

Presentation of the implementation and results of the SeniORNI EU project

Prikaz provedbe i rezultata EU projekta SeniORNI

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Introduction and aim: The aging demographic trend results in inadequate care for persons of older age caused by a paucity of extra-institutional social services. In the city of Kastav, 18% of the population is over 65 years old (average: 51.4 years¹) and institutional forms of care (nursing homes), often the only available option, have long waiting lists, resulting in an inability to meet user needs. The SeniORNI EU project has been introduced to improve access to social services; it aids in the process of deinstitutionalization and in health and quality of life improvement by providing daytime stay to persons over 65 years old in designated city-owned spaces.

Methods: The project holder is the city of Kastav; the project partners are the Association of Retirees and Older Persons Kastav and the Rijeka Red Cross City Society. The project also includes workshops and lectures held by external experts, thus involving the Teaching Institute of Public Health of Primorsko-Goranska County. Project activities increase the availability of extra-institutional services by establishing and equipping a dedicated space for activities and ensuring expert staff. The predicted activities are: individual and group psychology counselling, continuous measurements of blood pressure and blood glucose with health counselling, lectures on health improvement and maintenance and on other topics relevant to the target population (informatic literacy, foreign languages, healthy cooking courses, etc.), individual and group physiotherapy, massages, organized walks, and other.

Results: The project involves 148 users (24 men) and employs one psychologist, two physiotherapists (one working half-time) and a project coordinator and a health educator working part-time. The following measurable outcomes have been set: the number of organized and conducted daytime stays (7500) and the number of organized and conducted services of counselling and aid (800). From project inception until the end of February 2023, 5402 daytime stays and 5518 counselling and aid services have been provided. A process evaluation has been conducted and found great user satisfaction.

Conclusion: Thanks to SeniORNI, older persons from Kastav are more actively involved in community life and their quality of life has improved, leading to higher quality and fairness of available services and to community development. There is a need for the implementation and improvement of such and similar projects in the future.