



Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Policy Recommendation Paper

LITHUANIA

Project Reference Number: 622926-EPP-1-2020-1-LT-SPO-SSCP

REPORTING TEMPLATE for COMMITTEE MEETING

1. PART - TECHNICAL INFORMATION:

The importance of Policy Recommendation Paper is to get information/suggestions/contributions from every relevant part, in our case it was seniors, sport clubs, local authorities, and sport NGOs. In a cooperation, working simultaneously, helping each other to understand the needs, possibilities, knowledge of each other can create better situation of seniors involvement in sport and physical activities. During local activities we mentioned that many organizations, trainers don't know each other although it seems that working together they would do much more.

2. Barriers/questions we got from the round tables

Some of the barriers that seniors face are the lack of information about the happening events and the way how information is provided as some of them are having difficulties using technology freely. During the project we received messages/calls that seniors would like to participate but they don't know how to register to the events (online registration forms). Moreover, some activities in the city are not focused on seniors which makes impossible for them to participate due to their age.

Despite their age, they want to have more activities, not necessarily physical but being in a community, being a part of something.

They liked the idea that this issue was brought and the project specially for them was implemented. In all performed sport activities seniors were happy with some new activities (as trying petanque or seeing basketball match in Žalgiris arena).

2. PART - RECOMMENDATIONS:

Sport NGOs:

1. Implementation of similar events for seniors. Cooperation with seniors to know their needs/wishes and try to apply them for EU values and write a project.
2. Cooperate more with sport clubs, local authorities, to help to reach seniors and invite them in occurring events.

Sport clubs:

1. It would be possible to create a special program or hour for seniors.
2. Consultations of physiotherapists working in sports clubs for seniors.

Seniors:

1. Create at first small seniors communities that it would be easier to share information as well as motivate each other and have a company.



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2. In the meetings of municipalities, regions, towns, to share the needs what is missing and how it could be improved.

Municipality:

1. Provide facilities which are adapted and for seniors.
2. Promotion that if a large number of seniors gather, they receive transportation to a certain sports club, space with exercise equipment, where the training sessions are adapted for seniors.

3. PART – COOPERATION.

During round table meetings with stakeholders at the beginning of the project and at the end (while preparing Policy Recommendation Paper), we saw that there is a lot of perspective in new co-operations and working together. Each part can act in a different way because they have different knowledge, possibilities, skills.

Seniors can provide information which is needed to create activities according to their needs. This information can be collected by Sport NGOs, Municipality, by making surveys or round table meetings.

Sport clubs can provide services as they have trainers but they should specialized in seniors as they are more vulnerable group. Also they can provide facilities and activities and discounts with the help of Municipality or Government support.



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REPORTING TEMPLATE for COMMITTEE MEETING

1. PART - TECHNICAL INFORMATION:

Reccomedation paper is just one of usefull tools on theoretical level. What we see as more important is that all reccomendations get alive, so making them also in practice. During preparation we noticed that the most important are:

- Motivation of participants of the sport programes (and dissemniation – so more people join)
- Support of local environment (it can be motivational, in-kind or financial)
- Information system (how and where to reach target public)

2. Barriers/questions we got from the round tables

The participants have praised the way of work and suggested some improvements in the field of informing and including senior citizens in sports activities. 7 participants expressed the desire to participate in international meetings, which will be organized as part of the project. They also want more cooperation and connections between sports clubs, which perform programs for senior citizens at the local level and are willing to cooperate in both promotion of those programs and preparation on the new ones based on their wishes.

2. PART - RECOMMENDATIONS:

Sport NGOs:

1. Making a »performance« at the events of other association, Use of outdoor fitness
2. Promoting sports activities for senior citizens and encouraging their inclusion in sports activities offered by Zavod za šport Slovenske konjice and affiliated associations at the local level through Seniors for seniors programs

Sport clubs:

3. Notification of sports activities on bulletin board, web page of Društvo upokojencev Slovenske Konjice and in »Novice« and sending messages
4. Placing darts on the outer surface

Seniors:

5. Organization of a Sports day for senior citizens once a year
6. Appointing sports animators in order to present sports activities for seniors

Municipality:

7. Exercises in local communities
8. Summer pool activities for seniors

3. PART – COOPERATION

In information system and with active cooperation within programmes.

For the senior citizens the motivation is especially important to start exercising alone or with the help of their friends. Since the beginning of the epidemic, more recreation has been detected among the senior citizens (especially outdoor). Networking is also important as well as informing about sports activities, which are available at the local level. The senior citizens miss the activities that do not necessarily include sports activities, but enable intergenerational socializing.

Existing good practices in local area:

1. Recreation for seniors – dart, shooting, clamp bowling and bowling (Zavod za šport Slovenske Konjice)
2. Exercises for external users (Lambrechtov dom)
3. Hiking (PD Slovenske Konjice, PD Loče, DU)
4. Chess (DU, Šahovsko društvo Slovenske Konjice)
5. Conducting Provincial association competitions and the competitions on the level of Zveza Društev upokojencev



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Turkey

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REPORTING TEMPLATE for COMMITTEE MEETING

1. PART - TECHNICAL INFORMATION:

Regarding the 18 months of work conducted in 4 countries with the cooperation of 2 NGOs and 2 Sport Clubs; our initial aim was derived as increasing the structured dialogue in the sport field to contribute to the healthy and happy life of the seniors by underlining the age-friendly and inclusive approaches at local and European level.

According to the Turkish reality of seniors & their sportive participation, we have created this paper in the light of 3 support means. The first one was conducting a survey with 34 respondents in the age range of the late 40s up to 74 years old. The second mean was the collection of round table meeting results with the participation of 12 seniors and 16 stakeholders. As the third support means, we have scanned the literature regarding the policies, regulations, or recommendations created to increase the sportive participation of seniors. Due to all these desk studies, we could see that sports participation of 60+ seniors is one of the rare fields in Turkey that doesn't receive too many intellectual and financial investments to improve the conditions. With this paper, we hope the increase the awareness of the organizations coming from public - civil - sport sectors to invite them to raise the quality for seniors and engage them with sport.

2. Barriers/questions we got from the round tables

When the barriers were asked in the second round table meeting which is held on 28.04.2022 with 12 seniors' and on 29.04.2022 with 16 stakeholders, these notes are taken:

- **Physical Conditions:** In many places of Turkey, it's not really comfortable to do sports in the parks or outdoor because the walking ways are not really comfortable or equipment are not working properly. Improving these physical conditions of the outdoor sport places would be really helpful. In addition, the winter is cold and indoor sports places are either expensive to afford or not easy to access.

- **Technical Conditions:** Lack of specific information about the types of sports seniors can do, closest sport facilities, free offers etc.. are important barriers to increase the sport participation of seniors. Besides, it's risky to do some movements without knowing them properly, it can create the long-term problems for elderly people. Therefore, practicing physical activities with the sport trainers, experts or with their supervision is highly valuable.

- **Internal Conditions:** Individual sports are not as motivative as group sports. Therefore, creating sport groups would help seniors to socialize, meet with new people and increase solidarity. Such intervention also can support the social dimension of the sport culture.

- **Post-pandemic Conditions:** During the pandemic, it was really hard for to go out even shopping for seniors. Therefore, we couldn't mention the seniors' sport participation for 2 years. In addition to this feature of the pandemic, digital connections became wider the but digital literacy level of seniors are seem really low. It creates also major setbacks to find the resources/channels to integrate the sportive activities.

2. PART - RECOMMENDATIONS:

Sport NGOs:

1. To reach the direct target group by physical and virtual announcements since sport opportunities are not accessible for visible for seniors
2. Creating the “Seniors Sport Committees” to collect the needs & invite the service providers in the light of these needs

Sport clubs:

1. Opening basic movement physical activity classes for seniors with inclusive techniques and age-friendly sport practices
2. Cooperating with public bodies and citizens to provide the necessary service & help to activate the seniors at local level

Seniors:

1. Conducting the need analyses such as finding the park without relevant equipment or indicating the problems in walking paths and ensuring the delivery of these analyses through the “Seniors Sport Committee” to the public body
2. Creating communication channels to reach a wider range of target groups and grouping the people according to their sport interests

Municipality:

1. Reaching to the seniors in specific areas and delivering them the season-openings, discounts, new programs, or new facility information via online and offline tools
2. Improving the infrastructure regarding to the indoor and outdoor opportunities & increasing the knowledge of staff towards the movement science for age-friendly/modified practices

3. PART – COOPERATION

It's crucial to see the recommendation for the public - civil - sport sector could be only completed with the citizens who either have needs or demands to be covered or taken into consideration above-mentioned sectors. With all sector representatives' involvement, we can see the direct benefits and insights from the experts who came regularly together with seniors or who are taking part in municipality to provide the sport activities for seniors.

There is one good practice which is called as “**Bocce League For Senior Citizens In Turkey**”:

The Bocce League, which has been held since 2016 with the participation of the elderly living in nursing homes within the framework of the "Active Aging" vision and policy targets included in the Strategy Plan of the Ministry of Family, Labor and Social Services, continues with a fierce competition in the 2019 season.

Another good practice is “**Exercise system for the senior citizens in Turkey**”:

The exercise system, developed by Helsinki University of Technology in Finland for the protection of body health for those aged 65 and over, was put into service in Turkey as well. In the system, which was started to be implemented in the Süleyman Demirel Nursing Home Elderly Care and Rehabilitation Center affiliated to the Ministry of Family and Social Policies, the muscles can be strengthened with weights in grams instead of kilograms, since the devices work with gas pressure.



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1. PART - TECHNICAL INFORMATION:

We faced many legal hurdles. Due to the rules in Poland, we needed a lot of permission documents to organize the work with an institution that we cooperate with as a partner. According to the report of the events that took place after all these obstacles. In particular, our seniors stated that they enjoyed activities such as dancing, talking, playing chess, playing card games, and drawing pictures. The reluctance of elderly people in sports activities was observed from time to time. Despite this, we met many seniors who want to do sports to socialize and communicate. Seniors indicate that they share their work with their families. Despite this, seniors who do sports also said that they cannot tell anyone about their work and sports at home because many seniors face loneliness.

2. Barriers/questions we got from the round tables

They are extremely satisfied with the work, they have given their suggestions and we threatened that there is no problem.

3. PART - RECOMMENDATIONS:

Sport NGOs:

- It is recommended that volunteers and trainers have received important training on the Elderly, and that no mistakes should be made in exercise and planning due to the risk of injury.
- In addition, permission and signature should be obtained from the Seniors regarding that they want to do sports, because even without sports, people who are at the age who may experience some danger.

Sport clubs:

- Before sports and events, trainers should do certain studies on sports physiology and seniors, especially trainers should specialize in this field.

Seniors:

- Seniors prefer people who can communicate with them, their biggest expectation is to spend time with them, sports and exercise are the next preferences.

Municipality:

- It is recommended that Erasmus programs be expanded and promoted in the city. at least one person from the municipality should follow these projects.



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3. PART - COOPERATION

Due to the long-term cooperation, the Senior Dom organization now provides us convenience in matters such as gymnasium, facilities, materials, etc. The best contribution was considered to be Erasmus and further dissemination of these programs. The municipality, which knows the program and the trainers, says that it will support these studies more. With the continuation of the new projects, we will have the opportunity to organize many new ideas.