

Programs for the elderly during the transition from the workplace to retirement - The establishment of the 65 + network - Quality care and home care for the elderly

## Programs and services in order to assist the elderly in Pomurje in maintaining health and the quality of life

On the 12th of April 2016 a variety of measures was presented in Dosor in Radenci for the reduction of problems that older people face in maintaining their health and quality of life. According to the findings of two studies on the needs of elderly at home and on the causes of poor integration into programs of active and healthy ageing, single people, women, those over the age of 75 and elderly living in a village have greater problems, mostly because of an inferior economic position and poorer access to certain institutions (banks, shops, doctors), social networks and information.

Mojca Makovec Haložan from the Centre for Health and Development Murska Sobota presented the work that they performed with partners over the period of one year in the region Pomurje and the suggested solutions: "We developed programs and services for the elderly that help people better prepare for old age and thus for challenges that await them in that period of life. These are services that connect local resources and establish local networks capable of fast and effective responses to the challenges of ageing in the future. We will try to replicate our programs in other municipalities and regions as well, of course they will be adapted to the people in those regions."

Amalia Šiftar, a representative of the Union of Associations of Pensioners of Slovenia described the results of two surveys carried out in Pomurje and added: "...there are potentials of inhabitants and institutions in Pomurje that could help abolish problems of the elderly in the local environment, if connected. This was visible from the pilot projects established, or being established, in the area of the administrative unit Ljutomer. In the future, the Pomurje Provincial association of Pensioners Murska Sobota and the Centre for health and development Murska Sobota will do all in their power, so that people will be informed about the results, especially all mayors of Pomurje."

Zlatka Murtić from DOSOR presented field services, amongst others the mobile rehabilitation and telerehabilitation carried out by a mobile rehabilitation team. Older people, depending on certain medical conditions, can receive it in the comfort of their own home. "The care for an elderly sick relative can be a big stress for family members because they are not skilled at caregiving. They are often also too emotionally involved in the whole situation. We therefore taught informal caregivers that take care of a person at home through practical educations "Care with heart" skills of caretaking, offered counselling and help through therapeutic groups. This practical example, proved to be very successful among family members."

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