

GtG deliverable

Appendices to D2.1 Co-creation results I

This document contains the appendices (chapter 6) to D2.1 Co-creation Results I of AAL project Gift to Gift.

Responsible partner: Senior-Live, SGWIA

Additional contributors: Civics, siosLIFE

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Appendices to D2.1 Co-creation results I

Appendix 1: Information letter and informed consent form GtG Project (in Dutch)

Informatiebrief GtG Project (in Dutch)

Onderwerp: Bijeenkomst Gift-to-Gift op donderdag 14 maart aanstaande

Beste deelnemer aan het Gift-to-Gift project van Senior-Live en GezondheidFabriek,

Nogmaals hartelijk dank voor uw interesse in deelname aan ons project!

Voordat u de definitieve keuze maakt om al dan niet deel te nemen, willen wij u hierbij meer informatie geven. Deze informatie zou moeten helpen om u een goed idee te geven van wat u kunt verwachten. Als u inderdaad besluit om deel te nemen, vragen wij u om het toestemmingsformulier dat als bijlage is meegestuurd in te vullen en mee te nemen naar de bijeenkomst op donderdag 14 maart aanstaande. Ook willen wij u vriendelijk vragen om voorafgaand aan de bijeenkomst een aantal 'inspiratie vragen' te bekijken en voor te bereiden. U wordt verwacht tussen 9:00 en 9:30 uur. Om 9:30 uur zal de bijeenkomst beginnen en tot omstreeks 13:00 uur duren (inclusief lunch)!

Wat is dit project en waarom bestaat het?

Project Gift-to-Gift vindt plaats in de steden Almere, Vig (Denemarken) en Braga (Portugal). Het gaat uit van het idee dat het groeiend aantal ouderen in Europa veel voor elkaar zou kunnen betekenen. Het project Gift-to-Gift wil de onderlinge betrokkenheid en hulpvaardigheid van ouderen stimuleren en benutten. Hiertoe wordt een platform ontwikkeld voor laagdrempelige uitruil van 'vriendendiensten'. Wij willen dit projectidee graag bij u toetsen en met uw hulp verder ontwikkelen.

Wat houden de co-creatie sessies in?

Er worden meerdere co-creatie sessies georganiseerd. De eerste sessie op 14 maart gaat over het delen van ideeën en inzichten met elkaar wat betreft het Gift-to-Gift idee om als ouderen elkaar te ondersteunen door samen klussen of activiteiten op te pakken. In de tweede sessie (waarschijnlijk op 4 april) komen wij weer bij elkaar. Co-creatie sessie 2 is gebaseerd op uw input uit sessie 1. Wij kijken dan hoe een online platform er uit zou kunnen zien waar ouderen die een vriendendienst

kunnen gebruiken worden gekoppeld aan ouderen die een vriendendienst willen aanbieden.

Elke co-creatie sessie duurt inhoudelijk ongeveer drie uur. Deze worden begeleid door experts van Senior-Live, de GezondheidFabriek met ondersteuning van enkele studenten van Hogeschool Windesheim Zwolle.

Wat zijn de voor- en nadelen wanneer u deelneemt?

Via deze co-creatie sessies draagt u bij aan de ontwikkeling van een nieuw gebruiksvriendelijk samenwerkingsplatform gebaseerd op uw wensen en behoeften. U wordt ontvangen in een aangename omgeving met koffie en iets lekkers. Wij sluiten af met een heerlijke gezamenlijke lunch. Wij hopen dat het een interessante, leuke en leerzame dag wordt.

een nadeel is mogelijk dat u op tijd op pad moet en tijd investeert.

Wat gebeurt er met de gegevens en informatie die u verstrekt?

Wij vinden het erg belangrijk om zorgvuldig met uw persoonlijke gegevens om te gaan. Wij zullen uw bijdrage daarom vertrouwelijk en anoniem behandelen. Uw naam staat niet in een rapport. Uw informatie en gegevens, inclusief eventueel beeld- en geluidsmateriaal, worden alleen gebruikt binnen het project Gift-to-Gift en in project publicaties die hieruit voortkomen. U wordt ook gevraagd of u dergelijke publicaties (per e-mail of per post) wilt ontvangen.

Wat vragen wij voorafgaand aan de sessie van u?

Als u besluit om mee te doen vragen wij u ter voorbereiding enkele 'inspiratie kaartjes' te bekijken en zo mogelijk te beantwoorden! U vindt deze in de bijlage bij deze mail. Wij willen u vriendelijk verzoeken, indien mogelijk, om de bijlage af te drukken, uw antwoorden per vraag te noteren en mee te nemen naar de bijeenkomst op donderdag 14 maart. Neem de tijd, bekijk elke vraag zo nodig gedurende enkele dagen, en schrijf voor uzelf herkenbare situaties op. Zij vormen het uitgangspunt van de co-creatie sessies. Zo u wilt kunt u ook digitaal een enquête invullen met dezelfde inspiratievragen via de deze link: [klik hier](#).

Tenslotte is het belangrijk om het bijgevoegde toestemmingsformulier goed door te lezen, af te drukken, te ondertekenen en mee te nemen op 14 maart als u besluit mee te doen.

Voor vragen kunt u ons bereiken op de nummers hieronder. Wij kijken alvast uit naar een creatieve, inspirerende en geslaagde bijeenkomst! Wij zien elkaar volgende week bij Senior-Live op de Kerkgracht 51 in Almere Haven.

Met vriendelijke groeten,

Erick Schydowski en Sandra Migchielsen

Senior Project Development Manager, Senior-Live en Projectmanager,
Gezondheidsfabriek

Toestemmingsformulier Gift-to-Gift project Senior-Live

Middels dit toestemmingsformulier ga ik akkoord met de onderstaande punten:

-) Ik bevestig dat ik de mij toegestuurde informatie heb gelezen en begrepen. Ik weet dat ik de mogelijkheid heb om aanvullende vragen te stellen. Ik heb genoeg tijd gehad om na te denken over deelname aan dit project.

-) Ik verleen hierbij toestemming voor deelname aan de co-creatie sessies van het project Gift-to-Gift, gericht op een samenwerkingsplatform voor ouderen. Gift-to-Gift is een project van Senior-Live in samenwerking met GezondheidsFabriek, Civics (Denemarken) en siosLIFE (Portugal) én wordt mede mogelijk gemaakt door AAL en ZonMw.

-) Ik weet dat mijn deelname volledig vrijwillig is en dat ik op elk moment het recht heb om mij terug te trekken zonder daarvoor een reden te moeten opgeven.

-) Indien u reiskosten maakt, speciaal voor deelname aan deze bijeenkomst, willen wij deze natuurlijk vergoeden. Spreek hiervoor één van onze medewerkers aan vóór of na de bijeenkomst.

-) Ik geef **wel** / **geen** toestemming (doorhalen wat niet van toepassing is) voor het gebruik van de informatie die ik heb gedeeld. Mijn privacy wordt gerespecteerd. Ik ben mij ervan bewust dat in de rapportage en verdere communicatie over dit project mijn uitspraken kunnen worden geciteerd, zonder dat deze herkenbaar zijn voor buitenstaanders.

-) Ik geef **wel** / **geen** toestemming (doorhalen wat niet van toepassing is) voor het gebruik van mijn gegevens die zijn verzameld tijdens de co-creatie sessies.

-) Ik geef **wel** / **geen** toestemming (doorhalen wat niet van toepassing is) voor het gebruik van digitaal opgenomen materiaal (bijvoorbeeld foto's en geluidsopnames van de sessie(s)) of de ingevulde vragenlijst voor publicatie.

Aan het einde van het project wil ik **een / geen** kopie (doorhalen wat niet van toepassing is) van de samenvattende publicatie per **e-mail / post** ontvangen (doorhalen wat niet van toepassing is).

Naam: _____

Handtekening: _____

Datum: _____

Wij verzoeken u vriendelijk een ondertekende versie van dit toestemmingsformulier in te leveren tijdens de eerste co-creatie sessie. Hartelijk dank voor uw medewerking!



Inspiration cards co-creation workshop1

Appendix 2: Resume of Danish Workshops in sprint 1

Danish workshops 1

The following is a resume of the first Danish round of workshops in the Gift to Gift project. In DK, the first sprint consisted of two workshops.

Workshop	Number of participants	Sex
WS#1, Egebjerg	7	4M / 3F
WS#2, Vig	7 + local priest who took part	7 F

A total of 14 seniors took part.

The workshops took place in Egebjerg and Vig respectively. The two communities are 5 km apart.

Methodology

Venue: We were able to host the workshops at locations which the participants knew. One in a local hall (Egebjerg), and one in the parish hall (Vig). This lent credibility to the project as well as indicated the goodwill of local stakeholders.

Recruitment: Participants were recruited through the local newsletters, introductory talks at the parish hall, in a venue for seniors hosted by the priest at the parish hall, inclusion in a local senior associations monthly newsletter, and other channels.

About the participants: All participants came to the workshop by themselves (=not disabled). They are all active seniors who take part in village life and in the associations for elderly that already exist (=not lonely).

Workshop tools

First and foremost, co-creation was top of our list. We also wanted to learn as much as possible about the everyday life of our informants to know, how the project might fit in with the routines of seniors living independently in the area.

Open and narrow ways of getting information

When we design the co-creation process we take into account that we get different answers when we let the participants use different parts of their brains.

When we give the participants written questions to discuss, we lead their minds to think and talk about specific fields of their lives. We are conscious that this is a pretty narrow way of getting information. On the other hand these questions give us the possibility of

Inspirational pictures



A large number of pictures - of everything from nature over grandchildren to medicine and travel - was spread out. The participants could then choose pictures that 'spoke to them' and again, one-on-one, tell each other why these particular photos moved them.

Again, we came together in plenary and harvested the stories, adding to the lists of 'tasks' that people could imagine having help with or, indeed, helping with themselves.

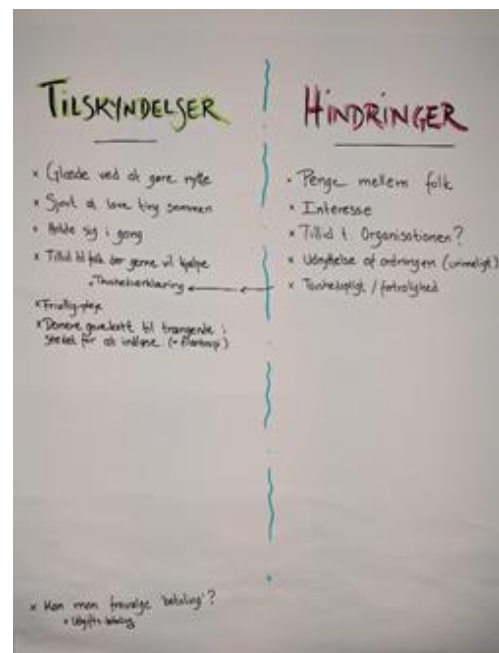
Another 'list' that would begin to fill at this point was the list of "objections and reasons to help each other".



This latter list is an effective way of gathering especially objections to the project and format.

Rounding off

Eventually, we asked our participants to fill in an IT-literacy and habits-questionnaire, and to help us make a brief evaluation of the workshop.



Positive feedback from the workshops

Our informants have enjoyed the workshops - with home baked cake and the good company of others. If nothing else, we have supplied passtime and interesting conversation.

Talking about 'what one might do for others' was quite popular, and the participants enjoyed elaboration on places to take others, or on which tasks in the home might be systematized better. Cycling came up at both workshops as something many would like to help others with (it later came to our attention that all the retirement homes in Odsherred have rickshaws in their garage, with none to pedal them). In general the tasks of escorting people around - to shopping, museums or nature, came through as a strong candidate for what people would like to help with.

Typical Helper tasks identified in workshops:

- Cycling
- Walking/Nordic walking
- Flower walks in gardens
- Shopping
- Music trips
- Community & Company
- Sharing interests - i.e. hobbies like painting, knitting
- Practical tasks about the house
- Gardening
- Systematizing (photos, wardrobes etc.)

Negative feedback from the workshops

In the evaluation and across the workshops, what has stood out is that there are several subjects that are often challenged and which need detailed explanation and reasoning.

These subjects are

- How the gift card system works - on a practical level
- Our roles and the role of Civics (who is the 'sender' of this project)
- How we will price and put a value on the services and the gift cards respectively
- That there are already other organisations and initiatives taking care of this field
- A problem that quite a few people have: money is involved as help is exchanged
"We already help each other and don't need a project to do so"

Other areas of debate have been:

- Trust - in the people coming to help or the ones wishing help
- Trust - in the people that came up with the idea
- Trust - in the system behind the platform
- Trust - will Helpers report on the '(poor) state of a given home' in the local community after?
- Ability/care to use IT
- A fear of being exploited (on the Helpers part)

Re. items 1-2: These are practical concerns that have a lot to do with the way that we have presented the project and with the fact that we are outsiders entering the community and presenting something, that they are not really sure they need. We're testing various ways of addressing this.

Re. item 3: valuing and pricing services and gift cards. This objection has been especially prevalent in the workshop that included a senior who saw herself as a User of the service. This brought her to ask many questions as she was trying to assess whether she would be able to afford it.

In a related interview with another potential User, many questions to this effect were also raised. See appendix XX (Käthe, interview).

Re. item 4: there are already other organisations and initiatives taking care of this field. This is an objection that we have met both in and out of workshops. Largely, it addresses two organisations: the Red Cross and their 'besøgsvenner'/'visiting friends', and

the organisation DaneAges' service 'den hjælpende hånd'/'The Helping Hand'. Upon inspection, it turns out that the local Helping Hand service is rarely used, and largely by people who are already acquaintances of the Helper (see interview with Erik, appendix XX). The Visiting Friends service is a volunteering service, limited to visits aimed at combatting loneliness. The service is active, but there are far fewer volunteers than needed. The existence of the DaneAge associations 'service', and possibly some knowledge of the Red Cross initiative, seem to give the active seniors the impression, that there is indeed help to be had for those that need it - but this is not, according to our findings, an accurate perception.

Re. item 5: In both workshops we have found **a major objection to be about money.**

There seem to be a few explanations for this.

Many 'Helpers' seem to be motivated by altruism and resent the thought that money should be exchanged

The seniors we have reached with our workshops are among the 'active' seniors, financially well off and not really 'wanting' for anything

Our workshop participants have themselves pointed to a generational difference where those currently at +70 are far more traditional and averse to money entering the equation than those at +50 and in their early 60's. This led one participant to say that *"in a very short time the 'young seniors' will have much less trouble with this particular element"*.

Re. item 6: the seniors object to the need for a project to do what they are already doing. Upon inspection it becomes clear that there is indeed a lot of helping going on.

However, this takes place between people who know each other. And between the seniors who are very active.

When questioned in the workshop whether there was someone on their street, or in their neighbourhood, that does not take part in social events and are rarely seen out and about, our informants were all able to produce examples of such neighbours.

When making sense of the world, self, and others in it, we always start from our personal point of view. This leads us to think that this objection is a result of active seniors' perspective rendering a large group of elderly with poor support networks invisible - also to their peers.

Appendix 3: DK Debrief Pilot 1, Helper

Opgavestiller		Otto, forsamlingshuset	
Opgaveløser		Sarah	
Opgavetype		Rede 6 senge til gæster	
Opgave udført	4/4	Debrief dato	4/4

Hvad tænkte du om opgaven forinden?

S syntes at 6 senge var en del. Var bekymret for en skulder, der periodisk smerter og skaber problemer. Blev instrueret i at skåne sig selv, og stoppe ved tegn på problemer.

Hvordan oplevede du forventningsafstemningen inden selve opgaveløsningen?

S ringede til O ugen inden. Aftalte dag og tid, og bad ham have sengetøjet klar. Det gik fint.

Hvordan oplevede du opgaveløsningen?

- **Var det nemt at gå til?**
- **Blev aftalen overholdt?**
- **Var opgaven fysisk krævende - og kunne du respektere egne grænser?**

Opgaven gik fra 6 til blot 2 senge (nogle havde aflyst, nogle havde eget sengetøj med). Til gengæld var sengetøjet ikke fundet frem. De måtte ned i kælderen og hente forskellige steder.

Først var S utålmodig - hun var mødt frem med virkelyst og "nu skal vi have det her ordnet". Hun havde også sagt nej tak til kaffe inden, da hun syntes de skulle i gang med opgaven. Dog måtte hun have en "snak med sig selv", for det var tydeligt, at O ikke var hurtig, ej ehller var særlig stabilt gående, og måske ikke helt vidste, hvor han præcis havde alting. Da hun havde bestemt sig for at sætte tempo efter ham, gik det meget lettere.

"Det er jo også et spørgsmål om temperament".

Hun tænkte undervejs noget over, at sengetøjet ikke matchede, at det ikke var strøget, osv. Syntes dog resultatet blev nogenlunde pænt.

S reflekterede over, at folk er meget forskellige - O gjorde mange ting ganske anderledes end hun, og havde i øvrigt nogle særheder, hun måtte undres og grine over.

Efter opgaven sludrede de lidt, og hun endte med at foreslå at de "fik den kop kaffe nu". De havde en dejlig sludder og S gik derfra med fornemmelsen af, at hun havde hjulpet - lige så meget med snakken som med opgaven. Det var en god oplevelse.

Hvad fik du ud af opgaven - på den positive bane?

Fx. "Hvad gav det dig at hjælpe?" eller "Fik du andet end den konkrete hjælp ud af opgaveløsningen?"

S har brug for at komme lidt ud hjemmefra. Hun nød også snakken med Otto.

Kunne du finde på at stille/løse opgaver på denne måde en anden gang?

S vil gerne - men har netop fået et seniorjob, hun har været trist over at miste, tilbage igen. Det er sæsonarbejde, så i vintersæsonen mener hun godt hun vil være med. FO har lokket med endnu en opgave, inden S starter på job (10/5).

Prissætningen

Da opgaven oprindelig lød på 6 senge syntes S at de 2 senge og 4 sæt håndklæder, de endte med at rede og lægge frem, var en småting. Inden havde hun tænkt at måske 250,- - men efter syntes hun, det var alt for meget. Det var dog samme beløb, FO havde haft i tankerne, og beløbet ville ikke ændre sig hvis det var en 'virkelig' opgave i GtG-systemet, der skrumpede i størrelse, så hvorfor her? FO køber gavekort på 250 til brugsen næste uge - "man skal have lov at være heldig".

S tænkte i øvrigt på, at benzinpenge og slid på bil ikke var med (sådan som vi hidtil har talt om gavekortene) og at det kunne være relevant. Da hun og hendes mand i nogle år havde det svært økonomisk, havde hun svært ved at køre ind til datteren i Holte i bil - det kostede ca 100 t/r.

Andet?

Efterfølgende:

Sarah fortæller nogle uger efter, at hun efter piloten ryddede ud i sit eget lager af sengetøj, havde noget til overs - endda i samme mønster som Ottos, og kørte ned og gav ham et par sæt (så han havde både pude- og dynevår, der matchede).

Appendix 4: DK Debrief of User

Opgavestiller		Catherine	
Opgaveløser		Merete	
Opgavetype		Ledsagelse til kunstmuseum	
Opgave udført	11/4	Debrief dato	11/4

Hvad tænkte du om opgaven forinden?

Jeg glædede mig

Hvordan oplevede du forventningsafstemningen inden selve opgaveløsningen?

Det var fint

Hvordan oplevede du opgaveløsningen?

- **Blev aftalen overholdt?** Ja - bortset fra at vi begge havde overset/ikke fundet info på hjemmesiden om at Hempels Glasmuseum var lukket ind til 1/5. Godt at vi havde et fælles ansvar der. Og godt at vi fandt en anden løsning
- **Kunne du respektere egne grænser? (Har ikke spurgt hende)**

Var der noget negativt vi skal huske at snakke om? Det er faktisk vigtigt vi får det hele med:)

Catherine kan ikke lide navnet "Gave til Gave" Det er det eneste hun nævner da jeg spørger til det "negative". Navnet ville være mindre generende hvis det fremgik af en annonce i Ældresagens blad!! Det ville give troværdighed

Hvad fik du ud af opgaven - på den positive bane?

Fx. "Fik du andet end den konkrete hjælp ud af opgaven?"

Jeg fik smag for det

Ekstra spørgsmål: "Ville dine bofæller (Engparken Seniorbofællesskab) gøre det samme?"

Ja - der er flere der er blevet alene og andre som mig med "inaktive mænd" De trænger til at komme ud.

Kunne du finde på at stille opgaver på denne måde en anden gang?

Ja mindst 10 gange om året

Prissætningen? Var alle udgifter inkluderet? (F.eks. Entre til museum)

Vi talte om at prisen på gavekortet bør omfatte alle udgifter - altså være inkl entre. KAffen kan godt være ekskl., da man kan vælge den fra hvis man ikke synes man har råd. Catherine foreslog en pris på 300 kr for gavekortet inkl entre for begge parter (Idag kostede entreen alene 135kr for os begge)

Andet?

Catherine har en bofælle, Vera, som er tidligere formand for Senioridræt. HUn kan nok give gavnlige input vedr vores snak med DGI. Gå via Catherine ved behov.

Hvad plejer du at ønske dig af dine børn?

Oplevelser - Sidste gang var det en tur på restaurant.

- Mine børn har ingen indsigt i vores situation. De tror at min mand og jeg da bare kan tage ud at rejse. Men det orker jeg ikke, da min mand dels intet har ud af det og dels intet gør selv. Jeg trækker det hele. (ML's refleksion: C's mand lyder til at have en uerkendt demens)

Hvilke behov har du, som er svære at få opfyldt via de kendte kanaler?

Ture ud af huset

Appendix 5: A brief summary of most important interviews with local stakeholders, in English

Some interviews with local stakeholders in DK

The Helping Hand

We met with the local volunteer in the initiative “The Helping Hand” - a localized initiative present in a few areas. The people with the most firm oppositions against Gift to Gift point to this initiative as the reason why they don't need Gift to Gift.

The Helping Hand is initiated by Ældresagen (NGO Organisation for seniors), but there is no support for the senior citizens who are part of the corpse of helping hands. We were curious to hear about the activities of The Helping Hand and to see if it is true that there is no need for Gift to Gift.

In the following we have listed up the conclusions of the meeting with the volunteer in “The Helping Hand”, Vig. See appendix for further details (in danish)

1. The volunteer in Vig solves practical tasks in Vig but not necessarily in Egebjerg or Nr. Asmindrup. The tasks solved are more narrow than those of GtG as we also propose for instance companionship, sewing and reading.
2. There is no Helping Hand in Gørlev, Høng, Kalundborg, Dragsholm, Sorø - towns and villages up 50 kilometres from Egebjerg. Nationally there are only a “Helping Hand” in 18 of the 215 local groups of The Cause of the Elderly. The Users of the help are active seniors - some of them know the volunteer from senior gymnastics and dance. The families of the Users are not involved.
3. Intensity of the use: in 2018 the volunteer solved 6 tasks in Vig

Conclusion: the competition in numbers is not an issue. The existence of The Helping Hand should not dissuade us from developing GtG.

Ældresagen, 800.000 senior members strong, has a very good reputation and are deemed very trustworthy by the senior population at large. We believe that the trust-issue is the hardest to compete with. This leads us to want to explore the possibility of a collaboration: can we explain to Ældresagen that their initiative is hardly working (without alienating them) and suggest that they back our solution instead?

The local priest in Egebjerg

We contacted the priest because we supposed that he is in touch with the less active and maybe lonely elderly. Our assumption is correct, but of course the priest cannot give us names. He proposes to hand out our folders to the members of his grief groups. Also he accepts to hand out free gift cards to the members of grief groups. The reason for us to hand out free gift cards is that we hope to get in touch with some of the lonely elderly in need of company.

The priest tells us that the hardest people to reach are the lonely elderly in the summerhouses, because no one knows that they are there - maybe apart from the local nurse. He proposes that we get in touch with the local nurse, who visits all elderly in the age of 75+.

Another idea coming from this source is to put our leaflets in the offices of the local doctors. This is worth considering.

The local nurse

The three nurses who cover the municipality each visit 4000 elderly at the age of 75+ and in special cases also elderly younger than 75.

An important point: the elderly with the biggest need of help do not call for help. Their needs for care are usually reported by a neighbour to either the priest or the nurse. The nurse thinks it is a good idea to go via the younger relatives, who might wish to pay for a giftcard in order to get help to the elderly in need. The public help is very reduced now and the nurses experiences that relatives call them and ask for more help. Often the relatives are willing to pay for extra help, which was formerly part of the public help.

The nurse suggests that we send our folders (before Easter or Christmas where relatives pay visits!) out in the homes of the elderly when GtG can cover more tasks. That way the relatives will see this new way of getting help and can get in touch. The nurse will take our folders with her on her rounds.

She also has some oppositions to the project, which is described in the chapter about oppositions in general.

A local senior volunteer coordinator (Dorthe Friis Jensen)

We were prompted to contact the local coordinator of volunteers at the retirement homes of the municipality. Focus of this meeting is on how to recruit and tend to volunteers as well as how we might help the group of residents at the retirement homes who are not yet demented.

Volunteers: the coordinator has 20 years' experience with volunteers and seniors. She recruits through personal contact and through volunteers bringing people they already know into the retirement homes.

In her experience it is important that the volunteers can contact her to talk - for instance about their experiences with the residents they have been helping. => A debrief function may be an important element.

Some of the volunteers are people who have been healthcare professionals in their work life. A few years after retirement, they return to volunteer at the homes. => This opens up to a specialised group of Helpers who may be able to also help people with beginning dementia. This is also the place where we begin to think seriously about needing a different target group for Helpers.

Users: As the percentage of demented residents at the retirement homes often reach up towards 70%, what becomes a minority of mentally stable patients are in a bind. They need to get out to do things, need a break from the jibberish of the demented, and just generally need "sound conversation". As the retirement homes have too few volunteers, this is an area

where they would love to have the possibility of guiding the relatives to an opportunity like GtG.

The head of the local retirement home in Vig (Lene Damm)

Lene was very interested to hear about our project - she has residents who would really like to get out and about, or receive practical help. At the home roughly 80% are demented and the remaining 20% are physically not well enough to transport themselves anywhere.

The retirement home has volunteers, although not enough of them. Most are quite old themselves, and can't do heavy work. Most of them help with arranging events and just talking to the residents - not with tasks that take active seniors.

At the home, it is possible for the residents or their relatives to buy extra help from staff - for eg. gardening, rearranging furniture, escort to the doctor. The price is 350 dkk/hour.

Presently, even getting any residents to church on Sunday mornings is impossible. And the church is only 500 meters away.

If we send Helpers, it is important to be briefed about most residents beforehand, to be instructed on the use of a wheelchair etc.

Noteworthy: At the local supermarket, a few lonely elders sit and drink coffee most days. Some so lonely and craving contact that they chat to all passers by.

A meeting with the priest in Vig and one of the most active seniors (Annette Berg & Jørgen Preuss)

Speaking to these people really brought home how much adding to the local economy matters to the locals. What was noted was primarily how the project may help fight loneliness and how it might boost the local trade.

Appendix 6: The economy of seniors and pensioners in DK

The economy of seniors & pensioners

Development

January 2018 there were 1.140.000 recipients of state pension (Folkepension) and early retirement pension (Førtidspension).

In a study by Ældresagen, it is reported that the eldest members of the Danish workforce (aged 50-64) are pessimistic about their future economy. However, it is reported that whilst 21% of those retired between 2010-2015 are actually worse off financially after retirement, 72% are at roughly the same standard of living[1], and 6% are better off.

The elderly are very active in helping family and friends out financially (50% aged 50-69, 37% aged 70-79, 29% aged 80-89 years of age). When it comes to receiving financial help from family or friends, only 9% of the elderly have done so over the last 5 years (2015 figures)[2].

In a newspaper article from 2017, Kristeligt Dagblad reports[3] that a third of Danish pensioners, 300.000 people, have no private pension savings. This leaves them vulnerable to unforeseen expenditures. This number is expected to decline somewhat - to 15-20% - over the coming years as more and more elderly have private pension savings.

In 2017, 17% of the pensioners received full "ældrecheck" - this is the group of elderly who are in the worst situation financially, have almost no savings and can receive the maximum amount from the welfare state.

The article reports that, according to Eurostat, Danish elders are, in comparison, better off than British or German pensioners, and only 8% of people over the age of 65 are at risk of ending up in real poverty. The conclusion is that those without private savings probably cannot afford everyday luxuries.

According to SeniorBladet 2018[4], 20.000 Danish pensioners live below the UN poverty line (9800 dkk pr. month). This is roughly 2%. (According to the article from Kristeligt Dagblad cited above, these individuals are likely to be immigrants who do not have same access to welfare as ethnic Danes).

Roughly 596.000 have no private money to speak of and live on the folkepension with a personal addition and some other ... totalling 14.395 dkk/month before taxes. This works out to somewhere around 10.000 dkk/month after taxes.

[1] <https://issuu.com/aldresagen/docs/fremtidsstudiet-2015-kapitel-13-oek?e=28233825/44843554>

[2] <https://issuu.com/aldresagen/docs/fremtidsstudiet-2015-kapitel-8-oeko?e=28233825/44843757>

[3] <https://www.kristeligt-dagblad.dk/danmark/300.000-pensionister-har-en-skroebelig-oekonomi>

[4] [https://www.danske-](https://www.danske-seniorer.dk/images/pdf/Maerkesager/MereEndHalvdelenAnstrengt%C3%98konomi.pdf)

[seniorer.dk/images/pdf/Maerkesager/MereEndHalvdelenAnstrengt%C3%98konomi.pdf](https://www.danske-seniorer.dk/images/pdf/Maerkesager/MereEndHalvdelenAnstrengt%C3%98konomi.pdf)