot project regarding the integration of migrant elders lasted from November 15 till November 14, 2000. It was financed by the Ministry of Health, Social Affairs, Women and Family of the State of North Rhine-Westphalia (department: senior policy). The carrier of the project was the municipality of Unna. The Multicultural Forum e.V. led it through the project locations of Lünen and Bergkamen.

The target group are people with a Turkish migrant background from the age of 50 as well as their families and multiplicators in local care facilities for the elderly. The scientific evaluation is adopted by the Forschungsgesellschaft für Gerontologie Dortmund (FFG) (Research Society for Gerontology). The guiding goal is to create transparency of the social security system and to promote a permanent use of existing offerings and institutions for the target group by structural changes and with the promotion of the civil engagement. Hereby, the orientation towards the target group’s specific needs is explicitly to be reached. Not the creation of a new specialist social counselling is the goal but the creation of new integration promoting structures. The first phase of the project dealt with an inventory. Due to this, a questioning about the target’s group views, expectations, wishes and plans was implemented. On the basis of the results gained from the questioning, plans of action were developed and offered in the second phase of the project. The third project phase analysed the sustainability, documentation, public relation work, etc.

There is a contact point and the network “Migrant Elders”. In the future, migrant elders will represent a new target group and a new topic in the municipal geriatric planning. A member of Turkish origin is in the advisory board of seniors of the city of Lünen, and this member represents the interests of migrant elders.

The Multicultural Forum e.V. (MCF) is a regionally anchored autonomous migrant organisation with international cooperation and diverse competences on the field of integration of migrant people. With its over 60 full-time employees, the MCF stands up for the promotion and support of migrant people with regards to their professional, social and political point of view. Meanwhile, its importance has grown beyond the city of Lünen. With the main branch located in Lünen and the branches in Lünen-Süd, Bergkamen and Hamm, the Multicultural Forum e.V. is regionally active. Beyond that, the cooperation with various partners involved in the regional, state, federal and European level place their gained knowledge and experiences on a broader platform.

The focal points of the work of the MCF are the fields of employment and qualification, education and further education as well as consultation services. In the field of employment and qualification, the MCF supports job-seekers and unemployed people in their efforts to find a job. I provides them with assistance in terms of application procedures, carries on the direct provision of workplaces and vocational trainings. With regards to migrant people, the MCF contributes all its expertise and comprehensive experience to this field. By individual promotion, culturally specific consultation and intercultural provision of employment, the MCF supports migrant applicants to remove barriers on their way to the first labour market. Firms are supported by consultation and workshop offerings.

The MCF covers field of education and further education by two institutions offering further educations (the educational society Multi Kulti and the educational centre Multi Kulti) of which it is sponsor. These centres provide all interested people with a comprehensive course offering from political and intercultural education to language and computer courses and from professional qualification to special offers for children and adolescents. In the field of consultation and networking, refugees and
returning counselling, the migration counselling as well as the integration agency have become important contact points for people seeking advice. The Multicultural Forum e.V. has been furthermore actively involved in EU projects since the middle of the 1990s. In the meantime, there are contacts to partner organisations in almost every European countries from Iceland to Turkey.

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2.7.8 The Seniors’ Club “Among Friends”
Cultural and Integration Centre of PHOENIX-Cologne e.V., Germany

In October 2008, PHOENIX-Cologne e.V. established the seniors’ club “Among Friends”. We recognised the existing problems of the target group and tried to develop and realise a solution together. The motivation for the foundation arose from the need to offer migrant elders possibilities to establish contacts and to join activities and, thus, ease their access to the cultural and social life in their city and assist them in becoming integrated in Germany.

Russian-speaking seniors are mainly very active people and full of energy. They are willing to involve themselves in different areas in order to improve their lives in the new homeland and make it more interesting. PHOENIX-Cologne e.V. recognised this and wants to help these people to implement their wishes and ideas while assisting them all the way. That is how our offers arose, which are based on the principle of help for self-help and which are to support the seniors in becoming active.

The number of over 60-year-old Russian-speaking seniors living in Cologne (contingent refugees or “Aussiedler”) is of approximately 5,300. Migration in old age is a great challenge. It is often difficult for elderly people to learn the language and to orient themselves towards society. This leads to isolation and the migrant people are not able to connect to the receiving society. In order to prevent this, respectively, in order to get elderly people out of their withdrawal behaviour, we have initiated the seniors’ club “Among Friends”. The club comprises many different offers in the Cologne districts of Porz/ Finkenberg, Chorweiler and Neubrück. We offer the following:

1. German courses: for a better coping with the everyday life, as it is especially important for elderly people to make themselves properly understood;
2. Psychological assistance and counselling: a Russian-speaking psychologist provides the seniors with constructive solutions when dealing with depressions, stressful situations and other problems;
3. Cinema nights: in our film club, cineastes have the opportunity to get to know the latest movies and interesting things from original scenes and film festivals. The cinema nights combine social activities with a cultural programme;
4. Gymnastic and sport offerings: special gymnastic and sport exercises contribute to improving the mobility and fitness in old age;
5. Memory training: memory skills can be trained and enhanced with special techniques;
6. Museum visits: in accompaniment of an expert in aesthetics and art history, different museums are visited and the interest in art is promoted;
7. A café named “Walking under a Star” where people can tell stories: it takes place twice a month; interested seniors meet to exchange memories and experiences;
8. Music evenings: music links people and promotes sociability. The seniors have the opportunity to sing and dance together during the song-dance-meeting.
9. Neighbourhood meetings: they support communication between Russian-speaking seniors and natives; they can talk to each other and learn from each other.
All offerings serve the community among themselves and the integration into the German society. The seniors’ club “Among Friends” is therefore a low-threshold offer and planned for a long-term. It will be further expanded and developed and it creates, on the long run, stable structures of support and leisure activities. The basis for this are the particular needs of the target group that are determined and implemented. The goal of our work is the promotion of initiative and the support of the seniors in terms of developing their own skills and competences that will help them to establish a foothold in Germany and contacts to natives, as well.

PHOENIX-Cologne e.V. is a politically and denominationally independent and non-profit self-help organisation that was founded in 2002 by both Russian-speaking people with a migrant background and natives. The founder, full-time employees and volunteers stand up for the integration of the Russian-speaking population. We are a mixed team of engaged citizens that cooperates on an equal footing and according to democratic structures. The objective of our work is to help people concretely and, thus, accelerate the integration process in the German society. The guiding principle of PHOENIX-Cologne e.V. is to make the frequently untapped potential of migrants known and usable in the German society. A successful integration means that the receiving society benefits from the mental and creative potentials of migrants and the migrant people, in turn, feel at home in their new homeland. We are bridge-builders between the cultures and promote the process of mutual acceptance. Hereby, we address current social problems and realise constructive possible solutions.

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2.7.9 ¡Adentro!® - Spanish-speaking Seniors interfere- Education Programme
AEF - Academia Española de Formación – Spanish Academy for Further Education e.V.; Confederación – Alliance of the Spanish Parents’ Associations in the Federal Republic of Germany); the DRK-Secretariat-General and the LV-Nordrhein e.V., Bonn, Germany

The board of the Confederación- Bund Spanischer Elternvereine in der Bundesrepublik e.V. (Alliance of the Spanish Parents’ Associations in the Federal Republic of Germany) dealt already in 1986 with the repercussions of the demographic change in the Spanish community in Germany. On the basis of this analyses and the cognition of the needs from the member organisations, it was found that there was a demand for a seniors’ project and so the basic concept of ¡Adentro!® was developed.

The change and improvement of their own life world by the affected persons themselves, is to be regarded as an innovation. The model-like cooperation of autonomous migrant organisations and a large welfare association is important. ¡Adentro!® is a socio-political educational project for the promotion of integration and socio-political participation of migrant elders. As an emancipatory learning programme, ¡Adentro!® aims at providing Spanish-speaking migrant elders with training and further training so that they can be active as socio-cultural hosts, respectively, as multiplicators in their local communities.

The ¡Adentro!® training programme contains four core areas: 1. activities to promote mental and physical health (e.g., exercises, dance, nutrition, health, living), 2. socio-cultural activities (e.g., theatre, excursions), 3. social policy and social law (e.g., basic knowledge of early retirement, unemployment, pension, in order that basic problems can be recognised and the persons affected can be referred to the competent bodies) and 4. lobby and public relation work, respectively fundraising (e.g., to recruit allies, grant donors and speakers as well as PR and committee work). Apart from these core areas, biography work as well as the development of social and team competences have been taken up a greater room in the ¡Adentro!® further trainings. Since 1994, over 500 multiplicators have been trained. The Academia Española de Formación (AEF) performs on-site supervisions if needed, in order to support the multiplicators. There is cooperation with the Instituto de Mayores
servicios sociales (IMSERSO) of the Spanish state, Pro Senectute in Switzerland and Fundación Can Gelabert in Barcelona. The pilot project of ¡Adentro® ended in 1997 and has been carried on by the three sponsors until today. It is successful and prevalent in Belgium, Germany, France and Switzerland.

The Academia Española de Formación (AEF) - the Spanish Academy of Further Education e.V. is an educational institution with state acknowledgement. It was found by Spanish and Germans in 1984, and is the only bicultural project of an educational institution with a state acknowledgement established by migrant people in Germany.

The Confederación- (Alliance of the Spanish Parents’ Associations in the Federal Republic of Germany) is an umbrella organisation of 115 Spanish parents’ and cultural associations in Germany and was founded in 1973. There are cooperation with European partners such as the German Red Cross, one of the most important welfare organisations in Germany.

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2.7.10 Ontdek Elkaars Wereld (Discover each other’s World)
ANBO, Utrecht, the Netherlands

For the General Association for Seniors in the Netherlands (ANBO), the Dutch Organisation for Migrant Elders (NOOM) and the Expertise Centre for Seniors (Pluspunt), it is important that migrant seniors participate entirely in society. But these elderly people often live in social and cultural isolation, as they have difficulties with the language, for example, and they (think they) don’t feel at home among the native seniors. Frequently, they are excluded from society, because other senior groups feel insecure towards the “foreign culture”. This project attempts to reduce prejudices. Integration is not only a matter for migrant persons. If we want to offer these persons the opportunity for a proper integration, we should also try to create commonalities, to learn something from these persons and try to understand them.

The project “Discover Each Other’s World” arranges seven encounters between a group of native seniors and a group of migrant seniors. These conversations are accompanied by a discussion leader. The objective of the encounters is to bring both senior groups closer to each other and to take away their baseless fears for unknown cultures.

The first four conversations contain one topic (world of encounter, world of food, world of religions and world of district). The topics of the last three conversations are determined by the group itself. It is also possible to perform these last three encounters within a relaxed scope doing sports or playing games. Pluspunt exerted this method already a few times.

During the first meeting, a game of questions, discussions and explanations about the cultures of the participating seniors is played. This game was developed by the Dutch Organisation FORUM (National Expertise Centre for Multicultural Development) and ANBO with the goal to help cultural groups to get to know each other better. The next encounters are organised by the discussion leader.

Volunteers are trained for a role as a discussion leader. ANBO finds these active members in its departments. The discussion leaders are trained together by the project leader. Apart from this training, discussion leaders can learn from each other during rounds of talks. The user of this project are both native seniors and migrant ones. They are to understand each other’s cultures. This reciprocity is important for the integration and for overcoming the social and societal isolation of migrant elders.
The main feature of this method is to organise the encounters at short intervals. Thus, the continuity of contacts between both senior groups is guaranteed. A constant contact between the seniors is stimulated as much as possible. Therefore, it is also important that the seniors are from the same district.

This project is well suited to the services of ANBO, as the organisation stands up for seniors in order that they can lead an independent life. This means that migrant seniors also need possibilities for being able to participate entirely in the community life. Due to the fact that the community life comprise different cultures, it is the main objective to bring these culture into contact with each other.

ANBO, NOOM and Pluspunt believe that this initiative fits well into the offer of all organisations dealing with elderly people and/ or intercultural solidarity and that is why there is a cooperation with NOOM. NOOM comprises seven organisations with different cultural backgrounds. It is a Dutch organisation for migrant elders. The organisation aims at representing all these people and at heeding their interests. Furthermore, NOOM is also developing services and initiatives. NOOM also is recognising the group’s very diverse nature and the fact that they are involved in the middle of their emancipation process. That is why the organisation finds it essential to support this group of seniors so that they can participate as good as possible in the community.

There is a further cooperation with Pluspunt. Pluspunt is an expertise centre for seniors aiming at stimulating seniors to participate in the community life. Pluspunt advises the people affected, develops projects and methods and organises trainings. The organisation has been active in Rotterdam since 15 years and for some time past, also in the fringe municipalities. Pluspunt believes that seniors are able to contribute largely to the community life and they are willing to use these abilities in their projects.

In this project, a sustainable contact is to be organised between both groups of elderly people. It is possible that these contacts will not continue after the conversations, but it is possible to establish a lasting friendships.

Short description of organisation

ANBO joined the trade union FNV in 2008. Since then, ANBO represents round 400,000 seniors and is thus the largest association for seniors in the Netherlands. The members organise themselves in approximately 500 departments of ANBO, which is also a member of the Aarp Global Network (AGN) since 2008 and has thus begun with an intensive cooperation with international partners of this network. ANBO is furthermore an active member of AGE, the European network of senior associations.

The objective of the activities of ANBO is to enable seniors to an active and independent life. ANBO believes in the complete participation of seniors in the community life and tries to reach this by taking the senior citizens’ political and social interests into consideration. Additionally, members can take part in many projects of ANBO. They also benefit from reduced social security contributions and favourable product offerings. ANBO shows a political and strategical behaviour. It develops active connections to the HoLeBi-Seniors and to migrant organisations. ANBO has been also considering the gender aspects of the demographic change.

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2.7.11 Age and Migration
HEKS Regional Office of Zurich/Schaffhausen, Switzerland

The development of the project began in 2005 after the project’s managers noticed the poor preparation of migrant people regarding their old age. The implementation took place in 2006.

The Hilfswerk der Evangelischen Kirchen Schweiz (HEKS) (Relief Organisation of the Protestant Churches of Switzerland) project „Age and Migration“ (AltuM) addresses migrant people from the age of 55. With increasing age, these people are in danger of isolation and loneliness. The project’s objective is to draw attention preventively and in good time to the problems of these people regarding their ageing. In Switzerland, they receive specific information about retirement arrangements, for example. During regularly group meetings, information are conveyed in the respective mother tongue in terms of shaping their own lives in old age. Also, the mutual contact with each other is promoted. Specialists advise elderly people, who already ran into difficulties, in conversations. They show them concrete possibilities and establish the necessary connections to the authorities and professional institutions. Thanks to good relations with the local organisations and the church administrations, the deployments of AltuM are quick and efficient.

With regards to cooperation, it is to say that Pro Senectute is the Swiss competence and service centre in the fields of age, ageing and intergenerational relations. The foundation has been standing up for welfare, dignity and the rights of elderly people since its establishment in Switzerland in 1917. The cantonal and regional Pro Senectute organisations advise people comprehensively across Switzerland. They offer a variety of service features and courses and advise elderly people and their relatives free of charge and discretely. They support elderly people finding themselves in financial difficulties. They convey service features that allow a self-determined life in one’s own home until old age. They provide an extensive offer of language, creativity, sports and computer courses, and also courses regarding the preparation for old age. They engage themselves in the fields of intergenerational relationships, promotion of health and prevention and they support the contact between elderly people by offering meetings and events.

The project has been running since 2006 and managed to secure every year sufficient funds by the church, the state, the Canton of Zurich, the city of Zurich as well as private foundations.

HEKS is the relief organisation of the Protestant Churches of Switzerland with its headquarters in Zurich and a head office for the French-speaking part of Switzerland in Lausanne. The French designation reads EPER (Entraide Protestante Suisse). HEKS was founded by the Schweizerische Evangelische Kirchenbund (Swiss Association of Protestant Churches) in 1946 and is organised as a foundation since 2004. The foundation board is the supreme organ of the foundation. It consists of six to nine persons of whom one person is elected by the council of the SEK and the rest of them are elected by the assembly of the SEK. The term of office of an executive board member is four years. HEKS performs survival and emergency assistance and combats the causes of hunger, injustice and social misery. All people are to lead a secure life of dignity regarding social, economic and political terms. The relief organisation runs five regional offices in Switzerland and is engaged with over 300 projects at home and abroad. HEKS is in 22 priority countries present with its own coordination offices. HEKS employs round 216 employees with monthly wages. Furthermore, HEKS invests in apprenticeships and employs three apprentices (Kaufmännischer Verband) (Swiss Commercial Association) as well as five trainees. 245 employees work on hourly pay. HEKS works exclusively together with partner organisations on site and does not send any Swiss nationals abroad. For the occupation of the coordination offices are basically recruited local employees. HEKS is awarded with the Swiss Seal of Approval, ZEWO. The seal of approval awards non-profit, donation-dependent organisations for the conscientious handling of the money entrusted to them. It certifies the dedicated, economic and effective use of donations. HEKS is committed to the NPO-CODE (www.swiss-npocode.ch), where the Corporate Governance Guidelines are determined for non-profit companies in Switzerland.
2.7.12 Consultation for Migrant Elders in their Mother Tongue
Pro Senectute of the Canton of Zurich, Switzerland

The working group “Living, Age, Health” of the Council of Foreigners of the city of Zurich addressed its concern, i.e. allowing consultation offers for migrant elders in their mother tongue, to the management of Pro Senectute of the Canton of Zurich. The group’s concern was accepted.

Clarifications regarding Italian- and Spanish-speaking migrant people and their organisations showed that offerings held in the mother tongue of these elderly people meet up largely with this need. Investigation indicated as well a high commitment to the realisation of such an offer. This was one of the reasons why Pro Senectute of the Canton of Zurich decided in an initial step to implement offers in Italian and Spanish. A team of Italian-speaking and Spanish-speaking advisors has been active since February 2009. A second Italian-speaking team will take up their work in a second region of the Canton of Zurich by the end of 2009.

In the second half of 2009, a new project group is formed with a Serbo-Croatian-speaking and Bosnian-speaking advisory team. Afterwards, Turkish-speaking and Kurdish-speaking teams are to be built up.

The joint operation of Pro Senectute and migrant organisations allows differently orientated migrant organisations to be jointly involved in helping their elderly fellow countrymen.

Migrant elders speaking a foreign language have, due to their life story, seldomly had the opportunity to learn German. They often need support in personal administration and when dealing with authorities, organisations as well as health care facilities. They don’t know of the diverse offerings for elderly people or have only insufficient knowledge of them. The consultation establishments for the elderly population are only able to grant a mother-tongue consultation in exceptional cases.

Migrant people from Italy account with round 6,000 persons older than 65 for the largest amount among the migrant elders in the Canton of Zurich. The elderly people from the former states of Yugoslavia with about 2,000 persons (65+) account for the next biggest group of the non-German-speaking migrant people. The Spanish-speaking persons count approximately 1,500 persons from this age group. This represents about the same number as the Turkish-speaking persons.

We form one project group per ethnicity comprising four to six migrant people. They undertake consultations in the mother tongue. This advisory team is completed by the project managers (social worker) of the regional service centre of Pro Senectute of the Canton of Zurich as well as a skilled expert of the branch office of Pro Senectute of the Canton of Zurich. The female project consultant holds the project management. The skilled expert guarantees the connection between the various projects specifically related to ethnicities and the regional projects, and is responsible for the quality assurance over all projects.

In five to six monthly working sessions, the project group prepares the service for the mother-tongue offering. During the working sessions, the consulting approach and the content of the consulting offer is clarified. Work tools are provided; public relation work is planned and the formation of a sponsorship is prepared.

After the start of the consultations, the project group meets quarterly in order to exchange their experiences. The consultation offer is supported and accompanied by a sponsorship broadly support-
ed in the migrant organisations. Pro Senectute of the Canton of Zurich allows differently orientated migrant organisations to get involved in helping their elderly fellow countrymen. The public relation work focuses on the communication channels of the respective language group. The mother-tongue consultants are volunteers of Pro Senectute of the Canton of Zurich. Their engagement is based on the BENEVOL Guidelines. Every first Thursday of the month, two consultants are present to take the concerns of their fellow countrymen. The concerns can be performed on site or by phone.

The consultation in the mother-tongue regards itself as a contact point and a hub regarding questions in connection with age, ageing and migration. There will not be offered longer consultations. The people seeking advice are conveyed to the responsible bodies. The consultation team accompanies the people seeking advice, if required, and performs translation services or conveys them. The mother-tongue offers reduce inhibition thresholds and facilitate elderly people the access to institutions and organisations regarding old age.

The migrant organisations of the respective ethnicity are co-manager of the consultation offer held in the mother tongue. At present, these people represent the Spaniards: Ateneo Popular – an active cultural association, Copalaz – a Spanish parents’ alliance. The Italians in the uplands are represented by: the Missione Cattolica of the Uplands of Zurich, the Colonia Libera Italiana, Wetzikon, the Gruppo Donne, Wetzikon, the ACLI Zurigo (Associazione Cristiane Lavoratori Internazionale), the Arbeiter Union Uster. The Italians in the lowlands are represented by: the Missione Cattolica of the Lowlands of Zurich, the Colonie Libera Italiana, the trade union of Unia. The services are in development. Due to the tight networking between the professional structure of Pro Senectute of the Canton of Zurich and the migrant organisations, the sustainability of the services is to be promoted at its best.

The poverty among wide sections of the population was of prime importance of the geriatric work when Pro Senectute was founded over 90 years ago. At that time, there was no AHV. Today, everything has changed. Although 20 percent of the elderly population is still living on the poverty line, the factors like social withdrawal or the lack of physical and mental fitness are rising more and more to prominence. Apart from the social counselling offered discretely and free of charge and the financial aid, the cultural interest and sports courses play as well in important part at Pro Senectute of the Canton of Zurich. At the same time, different services are provided in order to relieve the seniors in their daily routine at home. The existing representatives of each municipality, especially promote the contact to other like-minded. They organise different activities such as hiking and seniors afternoons or a lunch table.

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2.7.13 A Course for Spanish-speaking multiplicators on the topics of Age
Pro Senectute of Aargau, Department Head of GWA, Switzerland

The integration of the elderly immigrant population is a responsibility for expert organisations in the geriatric work. The project was implemented for the first time in 2003.

After completion of the multiplicators training, the participants are able to advise migrant people competently; they are especially able to facilitate these people the access to resources of the Swiss social and health care system. They are able to support migrant people in their efforts to create their own age in a successful way. The network of multiplicators is widened and, thus, an important basis

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8 AHV= Old Age and Survivors’ Insurance. It comprises three pillars. The first pillar of the retirement provision in Switzerland is provided by the state. The second pillar is the occupational retirement provision. The third pillar is the private pension provision.
is founded for a close cooperation in the future. Both migrants and the natives should bear in mind that Europe has become a multicultural society with partners on an equal footing.

The project promotes counselling competences by introducing the participants to the outpatient, socio-cultural and inpatient services of the Swiss geriatric work, and it additionally provides the participants with information about the social security law and gerontology. They also offer contacts to key persons responsible for this specific age group and help them integrating each other. The participants are furthermore given the opportunity to contribute their experiences to the geriatric work and to complement these through the exchange with others.

It is a national expert organisation in the field of old age (counselling, services, education, offerings).

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2.7.14 National Forum of Age and Migration
National Forum of Age and Migration, the Swiss Red Cross, Switzerland

In April 2003, the larger national organisations of the geriatric and migration work as well as the umbrella organisations of the migrant associations merged to form the National forum of age and migration. One target of the forum is to support the realisation of the Swiss country report of April 2002 as well as to promote the national and international networking. In the charter (www.alter-migration.ch) it can be read more about the objectives, activities as well as about the organisation of the National forum of age and migration. The members and partners of the National forum of age and migration are listed in www.alter-migration.ch in the section of “Mitglieder/Partner” (members/partners).

The “National Forum” is the only electronic information platform on the topic of age and migration in Switzerland. The “National forum of age and migration / Forum national âge et migration / Forum nazionale anzianità e migrazione” (below: Forum A+M) has been in existence since 2003 and aims at standing up for the rights and the respect for the dignity of migrant elders in Switzerland. It ensures that the performances of migrant elders are recognised and promotes their integration. The forum also ensures that their needs in terms of ageing are taken into account.

With its engagement, the Forum A+M supports the confederation in realising its policy in the field of age and migration as it was basically outlined in the country report to the second UN Conference on Ageing of 2002 in Madrid.

The Forum A+M has been linking the most important players of the outpatient and inpatient seniors’ care as well as the geriatric and migrant work since 2003. By national and international networking, public relation and groundwork as well as lobbying, it ensures the improvement of the health care and social situation of migrant elders in Switzerland.

It is a networking platform of the most important players of the geriatric, health care and migrant work in Switzerland that recognise the charter of the National Forum of Age and Migration (members, partners, charter: cf. www.alter-migration.ch).

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2.7.15 European Mobility Resource Centres for Active Ageing of Elderly People Living outside their Country  
International Management Institute, Bulgaria

In the last decade there is a marked trend for movement of elderly people from the northern to the southern EU Member States. It is important to realize that there are significant differences among various expatriate elderly people in Europe. For example the majority of expatriate nationals of northern Europe living in southern countries, particularly Spain, only emigrated after they retired. Due to communication and language barriers the integration of these communities in their new society is difficult. They experience a number of problems when dealing with the local administrative procedures and regulations and their full right to integration into the new country of residence is obstructed. Accordingly Bulgaria and Romania witness the emergence of UK, Irish and Dutch communities in their inland territories who have begun to function as secluded societies because of communication and integration difficulties. So, the European Mobility Resource Centres for Active Ageing of Elderly People Living outside their Country (MOBIAGE) is designed to answer these needs and to create a sustainable integration model of elderly people migrating between the different EU states.

Cities and local authorities have a vital role to play, not only in the implementation of the integration policies, but also in the development of innovative policies on social service, housing, education and cultural diversity. MOABIAGE partners develop and present “Action Plan for Facilitation of the Mobility and Integration of Elderly People” to assist the local authorities in accommodating their elderly migrant communities. The first beneficiaries and pilot users of this plan will be the local and regional authorities in the trans-border region between Bulgaria and Romania.

The Project MOBIAGE is designed to create a sustainable model for integration of the elderly EU citizens moving to Bulgaria and Romania in the last decade that can be multiplied in other EU countries with similar demographic characteristics. The project main objective is to promote active ageing, mobility and social integration of older people when moving to another EU Member State via (i) resource centers for social integration into the new area of residence, (ii) interactive MOBIAGE Portal and distance learning platform, (iii) contact points of senior consultants, (iv) volunteer liaison service of the senior elderly migrants connecting their home and residence countries, (v) PR and action planning activities for promoting active ageing and inclusive environment at regional and local level. The project is a cooperative effort of five representative organizations with established expertise and achievements in life-long learning and social integration activities form Bulgaria, Romania, Denmark, Italy and Hungary.

The project main objective is to promote active aging, mobility and social integration of older people when moving to another EU Member State. It is to be achieved via a targeted set of specific objectives, namely: (i) to facilitate the social and community integration of elderly people from the EU moving to Bulgaria and Romania as new countries of residence; (ii) to create conditions for self-sustainability, mobility and social activity for the older people in their new countries of residence; (iii) to facilitate the active ageing of the older people through engaging them in relation building activities between their home and new countries of residence; (iv) to mobilize support for efficient policies on active aging and elderly mobility within the new Member States Bulgaria, Romania and Hungary based on the experience of the already established EU Members such as Italy and Denmark.

The MOBIAGE project offers the following service package to its beneficiaries – expat communities and local communities in the target region:

1. Participation in language courses – presence and on-line;
2. Utilization of a distance learning platform and the MOBIAGE Internet portal with a practice-oriented administrative information data-base and corner;
3. Participation in an expert data-bank and an employment creation forum;
4. Participation in networking events and seminars;
5. Participation in the development of local and regional policy document that facilitate social and cultural integration of migrants;
6. Opportunities for self-sustainability, mobility and social activity in the new country of residence;
7. Improved contact and cooperation between the local authorities, local communities and the expat communities in the MOBIAGE target region.
In its essence and idea the MOBIAGE Project is designed to be a good practice project that can be multiplied and sustained in other areas and regions with similar social, geographic and demographic characteristics. It builds on the experience of established integration practices in the EU but is linked to the specific situation and socio-economic developments in the new member states of Bulgaria and Romania.

The MOBIAGE initiative is realized as a larger scale project in partnership with four other established European organizations: Ovidius High School (Romania), FOR.COM University Consortium (Italy), Fagligt International Center for Uddannelse – FIC (Denmark) and College of Nyiregyhaza (Hungary).

The project implementation is a professional challenge for all partner organisations because the action area is relatively new for the target area and still not “every day work”. That is why the participation of FIC (Denmark) – a leading organisation on senior policy in Denmark and a promoter of the “Seniors and Mobility (SaM)” Project under the 2006 “ENEA Preparatory Action on Active Aging and Mobility of Elderly People” - will help through their experience (positive and negative). Its expertise in inclusion policy development and senior projects will upgrade the research, educational and training expertise of the International Management Institute, Ovidius High School, FOR.COM and College of Nyiregyhaza. In this way synergy, complementarity and higher publicity effect is to be achieved.

This project creates a good practice approach and focuses on the resources and the unexploited potential of seniors as thematic experts and serves as a live liaison between their home and new country and communities of residence. The unexploited potential of the elderly migrant as cohesion factors between the EU Member States is of the important messages of the MOBIAGE project. Accordingly, the project designs and presents a concrete action plan on how society and local communities can benefit from the integration of the elderly migrant communities through initiatives on active ageing.

The Association “International Management Institute” (IMI) is a non-profit, non-governmental organisation established in 1993. The association is a good example for established successful public-private partnership among different types of organisations with the common purpose to achieve sustainable regional development, increased qualification of human resources, provision of equal access to education for people in unequal social position, elderly people, people with disabilities.

Its members count to 181 youths under 30 in 2008 and seven economic structures: among them three educational establishments: Higher School “International University College”, Dobrudzha Agricultural and Business School, Foundation “Modern education and science” and four companies: Ecotel Ltd, GD “MIK MIM”, International College Ltd, Accountancy-consulting company “Inter”. The activities of the IMI cover a very-wide range of topics driven by the local and regional development interests such as anti-corruption, stimulation of entrepreneurship in SMEs with inclusion of unemployed people with special needs (disabilities), increase of the employment opportunities for long-term unemployed in the North-east planning region of Bulgaria, alternative employment in small localities via development of rural and eco-tourism. All these projects serve as a background basis for the initiation and successful realization of the MOBIAGE project.

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2.7.16. eLSe-Academy
The Lighthouse Social Welfare Services, City of Lulea, Sweden

Motivation came out of the need for seniors to use ICT and Internet. Many news recommend to learn more on www. But if you do not know how? Exclusions are a real problem and this is growing.

The primary goal of the “eLSe-Academy” – eLearning for Seniors Academy – project is to develop and establish a European eLearning academy for seniors the eLSe-Academy in six European countries.

The eLSe-Academy aims at optimally supporting seniors in the process of accessing and becoming involved in the information and knowledge society, by applying the well-proven formula of using ICT as a learning medium as well as a learning content.

During the two-year project phase of “eLSe-Academy”, a non-formal, flexible and accessible eLearning-based ICT qualification course that is coherent, tailored, and pedagogically adapted to the needs of elderly learners will be developed, tested, and evaluated.

The target group are senior citizens who have no or almost no experience using computers or who already have some basic experience but are not fully ICT competent. The project aims at enabling them to make use of virtual information, communication and eLearning opportunities in an autonomous and self-directed way.

In order to cope with the diverse impairments and disabilities of seniors, special focus will be given to multimedia-enriched didactic elements: demonstrations, audiovisual elements, interactive exercises. The course is done at your own home or a meeting place at a web base solution. In line with the multinational aspect of the project, the eLearning courses for senior citizens will be implemented in six countries. The courses includes a one-to-one introduction, followed by an eLearning course. Throughout the course the learners will be closely assisted by a specially trained tutor and by the eLSe-Academy team. In Sweden around 60 people have participated in this course with very good result. We have had seniors both in there home and at meeting centres participating. One participant was living in his summerhouse in Spain and went to all 13 modules of the Swedish course. The modules are seven basic for beginners and five advanced.

1. eLearning comes to people and not vice-versa. This aspect addresses seniors’ frequent mobility constraints due to physical impairments, domestic responsibilities (e.g., taking care of relatives) or living outside urban areas where ICT-training offers are available;
2. eLearning works best for those with variable free timeslots. Post-professional life is often characterised by free variable daily rhythm and plenty of leisure activities. In these cases, asynchronous eLearning offers are extremely flexible;
3. furthermore, it is a fact that, due to their life experience, many seniors are experienced in self-management and motivated to try something new, a fact that well supports the demands of eLearning;
4. eLearning enables people to choose their own learning speed, as they are not driven by others, and it enables them to repeat things as often as they wish. These factors effectively support the changes in memory processing that occur as we get older. For example, older adults have difficulty in new situations in which they must respond flexibly to memorise things;
5. in addition, it should be emphasized that mentoring and tutoring can be done much more individually in eLearning. A factor that again adapts to the individual needs of older adults;
6. competitiveness and pressure to perform amongst course participants, which is often seen as rather a problem in face-to-face offers, is almost non-existent. The pressure of having to keep pace with other participants declines significantly in virtual learning environments. This aspect is of major importance since third agers tend to have less self-confidence and are more afraid of making mistakes. In learning processes, fear leads to increased activity in the amygdaloid nucleus, which decreases cognitive processes;
7. mutual support amongst participants in virtual learning communities is one further positive aspect. Community building is supported by personal and technical.
The aim is to offer the “eLSé” course to senior citizen in Europe.

City of Lulea Social Welfare Services is a department of the City of Lulea that works in elderly care. We have a unit within the department that is called “The Lighthouse” (Fyren), which is a centre for elderly, a meeting place and with various services such as library, spa, gym, possibility to use computers etc. We also have 44 beds of short term stay where elderly people can stay in short time when support is needed. Four daycare centres for people with dementia and cognitive brain diseases exist. The aim with the Lighthouse is to offer support for people living at home to give support and offer social contact at the centre in various ways.

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2.7.17 Access to mainstream services
WISBECH TOWN COUNCIL, Wisbech. Cambridgeshire, England, UK

The Town Clerk worked with a project called “Communities Together” in Wisbech as part of his duties with Citizens Advice Bureau when he first took the job of Town Clerk. Members of the Town Council have supported him in the continuance of the aspirations initiated by that project and have sought to develop links as Town Council with as many partner organisations throught the town.

This has been successfully achieved since November 2007 when the new Town Clerk took up his post with the support of senior members of the Council including the Mayor and the Leader of the Council.

We do quietly work in the background and with partners to achieve the primary objective of enabling people from different communities to access mainstream services. Wisbech Town Council seeks not to differentiate between different elements of the wider community except to the extent that it will actively encourage access to mainstream services through partnership working.

Wisbech Town Council is committed to partnership working with other organisations and local authorities, as well as other providers of mainstream services, such as leisure and libraries to ensure that access to mainstream services is open and equable to all members of the community in Wisbech and district.

Wisbech Town Council has statutory duties and powers which will ensure its longevity and that of the project.

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2.7.18 Wolverhampton Elder Asians and Disabled Group
Wolverhampton Elder Asians and Disabled Group, England, UK

The “Wolverhampton Elder Asian and Disabled Group” (WEAD) was formed in 2002 in response to the lack of facilities available to older Asian people. It was set up by older Asian people for older Asian people. It was set up to alleviate problems encountered by Asian older people such as isolation, domestic violence, mental health problems, lack of culturally appropriate recreational and social
activities, free and confidential advice, and hot meals catering to the dietary requirements and religious needs of the migrant community.

The project aims to adapt and meet the needs of an increasingly diverse migrant community by incorporating the needs of the established migrant community, who arrived in the 1950s/1960s and the new older migrant community, who are being sponsored by their children to come and live in the United Kingdom.

WEAD’s mission statement is: “To provide a quality service that is caring, sensitive and culturally appropriate to the Asian elderly/disabled living in Wolverhampton”. We are working towards improving the quality of life for elderly Asian and/or disabled people in Wolverhampton, and to ensure that the service provision meets their needs.

The project is broken into three distinctive but unifying areas. Clients can access one or all the services depending on their need.

1. Day Centre/Social Group: where befriending and social activities take place, promoting the opportunity to meet people of similar backgrounds and cultures. Asian films, music and newspapers are available. Meals are also provided at a nominal cost. Female only sessions are also held. This group is particularly popular with those clients who are isolated or living alone.

2. Welfare/Social Advice: Clients have access to confidential advice from qualified staff and statutory organisations. This is an appointment based system. Translation/interpretation is provided. There is a range of information available on issues affecting the Asian elderly communities in various languages, as well as audio visual aids. Signposting is also an integral part of this service to other organisations who have expertise in that particular field.

3. Older People’s Mental Health: This is a combination of an outreach service and an office based project. This service has been developed specifically for those clients who have dementia and their families. This service is offered in conjunction with a specialist practitioner community psychiatric nurse and psychologists. A specific counselling course is offered to the carers. The mental health officer visits clients and carers in their own home to minimise disruption to their lives. We work in partnership with more established charities such as the local Alzheimer’s society, who have not been able to access the migrant communities. This project provides awareness of the health and social issues alongside statutory bodies to promote trust and improve understanding.

There is cooperation with: Local council, Local mental health hospital, Department of Work and Pensions, Alz Cafe, Alzheimer’s Society, For Dementia, Help The Aged and Age Concern, Black Strategic Health Group, Link (Local Involvement Network), Citywide BME, WVSC (Wolverhampton Voluntary Sector Council), DOST, and Local transport agencies.

Like all charitable organisations sustainability is an issue. We are looking to secure mainstream funding through the provision of services that are not being provided by the statutory bodies. This includes raising the awareness of the work we do that is currently not recognised by them through studies and forums. We have secured funding for the next three years with a view to becoming mainstream.

WEAD is an organisation set up by older Asian people for older Asian people. Our aim is to improve the quality of life for older Asian people in Wolverhampton. The organisation has three distinct areas of work, which can be accessed by clients needing one or more of the services.

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2.7.19 Today and Tomorrow
The City of Edinburgh Council, Edinburgh, Scotland, UK

Motivation for the project
The development for the strategy integrating services and opportunities for older people to create “A City for all Ages” came from a review of services for older people in 1999. The Project “Today and Tomorrow” evolved from a seminar in November 1999 attended by over 150 minority ethnic older people and their carers. They formed the “Today and Tomorrow” Task Group to develop an action plan for older people and their carers from the minority ethnic communities in Edinburgh, networked as part of the “A City for All Ages” strategy. This first “Today and Tomorrow” action plan was based on multi-disciplinary co-operation and aimed at both the identification of the needs of older people and carers, and appropriate action to address these. These equality issues are mainstreamed in the 2007-2010 action plan and continue to be monitored by the “Today and Tomorrow” Task Group who also share information on progress within the wider community.

The project
The “Today and Tomorrow” action plan was published in five community languages. “Today and Tomorrow” produced a staff training DVD using the voices of older people in their own language to describe the work of the group and the experiences of older people from the minority ethnic communities of services provided by the Council and National Health Service Lothian. Voluntary groups have produced Reminiscence Handling Boxes for older people in the Polish, Ukraine, Chinese and South Asian and Asian communities as a practical resource for those working with minority ethnic older people.

“A City for All Ages” (2000-2010) is a joint strategy between the City of Edinburgh Council and its partners in the National Health Service Lothian and the voluntary and commercial sectors. It is about improving opportunities and services for older people, removing discrimination and overcoming barriers, and is part of the city’s community planning programme through established links with the Edinburgh Partnership, the Edinburgh Community Health Partnership and the city’s twelve Neighbourhood Partnerships.

A review of the strategy in 2005 and an extensive consultation and engagement exercise involving older people provided the foundation for updating the strategy and Edinburgh’s Joint Plan for Older People 2007-2010 describes the implementation of “A City for All Ages”. The Joint Plan identifies priority areas for older people’s quality of life, such as the opportunities for intergenerational activity, for employment among people aged 50+, and for older people to take responsibility for their own future and plan for their accommodation, support and care. The success of the strategy is based on practical actions that have made a difference to older people’s lives. Examples include the “Get up and go” programme of activities and opportunities for older people that is now in its eighth year and the “Today and Tomorrow” Action Plan and Task Group for older people from the Black Ethnic Minority communities.

Older people from all communities have been involved in the development of the strategy from the beginning. The “Today and Tomorrow” Task group represents older people and their carers from the minority ethnic communities in Edinburgh and acts as an advocate for minority ethnic older’s issues locally and nationally. “Today and Tomorrow” supports and advises on the development and implementation of Edinburgh’s Joint Plan for Older People. “Today and Tomorrow” attend meetings, seminars and activities linked to the actions and priorities identified in the Joint Plan. The “Today and Tomorrow” network is also linked to the wider “A City for All Ages Advisory Group” involving older people and the voluntary sector and is represented on a reference group for the implementation of the City of Edinburgh Council’s review of home care and support at home services.

“A City for all Ages” was cited as model of good practice in the Scottish Government’s report “All Our Futures: Planning for a Scotland with an Ageing Population” (2007) as an example of partnership working with older people to involve them in planning and decision-making in service delivery. The Scottish Government said that “particular attention has been paid to recognising the diversity of older people through involving all equality strands”. In November 2006 Edinburgh was invited to join the World Health Organisation (WHO) Global Age-Friendly Cities project. The project encourages the principle that an age-friendly city promotes active ageing and enhances the quality of life for all older people.
There is cooperation with:

Edinburgh Partnership (Community Planning Partners) Voluntary/Third Sector partners/members of the Today and Tomorrow Task Group including representatives from the Africa Centre Scotland, APNA (West Edinburgh Asian Women’s Group), Edinburgh Chinese Elderly Support Association (ECESA), Men in Mind (a mental health project for minority ethnic men), MILAN (Senior Welfare Organisation), Minority Ethnic Carers of People Project (MECOPP), Minority Ethnic Health Inclusion Project (MEHIP), Nari Kallyan Shangho (NKS), the Pakistan Society, the Pilmeny Development Project (a support group for older people in the North East area of the city), the Polish & Ukrainian Support Service (Alzheimers Scotland), Sikh Sanjog and the Trust, Hanover (Scotland), and Bield Housing Associations. Also networked with the Edinburgh Equalities Network, Edinburgh Filmhouse, Edinburgh Mela Festival, Edinburgh & Lothians Racial Equality Council (ELREC), the Edinburgh Voluntary Organisations’ Council Forum on Services for Older People and Age Concern Scotland.

“Today and Tomorrow” is a sustainable structure involving older people and representatives from established community and voluntary groups, established partners in the City of Edinburgh Council and National Health Service (NHS) Lothian, and is linked to the City of Edinburgh Council’s statutory equalities activity and NHS Lothian’s Patient and Public Involvement programme. An independent evaluation of “A City for All Ages” in 2009/2010 will include recommendations on the continuing involvement and participation of older people in service planning.

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3. Practical Recommendations for Strengthening and Stimulating of Volunteer Work for and with Migrant Elders in Europe

Checklist with practical recommendations for strengthening and stimulating the volunteer work with migrant elders and their civil engagement in Europe. Developed in the scope of the AAMEE project as well as the AAMEE project advisory board.

Preliminary Remark

It is a target of the AAMEE project to change the public perception of migrant elders. Instead of talking about the challenges in their interrelation, it is more important to emphasise the chances inherited and generated by these groups. Migrant elders are not an object of social planning, anymore, but subject of the planning of their lives. They perform volunteer work and civil engagement.

Basically, civil engagement ought to contribute to supporting the active ageing process of migrant elders and their self-determination. Civil engagement ought to lead to a process of mutual integration and equal opportunity and thus contribute to an improvement in quality of life.

Experiences of migrant elders from former totalitarian states should be taken into account as they can lead to a present passivity. The experience with an “honorary work managed from above”, can make it necessary to find proper terms for the civil engagement.

3.1 The Targets of the Checklist

- Promotion of empowerment strategies for improving the civil engagement,
- giving practical recommendations regarding volunteering work for and with migrant elders in Europe,
- supporting organisations, projects and initiatives, which want to become active,
- and sensitising relevant actors for the needs of migrant elders.

3.2 The Target Groups

- Voluntary organisations – and independent non-profit organisations, autonomous migrant organisations, municipalities, projects and initiatives in Europe, which operate in the service sector for and with migrant elders
- as well as such supporters interested in developing such a project.

3.3 Conception / Basics

- It is extremely important to know which targets we want to achieve and that we have to define adequate steps of action for these goals. The targets and steps of action need to be adjusted continuously and flexible to the needs of migrant elders.
- It must be considered that the group of migrant elders is very heterogeneous and that not all migrant groups can be reached with the same approach and / or offer.

[9] Discussed with the participants of the European workshop of the exchange programme in Hannover and Mannheim 2009 and with autonomous migrant organisations from North Rhine-Westphalia: Age Concern Southampton, United Kingdom; Age Concern Wolverhampton, United Kingdom; ANBO, Netherlands; Arbeiterwohlfahrt Region Hannover e.V., Germany; Arbeiterwohlfahrt Unterbezirk Dortmund, Germany; Caritas-Verband Mannheim e.V., Germany; Caritas-Verband Paderborn e.V., Germany; Center for European Refugees, Migration and Ethnic Studies (CERMES), Bulgaria; EGIPA - Entente des gestionnaires des institutions pour personnes âgées, Luxembourg; EKTA Project, England; Forest Quartiers Sante (FQS), Belgium; IKnM, Informations- und Kontaktstelle Migration, Germany; Ingrian Cultural Association, Finland; International Management Institute (IMI), Bulgaria; International University College in Dobrich, Bulgaria; Kommunaler SeniorenService Hannover (KSH), Germany; Kultur- und Integrationszentrum Köln Phoenix, Germany; Multikulturelles Forum Lünen e.V., Germany; Senioren Magazin, Germany; Seniorclub of the Russian-speaking Seniors in Essen-Bergmannsfeld, Germany; Seniorpartner in School e.V., Germany; Slovene Philanthropy, Slovenia; Spanische Weiterbildungsakademie e.V. (AEF), Germany; Swiss Red Cross, Bern, Switzerland; Swiss Red Cross, Evilard, Switzerland; TIK e.V. Berlin, Germany; Trust, Hanover & Bield Housing Associations, Scotland; Ukonline ICT Lifelong Learning Center, England; Wolverhampton Elder Asians and Disabled Group, England.
Therefore, it is important to consider at an early time, which group of migrant elders we would like to address (for example, is it a single ethnic group, a group of persons originating from a similar culture and / or a language group, or comprehensive to ethnic groups).

Different needs and conditions should always be taken into consideration (like gender, culture, religion, nutrition, language, family situation, experience of life, lifelong learning). It ought to be considered that it is especially necessary to create a secure social environment for women so they can make use of offers (among other things sports, medical assistance, social benefits).

With regards to conception, communication and performance of activities, it should be considered that some of the migrant elders cannot speak sufficiently the language of the receiving society, and / or cannot read or write in their mother tongue.

Migrant elders and / or their groups and organisations ought to be involved in the planning and development process.

Patience and endurance could be necessary in order to reach these goals.

It is important to have sufficient time and suitable and engaged personnel which is well informed about the culture(s) in question and the project or the initiative itself.

Aspects of sustainability ought to be considered from the very beginning.

Important is mutual integration. In principal, all migrant elders are welcome to the offerings. It can be helpful to develop at first offers only for migrant elders, and to give them later incentives to take part in offers with the representants of the receiving society or to engage themselves in volunteer work.

It is helpful to use existing and adequate media of the groups with whom we would like to cooperate (for example, newspapers or radio and TV channels).

3.4 Institutional Connection and Political Support

In order to emphasise the importance of the project or the initiative, it is necessary to strive step by step for institutional support on a high level.

In the long term it is essential to secure the support of influential and high-ranking persons in social, cultural, economic and political areas.

This also includes ensuring the necessary support for the project or initiative from the very beginning, from politics and the ethnic communities concerned. This concerns as well all levels of the public administration.

A targeted, project-specific public relation ought to be executed from the very beginning.

Related networks should be developed, and services as well as institutions working with migrants and / or having professional und language skills at their disposal should be involved.

3.5 Requirement Analysis

At the beginning of the project or initiative, it is recommended to investigate the current local socio-demographic data and the geographical distribution of migrant elders. It is very important to involve experts, migrant elders themselves and autonomous migrant organisations for securing a detailed requirement analysis and thus recognise them as resource and potential.

It is advisable to get an overview about the organisations and institutions of the migrants and their geographical distribution.

(Existing) Information and examples of good practice already being present ought to be made accessible, exchanged or commissioned.

If needed, small studies should be conducted or commissioned.

3.6 Access

3.6.1 Access to Migrant Elders and their Organisations

It is helpful to get the support of key and leading persons of the respective municipality(s)/community(s) with which we decided to cooperate.
It is an advantage to cooperate closely with the community and meeting centres and religious institutions or day Centres of migrant elders.

It is helpful to offer transport services.

It is recommendable to work with bi- and / or multilingual co-workers with the suitable background.

If it is required to build a connection to migrant elders, it is important to invest some time.

In order to come into contact with migrant elders, intergenerative approaches over their families are very important.

The search for informal association structures (family, friends) can be helpful.

Advisory services in the mother tongue at fixed times have to be offered in places migrant elders are familiar with. In this way more familiarity is to be created and inhibition thresholds are to be reduced.

3.6.2 Access for Migrant Elders to Public Activities

Through advocacy work it should be worked towards easing the access for migrant elders to existing services or institutions (for example, cultural offers).

Particular activities ought to be developed in order to improve the access for migrant elders to economic, cultural and social offers / activities.

3.7 Support of Volunteer Work with Migrant Elders and their Civil Citizen Engagement

3.7.1 Performance of offers

Migrant elders should always be encouraged to become active in those areas they are familiar with (for example, because of their former working and living experiences). This leads to a strengthening of their self-confidence.

Different needs such as gender, culture, religion, nutrition, language, family situation should be considered. Attention should be paid to the fact that in other cultural groups often doesn’t exist a differentiation according to age; and services and institutions should be tailored, at the same time, to the needs of different generations (intergenerative work).

Migrants with the same nationality should not be reduced to an allegedly homogeneous culture of origin and they do not always speak the same language.

Possible conflicts from the home countries need to be treated sensitively.

It is an advantage to pay attention that the topics intercultural opening, heterogeneous groups etc. can present new experiences to the native as well as the immigrated seniors (and here, especially the ones of the first generation).

The consideration of celebrations, parties, symbols, media, daily structure etc. in the daily routine of institutions give migrant participants a sense of home.

3.7.2 Qualification of Multiplicators

Volunteers employers of the volunteer services need to be prepared textually / professionally for their work with migrant elders (for example, regarding the cultural, social and religious needs of migrant elders, their legal situation as well as their conversational skills and intercultural communication).

Volunteer co-workers of the volunteer services should receive qualification offerings in all phases of the project support. This particularly includes project planning, financing concepts, communication and background information about the life situation of migrant elders.

Volunteers should have the opportunity for a regular exchange of experience among each other and consulting experts to certain topics.

Volunteer co-workers should have the possibility to perform regular reflection and evaluation of the targets of their engagement, their recent experiences and to perform potentially necessary corrections / changes in the engagement.
There should be an opportunity to participate in meetings, congresses and further education, whereby all offers of training, accompaniment, further education should be free of charge for the volunteers. The sponsoring organisations, initiatives, associations should be accordingly equipped with financial resources so that a continuous work of volunteers can be supported and promoted.

### 3.7.3 Employees

- For the performance of volunteer work, clear guidelines should consist also with regards to possible discretion and qualification.
- A stable management structure should be present.
- The need for protection of personal data needs to be respected; for that, present regulations of the individual countries can be exemplary.
- Numerous people with migration background are actively committed to volunteer work in their own organisations. They should also play an active role in the receiving society and their resources ought to be called up.
- Volunteers with migration background can play a key role.
- There are clear regulations and agreements regarding the extent and duration of the voluntary engagement.
- The honorary office thrives on many small ideas. Migrant people should be encouraged to the following fact: volunteer commitment always depends on what you can perform. Due to this, “trifles” which are carried out reliably and committedly, are also welcome as large, “perfect” projects.

### 3.7.4 Acceptance and Appreciation

- Volunteer work requires regularly acceptance and appreciation of all participants in the projects or initiatives (for example through internships, qualification measures, letter of recommendation, free use of means of transport, reduced prices for cultural offers, honorary office cards, invitations to celebrations, credit notes for cinemas, media, public appreciation, invitation to public receptions).
- Qualification acquired by further training needs to be certified.
- Certificates of the commitment, which can be used in terms of applications should naturally be issued.
- Volunteer work performed by migrant elders within their families and communities should as well be accepted and appreciated. This could be a motivation to further volunteer work.

### 3.8 Communication and Information

- It is good to locate leading personalities and representants of the respective (religious) community(ies), distributing information about the project or the initiative.
- It makes sense to use an ethnic infrastructure such as local ethnic food shops, markets or cafes in order to draw attention to the project or the initiative.
- It is very important to not only develop information material, written in a clear language and easy to understand, but to utilise different means of communication (such as DVD, Internet, video or theatre) as means of communication and information.
- Members of the suitable ethnic and/or cultural background should be involved in producing materials of communication and information.
- It makes sense to integrate information about the project or the initiative in other relevant information materials (such as campaigns to health-related topics).
- It should be considered that the word-of-mouth has a major impact on migrant elders.
- It is helpful to use existing networks and individual contacts in order to spread information and knowledge and to encourage people to become voluntary active.
- Migration services can fulfil an important function.
- It is of a great advantage, if pools of interpreters can be formed and known in all institutions interested in an intercultural opening.
It is a benefit for all when migrant elders report about their commitment in cultural, religious and ethnic groups and are assisted by professional co-workers, when required.

Low-threshold offers such as mutual visits are good instruments for winning confidence (this applies to migrants among each other and also in relation to natives).

If migrant elders can derive intangible advantages for themselves as well for their ethnic group from their voluntary commitment, they are rather prepared to get involved.

3.9 Financing

To the beginning of the projects, it is important that financing concepts are created (if necessary, with the support of a full-time employee).

It is important to grant financing for a longer period of time (at least for three years). The initial financing can be occasionally higher than the support in the course of the project.

It is helpful to inform and qualify volunteer groups and organisations about the application procedure and fundraising.

Measures to procurement of resources for specific services can increase the appreciation.

It is helpful to stimulate students to take an interest in volunteer work and to gain them as volunteers. Internships can serve as an access to volunteering work.

3.10 Sustainability

It is of utmost importance that contact persons keep persisting and remain approachable. It is also necessary to recruit successors.

Involving autonomous migrant organisations can contribute to sustainability.

Information materials should not list the name of the contact persons, for these could change. The contact data of the project or the initiative itself should remain exactly the same.

The receiving societies and different communities of migrant elders ought to be encouraged to approach each other in forms of open dialogues; all groups and communities should experience the same treatment and transparency in these dialogues.

An anchoring in organisations / roof structures should secure the stability of the project or of the initiative, even if the original institution ceases to exist.

Migrant seniors are internally and externally promoters / advertising media for the social relevant topic of “honorary office”. Their function as role models for younger generations need to be taken into consideration.

3.11 Quality Assurance / Evaluation

An accompanying evaluation is to secure the reflection in the course of the project and contribute to the quality assurance.

With a quality assurance plan, the valid general definitions to achieve and prove the required or necessary quality for the project or initiative can be secured.

Quality assurance / evaluation and its benefit should be known in good time to all parties concerned, surrounding the project or the initiative (optionally in the mother tongue).

Depending on the project / initiative, a suited evaluation ought to take place. It should be noted that, for example, in a survey of migrant elders it is paid attention to native-speaker translations, and the fact that migrant elders are oftenly not used to being asked for their views.

The recommendations for action agreed by contract with the EU regarding the topics of volunteer work, living, different migration forms, care, ICT, education, leisure and culture, scientific studies, marketing and gender roles have been developed in all project activities of the AAMEE project and are now available in the final report to a general public.
"Active Ageing of Migrant Elders across Europe (AAMEE)"

European Good Practice Booklet:
"Active Ageing of Migrant Elders"

**Booklet - objectives, form and deadline (30 June 2009)**

Within in the framework of the European project AAMEE a booklet is going to be compiled and published that focuses on European models of good practice in the field of active ageing of migrant elders. AAMEE has been initiated by the Ministry for Intergenerational Affairs, Family, Women and Integration of the German State of North-Rhine Westphalia and is co-funded by the European Commission, DG Employment, Social Affairs and Equal Opportunities*.

We cordially invite you to present your project/initiative/service.

Aims of the AAMEE Good-Practice booklet are to:

a) present to the public the variety of projects, initiatives and services for and from migrant elders that have been initiated across Europe and, by doing so, to appreciate and value them;
b) promote the engagement for and of migrant elders and
c) sensitise political and societal spheres for the engagement for and of migrant elders.

Publishing this booklet will also assist to:

a) built up a European good practice platform/network for the exchange of experiences between voluntary organisations;
b) compile a checklist of good practice concerning voluntary work for and by migrant elders and
c) develop recommendations of action for the European Union on how to strengthen and stimulate voluntary work for and by migrant elders across Europe.

By filling in this form you apply for being included in the booklet. Projects, initiatives or services which are in the process of active implementation and run by organisations form the voluntary sector like e.g. migrant self-help organisations, welfare associations, religious organisations, foundations, non-profit associations and federations as well as territorial authorities, public administration (e.g. municipalities, counties, public central associations, city councils, social assistance offices), housing companies and/or co-operatives and NGOs can submit. The draft of the booklet will be published in July 2009.

Therefore the deadline for handing in the form is 30 June 2009.
1.1 Overview information on applicant and project/initiative/service

Acronym of project, initiative or service (50 characters):

Name of project, initiative or service (100 characters):

Name(s) of contact person(s) (100 characters):

Name of organisation/institution (200 characters):

Address (200 characters):

Tel. (100 characters):

Fax (100 characters):

E-mail address(es) of contact person(s) (200 characters):

Web address (if existent) (100 characters):

1.2 How large is your (non-governmental) organisation/city/municipality etc.? (Please only fill in information applying to your organisation/institution)

1.2.1 How large is your (non-governmental) organisation?

☐ 10-20 members
☐ 21-50 members
☐ 51-100 members
☐ more than 100 members

1.2.2 How large is your city/municipality etc.?

Staff (city/municipality etc.) (10 characters):

Inhabitants (city/municipality etc.) (10 characters):

1.3 How many members of staff work for your project, initiative or service?

☐ 1-10 persons
☐ 10-20 persons
☐ 21-50 persons
☐ 51-100 persons
☐ more than 100 persons

1.4 Category of project, initiative or service

☐ Focus on social integration of migrant elders
☐ Focus on cultural integration of migrant elders
☐ Focus on economic integration of migrant elders
☐ Different focus/mixture

1.5 Target group of project, initiative or service

☐ Migrant elders of one special ethnicity
☐ Migrant elders of different ethnicities
☐ Other

1.6 Short description of your organisation/institution and if applicable other involved organisations/institutions (each with approx. ½ page, 2,400 characters)

☐ Own organisation/institution:
☐ Other organisations/institutions involved (if applicable)
1.7 Short description of your the project/initiative/service: What is it about, how does it work, what is its purpose and goal, where and how is it used, who are the users, how does it fit in with other existing services you provide, are there respective decisions of your community/public authority etc.? (approx. 1 page , 4,800 characters)

1.8 Which of the below stated criteria apply to your project, initiative or service and if so in which sense and way? Please comment.

- 1.8.1 Uniqueness (What differentiates your project, initiative or service from others?, 600 characters)
- 1.8.2 Innovation (implementation of new ideas into products or services, 600 characters)
- 1.8.3 Equal opportunities and anti-discrimination (Which positive effects does your project, initiative or service have on these issues? 600 characters)
- 1.8.4 Qualitative improvement of social, cultural and/or economic integration of migrant elders (Integration describes a dynamic, long lasting and very differentiated process of different societies merging and growing together. In contradiction to assimilation [total adaptation] integration does not demand the abandonment of one’s own cultural identity, 600 characters)
- 1.8.5 Networking and co-operation (collaboration with other project partners and networking with other relevant players, 600 characters)
- 1.8.6 Sustainability (enduring composition and long-term stability of the project, initiative or service, 600 characters)
- 1.8.7 Knowledge transfer (From one person to another, for instance by personal contacts, media like books, internet or databases etc., 600 characters)

1.9 When and out of which motivation was your project/initiative/service initiated? (approx. ¼ page, 1,200 characters)

Declaration of the presenter

On behalf of my organisation/institution I herewith ask for the above presented the project/initiative/service to be included in the Good Practice Booklet focusing on European models of good practice in the field of active ageing of migrant elders.

I will supply further information to the AAMEE project if requested. I confirm that, to the best of my knowledge, the information given in this form is accurate and that I am authorised to disclose it.

In case the project/initiative/service presented above will be integrated into the booklet, I agree with its publication (also on the AAMEE website).

Please send the filled in form electronically to the following email address info@aamee.eu until 30 June 2009.

Further information about the AAMEE project can be found on the website www.aamee.eu

* The European Commission is not responsible for the published contents.
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