

## How can you prepare yourself for a meaningful life?

How can we take care of ourselves, each other and our future?

Open Space

2010-04-12



**A key objective of the project is to bring together and create conditions for dialogue with the audience.**

- 9 participants
- 3 dialogues during the evening  
Resulted in three themes; activities in retirement, housing and mental preparation for retirement.
- All participants discussed together the three themes



## Activities in retirement

- Voluntary Activities by Red Cross – as now
- Volunteer Activities by Skövde Municipality – as now
- Agency of voluntary efforts. Coordination Function where you can express your interest to volunteer and where you can express their needs to get help from volunteers. Will be working in sports at major events, help at home, dog walks, etc., etc.. Older and younger are welcome.
- Culture: Library, theater, film
- Wellness Eg Nordic walking / walks, such as gym and aerobics. These activities are available but must be preserved. There should be activities to suit all, the needs are different.
- Wellness compensation: Compensation from the municipality to delay the need for nursing care. Would be economically viable for the municipality.



## Housing

- A pair where one partner is ill. Alternatives must be provided. The possibility must be allowed to continue to live together.
- Support from the municipality to live in your own home.
- Important that there are alternative accommodations. Freedom of choice, opportunity for the residents. If you do not want to live in existing housing it should be made available to "between housing" before you need so much care that you have to move into the municipality's nursing home.
- Ability to support and help wherever you live.
- Possibility of generation housing. Possibility to live together and take care of each others.



## Mental preparation for retirement

- Employers offer employees a decommissioning phase to life. A solid "education" – "Retired, plan your future".
- Senior Finance. During the five years before retirement offered individual counseling.
- Annual Trade show for 60 +. Offers from various actors such as associations, health care, educational associations, banks and others.
- Possibility of gradual slowdown in employment. Different options, part-time in the last few years, the opportunity to work after retirement now and then.



## Priority

- Upon conclusion of discussions, each participant have one point to put on the theme that they felt was important. When the priority was one participant had left the meeting. A total of eight participants.

Results:

Theme mental preparation 6 p

Theme housing 1p

Theme Activity 1p



## Worth considering statements

- It's not just the municipality which is responsible for the elderly that they should have a good life. Here are businesses and private parts very important "
- "We ourselves have also to act to feel good. We can not just leave it in the hands of someone else "
- Ang. The EU project "Italy is very nice, good food and good wine. Why not a senior twin town in Italy?"
- "For us this evening has been really mentally prepare for our retirement "

