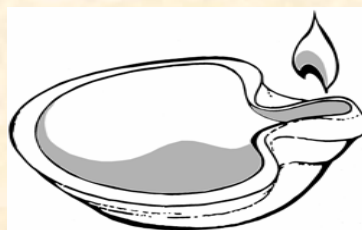


Family care for the elderly in Slovenia



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Ageing and care of dependent old people within the family

- Old people choose going to old people's home over staying at home
- $\frac{3}{4}$ would choose to go to old people's home and less than $\frac{1}{5}$ would choose to live with one of their children (Nagode, 2003)
- 39,9% would choose old people's home, 29,5% any type of home care - social / private (Ramovš, 2005)

Our study (Hvalič Touzery, 2007) has shown that the willingness of family to care for the elderly is very high.

We found that the motives like “emotional bonds”, “sense of duty” or “moral responsibility” are the most frequently mentioned motives for caring.

Characteristics of family carers. We confirmed the feminisation of care. The main carers of old people were children - mainly daughters - then partners and daughters-in-law. We discovered that one third of the family carers cared more than 40 hours.

- The needs of family carers vary:
 - the need for longer vacation - “respite care services”
 - more frequent visits from a district nurse
 - larger accessibility of home help services

Ensuring the quality life of old people in the future: the solution is in the combination of public care services with the services provided by non-profit voluntary organisations, informal carers and private sector.

Social policy concerning family carers in Slovenia

- National Social Protection Programme 2006 - 2010 (2006)
- Slovenia's Development Strategy 2006 - 2013 (2005)
- Strategy of care for the elderly till 2010 - Solidarity, good intergenerational relations and quality ageing of the population (2006)
- In preparation:
 - Law on long-term care and long-term insurance
 - National plan for mental health in Slovenia

Support to the family carers in Slovenia:

- The institutional care in old people's home has rapidly evolved in the last 40 years.
- The quality of Slovenian old people's homes is high.
- They cover 5% of the population older than 65 years.
- since our independence, in the last 15 years, social home care and numerous new programmes for quality ageing and good intergenerational relations are rapidly developing.
- Hospic
- “Forget-me-not”



•As written in the Strategy of care for the elderly till 2010 -”Solidarity, good intergenerational relations and quality ageing of the population”, the countries and experts are facing a challenge to rapidly develop, implement and expand new models of help to the families with an old person, new programs for care of elderly that will be more adjusted to their needs and wishes, and other support networks for quality ageing and good intergenerational relations.

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... is the national scientific
and expert institution.

... was founded by few experts
as private individuals, Slovenian Academy of Sciences and Art in 1992
and in 2004 by the Government of the Republic of Slovenia.

... work is interdisciplinary and includes sociology, psychology, medical science ...

... has quite early realised the seriousness of demographic changes in Slovenia and
therefore made some studies, developed new social programmes and
implemented new social programmes in this field.

The main focus is given to the development of the new programmes for
quality ageing and good intergenerational relations.

Solving actual needs with four types of programmes:

Programmes for informing the communities on the possibilities for quality ageing, preparation on the old age and better intergenerational communication (lectures, round tables, informative brochures for households, newspaper articles, TV...)

Several short courses (3 times 3 hours in a small group of 12 people):

- for young people for better relations and communication with elderly;
- for elderly to better understand younger two generations, for quality life after the retirement, for caring for an elderly family member,... all those courses lead to practical lasting activities.

Training and organizing intergenerational volunteers of all generations:

- for individual companionship or groups once a week,
- young people teaching old people basic computer skills, old people helping youngsters with some school assignments and teaching them languages, traditional skills, ...

Local intergenerational centre is the highest organisational form when implementing large number of different programmes in the local community (of about 10.000 people): the elderly home, day center, formation of the intergenerational association, organisation of the relative's clubs - special self support groups of old people's relatives, organisation of the work of the intergenerational volunteers ...

These programmes are the response to the following acute needs:

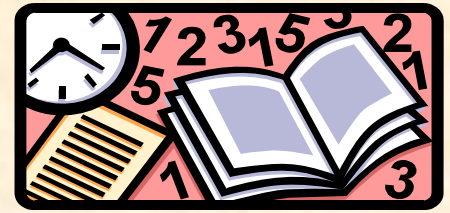
In the current living conditions young, employed and retired generations have very little mutual contact, that is because they don't know each other; they are full of prejudices and stereotypes. Due to this, the crucial need that we have to meet became a development of »a new solidarity between the generations« (The Green Paper of the Commission of the European communities 2005 “Confronting demographic change: a new solidarity between the generations”).

Good interpersonal relations are in addition to health one of the most important values. However, it is possible to achieve them only if people decide to learn how to properly communicate - that is through communication programmes. We have to learn how to communicate just as we have to learn how to drive.



One of results: In the last decade, our Institute has trained and organized more than 1.000 intergenerational volunteers all over Slovenia. They are the leaders of intergenerational groups (about 800 of them).

Main realizations:



- The main danger is the isolation and exclusion of the elderly and family carers ⇒ intergenerational solidarity and conditions for quality ageing in the community



- It is necessary to develop affordable programmes ⇒ partnership between municipality, civil organizations, families, committed individuals

Thank you for your attention.

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