

Izziv za Mestno
občino Ljubljana
A Challenge For
The City Of Ljubljana

Zdravo staranje Healthy Ageing



Ljubljana
Zdravo mesto
Healthy City





Ljubljana 2008

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Zdravo staranje - izziv za Mestno občino Ljubljana

Zoran Janković,
župan



Tako kot marsikje drugod, se tudi v Ljubljani srečujemo s pojavom staranja prebivalstva, ki bo po napovedih demografov eden večjih in pomembnejših izzivov prihodnosti. Pomembno je, da se na takšen trend pravočasno odzovemo in se ne pustimo presenetiti.

Prebiranje pričujoče knjižice vas bo prepričalo, da smo v Ljubljani storili že marsikaj za večjo kakovost življenja meščank in meščanov v zrelih letih. Nekatere opisane naloge nam nalagajo zakoni, še več pa je tistih, ki so naša lastna iniciativa. Nepogrešljivi partnerji, s katerimi pri predstavljenih nalogah sodelujemo, so predstavnice in predstavniki nevladnih organizacij ter javnih zavodov, pri čemer imajo posebno vlogo organizacije, ki združujejo starejše. Tako smo za svojega sprejeli načelo Mestne zveze upokojencev Ljubljana: »Nič o nas brez nas«. Dokaz za to je Svet za vprašanja starejših občanov v Mestni občini Ljubljana, katerega osnovna naloga je opozarjanje na potrebe starejših Ljubljančank in Ljubljančanov. Njegove članice in člani ne dovolijo, da bi nas uspehi pri našem dosedanjem delu uspavali, zato menim, da opravljajo svoje poslanstvo zelo dobro.

Znosno staranje za nas ne pomeni dovolj, v Mestni občini Ljubljana si prizadevamo vzpostaviti pogoje, ki bodo omogočili predvsem zdravo staranje. V okviru programa Ljubljana - zdravo mesto smo se tako pridružili projektu Svetovne zdravstvene organizacije, ki daje pri svojem delu največji poudarek prav zdravemu staranju. V Ljubljani bomo skrbeli, da bodo starejši čim aktivneje vključeni v programe vseživljenjskega učenja in v različne dejavnosti po upokojitvi ter da bodo sodelovali pri aktivnostih za krepitev sposobnosti in ohranjanje zdravja.

Z rastjo deleža starejšega prebivalstva se ne srečujemo le v Ljubljani, saj so pred podoben izziv postavljene vse

Healthy ageing - a challenge for the city of Ljubljana

*Zoran Janković,
Mayor*

An ageing population is a fact that we also face in Ljubljana. Considering demographic forecasts it can be seen that this will be a very real challenge in the future. It is certainly important that we recognise that we are at the beginning of a steep upward trend and we must not allow ourselves to be taken by surprise.

I hope that reading this booklet will reassure you that we have already done much in Ljubljana with the intention of improving the quality of life of our citizens in their mature years. Some tasks are prescribed to us by law, while others are those which we have adopted of our own volition. Our essential partners in these tasks are executors from NGO's and public institutes. In this they have the special role of organisations that unite the elderly. We take very seriously the self-adopted motto of the Ljubljana City Pensioners' Association 'Nothing about us without us'. Sure proof of this is the City of Ljubljana's Council for Older Citizens' Issues, whose basic task is to draw attention to the needs of Ljubljana's older residents. It is my view that the Council is performing its mission well, as its members do not allow our previous successes to cause us to rest on our laurels.

Bearable ageing is not enough for us. The real challenge for us is to create conditions that will allow healthy ageing. In the framework of the 'Ljubljana - healthy city' programme we have joined a World Health Organisation project that gives a central place to healthy ageing. We will take care in Ljubljana that older people are ever-better included in lifelong learning, post-retirement activities and that they will take part in activities to enhance their capabilities and maintain their health.

The rising number of older people is of course not just a challenge for us, but for all European countries, especially for cities, and this dictates a need to improve the exchange of knowledge and experience in this field. We have prepared

evropske države in njihova mesta, zato je na tem področju potrebno okrepiti izmenjavo znanj in izkušenj. Pričujoča knjižica je namenjena tudi temu.

Hkrati pa ta knjižica pomeni zavezo k ohranjanju vsega dobrega, kar že imamo in uporabljamo ter k iskanju novih odgovorov in rešitev. Veseli me, da sodelujemo v projektu Svetovne zdravstvene organizacije »Starosti prijazna Ljubljana«, ki želi s 83 priporočili vzpodbuditi prebivalce našega mesta, da bomo s skupnimi močmi izboljšali kakovost bivanja v Ljubljani.

»Ljubljana - zdravo mesto« in »Starosti prijazna Ljubljana« ne pomenita samo formalnega priznanja, temveč dokazujeta težnjo Mestne občine Ljubljana, da v svojem delovanju na prvo mesto postavi svoje meščane in meščanke ter njihove potrebe za kakovostno življenje. Pri tem obravnavamo vse enako in ne izključujemo. Prepričan sem, da je Ljubljana mesto solidarnosti in strpnosti, kjer znamo živeti skupaj in spoštujemo različnost. S svojimi prizadevanji bomo v prihodnje to še okrepili.

this booklet in the hope that our existing experience and knowledge will be of benefit to others.

This booklet simultaneously expresses the covenant to preserve the good things we already have as well as the duty to search for new answers and solutions. I am pleased to be able to say on this occasion that our city has taken part in preparations for the implementation of a World Health Organisation project called Ljubljana - age-friendly city, which, via its 83 recommendations, seeks to stimulate the city's residents so that in common partnership we will improve the quality of life in Ljubljana.

Ljubljana - healthy city and Ljubljana - age-friendly city are not and will not be just formal recognitions but full expressions of the City of Ljubljana's aspiration to put its citizens and their needs for quality of life in first place. We will treat everybody equally and nobody is excluded. I firmly believe that Ljubljana must become a place of solidarity and tolerance, of sensitive harmonisation of human needs, hand in hand with a pleasant environment that allows us to live in creative freedom, security, respect and mutual goodwill.

Srečni in zdravi so najcenejši občani

Angelca Žiberna, predsednica Sveta za vprašanja starejših



Starost je potrebno sprejeti kot novo kvaliteto življenja, saj je doprinos starejših nepogrešljiv vir znanja, izkušenj, ohranjanja kulturne dediščine in vrednot, ki so v pomoč mladim generacijam. V Ljubljani lahko ugotavljamo, da je za starejše iz dneva v dan boljše poskrbljeno. Kljub temu pa naša pričakovanja še niso izpolnjena. Starejšim je potrebno omogočiti zdravo staranje tako, da se humanizira odnos do sobivanja starejših, da imajo dostop do storitev in dobrin, do izobraževanja ter informiranja. Da bi ohranili psihosocialno in fizično zdravje starejših, jim je potrebno omogočiti aktivno in ustvarjalno delo v dnevni centrih, raznih interesnih društvih, politično in družbeno udejstvovanje ter spoštovanje človekovih pravic in temeljnih svoboščin.

Povečati moramo skrb za starejše in širiti programe zanje, da bodo lahko še naprej živeli v mestu, sredi sosek v Ljubljani, da bo vsako leto več prostih mest v domovih za starejše in v oskrbovanih stanovanjih. Pomoč na domu v obliki socialne oskrbe in zdravstvene nege naj bo prilagojena potrebam starejših, kar bo prispevalo k višji kvaliteti in varnosti njihovega življenja doma.

Za bolnike, ki potrebujejo podaljšano bolnišnično zdravljenje, je potrebno zagotoviti negovalne oddelke oziroma bolnišnico in, nenazadnje, Ljubljana potrebuje regionalno bolnišnico.

Ljubljana je mesto prostovoljnega dela, zato si bomo prizadevali, da bo tako delo cenjeno, saj pomembno prispeva k blagostanju in sožitju med generacijami.

Ljubljana naj bo zgled v skrbi za starejše, invalide in bolnike, kajti to je največji dokaz solidarnosti in socialne kulture.

The least expensive citizens are happy and healthy

Angelca Žiberna, President of the City of Ljubljana's Council for Older Citizens' Issues

It is necessary to accept age as a new quality of life, as the contribution of older people is an essential source of knowledge, experience, preservation of cultural heritage and values that are of assistance to younger generations. We can ascertain in Ljubljana that older people are from day to day better taken care of. Despite this, our expectations have still not been met. It is necessary to enable older people healthy ageing so that there is a humanised attitude to co-existence with older people, that they have access to services and funds, education and information. To preserve the psycho-social and physical health of older people, it is necessary to ensure them active and creative work in day centres, various interest associations, their political and social participation and respect for their human rights and fundamental freedoms.

We have to increase care for the elderly and broaden programmes for them so that they may continue to live in the city, in the centre of Ljubljana's neighbourhoods, that each year there is more capacity in homes for the elderly and sheltered accommodation. Help at home in the form of social care and nursing care must be adapted to the needs of the elderly, which will contribute to the higher quality and security of their domestic lives.

For patients who require extended hospital treatment it is necessary to provide care departments or hospitals and, last but not least, Ljubljana needs a regional hospital.

Ljubljana is a city of voluntary work, and thus we will strive to make sure that such work is valued as it makes an important contribution to intergenerational welfare and co-existence.

Ljubljana must become a model for care of the elderly, the disabled and patients as this is the greatest evidence of solidarity and social culture.

V zadnjih desetletjih je vedno več govorjenja in pisanja o zdravem načinu življenja, ki je pogoj za daljše in bolj zdravo življenje. Že danes pa so naša življenja v primerjavi z življenji naših starih staršev, še bolj pa z življenji prastaršev, najmanj za eno desetletje daljša. Če pogledamo zakaj in v kakšni starosti so pred dvesto leti umirali naši pisatelji in pesniki, bomo vedeli, kakšna je bila v tistih časih slika splošne umrljivosti. Od takrat se je povprečno trajanje življenja zelo podaljšalo, žal pa se je močno znižalo število rojstev.

Povečevanje števila zdravih starih ljudi je skupaj z zmanjšanim številom rojstev sociološka in politična revolucija, ki se je šele dobro začela in ki bo temeljito spremenila sliko in delovanje družb najprej v razvitih, kasneje pa še v državah v razvoju. Stari se z obrobja dejavno pomikajo v družbena dogajanja, so upoštevanja vredna skupina prebivalstva, ki se je v številnih državah, tudi v Sloveniji, že politično oblikovala in aktivno sooblikuje družbeni razvoj. Osnovna vrednota vseh teh sprememb pa je zdravje, zdravo življenje in z njim tudi zdravo staranje. V modernih družbah je zdravje in z njim povezan osebni razvoj ustavna pravica vsakega človeka. Zdravi in aktivni ljudje so gonilna sila gospodarskega razvoja, zdravje pa pogoj gospodarskega in družbenega razcveta. Z zdravim načinom življenja je povezanih vedno več izdelkov, storitev in informacij (Kickbusch 2006). V skoraj vsem, kar delamo, naj bi mislili na zdravje. Čemur bi lahko tudi oporekali, saj se na ta način naša življenja vedno bolj medikalizirajo (UMAR, 2003).

Čeprav je beseda »starost« v vsakdanjem jeziku zagotovo ena najbolj uporabljenih besed, pa njen pojem zelo široko razumemo. Vemo, da se nekateri starajo razmeroma hitro, nekateri pa se »dobro držijo« in leta dolgo ohranijo mladosten in svež videz. Ali je mladostno starost možno doseči tudi z načinom življenja? Strokovnjaki Svetovne zdravstvene organizacije temu pritrjujejo in menijo, da se starost in njene tegobe s preprečevanjem razvoja kroničnih bolezni, kljub že doseženemu podaljšanju življenja, še bolj pomakniti v prihodnost. Če bi se izognili dejavnikom tveganja in zdravo živeli, bi bilo po njihovem mnenju 80% manj prezgodnjih smrti zaradi srčnih in žilnih bolezni, 80% manj diabetesa tipa 2 in 40% manj onkoloških bolezni (World Health Organization, 2006, 2007). Zato se zdi starost 65 ali celo 55 let, ki jo pogosto navajajo kot nekakšno mejo med starimi in tistimi v zrelih srednjih letih (Dimovski, Žnidaršič, 2007), postavljena precej umetno in to bolj zaradi administrativnih potreb družbe kot pa dejanskega stanja. Fiziološko gledano se je stanje pričelo že zdavnaj pred 65

¹ Avtor doc. dr. Božidar Voljč je diplomant javnega zdravja in specialist družinske medicine. Bil je direktor zdravstvenih domov, vodil je Zavod RS za transfuzijsko medicino, katerega delovanje je povzdignil na raven kolaborativnega centra Svetovne zdravstvene organizacije. V neodvisni Sloveniji je bil minister za zdravstvo v prvi slovenski vladi, sedaj pa je član Izvršilnega odbora Svetovne zdravstvene organizacije.

Healthy Ageing

Božidar Voljč¹

In recent decades there has been evermore talk and writing on the subject of a healthy way of life, which is a condition for living a longer and healthier life. In comparison with the lives of our grandparents, and even more so with the lives of our forefathers, our lives are today at least a decade longer. If we examine why and in what ways our writers and poets died two hundred years ago, we will discover what the picture of general mortality was like in those times. Since then, the average life expectancy has greatly increased, but unfortunately the birth rate has decreased markedly.

The increase in the number of healthy older people is, alongside the reduced birth rate, a sociological and political revolution that has only just started and which will fundamentally change the image and operation of societies first in developed countries and later those still in development. Older people are advancing from the fringes in social activities, are considered a valued population group, are in numerous countries, including Slovenia, already formed politically and actively co-shape social development. The basic values of all these changes are health, healthy living and alongside them healthy ageing. In modern societies health and, connected to this, personal development, is everybody's constitutional right. Healthy and active people are a driving force behind economic development, while health is a condition of economic and social blossoming. More and more products, services and information are connected with a healthy way of life (Kickbusch 2006). In almost everything we do, we think about our health. Which we could also contest, as in this way our lives are evermore medicalised (UMAR, 2003).

Understanding Ageing

Although the word 'ageing' in everyday language is certainly one of the most used words, it's a very broadly understood concept. It is known that some age comparatively quickly, while some 'keep well', and retain a fresh and youthful appearance for years. Is it also possible to achieve youthful ageing by lifestyle? World Health Organisation experts agree with this and are of the view that, via the prevention of the development of chronic illnesses, ageing and its difficulties may be further eased in the future, even though much has already been achieved. If we were to avoid risk factors and live healthily, in their opinion there would be 80% fewer deaths due to coronary and vascular diseases, 80% less type 2 diabetes and 40% less cancer (World Health Organisation, 2006, 2007). Thus it seems that the age of 65 or even 55 years, to which we are often accustomed as a kind of boundary between the aged and those in mature middle age (Dimovski, Žnidaršič, 2007), was put in place mainly artificially and this more due to societal

¹ Document author Dr. Božidar Voljč is a graduate in public health and a specialist in social medicine. He is a former director of health centres, led the Slovenian Government's Transfusion Medicine Institute, whose work he elevated to the level of World Health Organisation collaborative centre. He was Health Minister in post-independence Slovenia's first government, while he is now a member of the World Health Organisation's executive board.

letom starosti. Pravzaprav se staramo vse življenje (Ramovš, 2003). Tudi, ko še rastemo, se delitvena moč naših celic že zmanjšuje. Zato o zdravem staranju lahko razmišljamo in govorimo že zdavnaj prej (World Health Organization, 2007), saj bi sicer bilo na način, s kakršnim se danes o teh stvareh pri nas govori in piše, videti, da je pred 65 letom čas zdravega načina življenja, ki mu sledi čas zdravega staranja. Zato je v razpravah o zdravem staranju potrebno upoštevati vsa starostna obdobja skupaj. Čeprav so predvidljiva in v večini primerov potekajo v okvirih ustaljenih družbenih vzorcev, pa življenje poteka vsakomur po svoje.

Vloga mest pri razvijanju medgeneracijske solidarnosti

Mesta naj bi s svojo urejenostjo svojim prebivalcem omogočala zdravo in aktivno življenje, kar pomeni, da za svoje prebivalce ustvarjajo možnosti, da uresničujejo prvine svojega zdravja, da so aktivno vključeni v življenje mesta in da uživajo socialno ter zdravstveno starost. Velika umetnost politike je, kako mestom v zdravem okolju vsem zagotoviti nadzorovan, urejen, socialni in ekonomski razvoj, ki vključuje tudi aktivno in zdravo staranje.

V družbah z razvito medgeneracijsko solidarnostjo so znanje in izkušnje starejših vključene v aktivnosti skupnosti, kar pomeni, da se pojem vzdrževane generacije premika v višjo starost. To zmanjšuje probleme pri ohranjanju finančne vzdržnosti družbenih sistemov, preprečuje medgeneracijske napetosti in prispeva k prijaznemu in varnemu družbenemu okolju. Ena od oblik ustvarjanja in vzdrževanja takega okolja je projekt Svetovne zdravstvene organizacije »Starosti prijazna mesta«.

Starosti prijazna mesta v Sloveniji

V dogovoru s Svetovno zdravstveno organizacijo so se v okviru Inštituta Antona Trstenjaka v Sloveniji sprožile aktivnosti za uvajanje programa »Starosti prijazna mesta«. Po zelo dobrem odzivu ljubljanskega župana Zorana Jankovića in zanimanja njegovih najožjih sodelavcev, bomo najprej začeli v Ljubljani, nato pa nadaljevali v Mariboru, Celju in Velenju. Upamo, da bodo štiri največja slovenska mesta dovolj velik in zanimiv vedenjski vzorec za druga slovenska mesta, ki se bodo želela vključiti v slovensko mrežo starosti prijaznih mest.

V skladu s priporočili Svetovne zdravstvene organizacije se bo v vseh sodelujočih mestih opravila raziskava o potrebah starejših in njihovih oskrbovalcev po Vancouverskem protokolu Svetovne zdravstvene organizacije², ki ima predpisan vprašalnik in izdelano metodologijo. Na ta način

2
World Health Organization. Age-friendly Cities Project Methodology, Vancouver Protocol, Geneva. World Health Organization, 2007: 3-23

administrative needs rather than being the real situation. Viewed physiologically, the process begins long before the age of 65. Indeed, we are ageing all our lives (Ramovš, 2003). In addition, while we are still growing, the ability of our cells to divide is already in decline. Thus, regarding healthy ageing, we should think and speak about ageing long before (World Health Organisation, 2007), as namely this is how, as these things are written and spoken about these days, to see that a healthy way of life prior to the age of 65 would be followed by a time of healthy ageing. Thus in debates about healthy ageing it is necessary to consider all age periods together. Although they are predictable and in most cases run according to established social samples, our lives each follow their own course.

The Role Of Cities In Developing Intergenerational Solidarity

In their management, cities should enable their residents to lead healthy and active lives, meaning that possibilities are created for their inhabitants to fulfil the component elements of their health, that they are actively included in the life of the city and that they enjoy social and healthy ageing. It is a great art of policy how the city provides to all supervised, well-ordered social and economic development in a healthy environment, which also includes active and healthy ageing.

In societies with developed intergenerational solidarity, the knowledge and experience of older people are included in community activities, meaning that the concept of a supported generation is transferred into older age. This reduces the problems of preserving the financial viability of social systems, prevents intergenerational tensions and contributes to a pleasant and secure social environment. The World Health Organisation project 'age-friendly city' is one method of creating and maintaining such an environment.

Age-Friendly Cities In Slovenia

By agreement with the World Health Organisation and in partnership with the Anton Trstenjak Institute, activities to implement the 'Age-friendly cities' programme in Slovenia have been initiated. Following the very good response of Ljubljana Mayor Zoran Janković and the interest of his closest colleagues, we are to start in Ljubljana, and then continue in Maribor, Celje and Velenje. We hope that the four largest Slovenian cities will comprise a sufficiently sizeable and interesting behavioural model for other Slovenian towns that will wish to become part of a Slovenian network of age-friendly cities.

In line with World Health Organisation recommendations, research will be undertaken on the needs of the elderly and their carers in all participating cities in line with the World

bo slovenske izsledke mogoče zelo natančno primerjati z izsledki drugih mest po svetu, ki so raziskavo že opravila. Zanimivo bo videti, ali imajo naši starejši meščani enake potrebe kot njihovi vrstniki po vsem svetu.

Health Organisation's Vancouver Protocol², which has a prescribed questionnaire and set methodology. In this way, it will be possible to collate the Slovenian findings very closely with other towns across the globe that have already finished such research. It will be interesting to see whether our older citizens have the same needs as their contemporaries around the world.

2
World Health Organization.
Age-friendly Cities Project
Methodology, Vancouver
Protocol, Geneva. World Health
Organization, 2007: 3-23



*Franci Slak,
mestni svetnik*

Na upokojsko življenje nisem bil pripravljen. S polno kondicijo, tako umsko kot fizično, ostati doma in čakati mesečno plačo (pokojnino) brez dela, se mi je zdelo nepošteno. Prijatelji in znanci so mi predlagali, naj kandidiram na lokalnih volitvah za mestnega svetnika v Mestni občini Ljubljana. Sedaj sem že tretji mandat mestni svetnik. Prehod v politično miselnost ni bil enostaven. Hvala bogu, da ni bila moja pot obratna. V tem primeru ne bi bil nikoli dober gospodarstvenik, politik pa tudi ne. Moj delovni dan je še vedno poln raznih aktivnosti, tako da se dnevnega počitka še nisem navadil. Aktivno sodelujem pri nacionalnem projektu gradnje avtocest kot predsednik Nadzornega sveta DARS-a ter še v nekaterih drugih nadzornih svetih in svetih zavodov. Še vedno sem v dobri kondiciji in večkrat se pošalim, da, če ne bi bilo ogledal, ne bi vedel, da sem star 70 let.

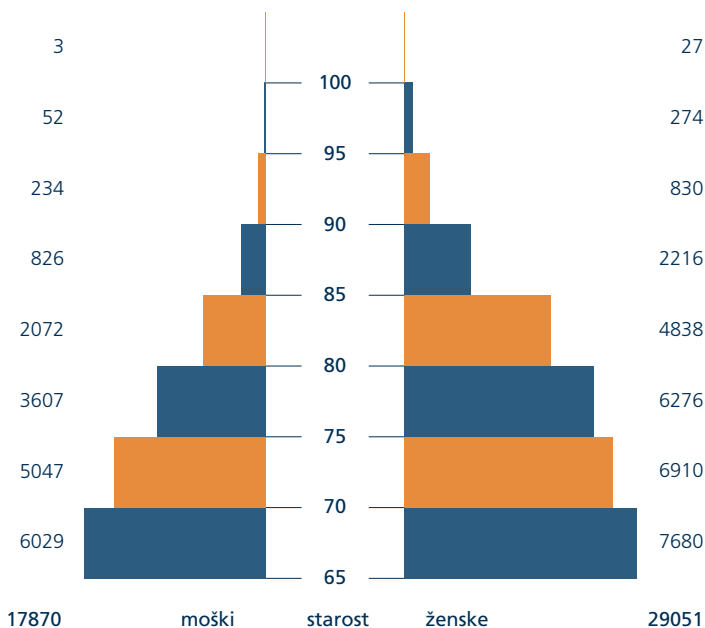
I wasn't prepared for retirement. It seemed unfair to me to be fully fit, both in terms of the mind and the body, and stay at home and wait workless for my monthly pay (pension). My friends and acquaintances suggested that I should run for Ljubljana city councillor at the local elections. This is my third mandate as city councillor. The transition to political thinking hasn't been easy. Thank God my path wasn't reversed. In this case I would never have been a good manager, and neither would I have been a good politician.

My working day is still full of diverse activities, so I haven't got used to resting during the day yet. I actively co-operate in the national project of motorway construction as president of the supervisory board of DARS, as well as some other supervisory boards and councils of institutes. I am still fit and I often joke that I wouldn't know that I were 70 if there were no mirrors.

Številke v Ljubljani

V Ljubljani delež prebivalcev in prebivalke starejših od 65 let znaša 17,5%. Ta odstotek predstavlja skoraj 47.000 občank in občanov od skupno 267.760. Mejo 65 let navajamo, ker se v naši zakonodaji uporablja kot tista ločnica, ki določa, kdo je po »administrativnih« merilih star in mu iz tega naslova pripadajo določene pravice. Iz različnih statistik pa je vse bolj razvidno, da bi se ta meja morala pomakniti navzgor, saj v največji meri storitve in programe, namenjene starejšim od 65 let, koristijo starejši od 75 let.

Tabela 1: Prebivalke in prebivalci MOL nad 65 let po spolu in starostnih skupinah (junij 2007).
Vir: Statistični urad RS



Ljubljana aktivno rešuje stanovanjsko problematiko

Najpomembnejši instrument stanovanjske politike za starejše, ki jo v Mestni občini Ljubljana izvajamo preko Javnega stanovanjskega sklada, je zagotavljanje primernih najemnih stanovanj. V okviru letnih stanovanjskih programov Mestne občine Ljubljana je glede na celotno populacijo in v okviru finančnih možnosti vključena skrb za zagotavljanje stanovanj za starejše občane in občanke.

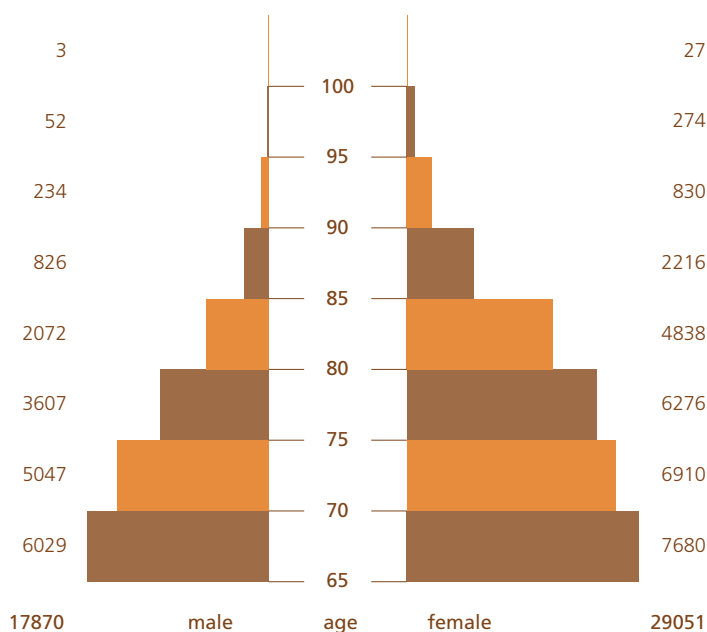
Poleg tega pa smo razvili tudi druge možnosti reševanja stanovanjske problematike, s katerimi pomagamo starejšim. Te so:

Rentni odkup stanovanj, po katerem imajo že nekaj let občani, starejši od 65 let, ki so lastniki stanovanj, možnost, da svoje lastniško stanovanje, ki ga težko vzdržujejo, odprodajo Javnemu stanovanjskemu skladu Mestne občine Ljubljana. V instrument smo pritegnili zavarovalnico, s katero

Ljubljana In Figures

17.5% of Ljubljana citizens are aged 65 or over. This percentage represents almost 47,000 people of a total of 267,760. We specify 65 years as a boundary, as it is used in our legislation as the limit that determines who is old by 'administrative' measurement and who by this title is entitled to certain rights. From various statistics it becomes evermore clear that this boundary must be moved upwards as to a great extent services and programmes intended for those over 65 benefit those over 75.

Table 1: Residents of the City of Ljubljana aged over 65 by gender and age group
Source: Slovenian Statistical Office



Ljubljana actively solving accommodation problems

For the elderly, the most important accommodation policy instrument, carried out in the City of Ljubljana via the Public Housing Fund, is to provide appropriate rentable accommodation. In the framework of the City's annual accommodation programmes, bearing in mind the overall population and within the limits of what is financially possible, attention is paid to ensuring accommodation for older citizens.

In addition, we have also developed other options to solve accommodation problems, via which we offer assistance to the elderly. These are:

Rent-purchase of apartments, via which for some years apartment-owning citizens aged over 65 have had the option to sell apartments that are hard to maintain to the City of Ljubljana's Public Housing Fund. We have engaged an insurance company in this instrument with which the sellers

prodajalci sklenejo pogodbo o doživljenjskem rentnem zavarovanju z mesečnim izplačilom rente. Prodajalci imajo izgovorjeno odplačno dosmrtno služnost stanovanja.

Ugodna stanovanjska posojila za obnovo in vzdrževanje skupnih delov stanovanjskih hiš. Ta inštrument je namenjen vsem zainteresiranim lastnikom, med katerimi so tudi starejši.

Zamenjava stanovanja. Starejši najemniki stanovanj, ki živijo v stanovanjih v lasti Mestne občine Ljubljana in Javnega stanovanjskega sklada Mestne občine Ljubljana, lahko zamenjajo stanovanje, ki ga zasedajo, za primernejše stanovanje v primerih, ko jim je stanovanje, ki ga zasedajo, neprimerno po legi v stavbi ali neprimerno po lokaciji (težave zaradi hoje, zdravstvenih razlogov, ipd.), in v primerih, ko želijo v manjše stanovanje (bodisi zaradi manjših stroškov, zaradi zmanjšanja števila uporabnikov ali lažjega vzdrževanja).

Soglasje za oddajo dela stanovanja v podnajem. Starejšim najemnikom stanovanja v lasti Mestne občine Ljubljana in Javnega stanovanjskega sklada Mestne občine Ljubljana izdajamo soglasje za oddajo dela stanovanja v podnajem osebam, ki jim pomagajo. Soglasje izdajamo tudi v primerih, če se je starejši najemnik znašel v težki finančni in socialni situaciji.

Zagotavljanje bivalnih enot. Starejšim občanom, ki iz različnih razlogov ostanejo brez stanovanja in imajo tako nizke dohodke, da jih iz tega razloga Nepremičninski sklad pokojninskega in invalidskega zavarovanja ne rešuje, dodeljemo bivalne enote.

V tem letu smo za starejše pričeli z gradnjo 60-ih oskrbovanih stanovanj v Centru starejših Trnovo, ki predstavljajo novo obliko bivanja poslovno sposobnim osebam, ki so starostno ali invalidsko upokojene in so starejše od 65 let. Na različne organizacijske oziroma investicijske načine se bomo vključili tudi v gradnjo oskrbovanih stanovanj v Murglah in Dravljah.

conclude a contract for lifelong rental insurance with monthly rent payments. The sellers have the lifelong right to occupy their apartments.

Affordable accommodation loans for the renovation and maintenance of the common parts of residential buildings. This instrument is intended for all owners, among whom are also elderly people.

Replacement accommodation. Older tenants, who live in apartments owned by the City of Ljubljana and City's Public Housing Fund, may exchange their apartments in cases where the apartment occupied is unsuitably located in the building or the building itself has an unsuitable position (due to movement impairment, health reasons etc) and in cases where they would like a smaller apartment (either because of reduced costs, due to a smaller number of users or for easier maintenance).

Agreement to sublet accommodation. Older tenants, who live in apartments owned by the City of Ljubljana and City's Public Housing Fund, may be given agreement to sublet part of their accommodation to their carers. We also grant consent for this in cases where the elderly tenants find themselves in a difficult financial or social situation.

Providing residential units. We assign accommodation units to older residents, that various factors may leave without accommodation and who have such low incomes that the Property Fund for Retirement and Disability Insurance does not solve the problem.

This year, we have started construction of 60 sheltered apartments for older people in the Trnovo Centre for the Elderly, which is a new form of accommodation for business capable people who are age or disability retired and aged over 65. We will also participate in various organisational or investment roles in the construction of sheltered accommodation in Murgle and Dravlje.

Teško bi se uvrščal med tiste Ljubljance, ki jih štejemo kot starejše. Sem invalidski upokojenec pri 58-tih, mestni svetnik DeSUS. Na srečo in prav zaradi močne notranje energije se nočem in se nisem nikoli sprijaznil s tegobami in z boleznijo, ki so me pripeljale do tega. Vzgojen s socialnim čutom do soljudi vidim nujnost ne le v ohranjanju že pridobljenih standardov na socialnem, zdravstvenem, stanovanjskem, kulturnem in izobraževalnem področju, pač pa tudi v aktivnem sožitju med mlajšo in starejšo generacijo. Vsako obdobje ima svoje možnosti za zdravo in aktivno delo. Ko mi je še zdravje dopuščalo, sem rad smučal, igral namizni tenis in hodil v naravo. Danes je ta hoja vedno krajša, od športa je ostal še ribolov. Za sebe sem naredil največ s tem, da poskušam živeti čim manj stresno, da že 20 let nisem prižgal cigarete in da imam srečo, da živim lepo, razumevajočo in radostno družinsko življenje. Žena, hči in vnuk (drugi na poti) so zame »zakon«. Tako kot zase tudi drugim želim, da bi se aktivno in zdravo starali. Mnogi koraki župana in odgovornih v mestni upravi za področje zdravja in socialnega varstva nakazujejo, da gremo v pravo smer.

*Aleš Kardelj,
mestni svetnik*

I wouldn't exactly count myself among those citizens of Ljubljana regarded as the elderly. I'm 58 and am retired due to my physical disability, and I'm a DeSUS city councillor. Luckily, and due to my strong inner energy, I don't want to and have never reconciled myself with the problems and illness that led to this. I was brought up with a social feeling towards other people and therefore I regard it as indispensable to retain the acquired standards in the fields of social security, health care, housing, culture and education, as well as for the younger and older generations to co-exist actively. Each period in life offers you different possibilities for healthy and active work. When my health still allowed this, I liked to ski, play table tennis and go out in the countryside. Today, my walks are ever shorter and in terms of sports only fishing remains.

I have done the best for myself by trying to live as stress-free as possible, by not having lit a cigarette for 20 years and by having the luck to live a wonderful, understanding and happy family life. My wife, daughter and grandson (the second one is 'on his way') 'rule'.

My wish for myself and also for others is that we may age actively and healthily. Many steps taken by the Mayor and those in the city administration responsible for the field of social care show that we are heading in the right direction.



Storitve in programi s področja socialnega varstva, namenjeni starejšim v Ljubljani

Na področju socialnega varstva v Mestni občini Ljubljana posebno pozornost namenjamo ranljivejšim skupinam starejših. Izvajani ukrepi in naloge so tako zakonske obveznosti kot tudi ukrepi, za katere smo se v Ljubljani odločili na podlagi želje, da se dvigne kakovost njihovega življenja.

Institucionalno varstvo – domovi za starejše

Institucionalno varstvo starejših je oblika bivanja in obravnave v zavodu, drugi družini ali drugi organizirani obliki, ki upravičencem in upravičenkam nadomešča ali zagotavlja funkcijo doma. Obsega osnovno oskrbo in socialno oskrbo v skladu s predpisi s področja socialnega varstva ter zdravstveno varstvo po predpisih s področja zdravstvenega varstva.

Osnovna oskrba zajema bivanje, organiziranje prehrane, tehnično oskrbo in prevoz. Socialna oskrba pa je strokovno vodena dejavnost, namenjena izvajanju vsebin socialne preventive, terapije in vodenja.

Izvajalci storitve so domovi za starejše. Trenutno v Mestni občini Ljubljana deluje 6 domov za starejše občane. Skupno je v ljubljanskih domovih za starejše občane na voljo 1.911 posteljnih kapacitet, kar pomeni, da zagotavljajo prostor za 4% starejših občank in občanov Mestne občine Ljubljana.

Nacionalni program socialnega varstva do leta 2010 predvideva vključitev za 5% starejših nad 65 let. Gradnja Centra za starejše v Trnovem (s predvidenimi 150 posteljami v domu za starejše občane ter 60 najemnimi oskrbovanimi stanovanji) bo omogočila zagotavljanje 2.121 mest v institucionalnem varstvu za starejše na območju Mestne občine Ljubljana. Z gradnjo doma za starejše občanke in občane pa je pričela tudi Župnija Trnovo.

Predvideni gradnji v Trnovem bosta tako povečali kapacitete v domovih za starejše občane za vsaj 10%, oskrbovana stanovanja pa bodo prva tovrstna stanovanja v Mestni občini Ljubljana.

Po podatkih Skupnosti socialnih zavodov Slovenije iz decembra 2007 je v ljubljanskih domovih za starejše občane bivalo 1.693 občanov in občank Mestne občine Ljubljana, v drugih domovih za starejše občane po Sloveniji pa 872. Tako je v letu 2007 v vseh domovih za starejše občane bivalo skupno 2.565 naših občanov in občank, kar predstavlja 5,4% starejših Ljubljančank in Ljubljančanov.

Services And Programmes In The Social Care Field Intended For Older People In Ljubljana

In the social care field in the City of Ljubljana special attention is paid to more vulnerable groups of older people. Measures and tasks are implemented as legal obligations, as well as those tasks that we have adopted in Ljubljana of our own volition from a desire to raise their quality of life.

Institutional care – homes for the elderly

Institutional care of the elderly is a form of accommodation and treatment in an institute, other family or other organisational form that replaces or ensures functional home life for those entitled to it. It comprises basic and social care in line with regulations in the field of social and health care.

Basic care encompasses accommodation, dietary organisation, technical care and transport. Social care comprises professionally-led activities intended for the implementation of social prevention, therapeutic and guidance elements.

The executors of these services are the homes for the elderly. There are currently 6 homes for the elderly in the City of Ljubljana. Altogether, Ljubljana's homes for the elderly have a capacity of 1,911 beds meaning that space is provided for 4% of the elderly citizens of the City of Ljubljana.

Up to 2010, the National Social Assistance Programme foresees the accommodation of 5% of the population aged over 65 in homes for the elderly. The construction of a centre for the elderly in Trnovo, (with an anticipated 150 beds in a home for the elderly and 60 in rented sheltered accommodation) will enable us to ensure 2,121 places in institutional care in the City of Ljubljana. The Parish of Trnovo has also started construction of a home for elderly residents.

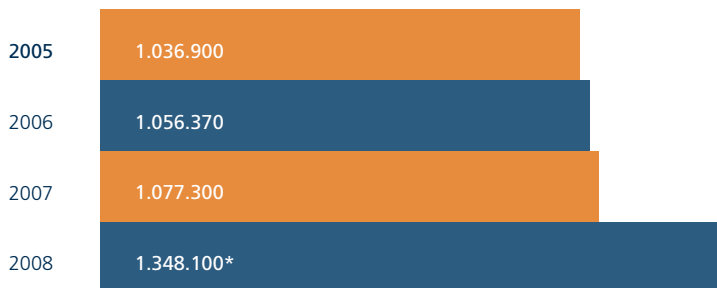
The foreseen construction in Trnovo will increase the capacity in homes for elderly residents by at least 10%, while the sheltered accommodation will be the first of their kind in the City of Ljubljana.

According to December 2007 data from the from the Association of Social Institutions of Slovenia, Ljubljana's homes for the elderly accommodated 1,693 citizens of the City of Ljubljana, while in other homes for the elderly around Slovenia there were a further 872. Thus in 2007 in all homes for the elderly there was a total of 2,565 of our citizens, representing 5.4% of Ljubljana's elderly people.

The Social Assistance Act obliges local authorities to wholly or partly finance care in homes for the elderly for those citizens whose incomes, or the incomes of other related parties, are

Lokalne skupnosti so po zakonu o socialnem varstvu dolžne (do)plačevati oskrbo v domovih za starejše za tiste občanke in občane, ki s svojimi prihodki oz. prihodki zavezancev in zavezank ne morejo plačevati polne cene oskrbe. Iz tabele št. 2 so razvidna sredstva, ki jih je Mestna občina Ljubljana v preteklih letih namenila za to zakonsko obveznost.

Tabela 2: Sredstva MOL, namenjena za(do)plačilo oskrbe v institucionalnem varstvu (v EUR); 2005-2008



*ocena porabe do konca leta 2008

Ustanovitelj vseh domov za starejše v Ljubljani je Ministrstvo za delo, družino in socialne zadeve. Ministrstvo tudi podeljuje koncesije za izvajanje dejavnosti institucionalnega varstva zasebnikom. Trenutno v Mestni občini Ljubljana še ne deluje zasebnik s koncesijo, se pa v Trnovem gradita domova, ki ju bosta upravljala zasebnika in bosta imela koncesijo.

Potrebe po dodatnih kapacitetah v domovih za starejše so iz leta v leta večje, zato se v Mestni občini Ljubljana zavzemamo za njihovo povečanje. Že vse od začetka mandata župana na tej točki tesno sodelujemo z Ministrstvom za delo, družino in socialne zadeve. Tako smo uspeli, da je bil letos avgusta objavljen javni razpis za podelitev koncesij za institucionalno varstvo za 450 mest na območju Mestne občine Ljubljana.

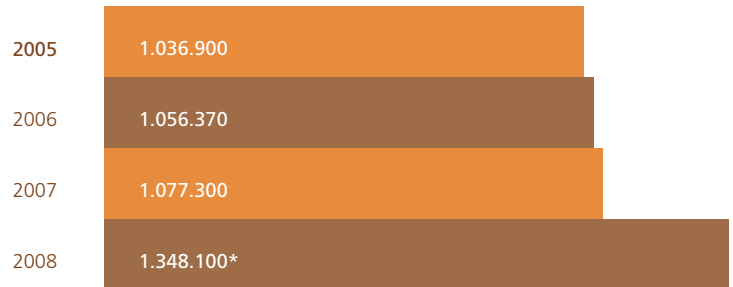
Razvoj domov za starejše gre tudi v Sloveniji v smeri gradnje manjših, v skupnost naravnih domov, ki bodo starejšim ne glede na to, da niso več v svojem bivalnem okolju, še vedno omogočali stik z vsakdanjim življenjem v skupnosti. Take domove imenujemo domove četrte generacije.

Pomoč družini na domu

Zagotavljanje mreže javne službe za socialno varstveno storitev pomoč družini na domu je ena izmed nalog, ki jih lokalnim skupnostim nalaga zakon o socialnem varstvu. Pomoč družini na domu obsega pomoč pri vzdrževanju osebne higiene, gospodinjsko pomoč in pomoč pri ohranjanju socialnih stikov in predstavlja obliko podpore, ki lahko nadomesti prezgodnje institucionalno varstvo.

insufficient to fully finance their care. Table 2 sets out those funds that the City of Ljubljana has dedicated in previous years to meeting this legal duty.

City funds dedicated to the full or partial payment of the costs of institutional care (in EUR); 2005-2008



*estimated fund use to the end of 2008

The founder of all homes for the elderly in Ljubljana is the Ministry of Labour, Family and Social Affairs. The ministry also grants concessions for executing activities in institutional care to private undertakings. There are currently no such private undertakings holding concessions in Ljubljana, although homes are being built in Trnovo there are to be managed by private concession-holding undertakings.

The need for additional capacity in homes for the elderly is increasing year-on-year, and that is why we advocate their enlargement in the City of Ljubljana. Ever since the start of his mandate the Mayor has closely worked with the Ministry of Labour, Family and Social Affairs on this point. Therefore, we managed in August of this year to publish a public tender for the granting of concessions for 450 places in institutional care in the City of Ljubljana.

In Slovenia, the development of homes for the elderly is also going in the direction of the construction of smaller facilities, to a community of natural homes that will, regardless of the fact that they no longer live in their own homes, still afford the elderly contact with everyday life in the community. These homes are called 'fourth generational homes'.

Family assistance at home

Providing a network of public works for family help at home social care services is one of the tasks given to the local authorities by the Social Assistance Act. Family help at home comprises help to maintain personal hygiene, household help and help to keep up social contacts and is a form of support that can replace too-early institutional care.

Storitev pomoč družini na domu je namenjena predvsem starejšim od 65 let. Cilj storitve je, da starejši čim dlje ostanejo v svojem domačem okolju. Zakon o socialnem varstvu določa, da se iz proračuna občin financira pomoč družini na domu najmanj v višini 50%, drugo polovico pa upravičenke in upravičenci plačajo sami. Mestni svet je odločil, da bomo v Mestni občini Ljubljana ceno storitve subvencionirali v višini 76%. Razliko do polne cene krijejo samo plačilno sposobni uporabniki in uporabnice, za vse ostale pa tudi razliko do polne višine plača občina. S tako visoko subvencijo se Mestna občina Ljubljana uvršča med tiste občine, ki za storitev pomoč družini na domu prispevajo največ.

Pomoč na domu pa Ljubljančanke in Ljubljančani koristijo tudi izven mreže javne službe. Nekateri si pomoč priskrbijo raje preko zasebnih izvajalcev in preko nevladnih organizacij.

Zavod za oskrbo na domu Ljubljana

Nina Ličer, direktorica

*Zavoda za oskrbo na domu
Ljubljana*

V našem zavodu izvajamo storitev javne službe pomoči družini na domu v obliki socialne oskrbe, poleg tega pa tudi storitve varovanja na daljavo in dejavnost informacijskega centra za starejše. Naš osnovni cilj je dvig kakovosti življenja starejših, bolnih in invalidnih oseb, ki živijo doma. Pri delu nas zavezujejo etične norme, ohranitev človekovega dostojanstva, prijaznost in strokovnost.

Storitev socialne oskrbe obsega: gospodinjsko pomoč, pomoč pri vzdrževanju osebne higiene in pomoč pri ohranjanju socialnih stikov. Podlaga za izvajanje storitve je sklenjen dogovor z upravičencem oziroma njegovim zakonitim zastopnikom. V skladu z možnostmi se prilagodimo potrebam in željam posameznega upravičenca.

Storitev varovanja na daljavo je namenjena starejšim, bolnim in osebam s posebnimi potrebami ter omogoča samostojno, varno in kvalitetno življenje na domu. Upravičenci dobijo poseben telefonski aparat z "rdečim gumbom". Ko potrebujejo kakršnokoli pomoč, npr. ob padcu, nas pokličejo s pritiskom na »rdeči gumb«. Ustrezno in učinkovito pomoč organiziramo z vključitvijo svojcev in drugih pomembnih članov socialne mreže ter ustreznih strokovnih služb (medicinska pomoč). Na klice se odzivamo 24 ur na dan vse dni v letu.

V okviru informacijskega centra za starejše zbiramo in posredujemo informacije z različnih področij, predvsem socialnega in zdravstvenega varstva, pravnega, športnega in kulturnega področja ter prostovoljnega dela na območju Mestne občine Ljubljana.

Family help at home services are intended above all for those aged over 65. The goal of these services is to enable older people to carry on living in their own home environments as long as possible.

The Social Assistance Act determines that local authorities finance family help at home from their budgets to a minimum amount of 50%, while the right-holders pay the other half themselves. The City Council has decided that we in the City of Ljubljana will subsidise 76% of the total cost of these services. The difference up to the full cost is only paid by financially solvent users, and for all others the difference up to the full cost is also paid by the municipality. Such high subsidies place the City of Ljubljana among those local authorities that contribute the most to family help at home services.

The people of Ljubljana also receive help at home benefits outside the network of public services. Some are provided with care via private contractors and via NGO's.

Ljubljana Home Care Institute

Nina Ličer, director Ljubljana Home Care Institute

Our institute carries out public family help at home services in the form of social care, as well as providing remote security care alarms and an information centre for older people. Our basic goal is to raise the quality of life of older people, the sick and disabled who live at home. Our work binds ethical norms, the preservation of human dignity, kindness and professionalism.

Social care services comprise: household help, assistance to maintain personal hygiene and to keep up social contacts. The basis for carrying out these services is agreements concluded with the right-holders or their legitimate representatives.

To the maximum extent possible we adapt to the needs and wishes of the individual right-holders.

Remote security care alarms are intended for the elderly, sick and people with special needs to enable independent, safe and quality-living at home. The right-holders receive a special telephone with a 'red button'. When they need any kind of help, e.g. after a fall, they call us by pressing the 'red button'. We organise appropriate and effective help with the inclusion of relatives and other important members of the social network and appropriate professional staff (medical help). We respond to calls 24 hours a day every day of the year.

In the framework of the information centre for older people we collect and process information from diverse fields, above all social and health care, the legal, sporting and cultural fields and voluntary work on the territory of the City of Ljubljana.

*dr. Jožef Kunič,
mestni svetnik*



Nisem pristaš tistih, ki želijo biti večno mladi. V zrelih letih morda res nisem tako hiter kot nekoč, sem manj okreten in zagotovo manj zaletav, a večino stvari počnem s premislekom, z načinom, ki so mi ga omogočile in morda tudi nekoliko vsilile izkušnje. Pretiravanju se izogibam, a skrbim tako za svojo umsko kot fizično kondicijo. Aktiven kot mestni svetnik in predsednik Slovenskega društva za mednarodne odnose intenzivno delujem na področju delovanja društva, stalno berem strokovno literaturo, sledim političnim dogajanjem, pogosto hodim na kulturne dogodke. Z golfom, s planinarjenjem in z občasnimi sprehodi skrbim za fizično kondicijo. A najpomembnejše je notranje ravnovesje, k čemur pripomorejo delo, prijatelji in družina: soproga, hči in sin, dve vnučki in dva vnuka. In nikoli ne pozabim besed, ki mi jih je dejal nek moder mož: Veš, je rekel, na koncu ne ceniš niti imetja, ki si ga pridobil, niti funkcij, ki si jih imel. Pomembno je le, da lahko vsakomur brez slabe vesti pogledaš v oči.

I'm not in favour of those who want to be forever young. In my mature years, I might not be as quick as I used to be, I'm less agile and surely rush less, but I do most things having thought about them in advance, in a way that experience has enabled me, and maybe even forced me a bit to. I avoid exaggerating, but I take care of my mental and physical fitness. I'm active as a city councillor and as president of the Slovenian society for international relations I work actively in the field of the society's activities, I constantly read professional literature, follow political events, and often visit cultural events. By playing golf, hiking and sometimes walking I take care of my physical fitness. However, inner balance is most important, to which work, friends and family help: my wife, daughter and son, two granddaughters and two grandsons. And I never forget the word of a wise man: You know, he said, in the end you don't respect either the possessions that you have acquired, nor the functions you have held. What counts is that you can look into everybody's eyes without a bad conscience.

Dnevni centri za starejše

Dejavnost dnevnih centrov za starejše je zelo pomembna, saj dopolnjuje družinsko oskrbo in razbremenjuje družinske člane in članice ter podaljšuje posamezniku, posameznici možnost bivanja v lastnem domu. Še pred nekaj leti se je dnevno varstvo pretežno izvajalo v domovih za starejše občane. Strokovnjaki in strokovnjakinje pa so opozorili, da bi bilo potrebno to storitev ponuditi tudi izven okvira domov za starejše občane, da bi tako postala oblika ponudbe bolj vabljiva, zanimiva in sprejemljivejša za starejše ljudi.

Zaradi tega smo leta 2005 načrtno vzpodbudili razvoj dnevnih centrov v okviru nevladnih organizacij. Program dnevnih centrov, ki so ga razvili v Mestni zvezi upokojencev Ljubljana, ponuja starejšim množico storitev, s katerimi se jim zagotavlja aktivnejše vključevanje v socialno okolje in vzdrževanje psihofizične kondicije. Program dnevnega varstva, ki ga izvajajo domovi za starejše občane, pa je oblika institucionalnega varstva, v okviru katerega se v dnevnem času zagotavljajo različne storitve predvsem za tiste starejše, ki potrebujejo več oskrbe in nege zaradi različnih bolezni, tudi demence, ali zaradi zmanjšane samostojnosti pri vsakodnevni aktivnosti.

Pot iz osamljenosti

*Marjan Sedmak, predsednik
Mestne zveze upokojencev
Ljubljana*

Opozorila Svetovne zdravstvene organizacije so nedvoumna – nevidnost in osamelost sta lahko smrtonosni. Ko je Francijo pred leti zajel vročinski val, je največ žrtev terjal med starejšimi: nihče jih ni opozoril, kako usodna je lahko dehidracija zlasti med starejšimi, ki nimajo več pravega občutka za žejo. Tudi druge naravne katastrofe zahtevajo nesorazmerno visok delež žrtev med starejšimi zato, ker so, tako pravijo funkcionarji Svetovne zdravstvene organizacije, osameli in "nevidni". Kot je bila nevidna starka, ki je v pariškem stanovanju umrla v vročinskem valu in so jo odkrili šele mesec dni po smrti, pa čeprav so bila vhodna vrata samo prislonjena.

Različne plati dolgožive družbe šele odkrivamo in vprašanj je slej ko prej več, kot je odgovorov nanje. "Veliko stvari se dogaja..., kakršna koli že bo rešitev, pa bo morala vsebovati veliko mero solidarnosti," je pred nekaj meseci na konferenci na Brdu dejal eden od predstavnikov Evropske komisije.

Ko gre za prilagajanje socialnih storitev novi strukturiranosti staranja, Ljubljana v primerjavi z drugimi evropskimi prestolnicami resda še ni na cilju, še zdaleč pa ni med zadnjimi. Ministrstvo za delo, družino in socialne zadeve je pred nekaj leti opravilo raziskavo, ki je ugotavljala, da starejši ne trpijo toliko zaradi materialnega pomanjkanja.

Day centres for the elderly

The work of day centres for the elderly is extremely important, as they supplement family care and relieve family members and prolong the individual's chance to live in their own homes. For some years daily care was mainly carried out in homes for elderly residents. Professionals cautioned that it would be necessary to also offer services outside the framework of homes for elderly residents so that the offer would become more inviting, interesting and adaptable for older people.

Therefore, in 2005 we planned to encourage the development of day centres in the NGO framework. The day centres programme, developed in the Ljubljana City Pensioners' Association, offers older people numerous services that ensure their active inclusion in the social environment and the maintenance of their psycho-physical fitness. The daily care programme carried out by homes for elderly residents is in the form of institutional care in the framework of which various day-time services are provided above all for those elderly people who need greater care due to different illnesses as well as dementia or due to having less independence in their everyday activities.

The path from isolation

*Marjan Sedmak, President
Ljubljana City Pensioners'
Association*

The World Health Organisation warnings are unambiguous - invisibility and isolation can be fatal. When a heatwave struck France some years ago, most victims were among elderly people: nobody warned them how fatal dehydration can be, especially among elderly people who no longer have a true sense of thirst. In addition, other natural disasters claim disproportionately high numbers of elderly victims as it is they, according to World Health Organisation officials, who are isolated and 'invisible'. Such as an invisible old woman, who died in her Paris apartment in the heatwave, and who was only discovered a month after death, even though her front door was only on the latch.

We are only now discovering the differing sides of the long-lived society and there are more questions than answers to them. "Many things are happening..., and whatever the solution is, it must contain a great deal of solidarity" as it was put at a conference at Brdo by a representative of the European Commission.

When the new structurality of ageing concerns the adaptability of social services, Ljubljana is still not fully on track in comparison with other European capitals, but not by a long way is it among the stragglers. The Ministry of Labour, Family and Social Affairs conducted research some years ago, which ascertained that older people don't suffer particular material

Prva med težavami, na katere so opozarjali, je bila osamelost. V zadnjih letih smo tudi spoznali, da dom za starejše ne more biti prva in hkrati zadnja postaja na poti v visoko starost ter da je treba starejšim najprej ponuditi možnost, da preživljajo kakovostno življenje v domačem, privajenem okolju ter da imajo vedno možnost, da o tem, kako bodo živeli, odločajo sami.

In da bi bili bliže temu cilju, smo v Ljubljani v okviru upokojenskih organizacij in seveda z materialno podporo mestne občine organizirali svetovalnice, ki so prva stopnica pomoči starejšim v takšnih ali drugačnih težavah in ki so prav letos praznovala desetletnico dela. Štiri leta so minila, ko smo se lotili še bolj ambicioznega podviga, organizacije prvega Dnevnega centra aktivnosti za starejše, temu pa je kmalu sledil še drugi; Ljubljana bi potrebovala vsaj še dva. Urnik aktivnosti je vseskozi poln, prostori pa prav tako. Ob tem sta centra postala navezna točka za povezovanje z drugimi organizacijami, ki se ukvarjajo s problematiko starejših, in za povezovanje z mladimi. Zgledi vlečejo, Ljubljana postaja vzorec – Ig in Logatec se že ukvarjata s takšnim projektom, zanj se zanimajo tudi drugi kraji. In kaj pove več o smiselnosti (in rentabilnosti!) takšnih projektov kot izjava ene od več kot dvestotih stalnih obiskovalk Dnevnega centra aktivnosti za starejše: "Če ne bi bilo centra, bi morala v dom za starejše..."

Organizacija dostave kosil na dom

Starejšim občankam in občanom je na voljo prinos hrane na njihov dom. To storitev pretežno izvajajo domovi za starejše občane.

Redna in zdrava prehrana je ključ za ohranjanje dobrega počutja

Bojanka Genorio, direktorica Doma za starejše občane Nove Fužine

Pravilna prehrana je eden izmed pomembnih dejavnikov pri ohranjanju in krepitvi zdravja in psihofizične kondicije v vseh starostnih obdobjih. Spremembe, ki spremljajo obdobje staranja (fizične, psihične, socialne), in razne bolezni vplivajo na prehransko stanje starejših in na njihove prehranske potrebe. Ne glede na prehranske potrebe pa na prehrano vplivajo tudi z leti pridobljene prehranske navade.

V domovih pripravljamo hrano po načelih zdrave, varovalne prehrane. Sama priprava hrane ima specifično vlogo, saj ima hrana velikokrat tudi terapevtsko vrednost – korigira prehrabeni status posameznika ter zdravi ali lajša bolezen, zato poleg običajne hrane pripravljamo tudi diete: sladkorno, želodčno, žolčno in druge. Jedilnike načrtujemo mesečno in si pri načrtovanju prizadevamo, da so hranilno uravnoreženi in pestro sestavljeni.

deficiencies. Foremost among their difficulties about which the research warned was isolation. In recent years we have also recognised that homes for the elderly cannot be the first and at the same time last stop on the road to older age and that it is necessary to first of all offer older people the chance to live high-quality lives in a homely, attractive environment and that they always have the possibility to decide for themselves how they will live.

And to approach this goal, we in Ljubljana in the framework of pensioners' organisations and, of course, with material support from the City of Ljubljana organised counselling services, as the first step to help older people in these or other difficulties, that this year have been celebrating their tenth anniversary of operation. Four years after the outset, we set ourselves the more ambitious task of organising the first activities day centre for older people, while this was soon followed by another; Ljubljana would need at least two more. The activity timetables are full throughout, as are the available places. Alongside this, the centres have become contact points for getting in touch with other organisations that deal with older people's problems and for connecting with younger people. Examples are a draw, and Ljubljana is becoming a case study – Ig and Logatec are already entering into such projects and other places are showing interest. And what says more about the good sense (and rentability!) of such projects than the words of one of the more than two hundred permanent visitors to the activity day centres for older people: "If it weren't for the centre, I would have to be in an old people's home".

Organising 'meals on wheels' lunches at home

Older residents may be supplied with lunches at home. This service is mainly carried out by homes for the elderly.

A Regular And Healthy Diet Is Key To Preserving Wellbeing

Bojanka Genorio, Director, Nove Fužine home for the elderly

A correct diet is one of the important factors in keeping and enhancing health and psycho-physical fitness in all periods of life. The changes which accompany ageing (physical, psychological, social), and various illnesses influence the dietary state of older people and their dietary needs. Regardless of dietary needs, dietary behaviour acquired over the years also influences diet.

In the homes we prepare food in line with the principles of a healthy, safe diet. Self-made food has a specific role, as food very often has a therapeutic value – it corrects an individual's nutritional status and heals or eases illness, so alongside the usual food we also prepare diets: diabetic, gastric, choleric and

Domovi poleg institucionalnega varstva izvajamo tudi dostavo kosila na dom. Z dostavo kosil na dom želimo zagotoviti kvalitetno in kontinuirano oskrbo starejšim osebam tudi v domačem okolju.

Dostava hrane na dom je organizirana vse dni v tednu, domovi v Ljubljani pa to storitev zagotavljamo na lokalnem območju, kjer dom deluje, zato lahko zainteresirani pridobijo informacije v zvezi z dostavo hrane na dom v posameznih domovih.

Programi zagovorništva uporabnikov in uporabnic zdravstvenih storitev

Programi zagovorništva uporabnikov in uporabnic zdravstvenih storitev, med katerimi je največ starejših, vključujejo individualno svetovanje, osveščanje in informiranje in odpirajo širše javne razprave o pravicah uporabnikov in uporabnic zdravstvenih storitev. Namenjeni so krepitvi osveščenosti uporabnikov in uporabnic pravic v sistemu zdravstvenega varstva in zdravstvenega zavarovanja, zagotavljajo pa tudi strokovno pomoč pri reševanju konfliktnih situacij na tem področju.

Izobraževanje starejših v Ljubljani

Preko javnega razpisa Mestna občina Ljubljana sofinancira delovanje nevladnih organizacij, ki organizirajo in nudijo različne izobraževalne oblike: predavanja in delavnice v organizaciji Mestne zveze upokojencev Ljubljana in Medgeneracijskega društva za kakovostno starost Ljubljana, študijske krožke v organizaciji Društva za izobraževanje za tretje življenjsko obdobje, ki vključuje več kot 4000 aktivno sodelujočih starejših, (delo poteka na skoraj 50 lokacijah v mestu v 225 različnih študijskih krožkih in temelji na skupnem učenju slušateljev, mentorjev in strokovnih delavcev univerze) in strokovne ekskurzije ter raziskovalno delo, prav tako v organizaciji Društva za izobraževanje za tretje življenjsko obdobje, ki razvija nove izobraževalne programe.

Univerza za tretje življenjsko obdobje in druge možnosti izobraževanja starejših v Ljubljani

*doc.dr. Dušana Findeisen,
Univerza za tretje življenjsko obdobje*

Univerza za tretje življenjsko obdobje je v našem mestu navzoča že 25 let. Takoj po ustanovitvi leta 1986 je pričela obravnavati vprašanja starejših, njihovo pravico do nadaljevanja aktivnega življenja po upokojitvi, njihovo željo in pravico, da ostanejo na družbenem prizorišču po upokojitvi, pravico, ki jim jo je industrijska miselnost odrekla.

Danes ima ta univerza več tisoč članov, ki se redno izobražujejo (2-8 ur tedensko). Ima tudi Svetovalnico za dejavna poznejša leta. Uporabniki se lahko vključijo v projekte za vzgojo prostovoljnih kulturnih mediatorjev

others. We plan the menus monthly and strive in our planning to ensure they are nutritionally balanced and content rich.

Besides institutional care we also carry out the 'meals on wheels' supply of lunches at home. We would like to ensure in our supply quality ongoing care for older people in their home environment too.

The supply of meals is organised every day of the week, while we at the homes in Ljubljana provide this service in the local area where the home operates so that those interested can obtain information in connection with the supply of food at home in individual homes.

Assertiveness programmes for medical service users

Assertiveness programmes for medical service users, among whom are mostly older people, include individual counselling, awareness-raising and informing as well as opening wider public debates on the rights of medical service users. They are intended to enhance users' awareness of their rights in the social security and health insurance system, and to ensure professional help in resolving situations of conflict in this area.

Educating older people in Ljubljana

The City of Ljubljana co-finances via public tenders the operation of NGO's that organise and offer various forms of education: classes and workshops in the Ljubljana City Pensioners' Association and the Ljubljana Inter-generational Society for Quality Ageing, Society for Education of the Third Age study circles, that include more than 4,000 actively participating older people, (the work goes on in almost 50 venues in the city in 225 diverse study circles and based on the common education of participants, mentors and professional staff), universities and professional excursions and research work in the Society for Education of the Third Age, who are developing new educational programmes.

University of the Third Age and other educational opportunities for older people in Ljubljana

*Dr. Dušana Findeisen,
University of the Third Age*

The University of the Third Age has already been present in our city for 25 years. Straight after its founding in 1986 it began to deal with older people's issues, their rights to a continued active life after retirement, their wishes and rights to remain on the social scene after retirement, and rights denied to them by the industrial way of thinking.

Today the university has more than a thousand members taking regular education (2-8 hours a week). It also has a counselling service for an active later life. Users can take

v slovenskih muzejih, prostovoljnih pripovednikov v šolah, bolnišnicah, podjetjih, domovih starejših.

Prve korake je spremljajo obsežno raziskovanje, tako smo z uvajanjem prakse razvijali tudi teorijo izobraževanja starejših in povsem naš slovenski koncept izobraževanja v poznejših letih življenja. Izvajamo tudi študijske krožke, v katerih so starejši soodgovorni za svoje izobraževanje. S prostovoljnim delom omogočajo delovanje skupin in se usmerjajo v izobraževanje, ki prinaša koristi njim samim, njihovim družinam, njihovem socialnemu krogu pa tudi lokalni skupnosti. Tako smo že pred petindvajsetimi leti izobraževanje starejših v naših mestih zasnovali kot obliko in način dejavnega staranja. Kot možnost, da ljudje v poznejših letih branijo svojo drugačnost in najdejo sebi ustrezen način življenja, ki temelji na ambicioznih ciljih, učenju in na izobraževanju.

S svojimi aktivnostmi soustvarjamo pogoje za dejavno staranje. Vključenost starejših v različne organizacije in programe je pomembna za ohranjanje in plemenitenje človeškega in socialnega kapitala, če uporabimo izraz Pierra Bourdier-ja. Brez tega vse, kar nosijo starejši v sebi, zastara, za družbo pa ponikne in je izgubljeno, pretoka med generacijami ni. V sodobni, na znanju temelječi družbi pa je to tako, kakor če bi z lopatami metali proč na odpad tisto, kar ta družba najbolj potrebuje; znanje, ki se je že preverilo z izkušnjami in ga je moč nadalje graditi ter darovati drugim.

**Družabništvo,
medgeneracijsko
povezovanje in aktivnejše
preživljanje prostega časa**

Družabništvo in medgeneracijsko povezovanje sta namenjena predvsem kakovostni socialni mreži ranljivih starejših ter sožitju vseh generacij, ki ju izvajajo nevladne organizacije, sofinancirane s strani Mestne občine Ljubljana.

Tako npr. Mestna zveza upokojencev Ljubljana povezuje več kot 1500 prostovoljcev iz vrst samih upokojencev in upokojenk, ki obiskujejo starejše na domu, Območno združenje Rdečega križa Ljubljana in Škofijska ter župnijske Karitas opravljajo te obiske tudi v domovih za starejše občane. Tudi Inštitut Antona Trstenjaka in Medgeneracijsko društvo za kakovostno starost Ljubljana uspešno razvijata mrežo osebnega družabništva z osamljenimi starimi ljudmi in medgeneracijske skupine za kakovostno starost. Nekatere nevladne organizacije popestrijo svoje programe tudi z izleti, s tekmovanji in podobno.

Mestna občina Ljubljana sofinancira nevladne organizacije (npr. Inštitut Antona Trstenjaka in Medgeneracijsko društvo

part in projects to train as voluntary cultural mediators in Slovenian museums, voluntary storytellers in schools, hospitals, businesses and old people's homes.

The first steps are to extensively monitor research, so while putting things into practice we have also developed theories about educating older people and above all our Slovenian concept of education in later life. We also carry out study circles in which the older people are co-responsible for their teaching. With voluntary work these enable group operations and are oriented towards education that brings benefits to them, their families, their social circles and also to the local community. Thus in the last twenty-five years we have conceived education of older people in our city as a form and way of actively ageing. As a possibility for people in later life to defend their differences and find a self-reliant lifestyle based on ambitious goals, teaching and education.

Our activities are co-creating conditions for active ageing. The inclusion of older people in various organisations and programmes is important to keep and refine human and social capital, to quote Pierre Bourdier. Without this, everything that the elderly carry in them becomes outdated, and for the society goes under and is lost; there is no interchange between generations. In a modern, knowledge-based society it is as though we were shovelling onto the dump everything that this society needs most: knowledge that has already been tested via experience and can be further built up and given to others.

Partnership, intergenerational linking and actively enjoying leisure time

Partnership and inter-generational linking are intended above all for a quality social network of vulnerable older people and the co-existence of every generation, and are carried out by NGO's and co-financed by the City of Ljubljana. Thus, for example, the Ljubljana City Pensioners' Association connects more than 1,500 individual pensioner volunteers who visit the elderly at home, The Ljubljana Regional Red Cross Association and the Diocesan and Parish Caritas also carry out visits in homes for the elderly. The Anton Trstenjak Institute and the Ljubljana Inter-generational Society for Quality Ageing are successfully developing a network of personal partnerships with isolated older people and inter-generational groups for quality ageing. Some NGO's also enrich their programmes with trips, competitions and similar.

The City of Ljubljana co-finances NGO's (such as the Anton Trstenjak Institute and the Ljubljana Inter-generational Society for Quality Ageing and the Society for Education of the Third

za kakovostno starost Ljubljana, Društva za izobraževanje za tretje življenjsko obdobje), ki omogočajo izobraževanje in usposabljanje izvajalcev vseh programov, namenjenih kakovostni starosti:

- usposabljanje prostovoljcev in prostovoljk za družabništvo s starimi,
- usposabljanje za delo medgeneracijskih skupin,
- usposabljanje mentorjev za vodenje študijskih krožkov,
- vzpodbujanje za razvoj skupin za samopomoč.

Kakovostno staranje in medgeneracijsko sožitje sta dve strani iste preživetvene naloge

dr. Jože Ramovš, Inštitut Antona Trstenjaka za gerontologijo in medgeneracijsko sožitje, Ljubljana

Vprašanje aktivnega in kakovostnega staranja čedalje večjega števila starih ljudi razpade v dve polovici: ena je prilagajanje materialnih pogojev in razmer, druga pa je učenje vseh meščanov mlade, srednje in upokojenske generacije za »novo solidarnost med generacijami« - kot se glasi naslov političnega dokumenta EU o odzivu na demografske spremembe; ta dokument se začne z resnim stavkom: »Evropa se danes sooča z demografskimi spremembami, ki so po svojem obsegu in teži brez primere.«

Kaj je potrebno storiti? Prilagoditi starim ljudem arhitekturo in opremo stanovanj in javnih stavb, promet v mestu, poslovanje uslužbencev in vse drugo javno komuniciranje, npr. velikost napisov in različnih navodil za uporabo; vzpostaviti primeren sistem oskrbovalnih ustanov za pomoč in nego na domu in za stalno nastanitev ter zagotoviti in usposobiti primerno oskrbovalno osebje, da bo znalo in zmoglo starim ljudem kakovostno nuditi potrebne storitve, pri tem pa z njimi vzpostavljati in vzdrževati čim bolj kakovosten odnos kljub temu, da je to včasih težko. Najbolj zaostaja za potrebami časa vzgoja otrok za razumevanje starih ljudi in za kakovostno sožitje z njimi, saj je povsem zanemarjena na predšolski, osnovnošolski in mladostniški stopnji, večinoma pa tudi v družinah in javnih občilih. Enako zaostajamo pri usposabljanju upokojenske generacije za razumevanje današnje mladine in za kakovostno komuniciranje z njimi.

Inštitut Antona Trstenjaka za gerontologijo in medgeneracijsko sožitje ima zelo dobre izkušnje pri razvijanju in uvajanju sodobnih medgeneracijskih programov v praksi; pri tem je sodeloval tudi z našo prestolnico. Razvili smo medgeneracijsko osebno in skupinsko družabništvo (v Ljubljani smo usposobili in organizirali več sto prostovoljcev vseh generacij, zadnja leta tudi družabništvo gimnazijcev z upokojenci ob učenju računalništva), kratke tečaje za kakovostno življenje po upokojitvi, za družinske člane, ki imajo ali oskrbujejo

Age), that enable the education and training of the executors of all programmes intended for quality ageing:

- training volunteers for companionship with older people,
- training for the work of inter-generational groups,
- training mentors to lead study circles,
- stimulating the development of self-help groups.

Quality Ageing And Inter-Generational Co-Existence Are Two Sides Of The Same Survival Task

Dr. Jože Ramovš, Anton Trstenjak Institute for gerontology and inter-generational co-existence, Ljubljana

The issue of active and quality ageing divides ever increasing numbers of older people into two groups: one with suitable material conditions and circumstances, the other meanwhile is teaching all citizens of younger, middle-aged and retired people about 'new inter-generational solidarity' – as expressed in the title of an EU policy document on the response to demographic changes; this document opened with the sobering sentence "Europe is today confronted by demographic changes that are unprecedented in their size and weight".

What is it necessary to do? To adapt to older people architecture and residential facilities and public buildings, urban transport, official business and all other public communication such as the size of text and various instructions for use; to set up a suitable system of care institutions for assistance and care at home and for permanent accommodation as well as to provide and properly train care staff, who will know how to and be able to offer to older people quality necessary services, and in this to establish and maintain with them the highest-quality relationships, even though at times it is hard. Educating children to understand elderly people and for quality co-existence with them is entirely lagging behind the needs of time as this is completely neglected at pre-school, primary school and youth levels, and generally also in families and public media. Equally we are falling behind in training retired people to understand the youth of today and for quality communication with them.

The Anton Trstenjak Institute for gerontology and inter-generational co-existence has very good experience in developing and putting modern inter-generational programmes into practice; in this we have also co-operated with our capital city. We have developed inter-generational personal and group partnerships (in Ljubljana we have trained and organised more than 100 volunteers of every generation, and also last year a partnership between high school students and pensioners in computer classes), short courses in quality living after retirement, for family members, who have or care for an older family member at home and so on. Via numerous classes, round tables, in print and via other media outlets we offer new knowledge about quality ageing and co-existence in solidarity

doma starega družinskega člana... S številnimi predavanji, z okroglimi mizami, v tisku in po drugih medijskih poteh nudimo nova znanja o kakovostnem staranju in solidarnem sožitju med vsemi generacijami. Letos smo od Svetovne zdravstvene organizacije prevzeli odmeven svetovni projekt Starosti prijazna mesta. S tem začinjamo v Ljubljani, kjer je delal in živel Anton Trstenjak, po katerem nosimo ime, in se trudimo nadaljevati njegovo človekoljubno znanstveno raziskovanje in praktično delo z ljudmi.

Nasilje nad starejšimi v družini

Vladni Urad za enake možnosti je konec leta 2005 izvedel raziskavo o nasilju nad starejšimi. Sodelovali so centri za socialno delo, patronažne službe ter društva upokojenk in upokojencev. Raziskava je pokazala, da so starejše ženske pogosteje žrtve različnih oblik nasilja kakor starejši moški. Gre za najrazličnejše oblike - od zanemarjanja, čustvene, psihične, fizične in materialne zlorabe. Najpogostejši obliki sta psihična in fizična zloraba, povzročitelji pa so pretežno njihovi partnerji.

Med glavnimi vzroki za nasilje nad starejšimi, zlasti nad ženskami, so po oceni sodelujočih v raziskavi moška nasilnost, miselnost, da so ženske podrejene moškim, moški od žensk nimajo več koristi - upad spolnosti, bolezni, družbena toleranca do nasilja, brezposelnost odraslih otrok, osamljenost, pomanjkanje socialnih stikov, potreba po tuji pomoči oziroma odvisnost od pomoči, neurejeni odnosi v družini, medgeneracijski konflikti, preobremenjenost in izčrpanost osebe, ki izvaja oskrbo.

Z namenom preprečevanja nasilja in odpravljanja posledic nasilja v mestni občini Ljubljana preko vsakoletnih javnih razpisov za sofinanciranje socialno varstvenih programov podpremo tudi programe, namenjene žrtvam nasilja. Po podatkih nevladnih organizacij, ki delujejo na tem področju (Društvo SOS telefon za ženske in otroke, žrtve nasilja, Društvo za nenasilno komunikacijo in Društvo ženska svetovalnica), se nanje po podporo obrnejo tudi starejše ženske, žrtve nasilja, ki poleg programov svetovanja in podpore koristijo tudi storitev varnih hiš in kriznega centra ³.

3

Mestna občina Ljubljana sofinancira programe treh varnih hiš in enega kriznega centra (uporabnicam je na voljo 24 ur vse dni v letu).

between all generations. This year we have taken on the notable global World Health Organisation project called Age-friendly city. We are starting this in Ljubljana, where Anton Trstenjak worked and lived, after whom we are named, and we strive to continue his philanthropic scientific research and practical work with people.

Violence against the elderly in the family

At the end of 2005 the Government Equal Opportunities Unit published research on violence against the elderly. The partners were centres for social work, field nursing and pensioners' associations. The research revealed that older women were more frequent victims of various forms of violence than older men. It takes the most diverse forms - from neglect to emotional, psychological, physical and material abuse. The most frequent forms are psychological and physical abuse, and the abusers are mainly their partners.

Among the main causes of violence against the elderly, especially older women, as evaluated by the research partners, are male violence, the sense that women are subordinate to men, that men no longer have any benefits from the women - a decline in sexuality, illness, social tolerance of violence, unemployment of adult children, loneliness, a lack of social contact, a need for external assistance or dependence on help, mismanaged family relationships, inter-generational conflicts, and the overwork and exhaustion of carers.

In order to prevent violence and rid ourselves of the consequences of violence, via annual public tenders for the co-financing of social care programmes the City of Ljubljana also supports programmes intended for victims of violence. According to data from NGO's working in this field (the SOS Telephone Association for women and children who are victims of violence, the Institute for Non-Violent Communication and the Women's Counselling Centre), older women who are victims of violence also turn to them for support, who, besides the counselling and support programmes utilise the services of safe houses and crisis centres³.

³ The City of Ljubljana co-finances programmes of three safe houses and one crisis centre (available to users 24 hours a day, every day of the year).

V času, ko te statistika uvrsti med starejše, moraš imeti življenjsko modrost, da se ne obremenjuješ s stvarmi, na katere ne moreš vplivati. Pozitivno razmišljanje o ljudeh, ki so ti blizu ali jih srečuješ ob različnih dogodkih, predvsem pa o sebi in svoji starosti je tisto vodilo, ki te ohranja mladostnega. S tem so dani tudi pogoji, da krepiš svoje zdravje in vzdržuješ psihično, fizično in socialno kondicijo. Skrb za družino, druženje s prijatelji, branje knjig in časopisov, obiski kulturnih prireditev, aktivno sodelovanje v političnem delovanju mesta, sobotni obiski tržnice in srečanja ob dobri kavi mi polepšajo vsak dan. Psička Jara me trikrat dnevno in ob vsakem vremenu spomni, da morava na sprehod čez travnik in v gozd, kjer se predajam užitkom, ki mi jih nudi narava, doma pa čaka prijazna mačka, ki me s svojim obnašanjem zelo pomirja. In tako hitro bežijo dnevi, leta... Da bi mi le še dolgo bilo tako lepo!

When statistics put you among the elderly, you need to have life wisdom in order not to bother about things over which you have no influence. The guideline that keeps you youthful is positive thinking about those people close to you and those you meet on diverse occasions, but especially about yourself and your age. With this, the conditions for strengthening your health and keeping your psychological, physical and social fitness are also given. Caring for my family, meeting friends, reading books and magazines, visiting cultural events, active participation in the political activities of the city, Saturday visits to the market and get-togethers over good coffee make my days more beautiful. My dog Jara reminds me three times daily, no matter what the weather, that we have to go for a walk across the meadow and to the forest, where I give myself over to the pleasures that the countryside offers. My friendly cat, who calms me a lot with her behaviour, waits at home. And in this way days and years fly by... I hope I can have such a good time for much longer!



Ljubljana starejše vedno bolj spodbuja k športni aktivnosti

V zadnjih letih je v Ljubljani narasla občutljivost za potrebe starejših po telesni aktivnosti in športni dejavnosti. Aktivno in zdravo preživljanje prostega časa lahko izjemno pripomore h kakovosti življenja vsakega posameznika. Med staranjem začnejo posamezne telesne funkcije pešati. Z redno in pravilno vadbo pa je mogoče ne le zaustaviti procese upadanja posameznih gibalnih oziroma motoričnih sposobnosti starejših, temveč je posamezne sposobnosti mogoče celo izboljšati. To velja tako za zdrave starejše, kot tudi za tiste, ki imajo zdravstvene težave in omejitve pri gibanju.

Nekatere osnovne značilnosti staranja so: povečevanje telesne teže, pojav prekomernega maščevja, ki onemogoča gibanje, postopno zmanjševanje moči, reakcijskega časa, zmanjševanje mišičnega tonusa, degenerativne spremembe v sklepih, obraba hrustanca v sklepih, pešanje funkcije čutil, kar pomeni posledično zmanjšanje sposobnosti koordinacije telesa v prostoru, zmanjšuje se pljučna kapaciteta, zmanjšuje se minutni volumen srca, pojavlja se poapnenje žil in povišan krvni tlak, znižuje pa se tudi adaptacijski in imunski sistem organizma.

Na večino dejavnikov staranja lahko pozitivno vplivamo s pravilno in zdravo športno aktivnostjo, ki pa mora biti poleg primerne intenzivnosti tudi redna. Strokovnjaki priporočajo predvsem lažje, vendar dlje časa trajajoče telesne vaje in aktivnosti, ki vzpodbujajo delovanje kardio-respiratornega sistema. Zelo priporočljiva in vsem dostopna je hoja. Tečejo naj le tisti, ki so se urili v teku in tekalnih športih že v mlajših letih. Neizogibne so redne gimnastične vaje, s katerimi krepimo okostje, pospešujemo mineralizacijo in upočasnjujemo atrofične procese. Za vzdrževanje splošnega dobrega počutja pa je potrebno redno, vsaj 3- krat tedensko delo.

Za kakršno koli športno aktivnost je, ne glede na starost, dobro poznati svojo telesno pripravljenost. Zato se v spomladanskem in jesenskem času vsak lahko udeleži Testa hoje na 2 kilometra, ki ga izvaja CINDI na več lokacijah po Poti ob žici okoli Ljubljane. Na podlagi informacij o telesni pripravljenosti si lahko ob pomoči osebnega zdravnika in osebnega trenerja vsak izbere enega izmed programov redne tedenske športne vadbe, ki jo v Ljubljani ponujajo številna športna društva in zasebniki. Redna športna aktivnost lahko postane še bolj zanimiva, če jo popestrite z obiskom ene izmed treh športno-rekreativnih prireditev, ki se odvijajo vsako leto v Ljubljani. Spomladi v začetku maja se lahko pridružite več 10 tisočim pohodnikom ob Poti ob žici. V sredini junija se s kolesom lahko podate na različne dolžine

Ljubljana stimulates the elderly evermore to be physically active

Over the last years, the sensitivity towards the needs of the elderly for physical activity and sports has increased in Ljubljana. An active and healthy way of spending leisure time can immensely add to the quality of life of each individual. When ageing, individual bodily functions begin to weaken. However, by regular and correct workout, the processes of decreasing individual movement or locomotive abilities of the elderly can not only be halted, but individual abilities can even be improved. This holds true both for healthy elderly, as well as for those who have health problems or locomotive disorders.

Research has proven physical activity to improve the control of body weight, to improve strength, stamina and flexibility and to lessen the risk for cardio-vascular diseases. Some of the basic characteristics of ageing are: increase of body weight, emergence of over-fatting which disables movement, gradual decrease of strength, reaction time, decrease of muscle tone, degenerative changes in the joints, wearing out of the cartilage in the joints, weakening of the functions of the senses, which as a consequence means lessening of the ability to co-ordinate the body in space, lung capacity decreases, cardiac output lessens, arteriosclerosis and increased blood pressure appear, while also the adaptation and immune systems of the organism decrease.

We can positively influence most of the ageing factors via correct and healthy sports activity, which in addition to being appropriately intensive, also has to be regular. Experts recommend especially easier, but longer-lasting physical workout and activities that stimulate the operation of the cardio-respiratory system. Walking is highly recommended and accessible to all. Only those who practised jogging and running sports when they were younger should jog. Regular gymnastic workout, which strengthens the skeleton, accelerates mineralisation and slows down atrophic processes, is indispensable. Regular workout, at least three times weekly, is necessary to keep up general wellbeing.

Regardless of one's age and for any sports activity, it is good to know one's physical fitness. This is why in spring and autumn, anybody can participate in the 2-kilometre walking test, which is organised by CINDI at several locations along the Path of Remembrance and Comradeship around Ljubljana. On the basis of information on physical fitness and with the help of the GP and personal trainer, everybody can choose one of the programmes of regular weekly sports workout which are offered in Ljubljana by numerous sports societies and private providers. Regular physical activity may become even more interesting if you enrich it with participation at one of

Maratona Franja. V jeseni pa lahko športno sezono na prostem zaključite še s tekom na Ljubljanskem maratonu. Vmes pa lahko skočite še na enega izmed desetih vrhov v okolici Ljubljane in si prislužite spominsko medaljo.

the three sports-recreational events which are annually held in Ljubljana. In spring, at the beginning of May, you may join several 10-thousand hikers along the Path of Remembrance and Comradeship. In June, you may cycle a certain length of the Franja Marathon. In autumn, you may round off your outdoor sporting season by running the Ljubljana Marathon. In between, you may climb one of the ten hills around Ljubljana and gain a memorial medal.

*Peter Božič,
mestni svetnik*



Kot za vse, tudi za staranje ni nobenega recepta, najbolj pomembno je, da živiš v skladu s samim seboj. To pomeni, da tvegaš lagodnost večne in vsakodnevne varnosti in delaš stvari, ki so tebi lastne, ne glede na to, kakšne bodo posledice. Ukvarjal sem se z literaturo in novinarstvom in zmeraj povedal tisto, kar sem mislil, da je edino prav, zato sem imel hude težave kar desetletja z oblastjo. Vse drugo je lahko, zmernost in primernost pri hrani, ki ni drugega kot pravo poslušanje telesa in k temu poslušanju sodi tudi intenzivno uporabljanje tega telesa, to pa je za mene najcenejši šport in najcenejše zdravilo, ki je še zabavno povrh, vedno trajajoče, od kar pomnim, pohodništvo in gore in hribi, leto za letom, mesec za mesecem in teden za tednom. Nobenih zdravil, tablet, napitkov itd, nisem potreboval prav do zdaj, ko sem star 76 let, še nisem bil resneje bolan. Še zmeraj publiciram, vodim dve komisiji v mestni politiki, napisal sem gledališko igro, za katero ljudje, ki so za gledališče najbolj kompetentni, pravijo, da je boljše besedilo od vseh, kar sem jih napisal doslej in jo bodo postavili na oder v uglednem gledališču, tiskali v ugledni založbi. Vozim se z avtobusom, vlakom, taksijem ali hodim peš. Že od 62 leta imam stanovanje v petem nadstropju v bloku in ne maram od tam nikamor.

Like other things, there is no recipe for ageing, the most important thing is that you live in harmony with yourself. This means to risk the comfort of eternal and day-to-day security and to do things that are characteristic for you, no matter what the consequences. I used to work in literature and journalism and I always said what I thought was right, and therefore I had serious trouble with the government for decades. All other things are easy, moderate and appropriate food, which is nothing else but properly listening to your body and intensive use of the same body, which is part of this listening to it. To me, this is the cheapest sport and the cheapest medicine, and it's fun on top of this, everlasting, since I can remember, hiking and hills and mountains, year on year, month after month and week after week. I haven't needed any medicine, oils, beverages or similar so far until now when I'm 76, and I haven't been seriously ill. I still publish my work, lead two commissions in the city politics, I've written a theatre play, which people who are most competent for the theatre claim is the best text I've written so far and will be put on stage in an acclaimed theatre and printed in an acclaimed publishing house. I drive by bus, train or taxi or I walk. I've been living in an apartment on the fifth floor since '62 and I don't want to move anywhere from there.

Preventivni zdravstveni pregledi in promocija zdravja v Zdravstvenem domu Ljubljana

Zdravstveni dom Ljubljana izvaja programe preventivnih pregledov z namenom zgodnjega odkrivanja začetnih, očem skritih obolenj, ki jih posameznik sam ne opazi oziroma mu še ne povzročajo večjih težav. Prav v začetni fazi bolezni pa se da največ narediti za preprečitev obolenja. Zdravniki priporočajo, da po 40. letu starosti opravimo preventivni pregled vsakih pet let in tako preprečimo morebitno hujše poslabšanje zdravja.

Osebni zdravniki opravljajo preventivne preglede za ugotavljanje srčno-žilnih ali drugih kroničnih bolezni pri najbolj ogroženi populaciji. To so moški v starostnem obdobju od 35 do 65 let in ženske od 45 do 70 let. Posamezniki iz ciljne populacije izpolnijo vprašalnik vsakih pet let, ki nam služi kot podlaga za določanje stopnje ogroženosti zdravja. Glede na stopnjo tveganja opravimo preventivne preglede z laboratorijskimi preiskavami. Preventivni pregledi se ponavljajo vsakih pet let. V kolikor je rezultat pregleda povečanje tveganja za razvoj bolezni, se izvajajo nadaljnji preventivni ukrepi in svetovanje. Če imajo preiskovanci že razvito obolenje, se le-to ustrezno zdravi z zdravili ali pa dobijo napotnice za specialistične preglede.

Posvetovalnice

Namen posvetovalnic je promovirati zdravje, nadzor nad dejavniki tveganja in skrb za lastno zdravje. V posvetovalnice se lahko vključi vsakdo brez napotnice. Poleg svetovanja opravimo še meritve krvnega tlaka, sladkorja, holesterola in trigliceridov. Ob dnevih, ki so namenjeni predstavitvi določene zdravstvene problematike, organiziramo različne akcije, kot so na primer svetovni dan zdravja, zdrave prehrane, gibanja, osteoporoze, diabetesa,...

Delavnice

V Zdravstvenem domu Ljubljana izvajamo delavnice, kot so: Šola promocije zdravja in dejavniki tveganja, delavnica hujšanja, zdrave prehrane, telesne dejavnosti in opuščanja kajenja.

Patronažna služba

V okviru zdravstvenega doma je dobro organizirana patronažna služba, ki nudi zdravstveno nego na domu. Patronažne medicinske sestre obiskujejo družine in posameznike vseh starosti na območju lokalne skupnosti. Strokovno pomoč nudijo družinam, nosečnicam, invalidom, bolnikom po odpustu iz bolnišnice, kroničnim bolnikom, ljudem s težavami v duševnem zdravju in seveda tudi starejšim občanom in nepokretnim bolnikom.

Preventative health check-ups and health promotion at the Ljubljana Health Centre

The Ljubljana Health Centre carries out programmes of preventative check-ups with the intention of timely discovery of early-stage illnesses that are hidden to the eye and the individual does not notice or they do not yet cause greater trouble to him or her. It is, however, in the initial phase of an illness, where most can be done to prevent it. Doctors recommend that people aged over 40 should undergo a preventative check-up every five years and in this way prevent potential greater deterioration of health.

General practitioners carry out preventative check-ups for discovery of cardio-vascular or other chronic illnesses with the most endangered population. These are men aged between 35 and 65 and women between 45 and 70. Individuals of the target population fill in a questionnaire every five years, which serves as a base for determining the level of risk to health. According to the level of risk, preventative check-ups via laboratory tests are carried out. Preventative check-ups are repeated every five years. In case the result of the check-up shows an increased risk for the development of the illness, further preventative measures, as well as counselling are undertaken. If an illness has already developed, it is treated accordingly with medicine or the patient is referred to a specialist check-up.

Counselling centres

The purpose of the counselling centres is to promote health, control the risk factors and care for one's own health. Everybody may enter the counselling centres without referral. In addition to counselling, measurements of blood pressure, sugar, cholesterol and triglycerides are carried out. On days intended for the presentation of a concrete health issue, we organise diverse campaigns, such as world health day, health food day, movement day, osteoporosis day, diabetes day and so on.

Workshops

At the Ljubljana Health Centre, we carry out workshops such as Health promotion school and risk factors, a slimming workshop, a health food workshop, a physical activity workshop and a quit smoking workshop.

Field nursing

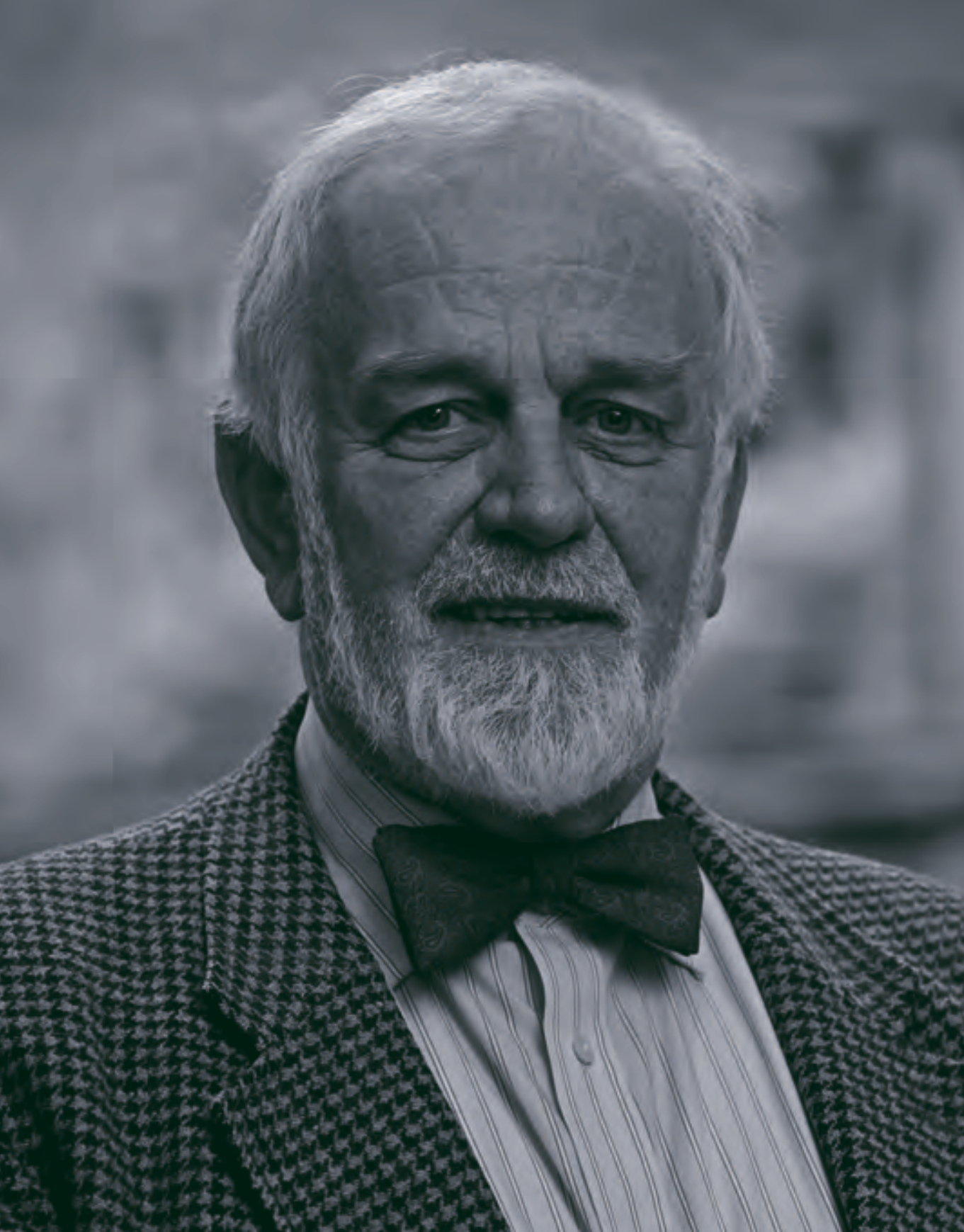
Field nursing is well organised in the framework of health centre, offering health care at home. Field nurses visit families and individuals of all ages in the area of the local community. They offer professional assistance to families, expectant mothers, the disabled, patients after release from hospital, patients with chronic illnesses, people with mental health problems and, naturally, also the elderly and immobile patients.

Patronažno varstvo je sestavni del javnega zdravstva in sodi med storitve iz obveznega zdravstvenega zavarovanja.

Osnovno načelo Zdravstvenega doma Ljubljana v procesu promocije zdravja je, da omogočamo ljudem povečati kontrolo nad svojim zdravjem ter doseči izboljšanje zdravja. Z različnimi metodami in oblikami zdravstvenovzgojnega dela poskušamo dvigovati stopnjo osveščenosti in pri udeležencih naših delavnic ali posvetovalnic dvigujemo nivo odnosa do lastnega zdravja. Spremljamo in podpiramo njegov premik v razmišljanju od »nič ne morem, drugi mi lahko pomagajo« do spremenjenega načina »sam lahko največ preventivno naredim za svoje zdravje«

Field nursing is part of public health services and is covered by compulsory health insurance.

The basic principle of the Ljubljana Health Centre in the process of health promotion is to enable people to increase their control over their own health and to achieve an improvement in health. Via diverse methods and forms of health-educational work, we strive to raise the level of awareness and with participants of our workshops and counselling services, we increase the level of relationship towards their own health. We follow and support the individuals' shift in their thinking from 'I can't do anything myself, others can help me' to 'I myself can preventatively do most for my own health'.



Vnuk meni radost, jaz (dedek) njemu modrost. Vnuk meni internet, jaz njemu knjigo. V slogu teh rekel, ki sem jih že večkrat izrekel, vidim sebe v valovanju mestnega življenja, valovanju, ki ga želim pospeševati s prizadevanjem, da bi bila Ljubljana prijazna tako mlajšim kot starejšim. Če ni tako, ne more biti zadovoljen nihče. Nasprotno. Nezadovoljstvo poraja nasilje, pogosto tudi razvrat, vse skupaj pa vodi v prepad malodušja in obupa. Zato sem vsekakor za načrtovano, prijetno (medgeneracijsko) sodelovanje, za otroško-mladinski gledališki center na Krekovem trgu, do katerega dedek z vnukom lahko pride peš, za še pestrejši program v dnevnikih centrih aktivnosti, v katerih naj se dejavnost starejših spaja z domiselnostjo mlajših. Sem tudi za kak MMP (mednarodni medgeneracijski penzion), ki bo tudi preko meja združeval, družabil mlajše in starejše. Zdaj pa nehaj, dedek, dosti si nakladal.

My grandson gives me happiness; I (the grandfather) give him wisdom. My grandson gives me the internet, I give him the book. In the style of these sentences that I have uttered a couple of times, I see myself in the pulse of city life, in the pulse that I wish to accelerate by striving to make Ljubljana friendly towards the young and the elderly. If things are not like this, nobody can be satisfied. On the contrary. Dissatisfaction bears aggression, often even immorality, and all this leads to a precipice of despondency and despair. Therefore I am definitely in favour of planned, pleasant (inter-generational) co-operation, in favour of a children's and youth theatre centre on Krekov trg, to which the grandfather and grandson can get on foot, in favour of an even more diverse programme in the activity day centres, in which the activities of the elderly should unite with the ingenuity of the younger. I'm also in favour of an IIG or two (international inter-generation guesthouse), which will unite and socialise the younger and the older over frontiers. Now stop it grandpa, you've babbled enough.

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Peter Bohinec
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*"Kako naj bo Ljubljana prijaznejša do starejših?"
sem vprašal vnuka.*

*"Hja," se je zasmel vnuk. "Predstavlja si, da je
Ljubljana punca, ki je zaljubljena vame. In ker je
zaljubljena vame, je spoštljiva in uslužna
do tebe. Jasno?"*

*"How can Ljubljana become friendlier towards older
people?" I asked
my grandson.*

*"Ha!" my grandson laughed "Imagine that Ljubljana
is a girl, who has fallen in love with me. And, because
she is in love with me, she is respectful and obliging
to you. Is that clear?"*

Mitja Meršol