

## Promoting Social Inclusion of Elderly through Well-being Parties (SIPPE)



Programme Priority: P4 Skilled and socially inclusive region

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

Sub-programme: Southern Finland - Estonia

Duration: 01.09.2015 - 31.08.2017

Total funding: 269.231 EUR

ERDF funding: 209.113 EUR ERDF

### Project Summary:

The project SIPPE aims at increasing the well-being and social inclusion of the elderly by offering them better possibilities for voluntary work and participation in the society through social activities. The idea is to prevent problems like loneliness, health loss and depression by developing cost-effective methods to activate the elderly and, in this way, maintain their well-being.

In practice the project develops a concept called the “well-being party” where the model comes from network marketing businesses (e.g. Tupperware) but has no monetary aspect involved. Voluntary people are trained to hold parties for the elderly people’s own networks in their own homes or other places under different themes like healthy eating, physical activities and social participation possibilities. The project hopes to trigger a snowball effect where participants of the parties become encouraged to host own parties and even become registered volunteers themselves.

As a result of the project elderly communities both in Turku and in Tallinn have encountered several improvements. Participation of the elderly in communal voluntary activities has increased and thus also the social inclusion of the elderly has improved. SIPPE activities strengthen local safety networks and elderly are more capable to take care of themselves as well as of other older people in the community.

## Map of Partners

### Partners

Lead Partner

#### **Turun Ammattikorkeakoulu**

**Country:** FI

[www.turunamk.fi](http://www.turunamk.fi) [1]

**Partner budget:** 154.638 EUR

**Amount of ERDF funding:** 115.979 EUR ERDF

Project Partners

#### **Turun lähimmäispalveluyhdistys ry**

**Country:** FI

[www.kotikunnas.fi](http://www.kotikunnas.fi) [2]

**Partner budget:** 42.687 EUR

**Amount of ERDF funding:** 32.015 EUR ERDF

#### **Tallinna Tervishoiu Kõrgkooli**

**Country:** EE

[www.ttk.ee](http://www.ttk.ee) [3]

**Partner budget:** 51.178 EUR

**Amount of ERDF funding:** 43.502 EUR ERDF

#### **Vanurite Eneseabi- ja Nõustamisühing**

**Country:** EE

[www.venu.ee](http://www.venu.ee) [4]

**Partner budget:** 20.726 EUR

**Amount of ERDF funding:** 17.617 EUR ERDF

## Results

### Expected results

### Achieved results

Project result in category - Improved community

### SIPPE - social activities for elderly people

Elderly people are vulnerable to loneliness, health problems, and depression. To support their well-being, project SIPPE developed a so-called well-being party method. Well-being parties aim at activating the elderly and to improve their overall well-being. Well-being parties are events hosted by elderly people themselves and focusing on topics such as nutrition, sleep and rest, participation in social life, nature, physical activities, and music. To enable these activities, the project developed a method to train elderly people as host/hostess of well-being parties. A handbook for volunteer host/hostess of wellbeing parties and a Guide for organizing and managing wellbeing parties were produced by the project and adopted as support material for the training.

In the framework of the project, 25 elderly people were trained as party host/hostess volunteers. Altogether 1191 elderly people participate at wellbeing parties organised during the project. The project involved elderly people living both at homes and at elderly care centers in Tallinn and Turku. Elderly people who trained themselves as host/hostess of well-being party visited each other and these visits created lasting connections.

?

Project page in database

[Social inclusion of older people through volunteering in Estonia, Latvia and Finland](#) [5]

At a glance

- Well-being party for the elderly
- 25 elderly people were trained as party host/hostess volunteers
- Over 1000 elderly people participated at well-being parties

Files



[Guide for organizing and managing wellbeing parties](#) [6]



[Handbook for volunteer host/hostess of wellbeing parties](#) [7]

Tags

[education and training](#) [8]

[Social inclusion and equal opportunities](#) [9]

## **Project Visibility**

### **Social media links**

[Webpage](#) [10]

---

**Source URL:**<https://database.centralbaltic.eu/printview/19>

#### Links

[1] <http://www.turunamk.fi> [2] <http://www.kotikunnas.fi> [3] <http://www.ttk.ee> [4] <http://www.venu.ee> [5] <https://database.centralbaltic.eu/project/15> [6] [https://database.centralbaltic.eu/sites/default/files/SIPPE\\_opas\\_FI.pdf](https://database.centralbaltic.eu/sites/default/files/SIPPE_opas_FI.pdf) [7] [https://database.centralbaltic.eu/sites/default/files/SIPPE\\_tyokirja\\_FI.pdf](https://database.centralbaltic.eu/sites/default/files/SIPPE_tyokirja_FI.pdf) [8] <https://database.centralbaltic.eu/tags/education-and-training> [9] <https://database.centralbaltic.eu/tags/social-inclusion-and-equal-opportunities> [10] <http://sippe.turkuamk.fi/>