



Vanheneminen.fi
PREPARE FOR OLD AGE



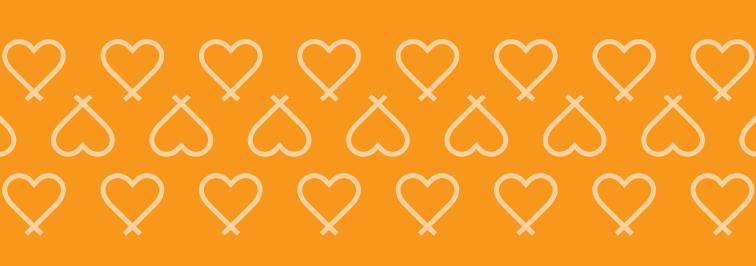
VTKL

Independent preparedness
for a good old age
2018–2020

INDEPENDENT PREPAREDNESS FOR A GOOD OLD AGE 2018–2020

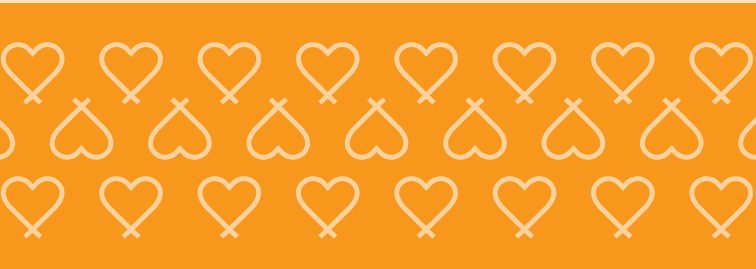
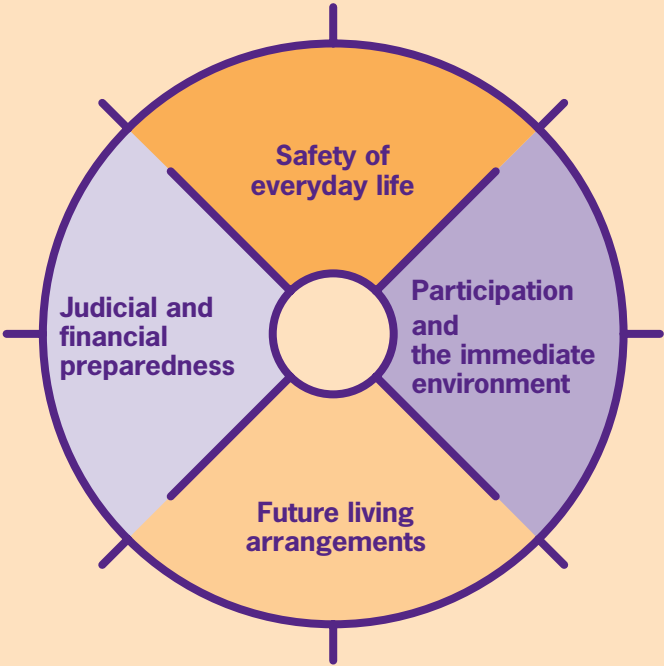
Preparing for old age means anticipating and planning to enable a good old age. For the elderly, preparing for old age increases the sense of security, strengthens feelings of participation and creates opportunities for a good life after retirement. Preparation may include ensuring one’s own health, ability to function, and social relationships, considering financial means of livelihood and judicial preparation, and planning safe living at home. Sometimes, people need support for strengthening their independent activities. Such help can come from family members, friends, voluntary actors, or social and health care professionals.

The aim of project is to increase independent preparedness for old age and make it a normal part of life planning. The operations of the project are targeted at a stage of life where people often become aware of getting older (50 years and older).



THE WEBSITE

The website will be launched in 2019. The site is intended for citizens as well as professionals, decision-makers, and authorities in elderly care. The site offers information and tools for the following themes around preparedness for old age:



RESULTS THROUGH COOPERATION

The project increases cooperation between organisational, citizen and authority actors participating in operations related to the preparation for old age. The intention is to decrease the amount of overlapping work, improve cooperation, and allocate resources more efficiently.

Cooperation partners:

- **Finance Finland (FFI)**
- **The Finnish Association of People with Physical Disabilities**
- **Maria Akatemia**
- **Miina Sillanpää Foundation**
- **Oulunkylä Rehabilitation Hospital**
- **Partnership Network of Finnish Rescue Services**
- **Ministry of the Interior**
- **Finnish Housing Assistance Association**
- **Finnish Home Owners' Association**
- **The Finnish National Rescue Association SPEK**
- **Guarantee Foundation**
- **Suvanto – For A Safe Old Age**
- **VTKL: SeniorSurf, Home Repair Advice, Vahvike®**
- **Ministry of the Environment**

Steering group representation:

- **Pensioners' associations' interest organization / The National Seniors' Union in Finland**
- **University of Eastern Finland / Institute of Law and Welfare**
- **Elderly Citizens Council of Mikkeli**
- **National Police Board of Finland**
- **The Ministry of Social Affairs and Health**
- **Finnish Red Cross Coaching Programme / Living life to the fullest as a pensioner**
- **The Finnish Federation of Settlement Houses**
- **Guarantee Foundation**
- **Ministry of the Environment**



Better safe than sorry – prepare for old age

The target groups of the project are:

- 1** Citizens over the age of 50 and their family members and friends, who should take an interest in old age and planning for it.
- 2** Organisations and citizen actors whose operations include a perspective of preparation for old age.
- 3** Authorities and other actors who need information on the preparation of citizens for old age.
- 4** Actors wishing to produce information for the website developed through the project.

The study on preparation for old age

A study on preparation for old age will be carried out during the project, based on the experiences of elderly people on ageing and preparing for it. The results of the study will be utilised in the project and communicated nationally.



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