



TISS'AGE: A NETWORK TO BREAK ISOLATION

LONS-LE-SAUNIER (39)

OBJECTIVES

Break isolation by fostering exchanges between volunteers and elderly. To expose young people to the world of elders.

PRACTICAL DETAILS

Identify isolated elderly and associations. Identify affinity between volunteers and elderly to pair them and organize visits. Organize, few times a year, meetings group to federate the group and introduce intergenerational meetings. Suggest to do an analysis of the practice of social work with the help of a psychologist.

Cost: Psychologist working time. Group events



CREATE A VOLUNTEERS NETWORK

Lons-le-Saunier communal welfare action centre (CCAS) has decided to focus on the question of elderly isolation after it has been raised by various partners (associations, social workers, etc). The Tiss'age project started in early 2012.

A that time, the CCAS started coordinating home visiting by volunteers from the Secours Catholique to elderly people living at Lons-le-Saunier. Given the interest of the meeting for both volunteers and elderly people, the Tiss'age network expanded.

One year later, the CCAS decided to seek for new associations in order to have them also involved in the project. A meeting gathered the new actors. They thought about what was the best way to work together with-in this network.

The Red Cross, the French charity "Secours Populaire" and also the JALMALV (Support Life Until Death) has joined this ambitious project. A responsible for the Tiss'Age network has been appointed within each association. He coordinates volunteers and connects them with the



CCAS. Since January 2014, it is not anymore mandatory to be part of those associations to join the Tiss'age network. The CCAS has created its own volunteer network allowing ones to devote time for elderly from Lons-le-Saunier without being already involved in partners' associations of the network.

REFER NEEDS

There currently are some thirty elderly people receiving visit from volunteers. The most complicated thing is to identify the isolated person.

Some of them introduce themselves directly. Others could be

identified by the service of meals on wheels delivered by the CCAS or by partners such as social workers, the CLIC (the municipal one stop shop for seniors) or people in charge of the independence social allowance (APA) for the elderly people. The first step when a person asks for being visited is to find a volunteer to create pairs. It is essential to identify the good volunteer who will share common interest with the visited person.



PAIRS WITH SIMILAR SENSITIVITIES

For the first visit at home, one of the coordinator of the Tissâge network comes with the volunteer. This reduces the initial uncertainty that can occur and support the visited person in welcoming a stranger at home. In a second time, the frequency of the visits is scheduled according to one's desire. It can occur each week or every two weeks on a period of time defined by the pair.

Each time, it's a great moment for conviviality with coffee talk, excursion or a game... The relationship between the visitor and the coordinator of the Tissâge network is maintained. This to ensure the proper exercise of visit. Caution: the volunteer does not replace a domestic help. According to relationship developed, visits can last longer or being more frequent. A Tissâge network Charter has been implemented and has to be signed in order to ensure that such visits proceed smoothly and with one's respect.



partnerships have been set up with the Tissâge network. For example a high school (lycée) from Lons-le-Saunier is now initiating intergenerational actions related to the network. As [the foundation/the cornerstone] of the project, it puts emphasis on the work done to fight isolation.

STIMULATE THE NETWORK

One of the difficulties of such a project is mobilizing volunteers on a long term basis. To keep them motivated, the CCAS encouraged them to participate to a focus group conducted by a psychologist every three months. Volunteers can also ask for a dedicated training on ageing and isolation.

To stimulate the Tissâge network, meeting groups are organized by the CCAS. Twice a year, a meeting and discussion day is organized to get elderly people and volunteers sharing a great moment of warm and conviviality. More

TRAVEL BY WORDS AND LIVES BETWEEN STUDENTS AND RESIDENTS



ANGERS
Age-friendly city since 09-2012
Angers (49)

OBJECTIVES

Create social link between generations with different cultures thanks to the sharing of knowledge's and experiences
For elderly people: cognitive stimulation by text explanation.
Getting a better self-esteem thanks to exchanges and transmission.

For students: restore the image of ageing. Volunteer by being imbued with the French culture.

PRACTICAL DETAILS

Gather residents of a nursing home and of a day-care together with foreign students around a literary reading.
With an average of 89 years old, residents are chosen on a voluntary basis and should be able to transfer knowledge.



OPENING TO THE WORD

The origin of the « travel by words and lives » project is born when a new facilitator has been appointed at the Cesar Geoffroy nursing home and day-care located in the French city of Angers. Driven by her desire to create opportunities for her residents to meet with young people, Florence Lemonnier, naturally looked at the university next door: the western catholic university. American students are coming for one semester to improve their French and their knowledge in French literature. The communal welfare action centre (CCAS) who is managing the nursing home got involved in a closer relationship with university. Thanks to it, the « travel by words and lives » came to life in 2012.



A DUAL PURPOSE PROJECT

This project based on the meeting of residents and American students should allow students from University of Notre Dame, South Bend Indiana in the US to be involved in local life as well as improving their French.

On senior side, the CCAS and the facilitator wanted to emphasize their self-esteem by making them having them transferring their knowledge to young people.

FIRST MEETINGS

Once volunteer residents registered, both institutions set up a schedule of 9 meetings. In the first instance, students are meeting on one-to-one, the nursing home professionals to speak about ageing. It is done to break down barriers related to physical and psychological damage. Pairs are chosen according to affinities identify by the teacher and the facilitator.



Chaque année un douzaine d'étudiants américains viennent échanger avec les résidents de l'Ehpad.

During sessions, residents and students meet to talk for one hour or more. During these sessions, a selection of literary texts made by the French teacher constitutes the basis for further exchanges between both generations. In the first instance, a student reads out the text selected. The resident has there, a role of corrector. The second part is dedicated to exchanges and experiences sharing. This second part starts with cultural questions related to the text. It is usually the occasion to share memories and stories which give some clues about French culture.

Professionals are welcoming participants to the session but they are not staying when it is time for exchanges. This private meeting is an excellent opportunity to share confidences and create a complicity and friendship.

A BRIDGE BETWEEN GENERATIONS

At the end of the semester, students and residents organized an event day dedicated to feedbacks. The meetings are captured with various tools such as video, PowerPoint, notebooks, etc.

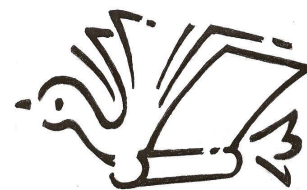
Everyone is invited to join the last festive meeting: elderly relatives and residents who does not take part to this initiative to show them what has been achieved and maybe make them want to participate the following year.

The « travel by words and lives » project is a rewarding life experience for both generations who have different age, culture, language, life experience. This project helps create a positive image of ageing. It allows residents to restore self-esteem for themselves and to speak freely. Furthermore, transferring knowhow and knowledge is in stimulating and strengthening memory. A real reminiscence work.

Regarding students, in addition to their progress in French, those meetings have changed their way of considering elderly people. They have discovered the French alternative to the costly hotels or American hospices where live their elders. Those meetings create a strong relationship which lasts beyond this experience. Each year, some 12 students and 10 residents are taking part of this adventure since this first initiative. Thanks to it, they open themselves to another culture.



BIB A DOM, AN ASSOCIATION BRINGING BOOKS AT HOME



BIB A DOM
Lyon (69)

OBJECTIVES

Help older people who cannot go out (even temporarily) to have access to books and to reading via the service of delivery at home or the reading aloud. Fight against isolation. Enable everybody have access to culture.

PRACTICAL DETAILS

Create a network of volunteers to bring books to people who want it. Enable beneficiaries to have access to books lent by districts libraries.



HOW DOES IT WORK?

The library at home (called the “Bib’ à Dom”) is an association created in 1984. Its goal is to enable people who cannot go out (even temporarily) to have access or to continue to have access to reading and to books.

The Library at Home, partner of the public library in Lyon, is animated only by volunteers.

The main function of the association is to bring books from the public library at home. There are volunteers in the whole city and even outside, who visit people in Lyon and outside.

The association links a person who cannot go out with one or several volunteers. These latter are in charge to bring books and to pay attention to the deadline. The volunteers and the beneficiary decide together the frequency of the visits and the choice of the books. That is clear that the relation between these two people is beyond books.

The library at home also offers reading aloud at home by trained volunteer.

TO MAKE IT KNOWN AND EXCHANGE

To make this service known to people likely to be interested, the library at home takes part in different meetings: reading in districts libraries (during special events).

The library at home takes also part in fairs and exhibitions, as for example during the Blue Week (a week completely dedicated to older people in France), or to exhibitions on how ageing correctly at home.

They took part in a fair called “Fair: how ageing well at home” and Mrs Rivoire, major deputy of Lyon was there too, accompanied by Mr Bel, deputy major in charge people of the third age.

These meetings gather organisations and associations specialized in domestic assistance which are concerned about easiness and enrichment of older people lives, both on the practical and cultural side. These exchanges with the library at home are really profitable.

REGISTRATIONS

Each week, the association registers volunteers. But, currently, its main concern is to convey information to isolated people who would like to get books or to listen aloud readings.

To register as a beneficiary to the service library at home, people have to call the association or to let a message on the answering machine. The beneficiary subscribes to the public library and pays a subscription to the association.

To register as a volunteer, it is necessary to meet the association team. The volunteer signs a charter which is an engagement of respect and discretion in the relation he/she will establish with the visited person.

To get more precise information, you can come to the committee room of the association, call, address an email (bibadomlyon@yahoo.fr) or consult the blog (<http://labibadomlyon.blogspot.com>).



TESTIMONIES

AN OPENING TO NEW HORIZONS (PUBLISHED IN LYON CITOYEN IN 2013)

For five years, Martine brings books to Marcelle and Andrée, aged 93 and 89. “I visit them once a month and bring them 4 or 5 books. With time, I became a source of proposals. Andrée was only reading Georges Simenon. I proposed them to discover Charles Exbrayat. As the time passed, I realised she loved biographies. Thanks to my researches, I think that she read almost all large print books of the public library in Lyon”.

TWO CROSS TESTIMONIES (PUBLISHED IN LE PROGRÈS IN 2014)

“I read more than hundred books each year”.

Monique, 65 years old, former legal expert, and beneficiary from the library at home since 2011: “I read more than hundred books each year. I lend 5 books at a time. I read all kinds of books: historical or political ones, thrillers. I prepare lists to Liliane according to books mentioned by the press. The association is a chance for me”.

“I like the atmosphere of libraries”.

Liliane, former physics teacher, now retiree, is a volunteer to bring books: “I read also a lot and I discover the library at home thanks to the public library. I have free time and coming to bring books is a real pleasure for me because I love the atmosphere of libraries. Monique and I became friends since I come regularly to visit her.

Fresco to share words and aches

BESANÇON (25)
FRANCE



The fresco has been painted partly on the ground and the wall of the inner courtyard of Besançon hospital

OBJECTIVES

Expose the young people to the world of elders. Make the elderly knowing better the new generation. Confront two generations on both their differences and similarities.

PRACTICAL DETAILS

Constitute a group of teenagers and elderly dedicated to the painting of a fresco. Elect appropriate professionals for assessing and managing the project. Find partners supporting the project and identify a suitable location for the fresco.

Cost : approximately €12,000

GET YOUNGS OUT OF THEIR DISTRICT

Besançon City has been working with teenagers from one of the most deprived areas located on the outskirts of the city since 2004. Various groups of youngsters have already successfully completed intergenerational projects. Create in youngsters the drive to go out gave ones new ideas over the years.

In 2012, a group of twenty teenagers met with people living in homes for elderly located on the other side of the town. Together, they thought about their differences as a work area to enrich a project. Quite quickly, writing came as a good way to define their respective worlds but also their similarities.

A common sense of exclusion helped bring the two groups closer together. They federated around strong and meaning words. A charter developing the strengths of a multi-generational society is born from those words. This precious document was unfortunately invisible for other inhabitants. The idea to used street painting to spread



Meaning words were chosen by both elders and young

those words emerged from the exchanges. Even is the elderly did not get a positive picture of the street painting, they have finally been convinced to use this artistic way of expression.

ADDRESS THE CHALLENGES FACED

Finding the right location was tricky. After several attempts, it has finally been decided that the fresco will come to life on one of the walls of Besançon hospital (CHRU). Located between two sides of the hospital building, the fresco initially made with words became a city reproduction complimented with chosen words.

The distinctive feature of this fresco also lies in its conception. Partly horizontal and vertical, its covers 120 sq.m. of ground and 35sq.m. of wall. Young and elderly exchanged a lot to set comprehensive solutions. The technical side has been entrusted by the CDEI (Chantiers Départementaux pour l'Emploi et l'Insertion) artistic achievements team. This team works for the promotion of the vocational integration of people looking



If professionals have created the attractive décor, young and elderly have painted the words

for a job. Young and elderly painted the words supervised by two street painting professionals. Within the hospital premises, the aerosols were forbidden. Acrylic paint has been used for the fresco. It has then been painted over with varnish.

MORE THAN A PROJECT, A UNITED GROUP

The fresco has been achieved within few days. During this time frame, the young-elders relationship moved to a one-group relationship letting the solidarity appearing. The fresco was finished in 2014 and large amount of feedbacks from the hospital visitors was received. At each medical appointment, one's see the fresco.

The city's aim to expose two generations to the world of one another is achieved. It has also been the case for the "guinguette" parties with the young and the meetings with Hip-Hop dancers for the elders. "Identify one's code to better understand him" is also the purpose of the film directed by the young on this fresco adventure. This project combines the draft of a charter, the creation of a fresco, making a film.



From intergenerational exchanges, young and elderly learned a lot.