



Dignified old age is a basic human right. Always.

Effective elderly care

The Finnish Association for the Welfare of Older People (VTKL) promotes the well-being and social security of ageing people and the elderly by

- influencing policies affecting the elderly
- representing their interests
- member activities
- guidance and instructional activities
 - Repair advice services
 - Senior citizen activities
 - Vahvike
 - Circle of Friends
 - Self-care training activities
 - SeniorSurf activities
- research and development activities
 - Vanheneminen.fi - Independent preparedness for a good old age project 2018–2020

Do you want to promote the well-being of the elderly?

Your support matters!



www.vtkl.fi/tuemeita

Member support

VTKL is a national cooperation organisation for approximately 330 associations working for the benefit of older people and the elderly.

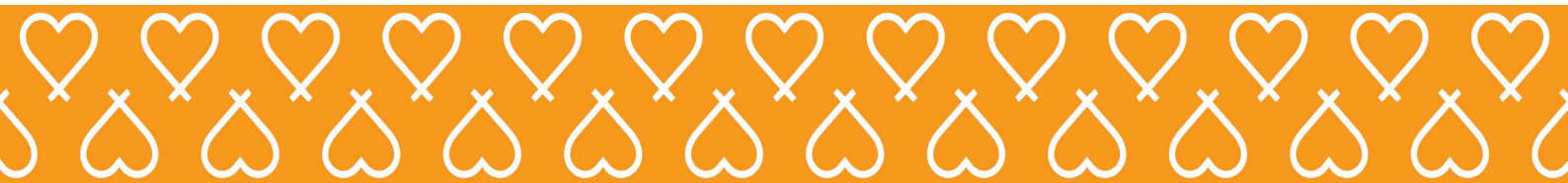
The member associations provide services and arrange a variety of stimulating and recreational activities for older people.

VTKL supports its members by arranging training and providing current information, guidance and instructions for the development of activities and networks for sharing information and experiences.

**Vanhustyön keskusliitto -
Centralförbundet för de
gamlas väl ry**

Malmin kauppatie 26
FI-00700 Helsinki
tel. +358 9 3508 600
fax +358 9 3508 6010
firstname.surname@vtkl.fi
www.vtkl.fi

Facebook.com/vtklry
Twitter: @VTKL10





Our work comes from the heart.

THE DAY AND WEEK OF OLDER PEOPLE

The theme of the Week of Older People 2019 is Be Prepared for Old Age! The purpose of the campaign of the Finnish Association for the Welfare of Older People (Vanhustyön keskusliitto, VTKL) is to raise awareness about ageing and older people and their status in society. The main event of the Day of Older People on the first Sunday of October will open the Week of Older People. This year's main event is held in Sodankylä on 6 October 2019. The national SeniorSurf day is on the Tuesday of the Week of Older People, on 8 October 2019.

VANHUSTYÖ MAGAZINE

VTKL publishes the Welfare of Older People magazine with an extensive circulation that includes the professionals and policymakers in the field. The magazine illustrates the life and opinions of older people. Extensive info packages concerning matters related to ageing and novel ideas for developing the work can be found in the journal.

REPAIR ADVICE SERVICES

support living at home. Approximately 14 regional home repair experts employed by VTKL help people injured in war, veterans and other older people over the age of 65 in assessing and planning house renovation and applying for repair allowances.

SENIOR CITIZEN ACTIVITIES

also arrange training for professionals and volunteers interested in elderly care. The Helsinki metropolitan area Senior Citizen Activities arrange group, recreational and summer activities to boost the well-being of older people and organise volunteer support for the elderly living at home.

VAHVIKE

is an open and free of charge material bank that includes material for group and stimulating activities for group instructors, nurses, volunteers and the elderly. Vahvike contains material that supports recollection, brain exercises, an image bank, material related to seasonal changes, series of cards that support interaction, and instructions and literature that can be printed out.

CIRCLE OF FRIENDS

alleviates the feeling of loneliness experienced by the elderly by means of group activities with a proven effect all around Finland. Circle of Friends facilitator trainings for social welfare and health care professionals and volunteers are arranged every year in several locations around Finland.

SELF-CARE TRAINING ACTIVITIES

support the elderly with early stage dementia and their spouses by means of group activities with a proven effect. The Self-care Training Instructor training for social welfare and health care professionals and volunteers is an important element in providing group activity services.

SENIORSURF ACTIVITIES

improve the participation of older people by supporting digital guidance, producing instructional material and performing influencing work. SeniorSurf events encourage and motivate older people to learn more about digitality.

