

Projects on psychosocial support of elderly people Summary project fiche

Action programme on multi-generational homes

Multi-generational homes bring together young people and the elderly.

In this context they purposefully make use of the competence of elderly people who, on their part, are given help from the young where they need it. In this way, an active community of four age cohorts is supported and the cohesion of generations is strengthened by sharing each other's values while living together. Knowledge and experience do not get lost, but they are shown in everyday life in a small space and can be passed on to others as well.

Multi-generational homes constitute an offer to people of all age groups, they are thus given the opportunity of approaching one another and building up new neighbourhoods.

This is of particular importance nowadays in times of demographic changes, when traditional structures cease to exist. Especially for people of higher ages it can be useful to receive counselling or concrete help in an uncomplicated manner and without having to overcome impediments of organisational structures, and to remain in an atmosphere of social cohesion.

It is not only competences which are required. For the new networks respect the weak points of those involved as well as their strengths and enable them to give and to take.

Long-term care family counsellors

Due to the project entitled '*Pflegebegleiter Praxis*' (case managers in long-term care practice), which is sponsored in collaboration with the central associations of long-term care insurances and the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth within the scope of the pilot programme 'Inter-Generational Voluntary Services', already 1,800 case managers in long-term care could be qualified. Long-term care case managers are persons who voluntarily look after relatives providing long-term care, stand by their side and thus play an important part in increasing the quality of life of both, those in need of long-term care and their relatives as well.

The continuous **support of the work done by the German Alzheimer Association** on a contractual basis with changing modules contributes to improving the information and counselling of relatives providing long-term care and to easing the strain on them.

With the counselling hotline (*Alzheimer Hotline*) and public relations campaigns such as the world's largest picture gallery of hands, the so-called *Hands Campaign*, which was followed by the '*Book of Memories*'¹ in January 2007, help is provided and the general public's awareness is raised successfully.

Project entitled 'Dementia patients living on their own within a community'

Training programmes for community-based key groups are developed to enable persons suffering from dementia to lead an independent life in their traditional residential environment as long as possible.

The target groups, as e.g. the police, bank employees, health insurance funds and the local public transport are to be trained by co-operation partners in pilot regions, and, upon evaluation and conclusion of the project, the materials thus elaborated will be made available to all

¹ The German Alzheimer Association sent a book with empty pages on a one-year journey around Germany. Celebrities from culture, politics, industry and entertainment have been invited to fill in the empty pages.

Alzheimer Associations, municipalities and interested persons. The German Association of Public and Private Welfare has been involved in this project as a co-operation partner.

Suicide prevention

Within the scope of the national suicide prevention programme for Germany, a WHO initiative, in which the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth is involved at working level, the elaboration of a counselling booklet entitled 'When growing old becomes a burden' (*Wenn das Alter zur Last wird*) was sponsored. In the meantime, this booklet has also been made available in English.