



The Finnish Association for the Welfare of Older Adults (VTKL)

The Finnish Association for the Welfare of Older Adults (VTKL) is Finland's largest national organization in the field of ageing, reaching hundreds of thousands of people through its own activities and member organizations. We provide practical solutions for everyday ageing, both through our own services and those of our members. We ensure that the voices of older people are heard wherever we operate.

Our activities include:

- Ageing policy advocacy
- Representation and lobbying
- Membership services
- Guidance and support services
- Development and research activities

Member services

The association represents the interests of its approximately 300 member organizations, with the aim of promoting the wellbeing, functional capacity, and social security of older people, as well as supporting anticipatory planning for ageing. Member organizations provide, among other things, housing services, care, nursing, rehabilitation, and day activities, and they also maintain a significant number of rental apartments for older adults.



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the Welfare of Older Adults**

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Functions of the Association

Home Repair Advisory Service

supports living at home. Home Repair Advisory Service provides assessments of housing repair and modification needs, promotes necessary renovations, and assists people over the age of 65 in applying for grants.

Senior Activities

promotes the wellbeing of older adults in the Helsinki Metropolitan Area and provides nationwide training for volunteers and professionals. In Helsinki, Senior Activities organises group activities, diverse recreational and summer programmes, and information afternoons for older adults.

Vahvike Resource Bank

is an open resource bank maintained by the Finnish Association for the Welfare of Older Adults to strengthen the wellbeing of older adults. It offers a wide range of materials for group activities and meaningful everyday life.

Planning for Old Age

Anticipatory planning for ageing means preparing for a good later life. Preparing for old age is always worthwhile – whether you are 50, 70 or 90. Vanheneminen.fi is a resource bank for anticipatory planning for ageing.

SeniorSurf

provides expertise, networks, and diverse materials nationwide to support the digital skills of organizations, volunteers, and older adults.

The remote guidance service

offers help and support for learning digital skills, assistance in solving digital problems, and advice on other digital matters. You can easily request guidance by filling in an online form or by calling the phone service.

Circle of Friends

The Circle of Friends group intervention for lonely older adults has been systematically and widely implemented and disseminated in Finland for 19 years. The main idea of the Circle of Friends group is to alleviate and prevent loneliness of older adults.

Empowering Self-Management Group Intervention

Empowering self-management group intervention is peer support group model for older adults. The group intervention takes place at the early stage of dementia as it offers a window to sharing information, enhancing participation in decision-making and peer support. The facilitation of the empowering self-management group intervention is based on rigorous training of social work and healthcare professionals and volunteers.

Ongoing projects

- Coordination project Ikävoimaa: to promote the psychological and social functioning of older people in vulnerable situations during life transitions.
- Project Sateenkaariseniorit näkyviksi strengthens the inclusion and wellbeing of older people belonging to sexual and/or gender minorities and alleviates possible experiences of loneliness and invisibility.
- Project Mielekkäästi kotona: low-threshold support for older people living at home.



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