

# ACTIVE AGEING

## EXPERIENCE OF MOLDAVIAN NGO'S

### WHY ACTIVE AGEING

- Global **demographical changes** in the world approved by the UN research and introduced in MIPAA
- In 2000-2050 number of older persons over 60 will be equal to number of young persons (OP will **increase** from 10 to 21%, the percentage of young people will decrease from 30 to 21%)
- Active ageing helps to **develop the society** due to usage of the OP potential

## WHAT ACTIVE AGEING IS

Understanding the active ageing is based upon

### **Principals for OP**

(adopted by UN, December 16<sup>th</sup>, 1991). It includes:

- **active participation** of OP **in the life of society** and in elaboration and implementation of policies referring to OP

- **creation of movements and associations** of OP
- **different activities** to the benefit of society and volunteering
- **self-realization, access to education**, culture, spiritual life and entertainment



## HOW THE SOCIETY TREATS OLDER PERSONS

As rule there is a **stereotype** about passive ageing. What is meant by that? It is considered that OP need special care, food, and are supposed to live in Nursing Homes. That's why **policies for OP** in many countries are oriented upon:

- social care and nursing
- food and social cantina
- humanitarian aid
- paying allocations and compensations
- development of network of Nursing Homes and Asylums
- physical and mental rehabilitation

Issues in **social reintegration of OP** (represents active ageing) are usually not included in the state policy for OP.

## **MOLDOVAN ACTIVE AGEING EXPERIENCE IN NON- GOVERNMENTAL FIELD**

Active ageing is demonstrated in HAI, “Second Breath”, IBPP TACIS, European Commission **projects (2003-2006)**. The result of these projects was **publishing** a guidebook for developing and **supporting older persons organisations** and best practice manual “Reintegration of OP into Moldovan Society”.

## **MOLDOVAN ACTIVE AGEING EXPERIENCE IN NON- GOVERNMENTAL FIELD**

**Key moments** in working with OP are:

- organising self-help groups
- OP volunteer work (home visits and social support by OP to OP)
- income generation activity
- intergenerational activity
- development of network and partnership
- lobbying and advocacy activity

## CASE STUDY

Luminita Bumbu (13) attends every week meetings of club **“Grandparents and Grandchildren”** of the Organisation of Veterans of War and Labour in Ialoveni of the and says:

***“I don’t have grandparents; they died before I was able to know them. This club has given me many, many of them.”***



## CASE STUDY

- Valentina Kamburg, a pensioner, from organisation of Older Persons “Inspiration” in Comrat says: ***“I found myself a second family here. The choir inspires us and has given new meaning to our lives.***

- ***I feel reborn*** as if I have ***just opened my eyes and I have started living again***



## **CASE STUDY**

One of the good examples of participation of OP is development the draft of Moldovan strategy on ageing. It was created in project of “Second Breath” and EC Kiev Delegation with participation of civil society and OP from 12 NGOs from southern, northern and central Moldova. Strategy’s draft was delivered to the Ministry of Social Protection, Family and Child for further development.

### **‘Volunteerism gives me the strength to go on...’**

*‘When I became a volunteer and began to visit older people I was afraid that I might have not succeeded at this work. I am 70 and, you know, it is hard. I have become younger in my soul. I know two women that are older than me, more vulnerable, who are always waiting for me and are always glad to see me.’*

*Maria KIRTACA, Women’s club “Comunitate”,  
Bassarabeasca, Carabetovca*