



The Importance of Being ... Elder Adult and Part of Rural Networking

SOME INSIGHTS FROM SLOVENIA

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Statements

- **Very heterogenous age group: various capacities, wishes and expectations.**
- **Infrastructure development and distance learning.**
- **Elderly people: institutionalization and deinstitutionalization.**
- **Unfold rural web.**
- **Slovene examples.**

Personal Experience

How to initiate participation in ICT in rural areas?

Example:

Lopar, Šavrin Hills.

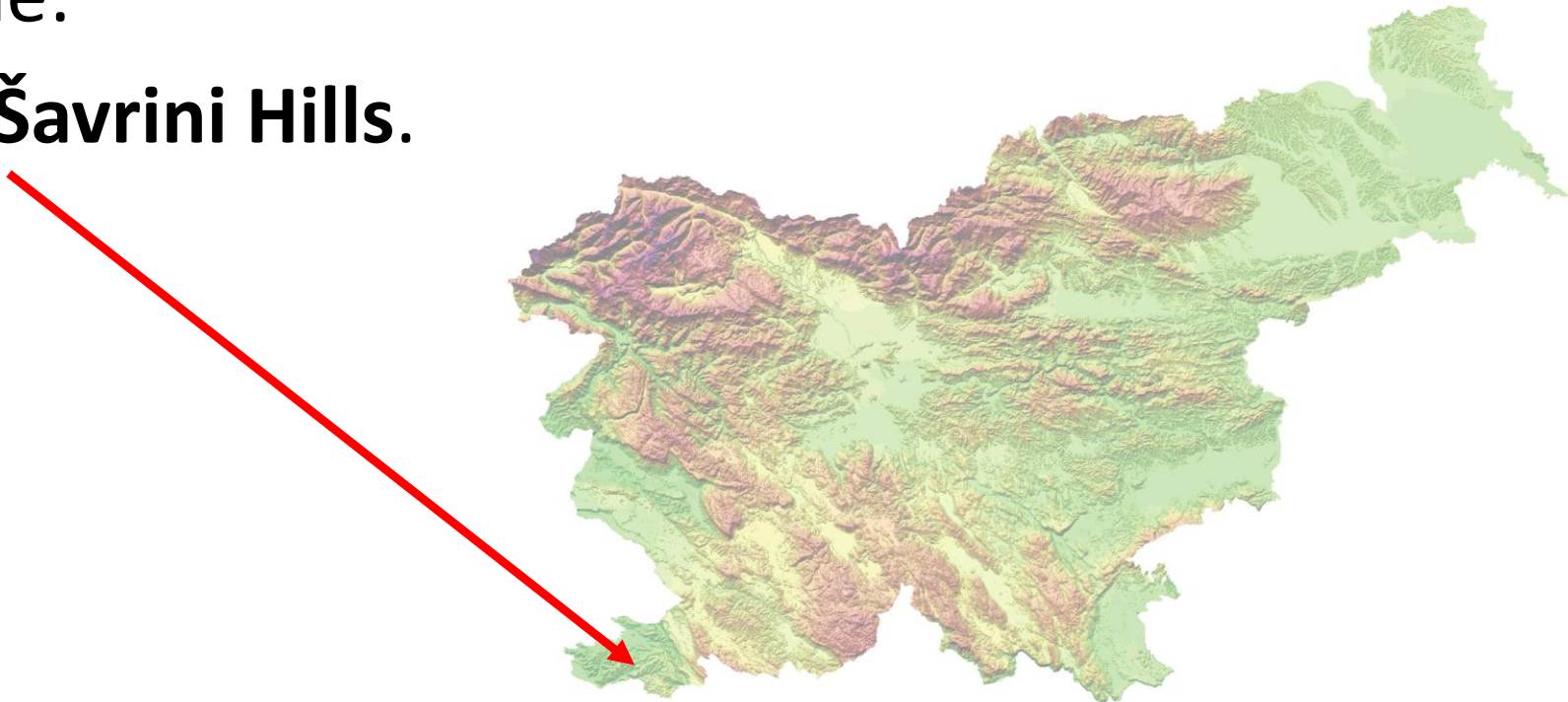
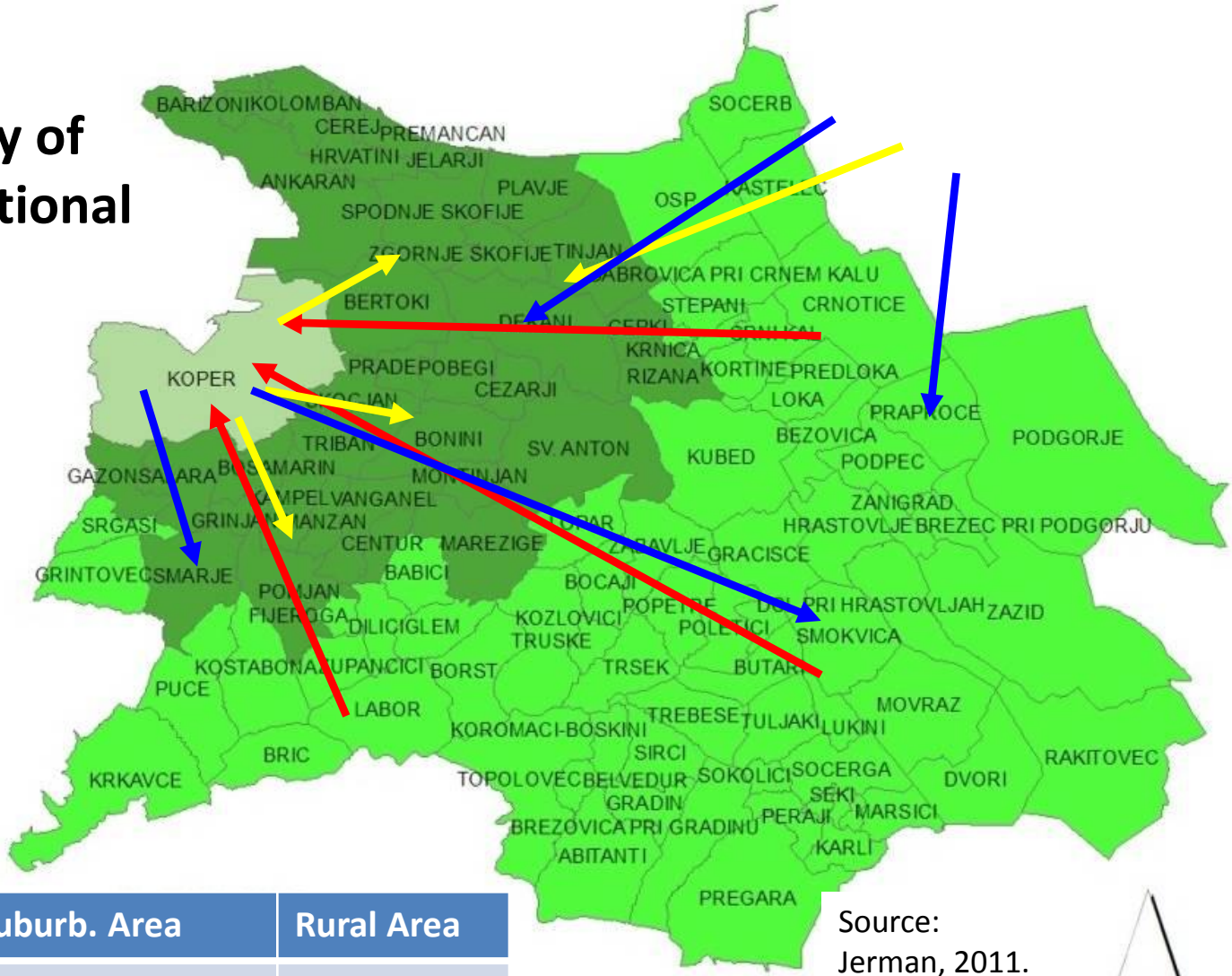


Fig. 1: Case Study Area.


Fig. 2: Municipality of Koper (MOK, functional regions).

Population Flows

	City	Suburb. Area	Rural Area
TERRITORY (%)	4,1	27,7	68, 2
POPULATION (%)	48	42,9	9,1
AGED 65+ (%)	50,8	39,2	10

Source:
Jerman, 2011.



- 1 Rural Area
- 2 Suburbanized Area
- 3 City

Tab. 1: Elderly people in MOK.

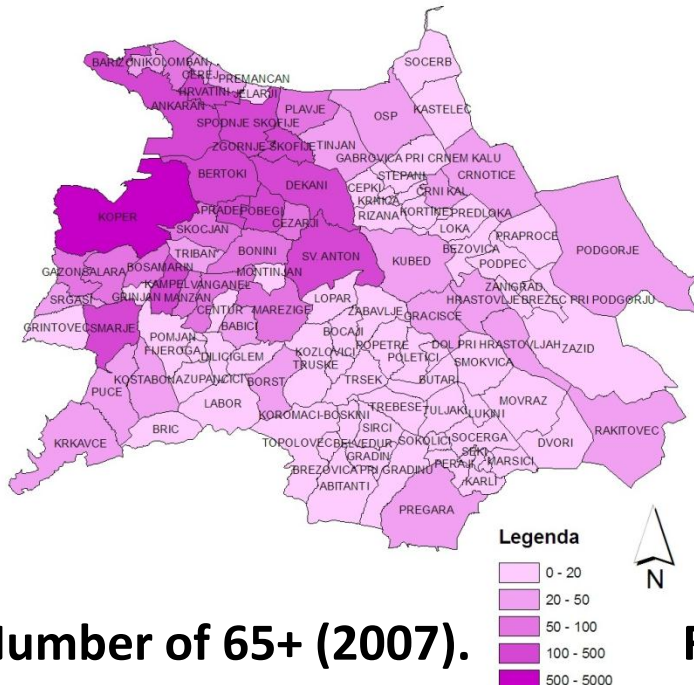


Fig. 3: Number of 65+ (2007).

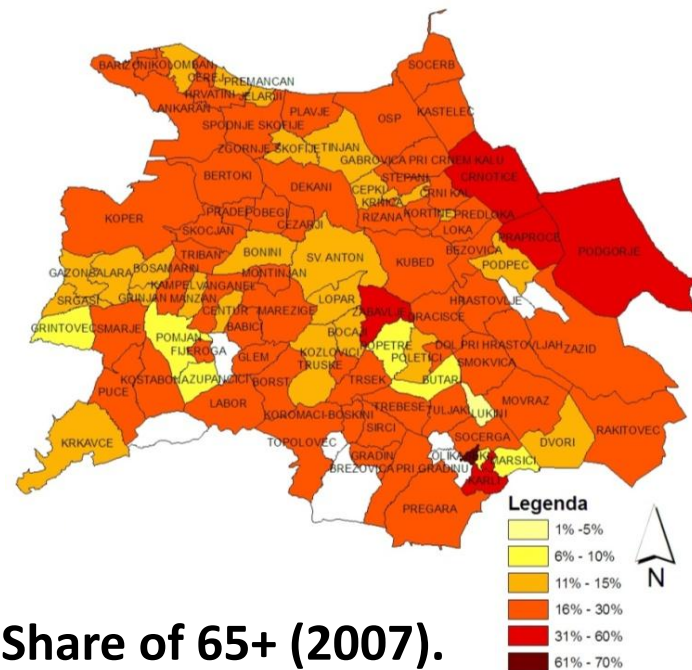


Fig. 4: Share of 65+ (2007).

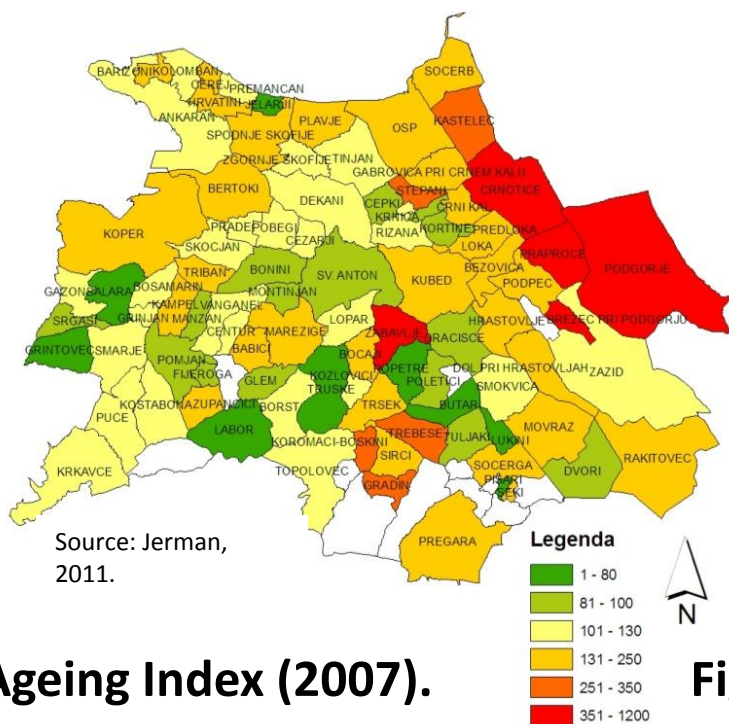


Fig. 5: Ageing Index (2007).

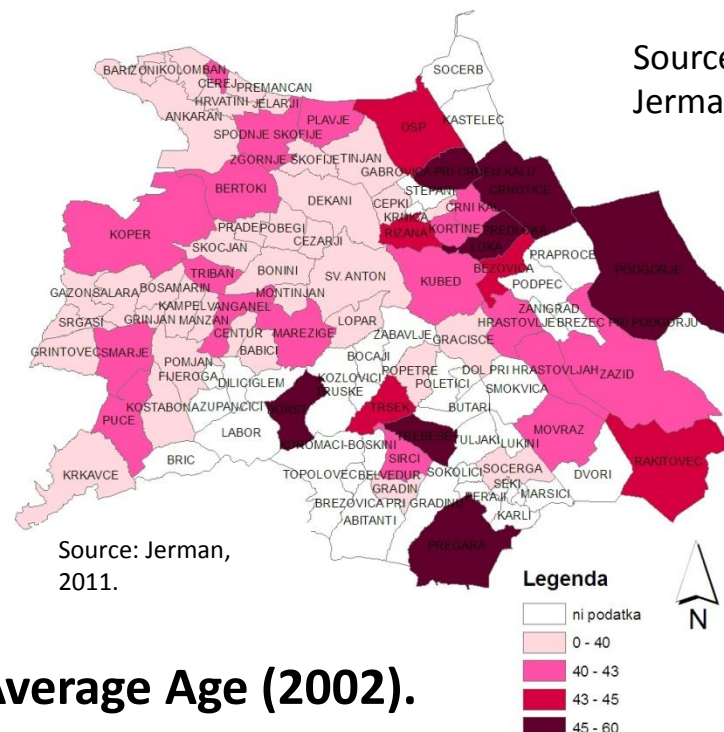


Fig. 6: Average Age (2002).

Source:
Jerman, 2011.

Source: Jerman,
2011.

Source: Jerman,
2011.

LOPAR

vas na oslovem hrbtu

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Avtor Administrator

četrtek, 30. avgust 2007

Že nekaj časa so na Google Earth oz. Google Maps na voljo posnetki boljše ločljivosti za večji del Slovenije. In končno se vidi tudi Lopar.

Najbolj fino je pa vrteti Zemljo in videti tole:

- [Piran](#)
- [Disneyland v Kaliforniji \(najdite Miki miško!\)](#)
- [Eifflov stolp](#)
- [poševni stolp v Pisi](#)
- [letališče Midway sredi Chicaga](#)
- [letališče J. Pučnika v Ljubljani](#)

Če ne vidite šumnikov, kliknite na slovensko zastavico zgoraj.

Zadnja sprememba (ponedeljek, 10. september 2007)

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DOGODKI

- 03.12.2007
[Dan kulture](#)
- ...
- 26.12.2007
[Dan samostojnosti in enotnosti](#)
- ...

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ANKETA

Kaj bi radi videli na spletni strani?

- ☐ več slik
- ☐ več video posnetkov
- ☐ bolj pogoste objave na prvi strani
- ☐ več e-razglednic
- ☐ recept za čokoladno torto s čokolado
- ☐ kaj drugega (pošlji nam mail: [info\(a\)lopar.si](mailto:info(a)lopar.si))

[Glasuj](#)

[Rezultati](#)

SEPTEMBER 2007 – project “Web page for local tourist association.”

Domov
A+ | A- | Reset

Kje smo
O nas
iskanje...

LOPAR

vas na oslovem hrbtu



KOLOFON

- Domov
- Ogledi
- Zvok in slika
- Za otroke
- Življenje
- Povezave
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ZADNJE SPREMEMBE

- kviz
- Bliža se novo leto
- video
- poti
- Navade ob praznikih

NAJBOLJ BRANO

- O vasi Lopar
- Kje smo
- ozadja
- poti
- Panorame

DOGODKI

- 15.08.2008
Marijino vnebovzetje
- ...
- 15.09.2008
Vrnitev Primorske k

:-)


SPLETNI PROSTOR



RSS

RSS
2.0 Feed

 kviz
Avtor Špela
sobota, 16. februar 2008


Kviz bo nekaj časa (dni, tednov, ...) nede-
e-pošto administratorju na info(a)lopar.si
Čuden vic, ki bosta pomagala pregnati do
hvala za razumevanje

 Bliža se novo leto
Avtor Špela
petek, 21. december 2007

 **kviz**

Avtor Špela

sobota, 16. februar 2008

 **Bliža se novo leto**

Avtor Špela

petek, 21. december 2007



Vse najlepše v prihajajočem letu.

www.lopar.si

E-NOVICE

Ime

E-pošta

EVIDENCE#1

Lopar - vas na oslovem hrbtu / com_users / view



Logout



Delete



Edit



New



Help

User Manager

Filter: - Select Group - - Select Log Status -

#	<input type="checkbox"/>	Name	Username	Logged In	Enabled	Group	E-Mail	Last Visit	ID
1	<input type="checkbox"/>	Administrator	admin		✗	Super Administrator	info@lopar.si	2007-09-10 19:12:22	62
2	<input type="checkbox"/>	[REDACTED]	[REDACTED]		✗	Super Administrator	[REDACTED]	1999-11-29 23:00:00	63
3	<input type="checkbox"/>	[REDACTED]	[REDACTED]		✓	Registered	[REDACTED]	2006-11-01 00:38:59	66
4	<input type="checkbox"/>	Špela	[REDACTED]	✓	✓	Super Administrator	spelag@gmail.com	2008-07-02 17:47:06	70
5	<input type="checkbox"/>	[REDACTED]	[REDACTED]		✓	Administrator	[REDACTED]	2008-02-14 21:47:17	71

<< Start < Previous 1 Next > End >>

Display # Results 1 - 5 of 5

Joomla! is Free Software released under the GNU/GPL License.
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2008-02-14 21:47:17

EVIDENCE #2

Subscribers for E-Newsletter



Select a Subscriber

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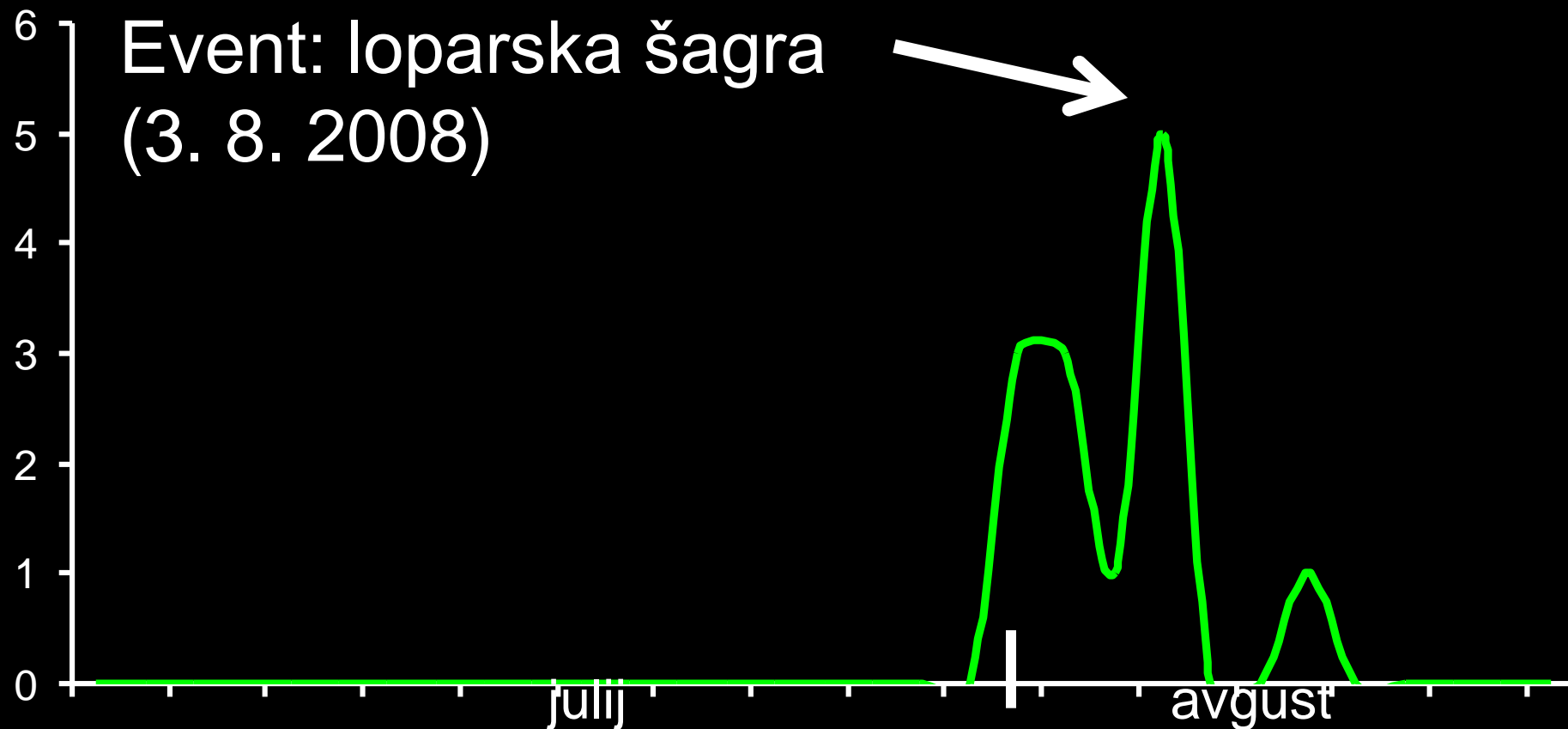
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13	<input type="checkbox"/> Špela	spelag@gmail.com	sobota, 23. februar 2008
	<input type="checkbox"/>	[REDACTED]	sobota, 23. februar 2008

Group members

Visitors

Creator of e-newsletter

13 visitors, 1 interest: šagra.



Visitors from *obala.net* | www.lopar.si | 12. 7. 2008 – 11. 8. 2008.

“Well, we are not interested any more. There is too much work connected with this...”

(local young population).

“We would like to have pictures, more accurate notices, active front page, videos, more e-postcards etc.”
(comments of locals).

★ Joy

★ Usage

★ Pride

★ Acceptance

★ Administrator

But, no one prepared to be responsible!

Fig. 7-10: Slovenia and 50+: Distance Learning in Rural Areas

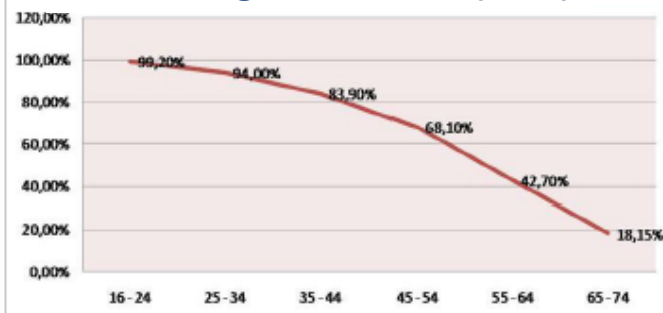
FACTS : COMPUTER USE AND INTERNET ACCESS

AGE STRUCTURE

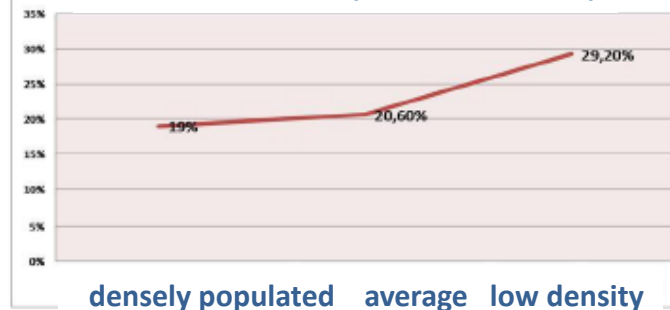
criteria

LEVEL OF URBANIZATION

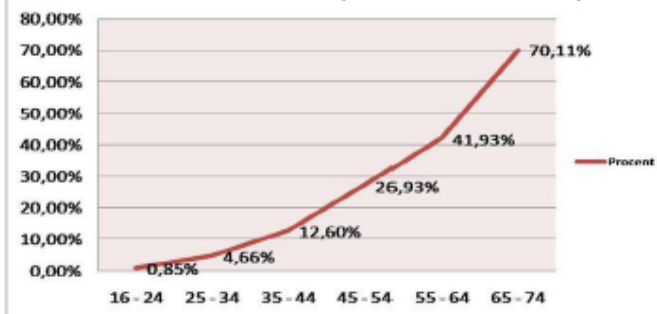
Regular use of PC (2011)



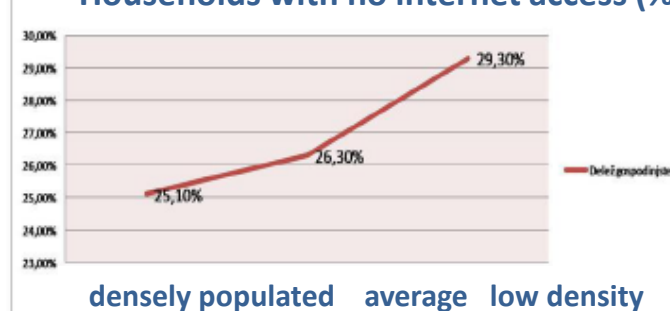
Never used PC (%; 16-74; 2011)



Never used PC (%; 16-74; 2011)



Households with no internet access (%; 2011)



Source: Statistični urad RS. Informacijska družba. URL: http://www.stat.si/tema_ekonomsko_infdruzba.asp (citirano 28. 5. 2012)

BACKG

FACTS

➔ INTEN GROW (AGED AGEIN

- 2003: popula
- In 201 (20th p
- In 202 increa
- In 205 oldest James
- Old ag popula popula ratio w

➔ EXTRE STRUC PERIPI

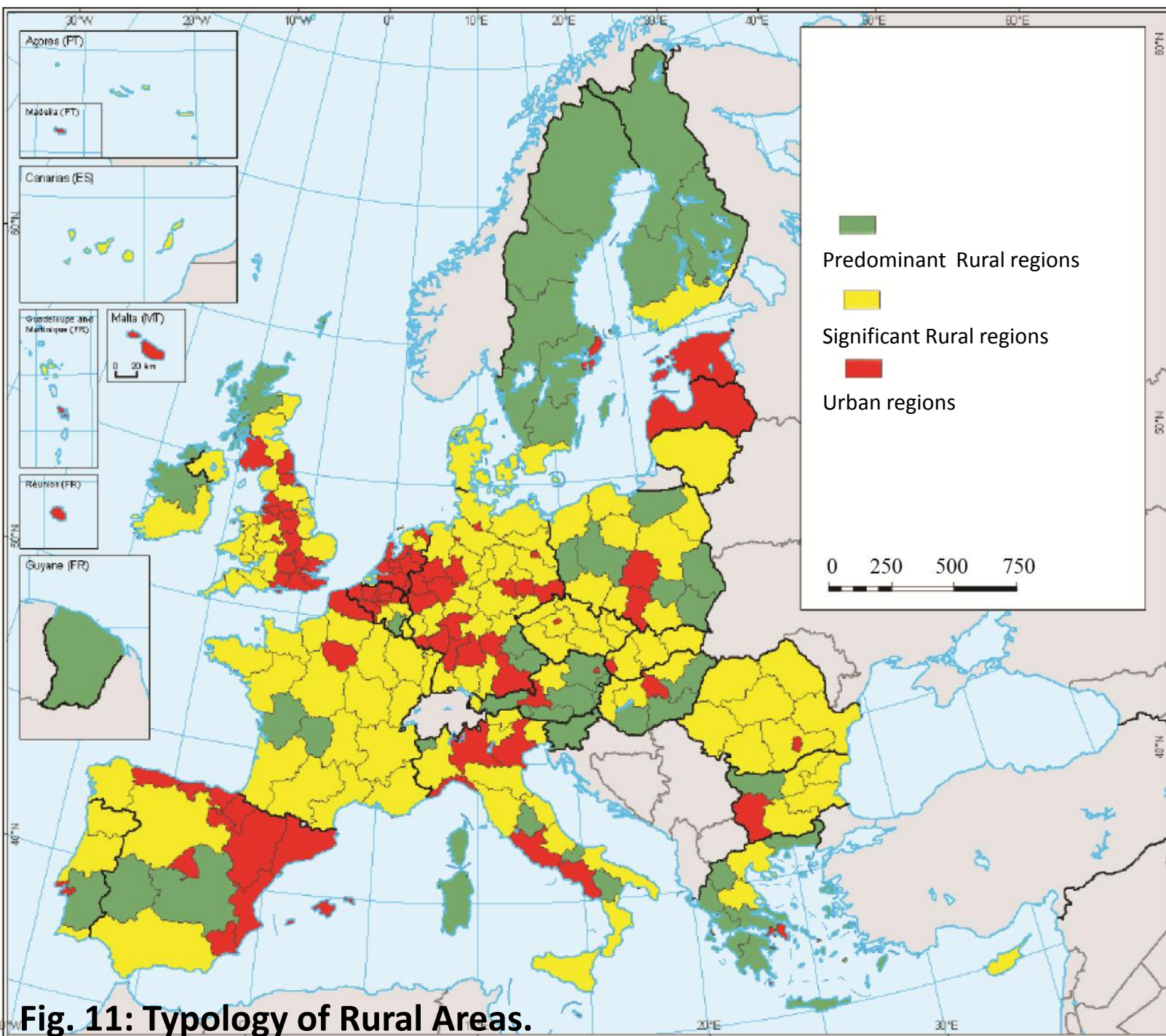


Fig. 11: Typology of Rural Areas.



POTREBNA PRIDOBITEV – Sedanja generacija starostnikov se teže odloča za selitev v taka stanovanja, a v prihodnosti pričakujejo spremembe. FOTO JANOŠ ZORE

Delo, 10.3.2011, s. 13

Od 21 oskrbovanih stanovanj za starostnike oddanih 16

KRŠKO – Prvi podnajemniki se bodo v oskrbovana stanovanja za občane, starejše od 65 let, vselili v prihodnjih tednih. »Do konca tedna dobimo v podpis pogodbo o najemu stanovanja. Z možem Francem nestrno čakava na vselitev, saj je bilo življenje v najini hiški preveč naporno,« je dejala Ivanka Povhe Romih. »Žal nama je le, da so stanovanja majhna.« Od 21 stanovanj je za zdaj oddanih 16, kar je manj od pričakovanih krškega doma upokojenec, ki bo glede na interes starostnikom nudil dodatne socialne storitve.

Življenje starih revnih ljudi

Samo da bo denar in zdravje!

in zdravje!« je mantra, ki jo iščimo iz ust starih ljudi. Vanjo

alne izključenosti skuša povzeti te različne prikrajšanosti in jih brati skupaj.

Dr. Valentina Hlebec in njeni sodelavci

živili največ prihraniti. »Hrajo na luksuzno in vsakdanjo, luksuzna lahko tudi bala žemlj

Source: Delo, 2010-2011, various editions.

sobotnaPRILOGA

DELO, sobota, 7. januar

Stereotipi o staranju in starejših
Stereotipi so za to, da
nam ni treba nenehno
razmišljati s svojo glavo

Dom starejših občanov Kočevje

Delo, 5.4.2011, s. 13

Nova enota za dementne

KOČEVJE – »Novo enoto za stanovalce z demenco bomo začeli graditi letos in bo zgrajena konec prihodnjega leta,« je Lidija Žagar, direktorica Doma starejših občanov Kočevje, povedala o 3,6 milijona evrov vredni naložbi, s katero bodo izboljšali splošni bivanjski standard v tej ustanovi. Poleg tega bodo lahko začeli razvijati še druge programe, ki bi skupno lahko zagotovili 35 novih delovnih mest.

Na travniku za sedanjo stavbo Doma starejših občanov Kočevje, v kateri je 160 stanovalcev, bodo letos začeli graditi približno 2000

naseljen, saj zdaj kar 111 stanovalcev živi v troposteljni sobah.

Z rešitvijo prostorske stiske bodo v domu starejših občanov razvili še

in jim lahko zagotovimo različne storitve – od dovoza hrane do nege na domu,« je dejala Žagarjeva, ki pravi, da je treba za programe zaradi nizkega standarda na Kočevskem

GODKI DNEVA

Delo, 3.10.2011, s. 3



DEJAVNI STAROSTNIKI NA LJUBLJANSKIH ULICAH FOTO BLAŽ SAMEC

Domovi za upokojence niso dovolj

... recent headlines ...

Staranje prebivalstva

Delo, 17.12.2010, s. 4

STARANJE

Vse več potreb po storitvah za starejše

Skrb za starejše še vedno temelji na domovih za starejše z nizkim standardom – Sodobnejše oblike pomoči na domu se razvijajo prepočasi – Zakona o dolgotrajni oskrbi še ni, SSZS pripravlja svoj predlog

ISSUES

- Contemporary situation: **Institutionalization**. Interest of municipalities, close to the place of origin, profitability.
- Need for: **De-institutionalization**. Vital communities, inter-generational symbiosis, *“to grow old in familiar local community”*, impulse for local economy.
- “... to be done”: **Investments, attitudes, appropriate policies**. Minds set-up, regionalized approach, appropriate infrastructure, social entrepreneurship, networking, old-age saving schemes etc.

➡ YES, BUT HOW...

towards creating age-friendly rural communities.

DATA GATHERING: MIXED METHODS APPROACH

USED APPROACHES: **CRITICAL HUMAN ECOLOGY,**
(NEO)ENDOGENOUS DEVELOPMENT, RURAL WEB.

- **Insitutionalized perspective:**
 - a. In-depth interviews with the managers or other crucial staff memebbers of senior´s institutions (**54**).
 - b. In-depth interviews with responsible persons on the community (municipality; **35**) level.
- **De-institutionalised perspective:** Interviews with firms and associations that are providing services (food and health, cleaning, shopping; **10**).
- **Individualised perspective:** semi-strucured interview with elderly people (**154**) on various locations in Slovenia.

INSTITUTIONALIZATION

19.000 places (2011), dispersed structure, general attitude, national policy.

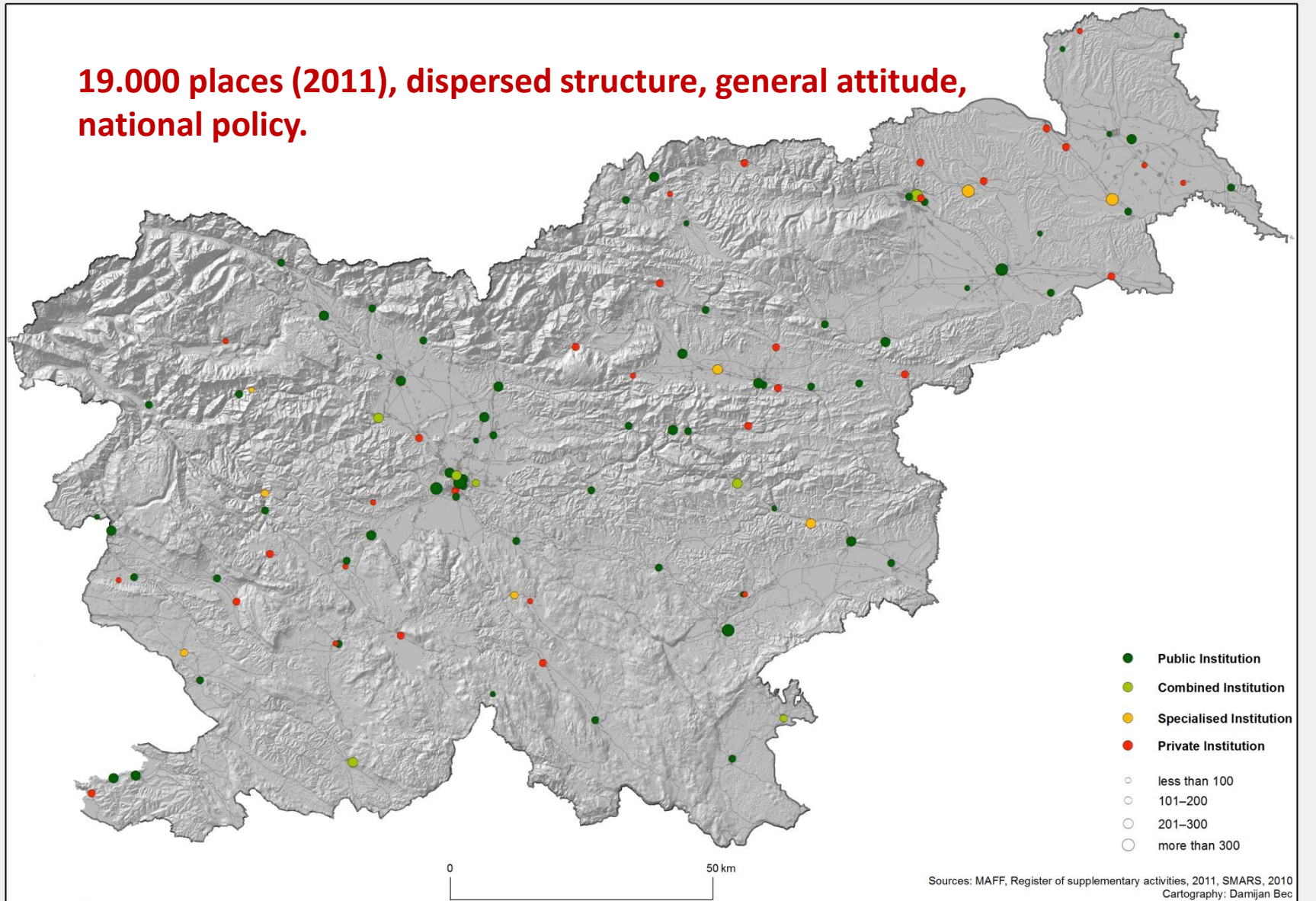
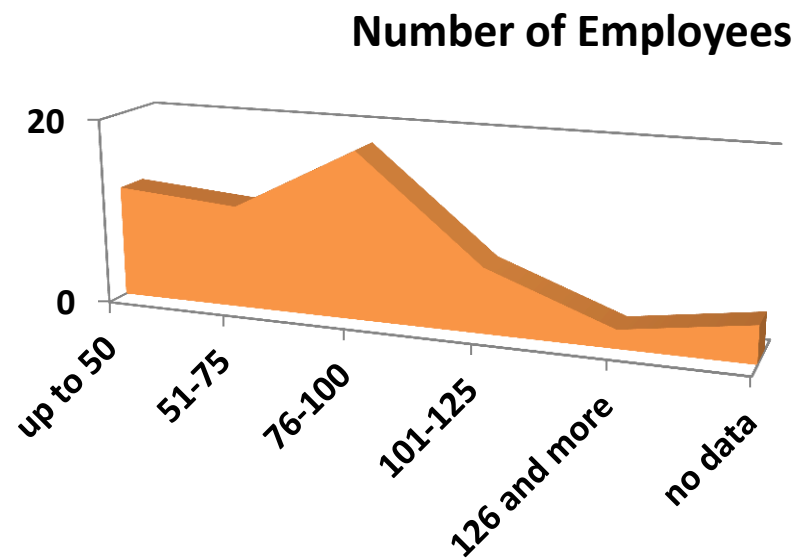
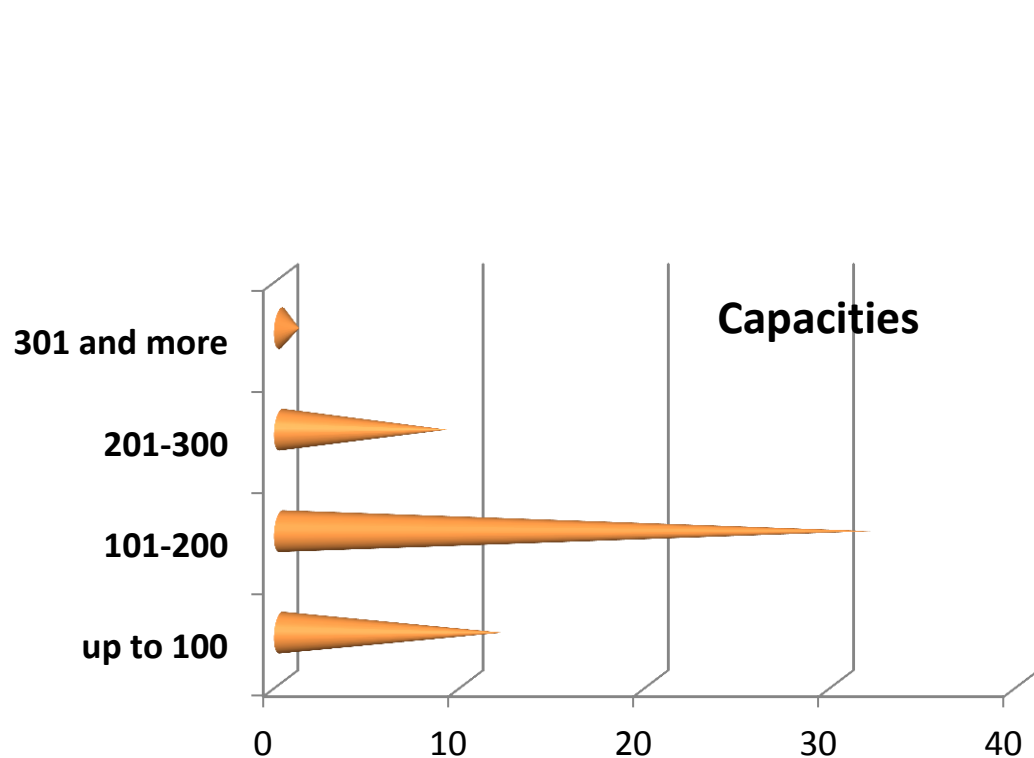
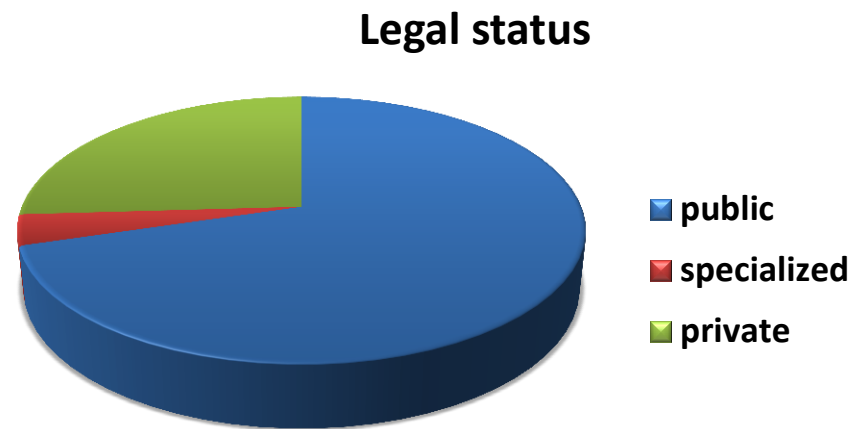
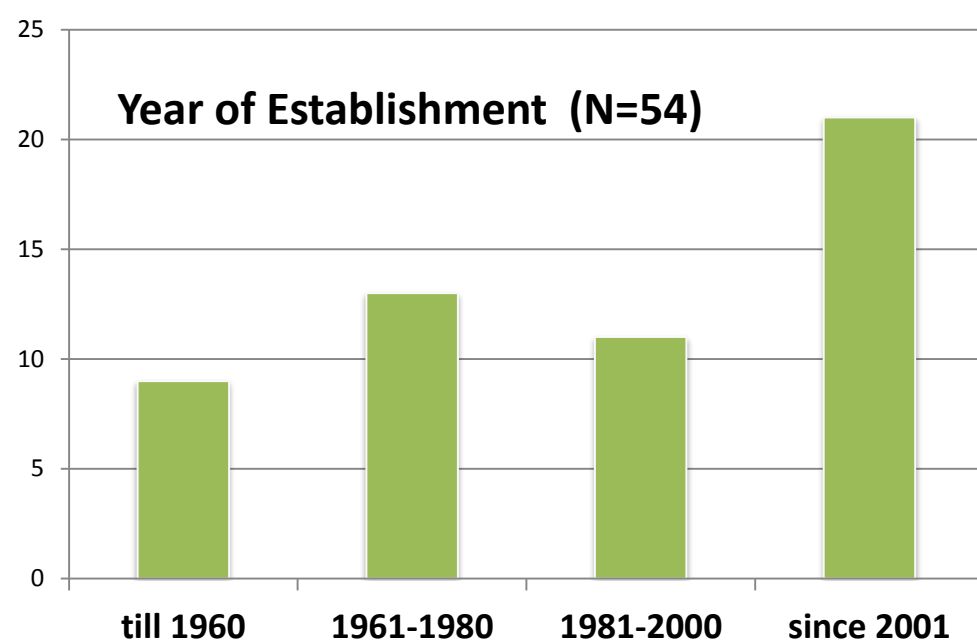
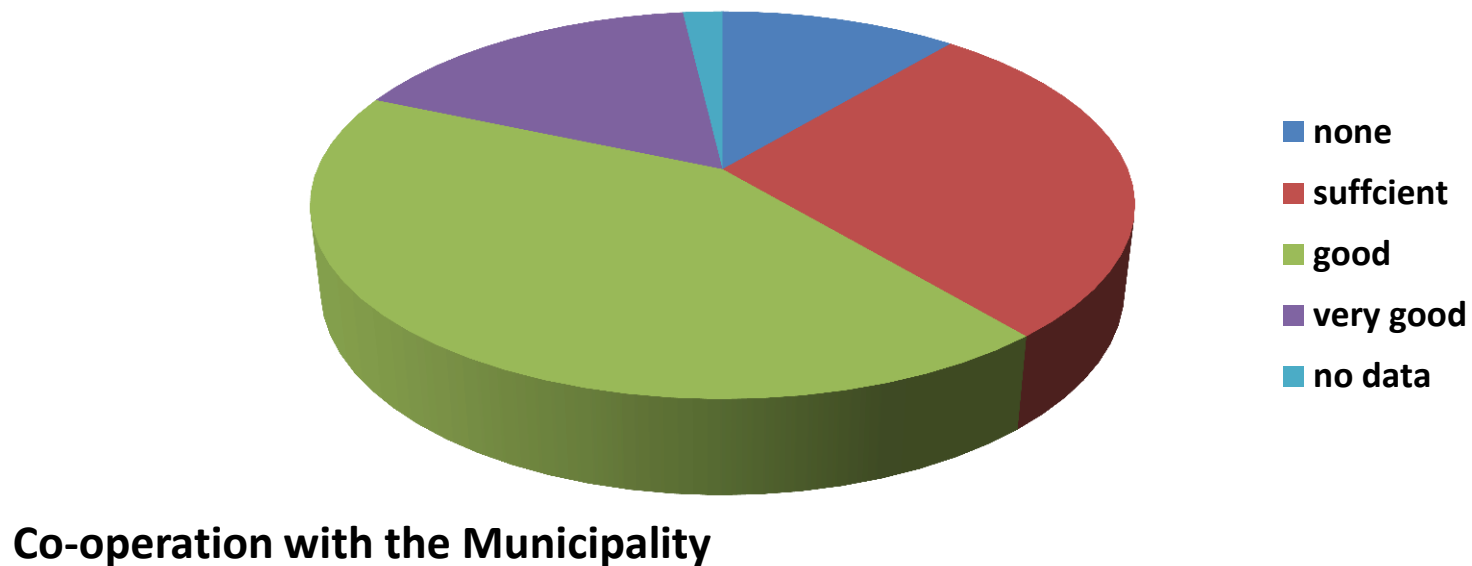
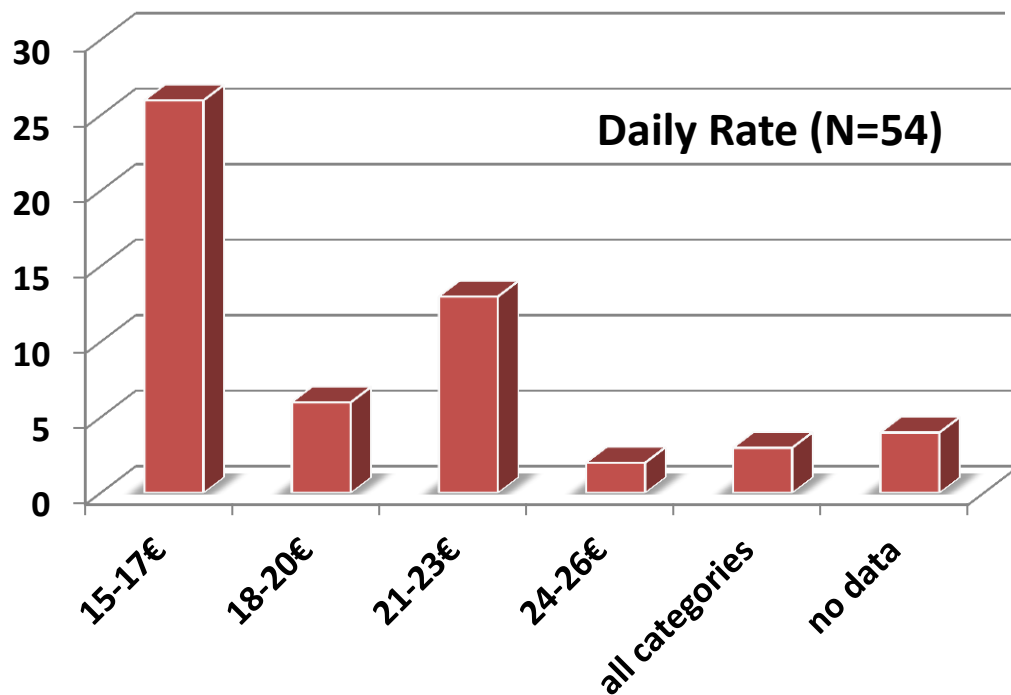


Fig. 12: Distribution of Senior Homes in Slovenia.



Source: Survey, Dept. of Geography, FF, UL, 2011.



DE-INSTITUTIONALIZATION

PREREQUISITES

- “WHO IS WHO” - AGED 65+?
 - WHAT ARE SPATIAL CHARACTERISTICS OF 65+?
 - WHERE ARE THEY CONCENTRATED-DISPERSED, EVEN BI-FOCAL?
 - WHAT ARE THEIR EXPECTATIONS?
 - HOW ARE COMMUNITIES PREPARED TO THIS?
 - WHY ARE WE INTERESTED IN THIS ISSUES?
 - CLEARIFY THE STEREOTYPES! “... less mobile, attached to the place of origin, the re-settle only once and permanently...”. **What about Silver Dollar effect, Ruhesitzwanderung, Grey Nomads, Snowbirds...**
 - “All elderly react in the same manner...”. **It is extremely heterogenous group.”**
 - ... they a burdening the budget”. **They represent specific development potential.**
 - LACKING APPROPRIATE STATISTICS. **Small-scale research, field work.**
- OUR QUESTIONNAIRE! MIXED METHOD APPROACH.**

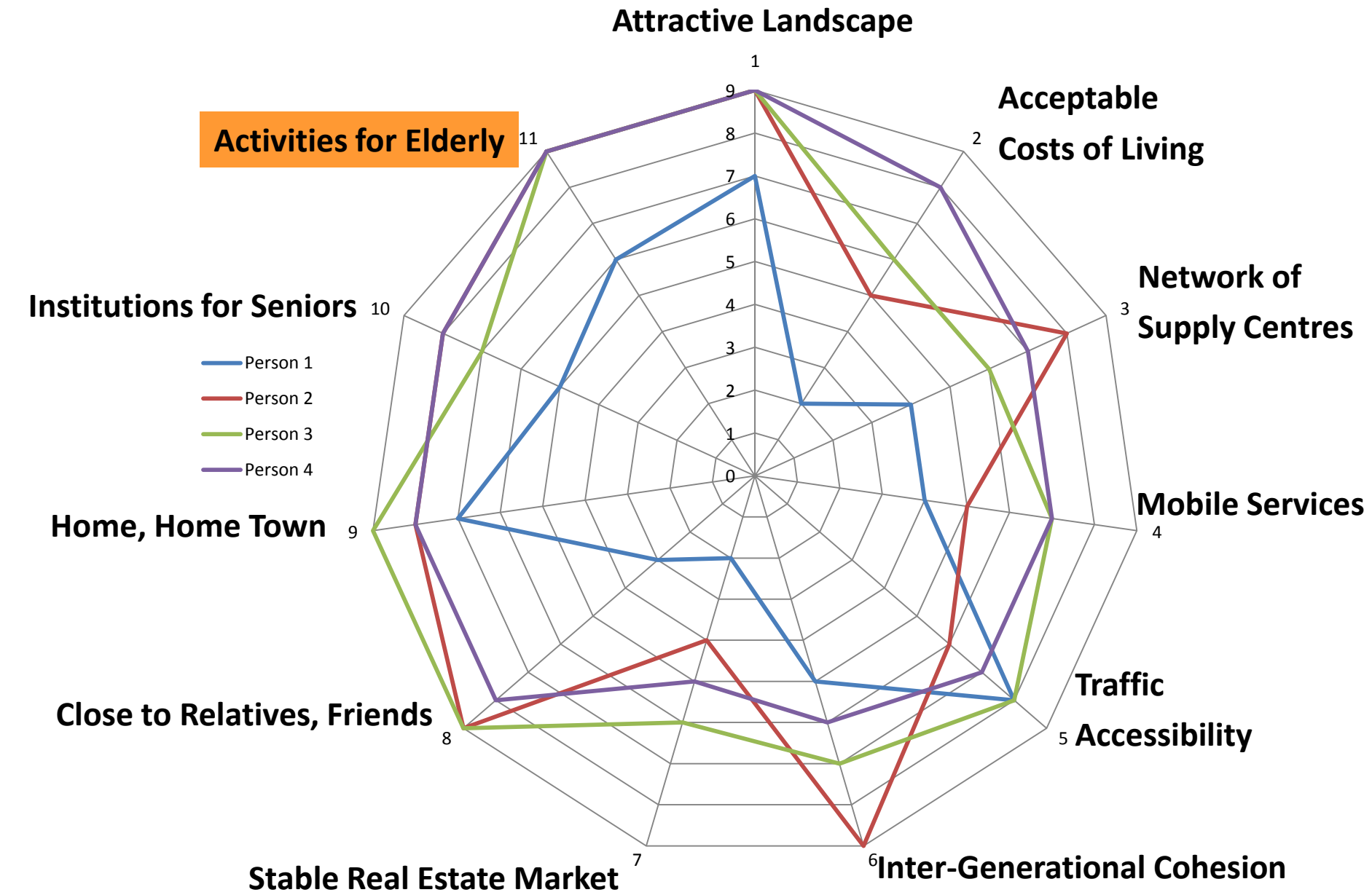
EXAMPLE

Code:

Survey: Model of Ideal Environment for 65+ (the Importance of Selected Elements)

Score												Score											
Unimportant	0											0											
	1											1											
	2											2											
	3											3											
	4											4											
	5											5											
	6											6											
	7											7											
	8											8											
Very impo.	9											9											
Attractive Landscape		Acceptable Costs of Living		Network of Supply Centres		Mobile Services		Traffic Accessibility		Inter-Generational Cohesion		Stable Real Estate Market		Close to Relatives, Friends		Home, Home Town		Institutions for Seniors		Activities for Elderly		Other	

Source: Survey, Dept. of Geography, FF, UL, 2011.



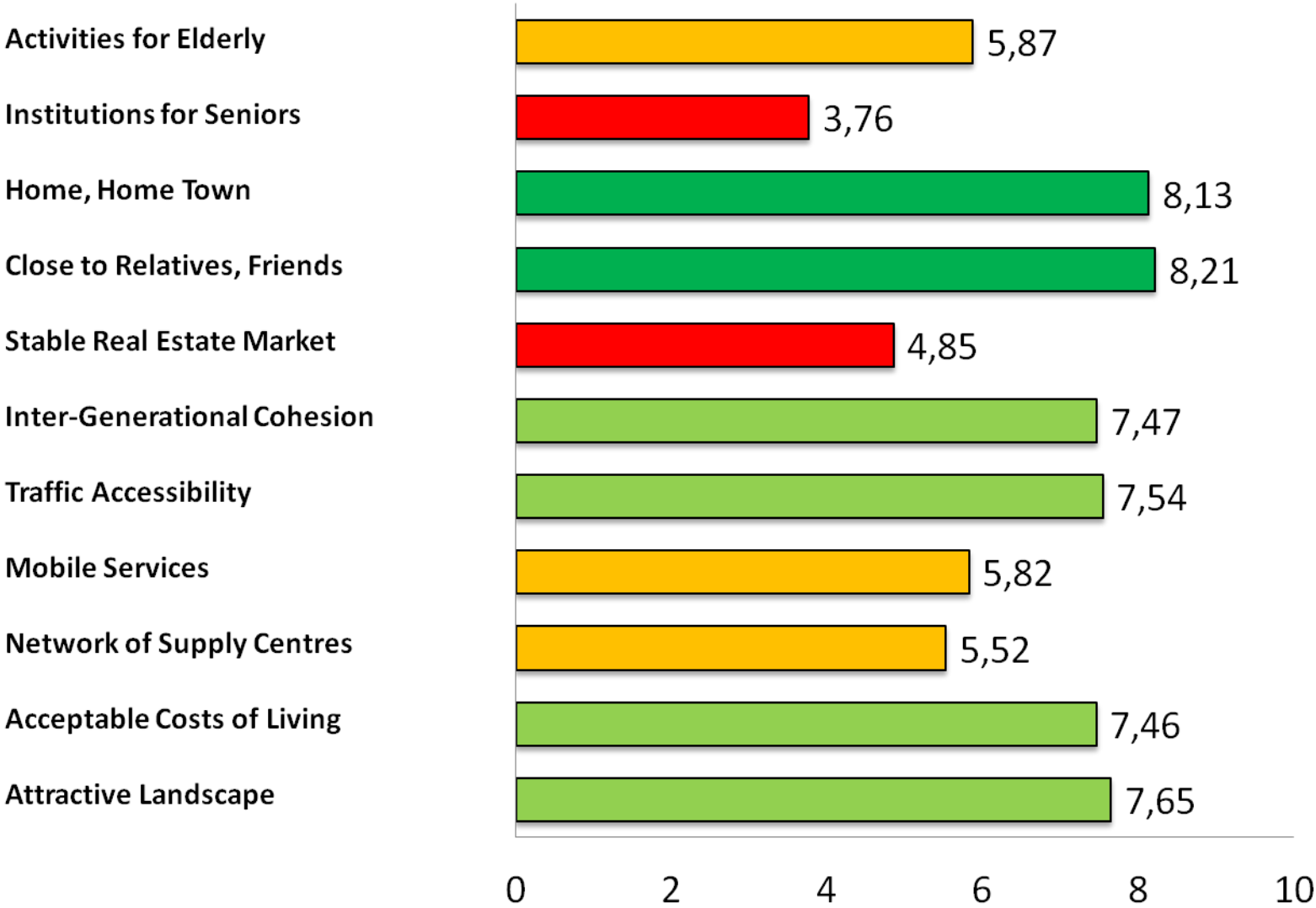
The Very Same Village... four persons! Variety of Perspectives, Expectations etc.

”Firstly, personal hygiene. Then I go and buy a newspaper and listen to daily news. Then I need to prepare some food, if the weather is fine I am occupied with gardening. In the afternoon I am visiting the club and taking care of club’s administrative issues. When I am asked (quite often) I am looking after a grandchild, or I am occasionally visiting relatives and attending English course. There is a wish to develop my computer skills. At week-ends: I enjoy in mountaineering, I attend Sunday mass and still participating in fire brigade – mostly in organizational issues.”
(Person 1: Male, married, previously employed in public institution, since the birth living in the locality, very pleased with the life in the village, not thinking to move, but if – senior home in rural area)

Source: Survey, Dept. of Geography, FF, UL, 2011.

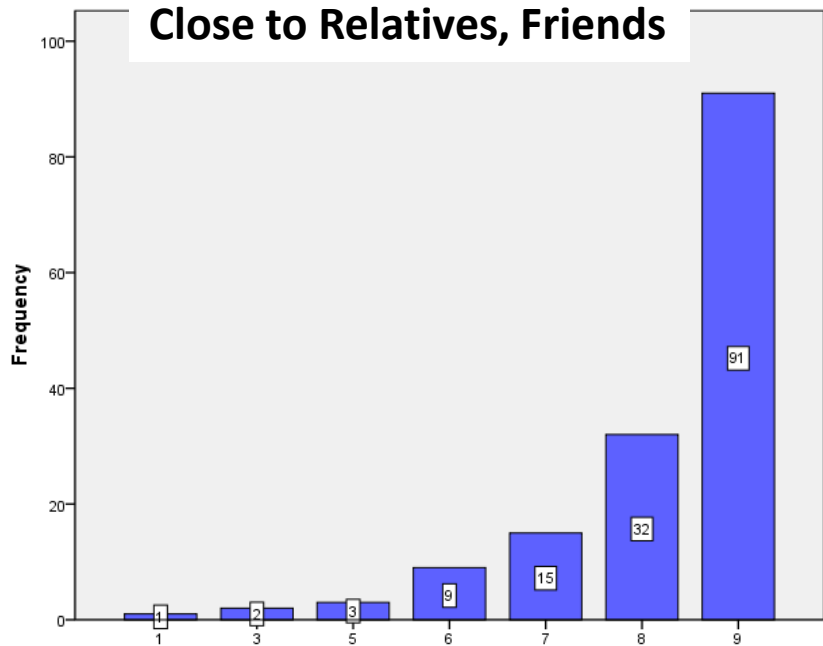
“In the morning I prepare coffee and read the newspaper. Afterwards I do the house works, check the computer, do some shopping in the local store, and prepare lunch. In the early afternoon I go to kindergarten to pick-up my grandchild and I look after him for several hours. In between I practice gardening, take care of flowers, trees, attend our choir and do the sports once a week. I listen to the news and TV programme in the evenings. Still I practice hiking during week-ends, Sunday mass, other obligations with choir, visit relatives and help my brother on the farm.”
(Person 2: Female, married, previously employed in public institution, since the birth living in the locality, very pleased with the life in the village, not thinking to move, but if – secured dwelling)

Source: Survey, Dept. of Geography, FF, UL, 2011.



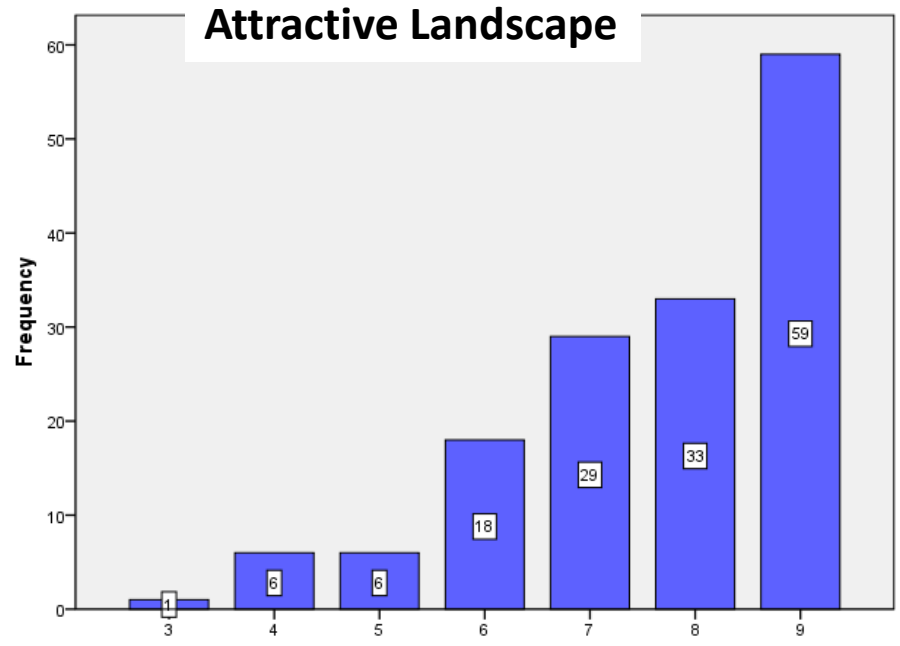
N=154 aged 65+. Their Answers ... “How Important is for them...”. Mean Values.

Close to Relatives, Friends

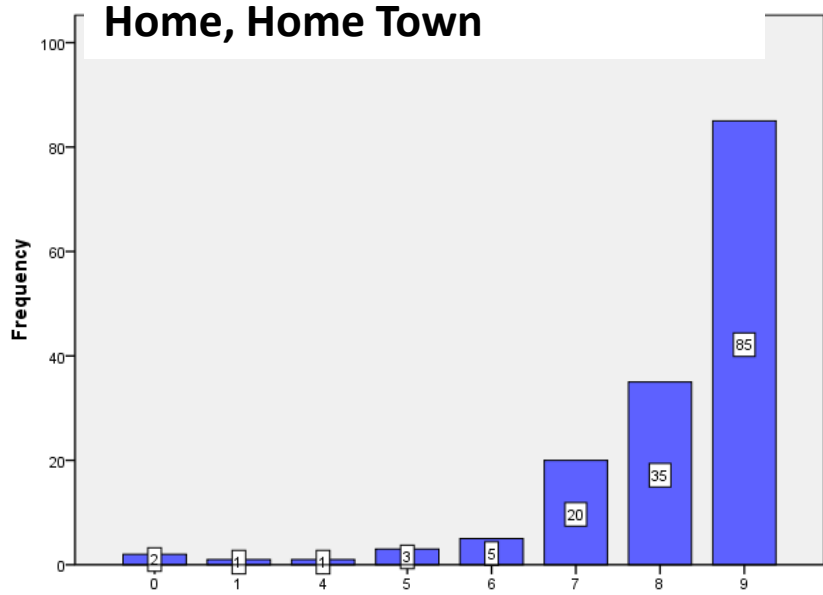


Source: Survey, Dept. of Geography, FF, UL, 2011.

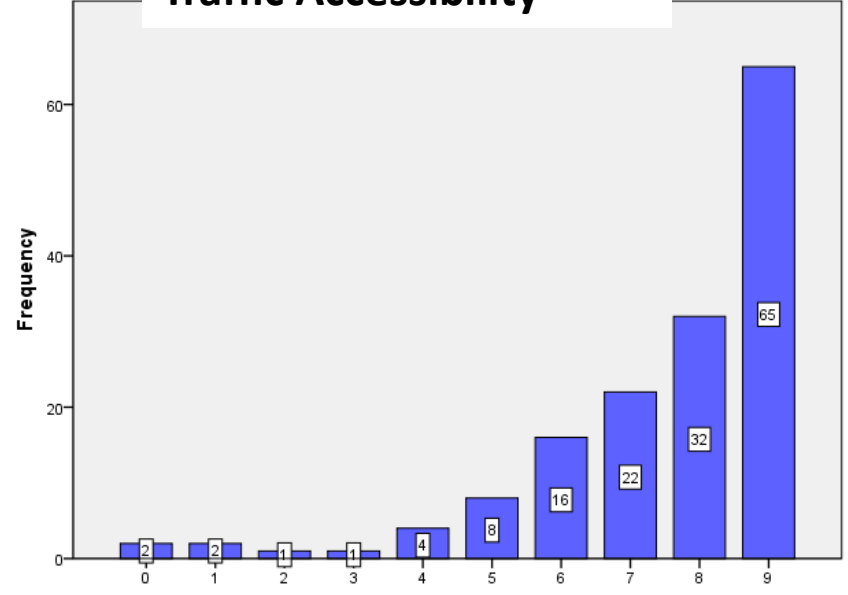
Attractive Landscape

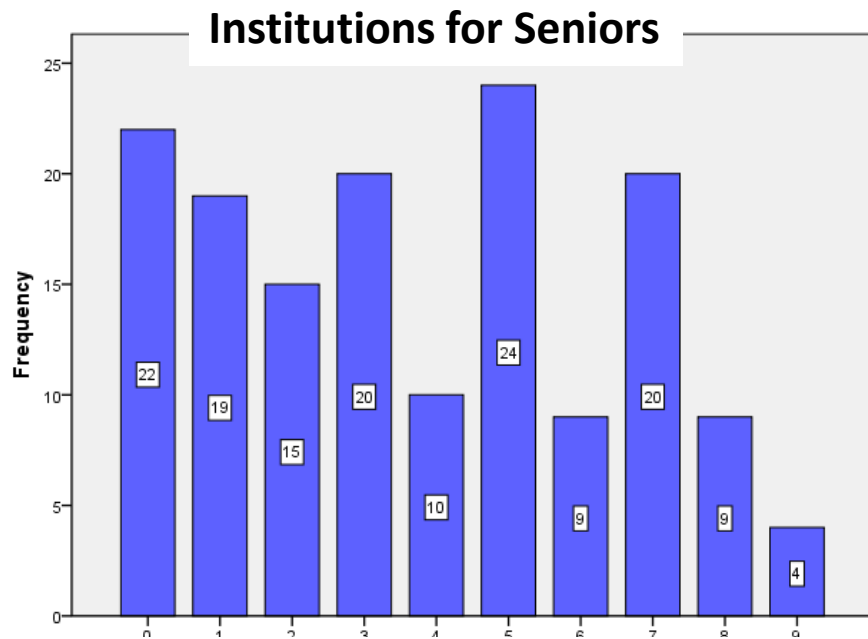


Home, Home Town

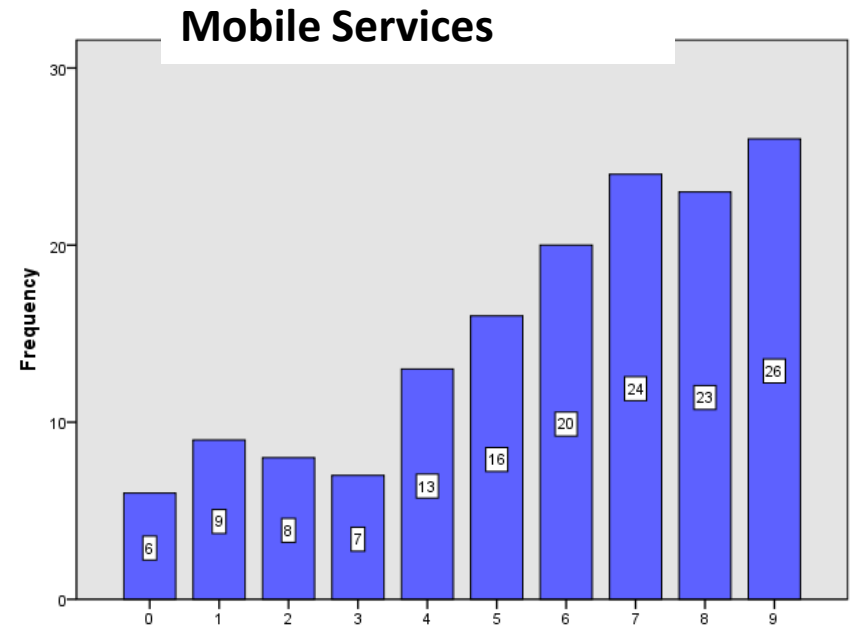
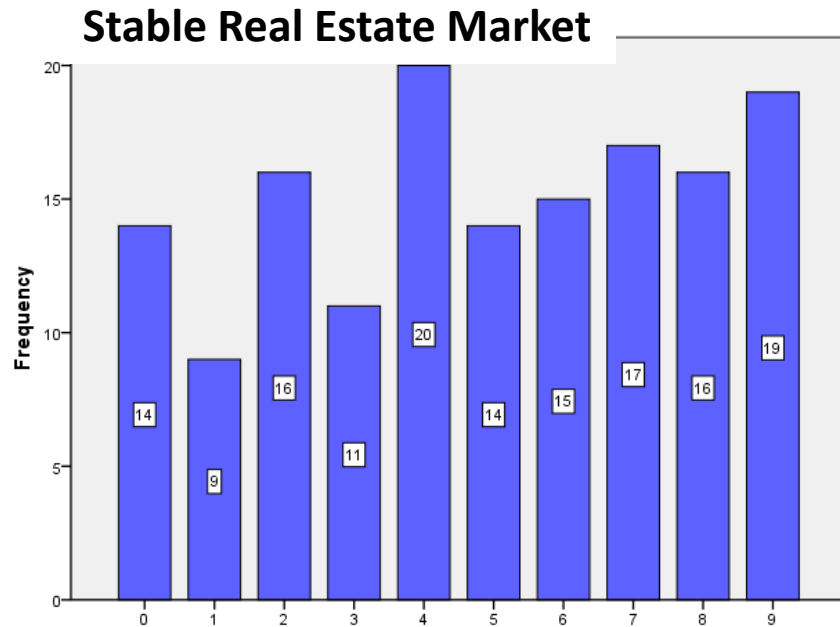
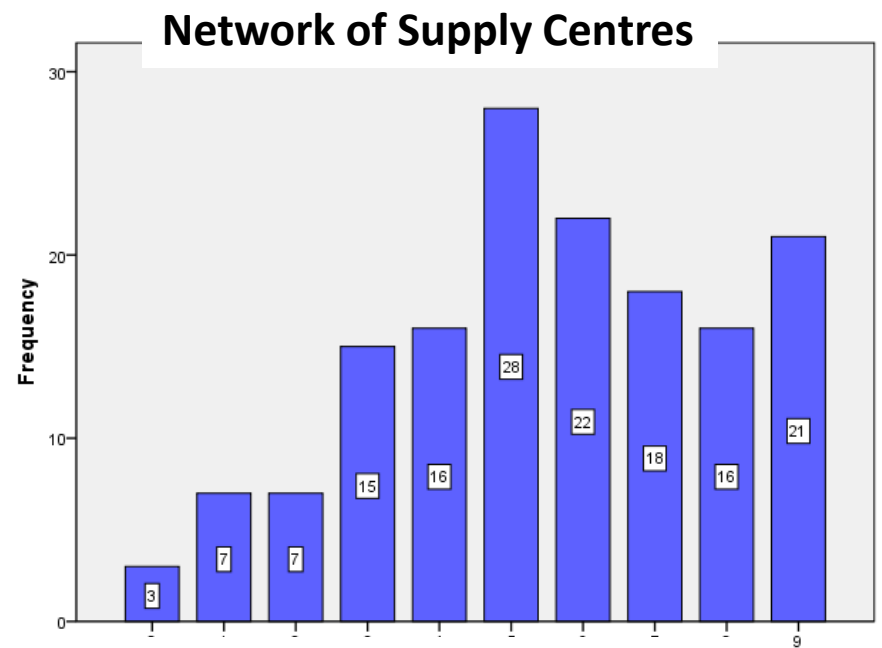


Traffic Accessibility

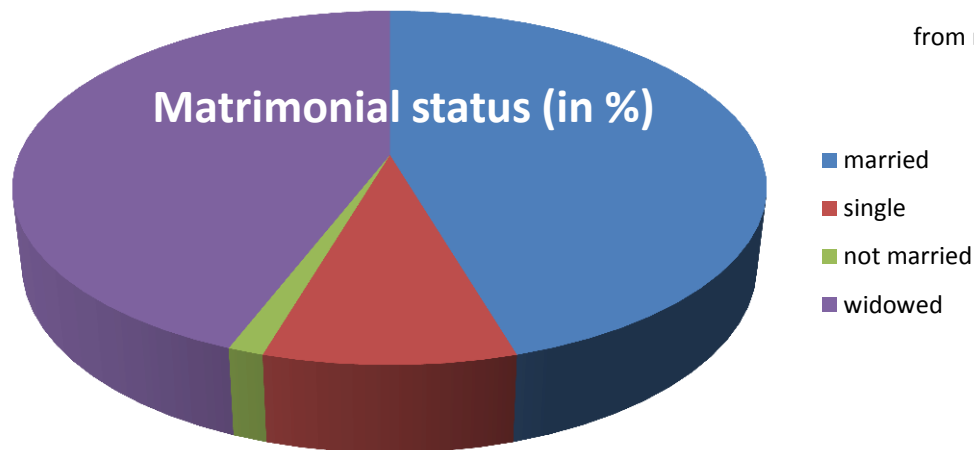
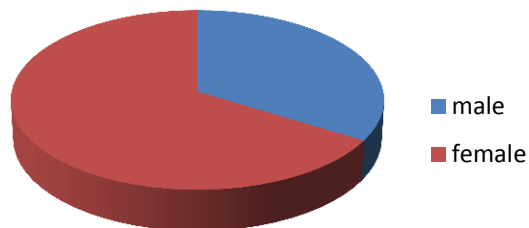




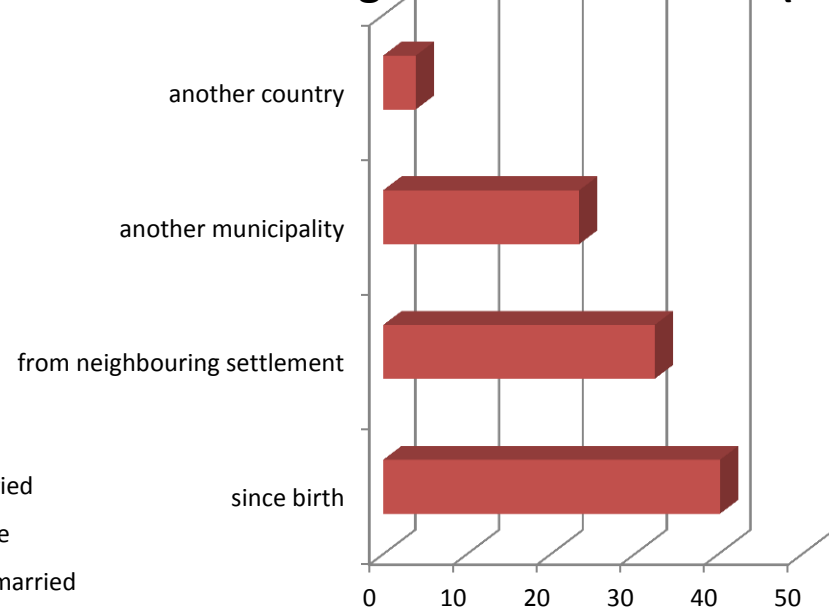
Source: Survey, Dept. of Geography, FF, UL, 2011.



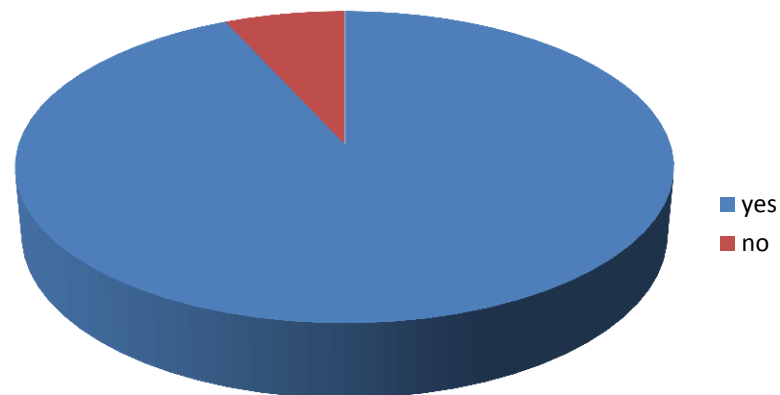
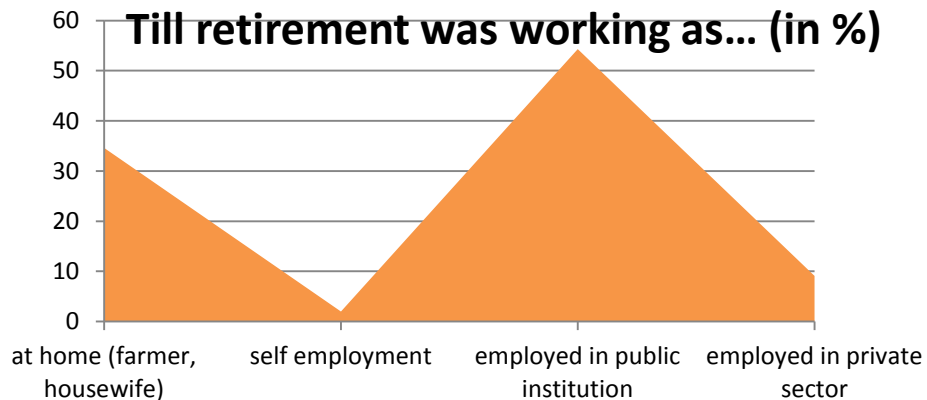
Gender (in %, N=154)



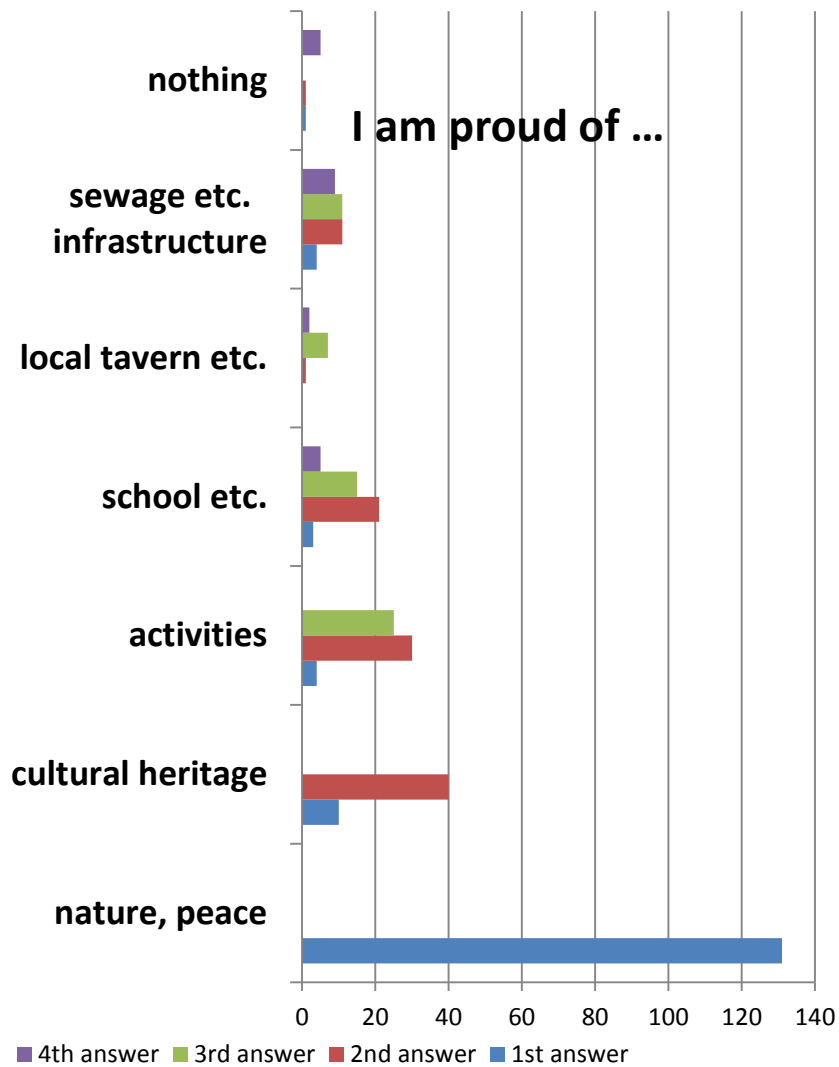
Living in the settlement... (in %)



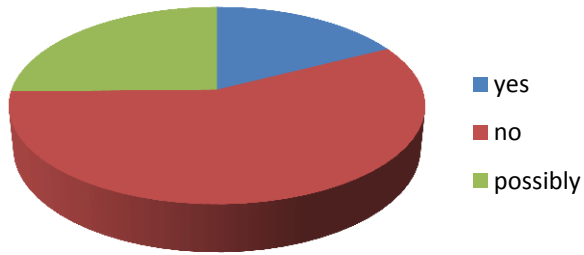
Till retirement was working as... (in %)



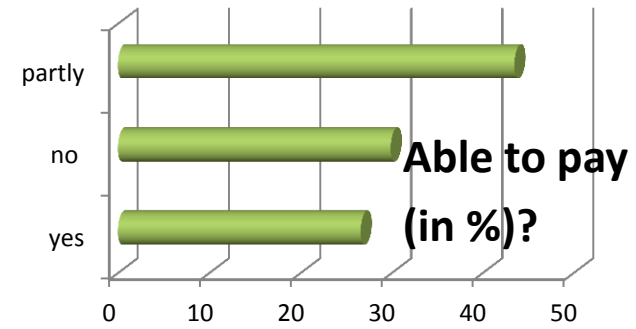
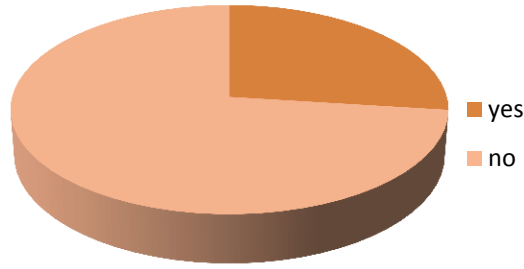
Satisfied with the locality (in %)?



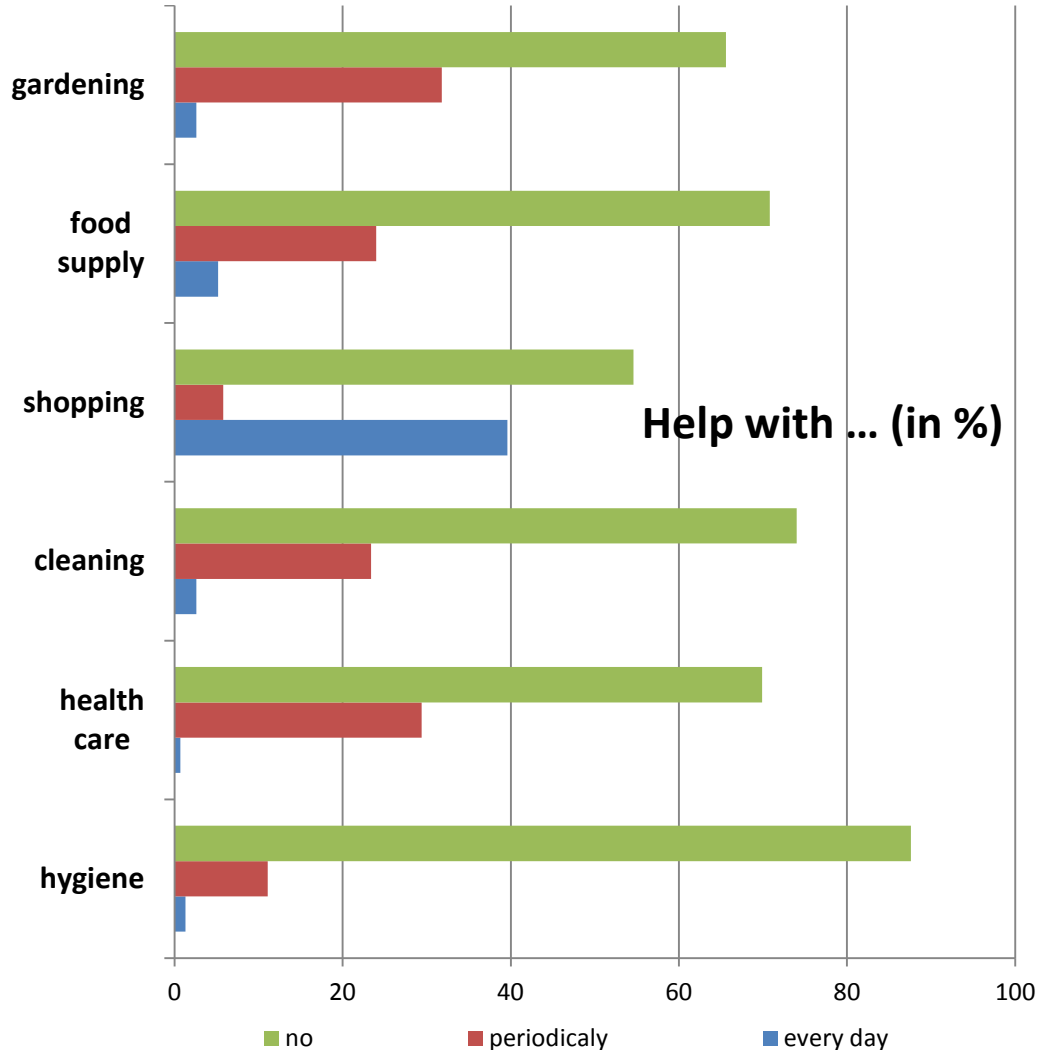
Need for help (in %)?



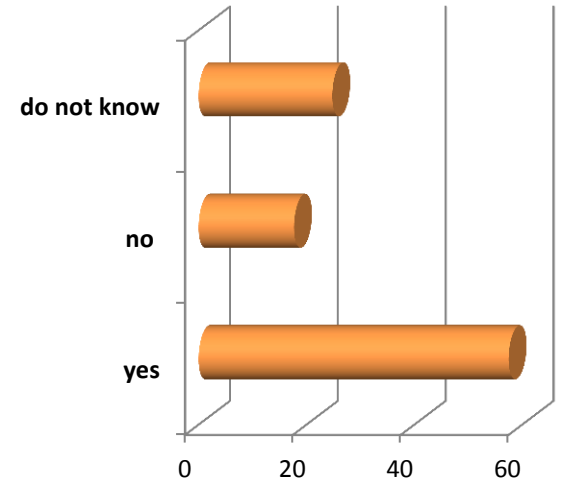
Already receiving help (in %)?



**Able to pay
(in %)?**



Help with ... (in %)



**Willing to accept help
(volunteers; in %)?**

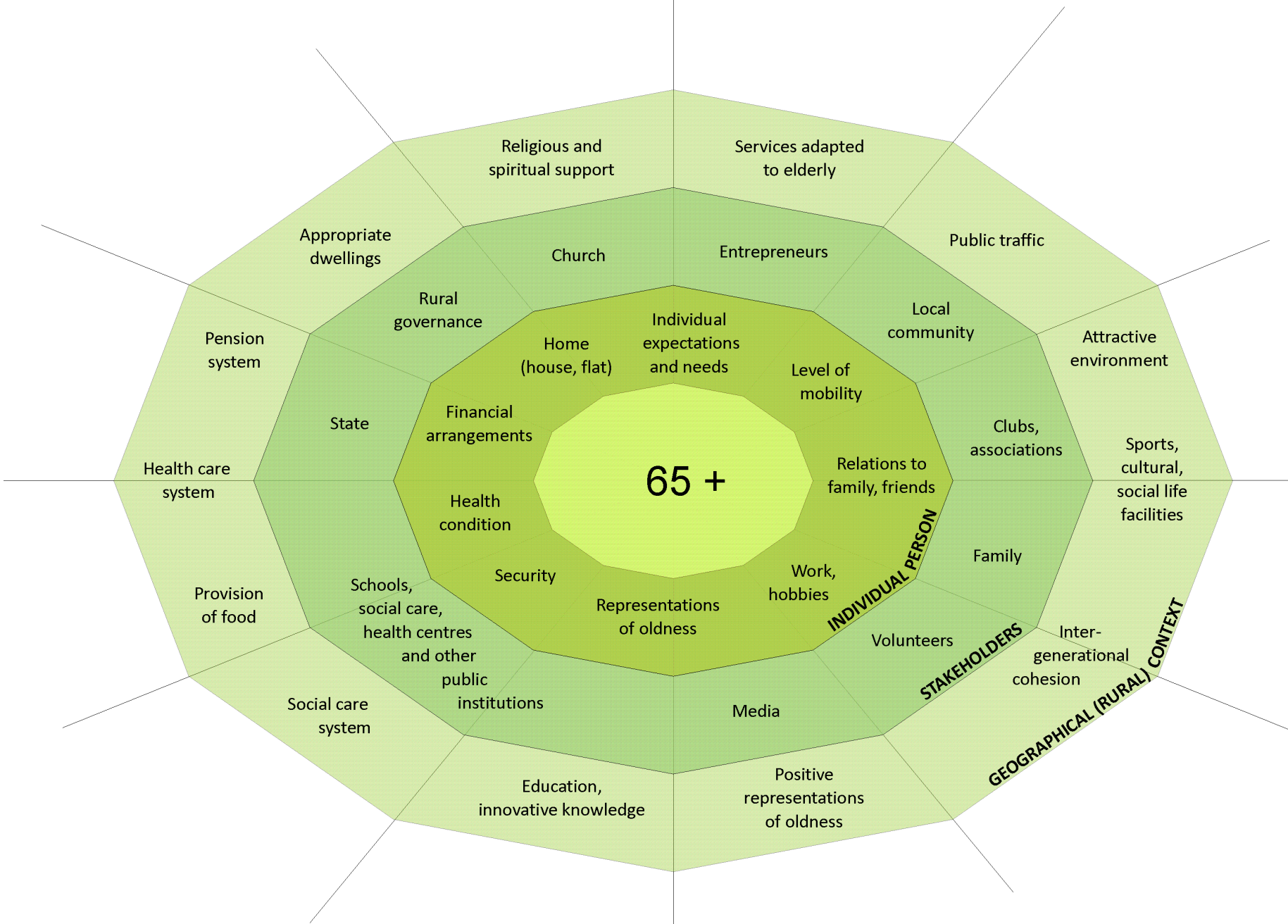


Fig. 13: Age-friendly Rural Community: Rural Web.



Fig. 14: Organisation of Clubs, Societies and Associations in the Municipality of Brda.

IZVAJALCI POMOČI		Zdravstvena nega	Socialna skrb	Pomoč na domu	»Družabna podpora«	Izobraževanje	prehrana	Varovanje na daljavo
Dependent	Obalni dom upokojencev Koper	▲	▲		▲	▲	▲	
	Dom Danica	▲	▲		▲		▲	
Partly dependent	Biveal	▲		▲				
	Bit Vizija	▲		▲				▲
	Patronažna služba ZD Koper	▲		▲				
	Služba za pomoč na domu		▲	▲				
	Zdravstveni dom Koper	▲						
	Skupine ljudi za samopomoč		▲		▲	▲		
	Dnevna dostava kosila						▲	
	Vitica		▲	▲				
	Rdeča tipka							▲
	Rdeči Križ Koper		▲	▲	▲	▲		
	Karitas Koper		▲	▲	▲			
	Društva upokojencev				▲	▲		
Independent	Center dnevnih aktivnosti				▲	▲		
	Univerza za tretje življenjsko obdobje				▲	▲		

Education!

LEGENDA

 Stopnjevanje pomoči glede na potrebe



Avtorica: Keli Jerman

First step: ... a list of services at the municipality level (adapted after Jerman, 2011).

MOTIVES FOR LEARNING

- Contacts with relatives and friends (home, abroad).
- Health care.
- Managing personal finances.
- E-education.
- Listening to the music, watching the films.

OBJECTIVES

- Social inclusion.
- Intergenerational symbiosis.
- Higher quality of life, personal well-being.
- Attaining formal or/and informal education.

ACCESSING INFORMATION

- E-points.
- Volunteers.
- Contact points for learning (mobile units).
- iPad.

Looking Ahead: 50+ in Creative Business (Aachen, Germany) - 1

- self-employed persons work very often at home, in the city center or nearby
 - their offices can be reached quickly from home/apartment
 - spatial flexibility
- self-employed persons have flexible working conditions
 - this allows them to adapt to the effects of getting older and thus continue working productively
- many self-employed persons from the creative industries would like to work as long as possible
 - if their physical health situation allows them to
 - if the working conditions stay suitable
- some have to work as long as possible
 - when their financial situation is precarious or they lack savings

Looking Ahead: 50+ in Creative Business (Aachen, Germany) - 2

creatives as pioneers:

- demand for inner city office locations
- compact city – short distances between home and office
- necessity of longer working in highly qualified professions isn't that problematic and often favored
- expertise and potential of elderly can be used longer
- lifelong learning essential and working in cross-generational teams desirable → creative class as trendsetter for future forms of work

"Experience, knowledge, networks!"

Nine principles for excellence in web-based teaching

(Henry, Meadows, 2008):

- **Different learning environment,**
- **Content is a verb,**
- **Technology is a vehicle, not a destination,**
- **Great online courses are defined by teaching,**
- **Sense of community and social presence,**
- **Multiple areas of expertise,**
- **Proper web interface,**
- **Ongoing assessment and refinement,**
- **The little extras go a long way.**

RECOMMENDATIONS

- CONNECTING VARIOUS SOCIAL GROUPS AND ACTORS.
- ACCURATE RESEARCH ON DIVERSED ASPECTS OF OLDNESS.
- INCLUSION OF UNDER- AND UNEMPLOYED RURAL POPULATION.