

## **Social inclusion of older people through volunteering in Estonia, Latvia and Finland (Let us be active!)**



Programme Priority: P4 Skilled and socially inclusive region

Programme Specific Objective: 4.1. More people benefiting from stronger Central Baltic communities

Sub-programme: Central Baltic

Duration: 01.05.2015 - 28.02.2017

Total funding: 264.007 EUR

ERDF funding: 208.054 EUR ERDF

### **Project Summary:**

The project 'Let us be active!' aims at decreasing social exclusion and loneliness among older people in Estonia, Finland and Latvia through involving them in voluntary work. The problem is accurate as the population of people in retirement age is growing and loneliness influences negatively their overall health and wellbeing. The idea is to develop a programme that will allow older people to stay active and participate in their communities by doing voluntary work.

The project will analyse existing activities available for seniors, examine their needs in the area of volunteering and produce guidelines for social and health care workers to promote and support voluntarism of the older people. Workshops, meetings and events for seniors, health care workers and social workers will be organized to develop the new form of voluntary activities. At the same time, the information platform in each city will be established and is to be managed by seniors themselves. The experts from the World Health Organization support the project implementation.

As a result of the project social inclusion of older people is expected to improve. The project activities will contribute to the improvement of the health and well-being of older people and their communities. It is expected that at least 100 older people and their families in every municipality will be influenced by the results of the project. Ultimately, the project will strengthen and support the resilience of the communities in the Baltic Sea Region, contributing to the programme's objective.

## Map of Partners



## Partners

Lead Partner

### **Itämeren alueen Terveet Kaupungit ry**

**Country:** FI

[www.marebalticum.org](http://www.marebalticum.org)

**Partner budget:** 84.103 EUR

**Amount of ERDF funding:** 63.077 EUR ERDF

Project Partners

### **Rīgas domes Labklājības departaments**

**Country:** LV

[www.ld.riga.lv](http://www.ld.riga.lv)

**Partner budget:** 54.648 EUR

**Amount of ERDF funding:** 46.451 EUR ERDF

### **Pärnu Linnavalitsus**

**Country:** EE

[www.parnu.ee](http://www.parnu.ee)

**Partner budget:** 45.837 EUR

**Amount of ERDF funding:** 38.961 EUR ERDF

## **Turun kaupunki**

**Country:** FI

[www.turku.fi](http://www.turku.fi)

**Partner budget:** 79.419 EUR

**Amount of ERDF funding:** 59.564 EUR ERDF

## **Results**

### **Expected results**

The project will produce the results important and relevant from the point of view of improving the social inclusion of the older people in the participating municipalities. The main project results include: 1. Established and tested the information and support system for the seniors in each participating municipality; 2. Mapped and promoted activities relevant and suitable for older people – in form of brochures, distributed during the events, through the city workers and information system; 3. Enhanced cooperation of health professionals, social workers and senior organizations for the better support of older people; 4. Improved capacity of older people to participate in the voluntary work in their communities; 5. Enhanced involvement of the older people in the voluntary work in their communities; 6. Elaborated and tested guidelines for establishing and supporting the volunteering activities for older people; 7. Improved awareness of the families about the opportunities of the older people to be active. All of these results contribute to the improvement of the health and well-being of the older people and their communities and in this way it directly supports the realization of the Programme result indicator. It is expected that at least 100 older people and their families in every municipality will be influenced by the results of the project.

### **Achieved results**

## **Project Visibility**

### **Social media links**

[Facebook](#)

[Project homepage](#)

### **Other media visibility**

[veseligsridznieks.lv \(LAT\)](#)

[ld.riga.lv \(LAT\)](#)

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