

# VOLUNTEERING FOR AND WITH THE 60 YEAR OLD AND OLDER



Municipality of Tours –  
Communauté d'agglomération Tour(s) plus

## Volunteering for and with senior citizens

- Retirement means : « a fair rest after a long working life »
  - In the Fifties, when work was hard:
    - Retirement began at 65
    - Life expectancy was 65 years
  - In the Nineties,
    - Retirement began at 60
    - Life expectancy was at 83 years for women and 77 years for men

## Volunteering for and with senior citizens

1. What is the transition between work and retirement today ?  
An example with french volunteering association
2. How to promote the citizen and associated commitment of pensioners in Tours  
An example in Municipality of Tours
3. and more widespread in Indre et Loire département ?  
Two current projects in department of Indre et Loire

## Volunteering for and with senior citizens

- What is the transition between work and retirement?
  - « French Volunteering : for help you to practice better help »



- Association who
  - Contribute to the formalisation of wishes  
They try to align a wish and a request  
They support the volunteers for a lasting investment  
They participate of report « seniors and volunteering »
  - offers studies and analysis about seniors and volunteering

## Volunteering for and with senior citizens

- Brief results of report « seniors and volunteering »
- Positive impact of volunteering on the quality of life
  - Various reasons for joining an association :
    - Feel useful
    - Find a social life once again
    - Share ones skills
    - Defend a cause
- Paradoxially,
  - pensioners are not represented much in associative life in France
    - 30% of 60-69 olds are committed to volunteering
    - 20% of over 70 year olds are committed to volunteering
  - They don't commit because they have free time !

## Volunteering for and with senior citizens

- Why they need free time ?
  - Babyboomers new generation of seniors who is in-between generations
    - They help their own parents and partners.
    - They are also grandparents who take care of their grandchildren
  - Integration in the associations
    - Volunteering is often time-consuming
    - They take a more and more technical role
    - Few technical compensation

## Volunteering for and with senior citizens

- What changes with the retirement ?
  - The link to time
  - The business card « Who am I and what do I do? »
  - Retirement is often an individual's entrance to being a senior citizen.

**« If you want to send out a message of who you are, you have to feel confident and sure of your identity ».**

## Volunteering for and with senior citizens

- What change with retirement ?
- 4 transition forms between work and retirement :
  - Complete reproduction transition
  - Transposition transition
  - Breaking transition
  - Transition not taken well
- So french volunteers of « French volunteers association » decided to participate at différent training courses in order to prepare retirement with

## Volunteering for and with senior citizens

- **CRAM Caisse de retraite et assurance maladie**
  - Proposes sessions for companies if there are at least 20 people concerned
  - Theme only talks about retirement credits, not active retirement
- **MSA Mutualité sociale agricole**
  - 2-3 sessions a year in the département
  - On the request of companies or farmers
  - Led by a doctor and a social worker
  - A section on commitment and volunteering
- **The Mornay group (private initiative) has set up**
  - A network of 6 volunteers = pensioners who pay visits to other retired dependants in the group
  - These volunteers are supported by a professional
  - A retirement preparation day is organised every year

## Volunteering for and with senior citizens

- How to promote the citizen and associated commitment of pensioners in Tours ?
  - « Touraine Inter Age university » (TIA)
  - Biggest association with seniors
  - 2000 members (all over 40 years)
  - It's an association which bases/ideology are not politic, are not philosophic or are not religious
  - One condition : « You need to have 40 years old min. »
  - You can be an active or inactive seniors

## Volunteering for and with senior citizens

- Objectives
  - Organize meeting between pensionner old worker, person without job
  - Discuss and Develop knowledge
  - Conserve and maintain their autonomy
  - Create services for members who wants to participate at different activities like
    - Art,
    - Intellectual activities,
    - Leisure and travel,
    - Multimedia, NTIC
    - Sports,
    - Gastronomy oenology (80 activities in 2009)

## Volunteering for and with senior citizens

- How to promote the citizen and associated commitment of pensioners in Tours **and more widespread in Indre et Loire département ?**
  - Follow the guidance given by the gerontology scheme 37
  - Regular get-together in order to answer this question
  - Associative/Public/Private partners
- The two current projects in the département are :
  - « Le café des âges », « The Café of ages »
  - « Le conseil des sages », « The wide concil »

## Volunteering for and with senior citizens

- The concept « café of ages »
  - The origin is a national movement « ageing is life »
  - Is a local project of seniors group discussion
  - It could be an intergenerational citizen discussion
    - about extension of life
    - relations between generations for example.
  - Objectives of the café of ages:
    - Bring out words/ a common speech
    - Favour a better understanding between generations
    - Bring out synergies
    - Facilitate actions, volunteering, solidarity, etc.

## Volunteering for and with senior citizens

- The wise men council
  - An emerging concept
  - Discussion group for seniors
  - Give opinion about different topics
  - Or current project ...
  - Influence on public policies
  
- Both projects are ready to emerge in Indre et Loire
- Generalize and develop these concepts
- Main line for local actions « good ageing in Touraine »

## Volunteering for and with senior citizens

Thanks for attention ...

