



Zveza društev upokojencev Slovenije

Name of the organisation:	Zveza društev upokojencev Slovenije	
Address:	Kebetova 9, 1000 Ljubljana	
Tel:	+38616205472	
Web site:	http://www.zdus-zveza.si/	

Name of the contact person:	Dijana Lukić	
Function:	Executive project manager	
Tel:	+386 51 656 532	
E-mail:	dijana.lukic@zdus-zveza.si	

Name of the contact person:	Nika Antolašić	
Function:	Secretary	
Tel:	+386 1 620 54 72	
E-mail:	tajnistvo@zdus-zveza.si	

Type of organisation:

SME School University Public Authority
Training No Profit NGO

Other (Specify)

Fields of action:

SMEs Youth Universities Public Authorities
Equal opportunities Schools Unemployed

Other (Specify)

Description of the organisation

ZDUS – Zveza društev upokojencev Slovenije (in English: Slovenian Federation of Pensioner's Associations) is a non-governmental (NGO) and non-profit organization, established in 1946, organized as an umbrella organization of 13 regional members, bringing together 489 local associations of pensioners and clubs, including over 186.000 members all over Slovenia (11% of Slovenian population).

ZDUS is a self-help organisation of pensioners, with the status of a humanitarian organisation and a public interest organisation for the area of social services and culture. Members voluntarily join ZDUS with the aim of forging mutual links and cooperation for the realisation and coordination of common interests, for the improvement of the quality of life of its members, pensioners and other senior citizens, and for representing them in various public authorities and other bodies at state level, as well as for the implementation of humanitarian and other activities that are in the public interest.

ZDUS goals are: ensuring the realisation of human rights and fundamental freedoms, the improvement of the material and social position of senior citizens, improvement of the quality of life for senior citizens in all settings, improvement of inter-generational coexistence, prevention of the social exclusion of senior citizens, prevention of all forms of violence against and of discrimination against senior citizens, cooperation with bodies and organisations that contribute towards a higher quality of life for senior citizens, active citizenship of seniors and their inclusion in all forms of social dialogue and participation in decision-making, whereby their work and life experience and knowledge are exploited to the full, encouraging mutual help among senior citizens, and promoting good health, active ageing and lifelong learning.

ZDUS is a member of several international organizations for older people: EURAG - European Federation for Older people, AGE Platform Europe – European network of organizations of and for people aged 50 + and Eurocarers - European Association Working for Carers. ZDUS as an end user organisation has been partner in various EU funded projects, concerning different areas of older people's lives, mainly directed towards improving the quality of their life. ZDUS has 6 full time employed staff and 1 part time employed.

Experience of the organization in previous European projects

ZDUS has been actively involved in various EU funded projects and carried out several international activities related to adult education and lifelong learning, dementia prevention, housing of older people, ICT solutions and active ageing, intergenerational cooperation and bonding, tourism opportunities for older people and projects aimed at prevention of violence against older people.

ADULT EDUCATION and LIFE-LONG LEARNING

Name of the project: LENA – Learning that works for older people (2004-2007)

Programme Socrates of the European Commission

Project website: <http://www.bia-net.org/en/lena.html>

Leading partner: Gefas Steiermark (Austria)

The LENA project developed a new way of creating learning opportunities for older adults. The project shifted the common teacher-centered methodology towards a learner-centered education and developed a pan-European approach to creating learning that engages elderly at each stage of the process. It opened up life-long learning opportunities for older people, to help society accept the older generation, to oppose age discrimination and strengthen solidarity between the old and the young. Also it developed new learning opportunities, relying on a democratic approach of involving the elderly, to challenge the standard, top to bottom educational practice and also developed a guide for organizations and people who are interested in lifelong learning for seniors and want to know more about how to work for and with older people.

Name of the project: LARA - Learning, a Response to Ageing (2008-2010)

Program funding: Lifelong Learning Programme

Leading partner: Hamburger Volkshochschule (Germany)

The project LARA sought to support adult educators in developing responsive teaching and learning. By providing time for reflection, consideration of good practice from within Europe, review of the attitudes to and the realities of ageing, opportunities to self-audit existing professional skills and action plan for new ones the project made a contribution to the competence of adult educators within partner countries and within Europe. It developed a training which equips teachers and managers of adult education programmes to develop and deliver learning that is responsive to the demands and opportunities of ageing.

Name of the project: MATURE - Making Adult Teaching Useful, Relevant and Engaging (2012-2014)

Program funding: Lifelong Learning Programme

Project website: <http://matureproject.eu/>

Leading partner: University of Leicester, Institute of Lifelong Learning, United Kingdom

MATURE project work offered a contribution to the debate about the impact of issues such as health, dependency, culture, ethnicity and attitude on the lives of older adults and their willingness or otherwise to participate generally. Main objectives were to identify and analyse barriers to engagement in learning, to seek out examples of good practice in engaging hard to reach older adults, to use the research as the basis of a European response to the engagement in learning of disadvantaged older people, to explore and analyse the potential role of intermediaries in overcoming barriers to participation in learning and develop face-to-face and self study training for adult educators.

DEMENTIA and ICT

Name of the project: Digital Timelines (2014-2016)

Program funding: Erasmus+

Project website: <http://www.digitaltimelines.eu/>

Leading partner: Lancaster and Morecambe College (United Kingdom)

Digital Timelines was an innovative project that sought to maintain the quality of life and help people with memory loss or dementia by developing and piloting a training course which would encourage and instruct family and friends, as well as professional carers to create a Personal Digital Memory (PDM) to use as a tool to comfort, support and encourage interaction with the person with memory loss. Digital Timelines made maximum use of developments in ICT with regards to "multi-media" digital devices to produce a training programme and digital resources which can encapsulate memory stimulating information from a variety of media to benefit specifically the person with dementia and their family and friends, as well as professional carers.

HOUSING AND OLDER PEOPLE

Name of the project: HELPS - Housing and home care for the elderly and vulnerable people and local partnership strategies in central European cities (2011-2014)

Program funding: Central Europe Programme

Leading partner: Friuli Venezia Giulia Region (Italy)

The HELPS project was aimed at implementing research activity (transnational review of innovative practices of housing and care solutions for elderly and vulnerable people), pilot actions (social experimentation of local community networks integrating actors and resources in the public and private sectors) and strategies (transnational design of strategies and actions for mainstreaming pilot cases). HELPS project promoted innovative housing and homecare solutions. ZDUS had a pilot action that established an Info point for the housing solutions for older people. The goal of the info point is to assist older people and their families to find the best solution where and how to live in the third age, considering their personal needs and preferences, covering the wide range of options - from "how to stay at home as long as possible" independently to residential home for seniors.

ICT SOLUTIONS and CARE OF THE ELDERLY

Name of the project: SAAPHO - Secure Active Aging: Participation and Health for the Old (2011-2014)

Program funding: AAL – Ambient Assisted Living

Leading partner: Barcelona Digital (Spain)

The aim of SAAPHO was to stimulate and support seniors to participate in the self-serve society by preserving and enhancing their independence and dignity through novel frameworks that promote Active Ageing¹³. SAAPHO was devoted to provide services aligned with the Active Ageing policy by providing services related to the three main axes associated to this policy: health, participation and security. SAAPHO created a user interface for mobile devices that allowed and facilitated the access to: healthcare services.

Name of the project: iCarer - Intelligent Care Guidance and Learning Services Platform for Informal Carers of the Elderly (2013-2016)

Program funding: AAL – Ambient Assisted Living

Leading partner: Tunstall Healthcare (United Kingdom)

iCarer developed a platform which acted as a “virtual carer”, a prototype which was initially tested in the United Kingdom and Slovenia, with expectations of being scaled up in the near future as a European platform aiming at contributing substantially to maintaining the autonomy of elderly people at home and creating a learning network for informal caregivers. iCarer also focused on providing e-Learning services to support these carers.

Name of the project: INNOVAGE - Web Services for Informal Carers (2014-2015)

Program funding: European Union

Leading partners: Italian National Institute of Health and Science on Aging (INRCA) and Eurocarers Association (Belgium).

The project was dedicated to developing, testing as well as surveying and cataloguing, social innovations for older people. Apart from selecting social innovations exemplars and creating a new European evaluation system of their impact on healthy life expectancy, four new innovations were developed and tested: a) social innovation for user – driven housing of older people, b) a web-platform for informal carers of older people, c) social intervention for improving obesity in old age, d) social innovation for activation of people with dementia living in long term care institutions.

Name of the project: iCareCoops - Fostering Care Cooperatives in Europe by Building an Innovative Platform with ICT Based and AAL Driven Services (2015-2017)

Program funding: AAL – Ambient Assisted Living

Project website: <http://project.icarecoops.eu/>

Leading partner: SYNYO GmbH (Austria)

iCareCoops tackled the increasing demand for elderly care at a time of limited resources. It created a novel ICT-driven solutions. iCareCoops was designed as a three-level-concept with information, cooperative, and AAL-driven service levels. These intelligent, interactive, and inclusive services were developed with deep end-user involvement and provided via a powerful web-based platform, a mobile app, and an Open API. An innovative web-based platform was developed which offers interactive ICT- and AAL-based services, processes and mobile applications to enable an environment of true collaboration and cooperation which supports carers and cooperatives in their diverse and demanding tasks. To empower careers and older people to extend the time they can live in their preferred environment - at their own homes, by transferring the cooperative model into long term and informal care.

INTERGENERATIONAL BONDING

Name of the project: Mix@ges - Intergenerational Bonding via Creative New Media (2011-2013)

Program funding: Lifelong Learning Programme

Leading partner: University of Strathclyde, Scottish centre for intergenerational practice (SCIP) (Scotland)

The Mix@ges project has been awarded in the year 2013 by the European Map for Intergenerational Learning with an EMIL award in the category “Culture & the Arts”. The project invited young people (14 – 20) and older people (50+) to create under the guidance of professional artists, arts and media facilitators innovative media products, including iPod movies, audio guides for a museum, artistic blogs about the daily lives of young and older, Tagtool performances, digital music and cell-photo art. The goal was to develop and deliver some inspirational and attractive tools to be used by cultural and community organizations when stimulating intergenerational dialogue. The project endeavored to bridge both the generational gap as well as the digital divide.

Name of the project: My Story - creating an ICT-based inter-generational learning environment (2011-2013)

Program funding: Lifelong Learning Programme

Leading partner: EuroED Foundation (Romania)

MyStory team collected a database of life stories from people in Finland, Lithuania, Romania, Slovenia and UK and engaged young people in volunteering to collect stories of older people. The collected stories were processed into 10-15 minute films presenting stories on various themes. The full-length interviews collected in the project were archived in the database offered to those interested in developing these materials in other directions. The main objective of the MyStory project was to foster international collaboration opportunities to engage young people in intergenerational socialisation, to support seniors to share stories and to recognize it as a valuable learning experience, as they were initiated in the basic use of computers and internet to be able to access the project story database and communicate online with other story tellers from different countries.

Name of the project: Senior build with younger Bridges for Europe (2014-2017)

Program funding: Erasmus+

Project website: <http://www.bruecken-fuer-europa.eu/index.php/de/>

Leading partner: Technische Universitaet Chemnitz - TUC (Germany).

The project encouraged the active participation of young people in democratic processes to develop European cooperation, the dialogue and the exchange of younger to older people who can make a significant contribution in their professional and life experience. It promoted the active participation of younger and elderly people in democratic processes to further develop European cooperation; to intensify the intergenerational dialogue for the further development of crossgenerational learning and for the understanding of processes in the European Union.

TOURISM FOR THE ELDERLY

Name of the project: DiscOver55 (2016-2017)

Program funding: COSME - Europe's programme for small and medium-sized enterprises

Project website: <http://www.discover55.eu/>

Leading partner: Timesis Ltd – Montepisano DMC (Italy)

DiscOver55 was a transnational European project designed to attract senior tourists 55+ in low and medium season to visit four target areas in Italy, Austria, Slovenia and Finland. The destinations were linked by a common theme of "Water for Wellbeing" and "Experience Tourism" and were intended to be accessible for senior travellers in good health with medium-high spending capacity, and sustainable in the long term. DiscOver55 created customized tourist packages, relying on the strong involvement of local stakeholders in the four areas.

COMBATING VIOLENCE and AGESIM

Name of the project: EuROPEAN - The European Reference Framework on the Prevention of Elder Abuse and Neglect (2009-2011)

Program funding: European Commission, General Directorate for Employment, Social affairs and equal opportunities.

Leading partner: ANBO - Dutch association by and for seniors (Netherlands).

The project drew up a reference framework of best practices to combat violence against elderly. Experts in the field of violence and abuse against older people shared their experiences through the website and drew attention to the problems encountered in the identification and prevention of violence against the elderly. The research that was done contributed to a better understanding of the problem on national levels and on the European as well. Cooperation with other countries revealed several best practices how to tackle violence against the elderly.

Name of the project: STOP VI.E.W. - Stop Violence Against Elderly Women (2011-2013)

Program funding: Daphne III Programme of the European Union

Leading partner: Auser Regionale Lombardia (Italy)

The project increased awareness of violence against elderly women by exchanging analyses, experiences and good practice on a national and transnational level, giving social visibility to this problem through an intensive awareness-raising, information and communication campaign. It strengthened social support networks and self-help initiatives in order to raise safety and solidarity levels in places where elderly women live and socialise, through the direct involvement of beneficiaries and associations.

Experience and Expertise of the organization in the project's subject area

Digital Timelines (Erasmus+, 2014-2016) was an innovative project that was directed to help people with memory loss or dementia by developing and piloting a training course which would encourage and instruct family and friends, as well as professional carers to create a Personal Digital Memory (PDM) to be used as a tool to comfort, support and encourage interaction with the person with memory loss. In the project the consortium produced a training programme and digital resources which can encapsulate memory stimulating information from a variety of media to benefit specifically the person with dementia and their family and friends, as well as professional carers. A designed training package was developed and made freely accessible to individuals, carers, family and professionals alike. ZDUS organised a multiplier event called "Together in Memories" in 2016, with international attendance.

Contributions that can be provided to the project

ZDUS has 9 bodies/ commission that deal with areas concerning older people. Among them are Commission for health care and mental health and Commission for education, which consists of retired experts from the health care area, adult education and lifelong learning. The Commission for health care and mental health is involved in

preparing drafts or amendments of legislation and any other national documents that concern mental health of older people, especially in the field of dementia. ZDUS has a representative in the Government work group for the preparation of the National Dementia management strategy in Slovenia for the following period (2020-).

ZDUS has a special Commission for education for the social care programme called Elderly for better quality of living at home, where 3.500 older volunteers visit their peers in their local environments, assisting them in their daily life activities according to their needs. Members of the Committee are retired educators or unformal adult educators, with know-how in the fields of life-long learning, andragogy and adult education. Their main area of work is to organize training of approximately 30 senior educators, who then organise and implement further trainings for the volunteers, who are involved in yearly trainings where they gain soft skills to implement the programme.

ZDUS offers expertise, know-how and cooperation in the following areas: assessment of needs of older people, lobbying, influencing decision makers and policy designers, implementation of surveys and focus groups, pilot testing of methodologies, dissemination and exploitation activities, evaluation, organization of seminars, conferences and other events etc. ZDUS involves its members in the project activities: retired experts from various areas (social sciences, ICT, demographics, education etc.) carry on with their professional work by using their potential, expertise, knowledge, experience. Retired experts are supported by employed project coordinators - staff members (at the moment 2), employed on full-time basis, working on several national projects.

Reasons of involvement in the project

One of ZDUS main missions and goals is improving the quality of life of older people and we believe improving health literacy about dementia will contribute to this goal. Life-long learning is a tool with which we can achieve such improvement, so it is on us to support our adult educators to being this process by developing competences on educating older people about dementia related health issues. We strive for age friendly communities and communities that understand to age related issues, such as dementia. Raised awareness about it in communities can enable a more inclusive and engaging life for persons living with dementia, as for their carers, family members and the community.

Contact Person's Experience and Expertise

Dijana Lukić, graduate of Ethnology and Cultural Anthropology at the Faculty of Arts in the University of Ljubljana, experienced in project management and national, international projects where the main focus is the quality of life of older people. Employed at ZDUS since 2011, her main focus of area is culture in the 3rd life period and adult education of older people. She was a project coordinator for 7 EU funded project, mainly from the past Life-Long Learning Programme and now Erasmus+. She is a project leader of the national event called Days of Intergenerational Coexistence, and works on behalf of ZDUS on many national and international campaigns, such as Slovenian Lifelong Learning Week, a national campaign of promotion of adult education and life-long learning and campaign ADA- Age Demands Action, where older people meet with decision-makers and lobby their local and national governments to push the issues most important to them, amongst them also healthcare issues.