



Pilotni primeri za zdravo in aktivno staranje

DIGITALNA POMOČ SREBRNIM LETOM DIGITAL AID TO SILVER YEARS

**DIGITALIZACIJA IN PRISPEVEK PROJEKTA PHARAON K
IZBOLJŠANJU KAKOVOSTI ŽIVLJENJA STAREJŠIH ODRASLIH**
DIGITALIZATION AND THE PHARAON PROJECT'S
CONTRIBUTION TO IMPROVING THE QUALITY OF LIFE OF
OLDER ADULTS

Zbornik recenziranih znanstvenih izvlečkov
Peer-reviewed abstract book

PILOTNI PRIMERI ZA ZDRAVO IN AKTIVNO STARANJE
PILOT CASES FOR HEALTHY AND ACTIVE AGING

DIGITALNA POMOČ SREBRNIM LETOM: DIGITALIZACIJA IN PRISPEVEK PROJEKTA PHArA-ON K IZBOLJŠANJU KAKOVOSTI ŽIVLJENJA STAREJŠIH ODRASLIH

ZBORNIK RECENZIRANIH ZNANSTVENIH IZVLEČKOV

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Dr. Katarina Bitenc je zaposlena na Nacionalnem inštitutu za javno zdravje. Je doktorica znanosti s področja varstva okolja. Diplomirala je na Fakulteti za družbene vede Univerze v Ljubljani z diplomsko nalogo *Socialna podpora starejšim z uporabo varnostnega alarmnega sistema*. Ima veliko izkušenj z zbiranjem in obdelavo podatkov s področja okolja in zdravja. Vključena je v slovenske projekte na področju pitne vode in tudi v različne EU projekte (UNIPHE, APHEKOM, Healthy Gateways JA, Sharp, PHArA-ON). Trenutno je odgovorna za diseminacijo projektov EU Healthy Gateways in PHArA-ON.

Dr. Katarina Bitenc works at the National Institute of Public Health. She holds a PhD in environmental protection. She graduated at the University of Ljubljana, Faculty of Social Sciences, with the thesis entitled “Social support of the elderly people using the security alarm system”. She has immeasurable experience in collecting and processing data in the fields of environment and health. She is involved in Slovenian projects in the field of drinking water and also in various EU projects (UNIPHE, APHEKOM, Healthy Gateways JA, Sharp, PHArA-ON). She is currently responsible for the dissemination of the EU Healthy Gateways Joint Action and PHArA-ON.

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Dr. Michael D. Burnard je namestnik direktorice InnoRenew CoE in docent na Inštitutu Andrej Marušič Univerze na Primorskem. Dr. Burnard je dejaven na področju mednarodnih raziskav kot podpredsednik akcije COST 16226 (Pametni habitati za starejše), je podpredsednik mednarodnega raziskovalnega združenja InnovaWood in član upravnega odbora Društva za znanost in tehnologijo lesa. Poleg tega sodeluje v večjih mednarodnih raziskovalnih projektih Horizon 2020, kot je tudi projekt PHArA-ON, *Pilotni primeri za zdravo in aktivno staranje*. Dr. Burnard se ukvarja z raziskavami na področju zdravja ljudi v grajenem okolju, trajnosti in trajnostne gradnje, podatkovne znanosti in etike podatkovne znanosti.

Dr. Michael D. Burnard is the Deputy Director of InnoRenew CoE and an assistant professor at the Andrej Marušič Institute at the University of Primorska. Dr. Burnard is active in international research as Vice chair of COST Action 16226 (Smart habitats for the elderly), as the Vice President of InnovaWood (an international research association), and a board member of the Society for Wood Science and Technology. In addition, he participates in major international research projects, like the PHArA-ON Horizon 2020 project, “Pilots for Healthy and Active Ageing”. Dr. Burnard’s research interests include human health in the built environments, sustainability and sustainable construction, data science, and data science ethics.

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Mag. Tanja Cink je leta 2000 diplomirala na Fakulteti za socialno delo Univerze v Ljubljani in se nato zaposlila v Zavodu Papilot, kjer je vodila programe psihosocialne rehabilitacije težje zaposljivih oseb. Od leta 2002 je bila kot strokovna delavka

zaposlena na Centru za socialno delo Nova Gorica, kjer je opravljala tudi naloge regijske koordinatorice za nadomestno kazen zapora. Leta 2014 je bila izvoljena za poslanko Državnega zbora RS, 2018 pa je prevzela vodenje VDC Nova Gorica. Od leta 2020 je direktorica OS Zavoda RS za zaposlovanje v Novi Gorici. Leta 2005 je magistrirala na Fakulteti za družbene vede Univerze v Ljubljani. Je doktorska študentka Fakultete za organizacijske študije Univerze v Novem mestu. Njeno raziskovalno delo je osredotočeno na pojav vodenja ter človeka v organizaciji. Leta 2010 je bila izvoljena v strokovni svet Socialne zbornice Slovenije, kjer je za mandatno obdobje opravljala naloge podpredsednice. Objavila je tudi nekaj znanstvenih oziroma strokovnih člankov.

Mag. Tanja Cink took her degree in 2000 at the Faculty of Social Work at the University of Ljubljana. After that she got employed in Papirot Institute, where she led psychosocial rehabilitation programmes for hard-to-employ people. Since 2002 she has been employed as a professional at the Nova Gorica Social Work Centre, where she also worked as a regional coordinator for alternative imprisonment. In 2014 she was elected as a member of the National Assembly of the Republic of Slovenia. In 2018 she took over the leadership of the VDC Nova Gorica. Since 2020 she has been the director of the Employment Service of Slovenia in Nova Gorica. In 2005 she took her master's degree at the Faculty of Social Sciences at the University of Ljubljana. She is a doctoral student at the Faculty of Organizational Studies at the University of Novo mesto. The focus of her research is the phenomenon of leadership and a human within an organization. In 2010 she was elected to the expert council of the Social Chamber of Slovenia. She was a vice-president. She has also published several scientific and professional articles.

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Dr. Vesna Dolničar je izredna profesorica na Fakulteti za družbene vede na Univerzi v Ljubljani. Vključena je (bila) v številne mednarodne in nacionalne raziskovalne projekte (pri 18-ih kot vodja, pri 16-ih kot sodelujoča raziskovalka), v okviru katerih trenutno preučuje potencial novih tehnologij za zdravo in aktivno življenje. Pri tem se osredotoča predvsem na dejavnike sprejemanja in posledice rabe tehnoloških storitev v zdravstvu in oskrbi med prejemniki socialne in zdravstvene oskrbe ter med neformalnimi oskrbovalci. Trenutno je vodja temeljnega ARRS projekta: *Dejavniki, ki v kontekstu oskrbovanja na daljavo vplivajo na namen uporabe pametnih tehnološko podprtih storitev oskrbe med družinskimi oskrbovalci starejših ljudi*, projekta *Evalvacija pilotnih projektov s področja dolgotrajne oskrbe* (financer Ministrstvo za zdravje) in Interreg Europe projekta *ITHACA – InnovaTion in Health And Care for All*. Je članica upravnega odbora COST akcije NET4AGE-FRIENDLY. Leta 2017 je od Fakultete za družbene vede UL prejela nagrado za izjemne dosežke pri spodbujanju internacionalizacije.

Dr Vesna Dolničar is an Associate Professor at the Faculty of Social Sciences, University of Ljubljana (FSS UL). At the Centre for Social Informatics she has been involved in national and international research projects (in 18 of them as project leader at UL and in 16 as researcher) dealing with digital inequalities and the role of ICT for active and healthy ageing. Her main research topics include the acceptability of ICT-supported services and outcomes of using these services among older people, informal carers and patients in health and social care settings. She is currently leading the research project "Factors impacting intention to use smart technology enabled care services among family carers of older people in the context of long-distance care" funded by the Slovenian Research Agency and the international project "ITHACA - InnovaTion in Health And Care for All". In 2017, she received the Outstanding Achievement in Promoting Internationalisation Award from the FSS UL.

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Mateja Erce je magistrica psihologije, bonding psihoterapevtka, raziskovalna asistentka v raziskovalnem inštitutu InnoRenew CoE in doktorska študentka na FAMNITU. Znotraj Innorenew je aktivna v mednarodnem projektu PHArA-ON (*Pilotni primeri za zdravo in aktivno staranje*) in članica jedrne skupine pri COST akciji CA19117 (*Duševno zdravje raziskovalcev*). Tekom svojega študija je sodelovala v projektu, kjer je izvajala preventivne delavnice za izboljšanje dobrega počutja in terapijo za rizične populacijske skupine, hkrati pa raziskovala učinke psihoterapije na stres in medosebne odnose. Pri doktorskem študiju se osredotoča predvsem na raziskovanje potreb in psihosocialnega dobrega počutja starejših odraslih znotraj bivanjskega okolja. Želi si, da bi bivanjska okolja doprinesla k ohranjanju samostojnosti starejših odraslih, nudila podporo pri socializaciji in splošnem dobrem ter smiselnem življenju.

Mateja Erce has a master's degree in Psychology, is a bonding psychotherapist, research assistant at the InnoRenew CoE Research Institute, and a doctoral student at FAMNIT. Within Innorenew, she is active in international project PHArA-ON (Pilots for Healthy and Active Ageing) and a member of the core group at COST CA19117 (Researchers' Mental Health). During her studies, she participated in a project where she carried out preventive workshops for improving well-being of participants and therapy for at-risk groups, while also researching the population effects of psychotherapy on stress and interpersonal relationships. In her doctoral studies, she focuses primarily on researching the needs and psychosocial well-being of older adults within the living environment. She wants the living environment to contribute to maintaining the independence of older adults, to offer support in socialization and the general good and meaningful life.

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Mag. Veronika Falant, zaposlena v Domu Nine Pokorn Grmovje na delovnem mestu pomočnica direktorja za področje psihosocialne službe, je leta 2016 zagovarjala magistrsko nalogo z naslovom: *Varovani oddelek v posebnem socialno varstvenem zavodu: med varstvom in zapiranjem*. Sodeluje pri soustvarjanju okolja, kjer se izvaja kvalitetne storitve po meri stanovalca in s poudarkom na krepitvi osebnega dostojanstva vsakega posameznika, da najde svoj mir, notranji uspeh ter varno zavetje. Zavzema se za odpiranje Doma Nine Pokorn Grmovje navzven z vpeljavo novih metod dela, dodatnih programov s poudarkom na medgeneracijskem sodelovanju, povezovanju ter razvijanju skupnostnih oblik pomoči in podpore. Najpomembnejši temelj pri delu in zagotovo tudi osrednje mesto pa je njena skrb za razvijanje dobrih medsebojnih odnosov ter razvojna naravnost usmerjena v iskanje inovativnih rešitev.

Mrs. Veronika Falant, employed at the special social welfare institution Nina Pokorn Grmovje, as Assistant Director for Psychosocial Services, defended her master's thesis in 2016 entitled: Protected Department in a Special Social Welfare Institution: Between Protection and Imprisonment. She participates in the co-creation of an environment, where quality services are tailored to the resident and with emphasis on strengthening the personal dignity of each individual to find his peace, inner success and safe shelter. She is committed to opening the Home to the outside world by introducing new work methods and additional programmes emphasising intergenerational cooperation, networking and development of community forms of help and support. An essential foundation in her work and certainly her central place is her concern for the development of good mutual relations, and her development orientation which is focused on finding innovative solutions.

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Dr. Mojca Gabrijelčič Blenkuš je zdravnica in specialistka javnega zdravja. Je tudi doktorica družbenih znanosti. Njena področja zanimanja in strokovnega znanja so prehrana, telesna aktivnost, v zadnjih nekaj letih pa staranje in krhkost ter neenakosti v zdravju. Od leta 2003 do 2010 je bila vodja Centra za promocijo zdravja in v letih 2020–2021 Centra za proučevanje in razvoj zdravja na NIJZ Slovenija. Danes se večinoma ukvarja z razvojem politik in programov ter raziskovalnimi projekti. Njeno glavno akademsko zanimanje so javne politike; je docentka na Medicinski fakulteti MF-UL, kjer predava teme javnega zdravja, na FZAB pa teorijo promocije zdravja in zdravje v vseh politikah. Je tudi predsednica partnerstva EuroHealthNet.

Dr. Mojca Gabrijelčič Blenkuš is a medical doctor and a specialist of public health. She also has a PhD in social sciences. Her fields of interest and expertise are nutrition, physical activity, and lately, ageing and frailty, and health equity. She was head of the Health Promotion Centre at the NIPH Slovenia from 2003 to 2010 and Head of Health Research and Development Centre in 2020–2021 period. Today, she is mostly involved in policy and programme development, and in research projects. Her main academic interest is in public policies; she holds assistant professorship at the Medical Faculty University of Ljubljana where she teaches public health, while she's also lecturing about health promotion theory and health in all policies at the Faculty of Health Sciences. She is also the president of the EuroHealthNet Partnership.

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Dr. Simona Hvalič-Touzery je docentka, zaposlena na Centru za družboslovno informatiko Fakultete za družbene vede Univerze v Ljubljani. Raziskovalno deluje na področju staranja od leta 2001 naprej, z vsebinami, ki posegajo na področje zdravja in zdravstva od leta 2010 naprej; z evalvacijo storitev teleoskrbe in telezdravja pa od leta 2017 naprej. Pred tem je bila zaposlena na Inštitutu Antona Trstenjaka (2001–2010) in na Fakulteti za zdravstvo Angele Boškin (2010–2017). Od leta 2017 dela kot raziskovalka in koordinatorica projektov s področja pametnih tehnologij za aktivno staranje, s poudarkom na učinkih uporabe pametnih tehnologij in njihovo sprejemanje med starejšimi osebami in njihovimi neformalnimi oskrbovalci. Je avtorica številnih znanstvenih in strokovnih prispevkov. Z letom 2020 se je kot »Management Committee Substitute« vključila v COST akcijo NET4AGE-FRIENDLY. Je članica Eurocarers in International Society for Gerontechnology (ISG).

Dr Simona Hvalič-Touzery is Assistant Professor at the Centre for Social Informatics, Faculty of Social Sciences, University of Ljubljana. She has been working on ageing issues since 2001, on health care and health promotion since 2010, and on telecare and telehealth evaluation since 2017. Before her current position, she worked at Anton Trstenjak Institute (2001–2010) and at Angela Boškin Faculty of Health Care (2010–2017). Since 2017 she has been working as a researcher and coordinator of national and international projects focusing on smart solutions for active ageing. She is particularly interested in the results of the use of telecare for older people and their informal carers and their acceptance. She is the author of numerous scientific and professional publications. She is Management Committee Substitute in COST action NET4AGE-FRIENDLY, individual observer member of Eurocarers and full member of International Society for Gerontechnology.

Dr. Anja Jutraž, mag. inž. arh.
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Dr. Anja Jutraž je raziskovalka na Nacionalnem inštitutu za javno zdravje. Njeno raziskovalno delo se osredotoča na participacijo javnosti, interdisciplinarno sodelovanje in delo na daljavo, v zadnjem času pa predvsem na iskanje povezav med zasnovo stavb (bivalnim/delovnim okoljem) in zdravjem njenih uporabnikov. Leta 2013 je doktorirala z nalogo *Vizualni digitalni sistem orodij za sodelovanje javnosti pri urbanističnem načrtovanju* na Fakulteti za arhitekturo v Ljubljani. Od leta 2017 deluje na Nacionalnem inštitutu za javno zdravje, kjer sodeluje na različnih raziskovalnih projektih (InAirQ, InnoRenew, Healthy Gateways, SHARP, PHArA-ON), kjer raziskuje vplive bivalnega, delovnega in šolskega okolja na zdravje uporabnikov ter skrbi za diseminacijo projektov. Sodeluje predvsem pri raziskovanju kakovosti notranjega zraka in vplivih na zdravje otrok, pri celostnem načrtovanju zdravih bivalnih okolij ter razvoju zdravstvenih parametrov v BIM modelih kot pomoč za načrtovalce (arhitekta in urbaniste).

Dr. Anja Jutraž is a researcher at the National Institute of Public Health. Her research work focuses on public participation, interdisciplinary and long-distance collaboration, and more recently on finding links between building design (living / working environment) and the health of its users. In 2013, she obtained her PhD with the title Visual digital system of tools for public participation in urban desing at the Faculty of Architecture in Ljubljana. Since 2017, she has been working at the National Institute of Public Health, where she participates in various EU research projects (InAirQ, InnoRenew, EU Healthy Gateways, SHARP, PHArA-ON), and researches the effects of living, working and school environment on user health and disseminates projects. She mainly participates in research about indoor air quality and impacts on children's health, in the integrated planning of healthy school environments and in the development of health parameters in BIM models.

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Marko Kac je diplomirani ekonomist. Svojo kariero gradi na izkušnjah s projektnim menedžmentom. Od leta 1996 deluje na strokovnih področjih trajnostnega in regionalnega razvoja, trajnostnega turizma, pametnega in konkurenčnega podeželja, inovativnosti in podjetništva ter marketinga in odnosov z javnostmi. Profesionalne izkušnje nadgrajuje z magistrskim študijem socialne gerontologije in raziskovanjem kreativnih rešitev na področju srebrne ekonomije in aktivnega staranja.

Marko Kac has a bachelor's degree in Busines Management. His professional carrier is based on project management. Since 1996, he is active in the expert fields of sustainable and regional development, sustainable tourism, smart and competitive rural areas, innovation and entrepreneurship and PR & marketing. He is upgrading his professional experiences with a master's degree in social gerontology and researching creative solutions in the field of silver economy and active ageing.

Doc. dr. Boris Miha Kaučič
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Dr. Boris Miha Kaučič je docent za področje zdravstvene nege in socialne gerontologije na Alma Mater Europaea – ECM. Na Alma Mater Europaea – ECM je sonosilec predmeta Zdravstvena nega in raziskovanje ter nosilec predmeta Organizacija zdravstvene nege in management. Je član uredniškega odbora revije *Pielęgniarstwo XXI wieku* (Nursing in

21st Century, Medical University of Lublin) in recenzent za revije: Nursing in 21st Century, Annals of Agricultural and Environmental Medicine, Revija za zdravstvene vede, Obzornik zdravstvene nege, Socialno delo. V letu 2014 ga je Svet Nacionalne agencije za kakovost v visokem šolstvu Republike Slovenije imenoval za strokovnjaka NAKVIS. Je član Zbornice zdravstvene in babiške nege Slovenije – Zveze strokovnih društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije. Od leta 2021 je predsednik Sekcije medicinskih sester v vzgoji in izobraževanju. Za svoje aktivno delo na področju zdravstvene nege je v letu 2010 prejel najvišje priznanje Zbornice - Zveze, zlati znak.

Dr. Boris Miha Kaučič is an Assistant Professor in nursing and social gerontology at Alma Mater Europaea – ECM. He is the co-supervisor of the Nursing and Research course and the supervisor of the Nursing Organization and Management course at Alma Mater Europaea – ECM. He is a member of the editorial board of the Pielęgniarstwo XXI wieku magazine (Nursing in 21St Century, Medical University of Lublin) and reviewer for the following journals: Nursing in 21St Century, Annals of Agricultural and Environmental Medicine, Revija za zdravstvene vede (Journal of Health Sciences), Obzornik zdravstvene nege (Nursing Review), Socialno delo (Social Work). In 2014, the Council of the National Agency for Quality Assurance in Higher Education of the Republic of Slovenia appointed him an SQAA expert. He is a member of the Chamber of Health and Midwifery of Slovenia – Union of Professional Associations of Nurses, Midwives and Medical Technicians of Slovenia. He has been the president of the Section of Nurses in Education since 2021. For his active work in of nursing, he received the highest award of the Chamber of the Association, the golden sign, in 2010.

Vilko Kolbl, mag., generalni sekretar	Socialna zbornica Slovenije
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Vilko Kolbl je generalni sekretar Socialne zbornice Slovenije in na področju socialnega varstva deluje od leta 2005. Po izobrazbi je univerzitetni diplomirani socialni delavec, magister turizma in trenutno doktorand študijskega programa socialne gerontologije na Alma Mater Europaea – Evropski center, Maribor. V času zaposlitve na področju socialnega varstva si v okviru svojih pristojnosti prizadeva za visok strokoven nivo izvajanja dejavnosti, ustrezno profesionalno vlogo strokovnih delavcev in sodelavcev. Njegov podstat pri delu je spodbujanje stalnih strokovnih izobraževanj in usposabljanj zaposlenih na področju socialnega varstva in tudi širše. Med drugim je bil podpredsednik Strokovnega sveta za socialno varstvo pri Ministrstvu za delo, družino, socialne zadeve in enake možnosti, predsednik Gerontološkega društva Slovenije, član NO pri Ministrstvu za delo, družino, socialne zadeve in enake možnosti za EL 2012 (Evropskega leta aktivnega staranja in medgeneracijske solidarnosti). Kot član v svetih zavodih v socialnovarstvenih organizacijah pristojne vzpodbuja za izboljšanje ravni kakovosti izvajanja socialnovarstvenih storitev in socialnovarstvenih programov v dobrobit uporabnika.

Vilko Kolbl is the Secretary General of the Social Chamber of Slovenia and has been working in the field of social welfare since 2005. By education, he is a university graduate in social work, Master of Tourism and currently a doctoral student of the Social Gerontology Programme at Alma Mater Europaea – European Centre, Maribor. Within the framework of his powers while working in the field of social welfare, he strives for a high professional level of implementation of activities, as well as the appropriate professional role of experts and colleagues. The basis of his work is the promotion of continuous professional education and training of employees in the field of social care and beyond. Among other, he was vice-president of the Expert Council for Social Protection at the Ministry of Labour, Family, Social Affairs and Equal Opportunities, president of the Gerontological Society of Slovenia, member of the Board of Directors at the Ministry of Labour, Family, Social Affairs and Equal Opportunities for 2012 (European Year of Active Ageing and Intergenerational Solidarity). As a member of the

institute councils in social welfare organizations, he encourages the authorities to improve the level of quality of the implementation of social welfare services and social welfare programmes for the benefit of the user.

Prof. ing. dr. Veronika Kotradyova	BCDlab, Faculty of Architecture and Design, Slovak University of Technology in Bratislava, Slovakia Namestie Slobody 19, 82108 Bratislava, Slovaška veronika.kotradyova@stuba.sk
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Dr. Veronika Kotradyova je od leta 2002 predavateljica, raziskovalka in vodja projektov na Fakulteti za arhitekturo STU Bratislava, Institute of Interior and Exhibition Design, Slovaška. Je diplomantka Fakultete za lesarstvo in tehnologijo TU Zvolen, specializacija Pohištvo in notranje oblikovanje. Njena raziskovalna specializacija je trajnost v oblikovanju ter ozaveščeno in osredotočeno oblikovanje. Svojo raziskovalno pot je začela leta 2006 kot gostujoča Fulbrightova štipendistka na UC Berkeley v ZDA. Od leta 2011 se ukvarja s temo Interakcija lesa in človeka, in sicer je s to temo začela z raziskovanjem na BOKU na Dunaju pri prof. Alfredu Teischingerju, kasneje pa je nadaljevala s temo na nacionalni ravni. Od leta 2017 raziskuje regionalne identitete v materialni kulturi. Je avtorica več znanstvenih prispevkov in ene komercialne knjige ter deluje kot samostojna notranja oblikovalka in svetovalka.

She has been a lecturer, researcher and project manager at the Faculty of Architecture STU Bratislava, Institute of Interior and Exhibition Design, Slovakia since 2002. She is a graduate of Wood Science and Technology Faculty of TU Zvolen, specialization Furniture and Interior Design. Beginning with a sustainability in design, her research specialization is body conscious design / human centered design, which she began in 2006 as a visiting Fulbright scholar at UC Berkeley, USA. Since 2011 she has been dealing with the topic of Interaction of Wood and Human, starting with a research stay at BOKU Vienna by Prof. Alfred Teischinger, then continuing with the topic on national level and, since 2017, researching regional identity in material culture. She is an author of several scientific and one commercial books and works as a freelance interior designer and consultant within this conceptual framework.

Doc. dr. Andreja Kukec, dipl. san. inž	Univerza v Ljubljani, Medicinska fakulteta, Katedra za javno zdravje in Nacionalni inštitut za javno zdravje, Trubarjeva 2, 1000 Ljubljana, Slovenija andreja.kukec@mf.uni-lj.si
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Dr. Andreja Kukec je zaposlena na Univerzi v Ljubljani, Medicinska fakulteta, Katedra za javno zdravje, kjer na dodiplomskem in podiplomskem študiju poučuje vsebine s področja javnega zdravja. Na Nacionalnem inštitutu za javno zdravje deluje kot nacionalni ekspert s področja javnega zdravja na številnih nacionalnih in mednarodnih projektih. Njeno strokovno in znanstveno delo je usmerjeno v proučevanje okoljskih determinant zdravja na različne populacijske skupine. Ožje raziskovalno področje vključuje vsebine s področja zunanega in notranjega zraka – od ocene izpostavljenosti, proučevanja učinkov na zdravje do oblikovanja javnozdravstvenih ukrepov. Iz njene bibliografije je razvidno, da je vključena v raziskovalno delo z različnimi strokovnjaki, kar se odraža tudi v njenem interdisciplinarnem delovanju in povezovanju z različnimi domačimi in tujimi inštitucijami.

Dr. Andreja Kukec is employed at the University of Ljubljana, Faculty of Medicine, Department of Public Health, where she teaches undergraduate and postgraduate studies in the field of public health. At the National Institute of Public Health she works as a national expert in the field of public health, she is actively involved in numerous national and international projects. Her professional and scientific work is focused on the study of environmental determinants of health to different population groups. The narrower research field includes contents in the field

of outdoor and indoor air – from exposure assessment, study of health effects to the design of public health measures. Her bibliography shows that she is involved in research work with various experts, which is also reflected in her interdisciplinary work and connections with various domestic and foreign institutions.

Jure Lampe, univ. dipl. ing.

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Jure Lampe je direktor in lastnik podjetja SenLab, ki se ukvarja z digitalizacijo pomoči starejšim ter spremljanja bolnikov in starostnikov na domu s pomočjo mobilnih tehnologij, enostavnih aplikacij za starejše uporabnike in senzorjev. Jure Lampe s svojim podjetjem sodeluje kot svetovalec uveljavljenim korporacijam v EU, ZDA in Avstraliji na področju mobilnih tehnologij in prenosnih naprav za ranljive skupine ljudi (bolniki, starostniki, otroci) in kot ocenjevalec projektov za agencijo Eureka Eurostars. V podjetju SenLab tudi vodi razvoj v tujini večkrat nagrajenih rešitev IoTool (IoT mobilna platforma za Internet stvari), IoChat (videokonferenčna platforma), SeniorsPhone (enostaven telefonski vmesnik na pametnem telefonu za starejše), Daisy (enostaven videokonferenčni sistem na pametnem TV sprejemniku za starejše) in CosmoWatch (otroška pametna ura), ki se uporabljajo v različnih EU projektih ter kot komercialne rešitve, predvsem v ZDA.

Jure Lampe is SenLab CEO and owner. He works on digital solutions for helping elderly and monitoring of patients and elderly at home with the help of mobile technologies, simple applications for seniors, and sensors. Jure Lampe works with his company as a consultant to established corporations in the EU, USA, and Australia in the field of mobile technologies and wearables for vulnerable groups of people (patients, elderly, children) and as a project evaluator for the Eureka Eurostars agency. At SenLab, he leads the development of the multiple award-winning solutions IoTool (an Internet of Things mobile platform), IoChat (a video conferencing platform), SeniorsPhone (a simple telephone interface on a smartphone for the elderly), Daisy (a simple video conferencing system on a smart TV for the elderly) and CosmoWatch (children's smart watch), used in various EU projects and as commercial solutions, mainly in the USA.

Lea Lebar

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Lea Lebar je raziskovalka na Fakulteti za družbene vede Univerze v Ljubljani. Izvajala je številne nacionalne in mednarodne projekte na področju integrirane dolgotrajne oskrbe in staranja, s poudarkom na skupnostni oskrbi, raziskovanju uporabe in prednosti rabe IKT podprtih tehnologij v zdravstvu in socialnem varstvu, ocenjevanju potreb po dolgotrajni oskrbi, deinstitutionalizaciji in evalvacijah s tega področja. V sklopu svojega doktorskega študija izvaja primerjalno študijo stališč do politik za starejše ljudi.

Lea Lebar is a researcher at the Faculty of Social Sciences, University of Ljubljana. She has conducted numerous national and international projects in the field of integrated long-term care and ageing, with a focus on community-based care, research on the use and benefits of ICT-based technologies in health and social care, needs assessment in long-term care, deinstitutionalization, and evaluations. As part of her doctoral studies, she is conducting a comparative study of attitudes toward policies for older people.

Mag. Diana Lekić, mag. oec., ravnateljica	Dom za starije i nemoćne osobe »Atilio Gamboc« Umag Ladin Gaj 132A, 52470, Umag, Hrvaška diana.lekic@dom-umag.hr
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Diana Lekić, po poklicu magistrica ekonomije, je diplomirala leta 1990 na Ekonomski fakulteti Univerze v Reki, smer zunanja trgovina. Začetek njene poklicne poti je v izobraževanju kot profesorica za ekonomsko skupino predmetov v Srednji industrijski in obrtni šoli "Vladimir Gortan" Buje (1990–1993), nato je nadaljevala uspešno večletno kariero v enem od vodilnih turističnih podjetij na Hrvaškem "Istraturist Umag dd", in sicer kot direktorica sektorja financ in kontrolinga ter direktorica sektorja kadri (1993–2011). Pot je nadaljevala kot zunanja sodelavka na PUO "Ante Babić" Umag, PUO Buje in PUO "Augustin Vivoda" Buzet pri izvajanju različnih tečajev in izobraževalnih programov (1992–2004), od leta 2014 pa je direktorica Doma starejših in nemočnih občanov »Atilio Gamboc« Umag, enega vodilnih domov po vrhunski opremljenosti in kakovosti storitev v širši regiji.

Dom "Atilio Gamboc" iz Umaga, Hrvaška, je vključen v ta projekt kot zgled dobre prakse. Ustanovitelj Doma je mesto Umag. Dom je začel delovati junija leta 2014. Glavne značilnosti, ki ta Dom uvrščajo med vodilne hrvaške domove za bivanje starejših, so kakovost izgradnje in impresivna prostornost, vrhunska opremljenost z izkušenim osebjem in bogastvom vsebine. Opremljenost Doma je s svojo funkcijo, kakovostjo in ergonomijo popolnoma prilagojena uporabi starejših oseb. Poleg storitve institucionalnega bivanja Dom nudi tudi storitve "dnevnega bivanja" in program "pomoč v hiši". Kapaciteta bivanja v domu je 98 mest (oddelek za nego 54 mest, stanovanjski 44 mest), dnevno bivanje 20 mest, program "pomoč v hiši" vsebuje storitve za max 50 družin. Za bivanje v Domu se sprejemajo uporabniki iz mesta Umag, ostalih delov Hrvaške, Slovenije, Italije in drugih dežel.

Diana Lekić, MA in Economy, graduated in 1990 from the Faculty of Economics of the University of Reka, majoring in foreign trade. The beginning of her career began in education as a professor for the economic group of subjects at the Secondary Industrial and Craft School "Vladimir Gortan" Buje (1990–1993), then she continued a successful multi-year career in one of the leading tourist companies in Croatia "Istraturist Umag dd", namely as the director of the finance and management and the director of the personnel sector (1993–2011). She continued her journey as an external associate at PUO "Ante Babić" Umag, PUO Buje and PUO "Augustin Vivoda" Buzet in the implementation of various courses and educational programmes (1992–2004), and since 2014 she is the director of the Home for the Elderly and Infirm Citizens "Atilio Gamboc" Umag, one of the leading homes in the wider region in terms of top-quality equipment and service quality.

The Home for the Elderly and Infirm "Atilio Gamboc" Umag, Croatia, has been included in this project as an example of good practice. The founder of the care home is the City of Umag. It was opened in June 2014 and, due to the quality of construction, impressive spaciousness, top equipment and experienced staff, has soon become one of the leading Croatian care homes for the elderly. It is functionally equipped and completely adapted to the use of the elderly. In addition to the institutional accommodation service, the care home also offers "living room" services and a "home help" programme. It provides a very high standard of care for 98 elderly people (nursing department 54, residential 44), a "living room" service for 20 people and a "home help" program for 50 families. Users from Umag, as well as users from different parts of Croatia, Slovenia, Italy and other countries are admitted to the care home.

Dr. Tomaž Lenart

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Dr. Tomaž Lenart deluje na področju socialnega varstva, več let kot direktor socialno varstvenih zavodov. Diplomiral je na Teološki fakulteti Univerze v Ljubljani, na Zdravstveni fakulteti in Fakulteti za Organizacijo Univerze v Mariboru pa je zaključil podiplomski magistrski študij menedžmenta v zdravstvu in socialnem varstvu. V letu 2020 je zaključil doktorski študij socialne gerontologije, na temo vloge sodobnih tehnologij za starejše v povezavi z aktivnim staranjem v relaciji samostojnosti starejših oseb. Je član mnogih delovnih skupin na področju socialnega varstva in duševnega zdravja. Je tudi aktualni predsednik strokovnega sveta za socialno varstvo. Posveča se uvajanju novih, bolj humanih konceptov dela v domovih za starejše ter uvajanju modelov kakovosti. Prav tako je velik zagovornik uvajanja skupnostnih oblik oskrbe starejših in invalidnih oseb.

Tomaž Lenart, PhD, has been working in the field of social welfare for several years as the director of social welfare institutions. He graduated from the Faculty of Theology at the University of Ljubljana, the Faculty of Medicine and the Faculty of Organization at the University of Maribor. In addition, he completed a postgraduate master's degree in management in health and social care. In 2020, he completed his doctoral studies in social gerontology on the role of modern technologies for the elderly in connection with active ageing concerning the independence of the elderly. He is a member of many working groups in social protection and mental health. He is also the current president of the expert council for social security. He is dedicated to introducing new, more humane concepts of work in nursing homes and the introduction of quality models. He is also a strong supporter of opening community-based care for the elderly and disabled.

Doc. dr. Nikolaj Lipič

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Nikolaj Lipič je doktor znanosti iz socialne gerontologije. Njegove raziskave se osredotočajo na razvoj statistične pismenosti različnih generacij, raziskovanje aktivnega staranja in demografskih vidikov staranja, vzpostavitev kakovostnega timskega dela in odličnosti v socialno gerontološki praksi. Na Alma Mater Europaea - Evropski center, Maribor, predava na študijskih programih socialne gerontologije, fizioterapije in zdravstvenih ved. Je tudi predsednik Gerontološkega društva Slovenije, član Strokovnega sveta pri Socialni zbornici Slovenije in član Strokovnega sveta za socialne zadeve pri Ministrstvu za delo, družino, socialne zadeve in enake možnosti.

Nikolaj Lipič, is a Doctor of Science in Social Gerontology. He conducts research in the areas of statistical literacy, demographic trends and ageing, teamwork approaches and excellence in social gerontology services. At Alma Mater Europaea, European Center, Maribor, he is a lecturer in the study programmes of Social Gerontology, Physiotherapy and Health Sciences. In the years 2017–2021 he was the President of the Gerontological Society of Slovenia, a member of the Expert Council at the Social Chamber of Slovenia and a member of the Expert Council for Social Affairs at the Ministry of Labor, Family, Social Affairs and Equal Opportunities.

Dean Lipovac

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Dean Lipovac je doktorant in raziskovalni asistent v InnoRenew CoE. Na Fakulteti za matematiko, naravoslovje in informacijske tehnologije v Kopru je končal magistrski program Uporabna psihologija. V InnoRenew CoE raziskuje učinke

grajenega okolja na človekovo duševno zdravje. Pri delu med drugim proučuje, kako različni materiali v notranjem okolju vplivajo na fiziološke, čustvene in kognitivne indikatorje dobrega počutja. Njegova dolgoročna želja je, da bi pripomogel k ustvarjanju notranjega okolja, ki spodbuja zdrav um in zdravo telo.

Dean Lipovac completed a master's degree in applied psychology at the Faculty of Mathematics, Natural Sciences and Information Technologies, University of Primorska, in Koper, Slovenia. He is an assistant researcher at the InnoRenew CoE and a PhD student. His work is focused on researching the effects of the built environment on human mental health. He investigates how different materials used in indoor design influence physiological, emotional, and cognitive indicators of well-being. His long-term aspiration is to help create indoor environments that encourage a healthy mind and a healthy body.

Andreja Mezinec, dipl. org. in menedž. soc. dejavnosti

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Andreja Mezinec je diplomirala iz organizacije in menedžmenta socialnih dejavnosti. Po 10. letih dela v zasebnem sektorju se je preselila na področje javnega zdravstva. Svoje delo opravlja na NIJZ OE Nova Gorica, kot Nacionalna promotorka zdravja. Zadnjih 8 let svoje delo posveča področju aktivnega in zdravega staranja (AHA), zadnja leta tudi neenakosti v zdravju, tako na lokalni kot na nacionalni ravni. Aktivno je sodelovala pri projektu AHA.SI, koordinirala slovensko NIJZ ASTAHG skupino itd. Trenutno svoje aktivnosti posveča tudi koordinaciji medsektorske skupine NIJZ na področju Javnega zdravja v medsektorskih politikah na temo staranja, pod vodstvom Mojce Gabrijelčič Blenkuš.

Andreja Mezinec graduated in organization and management of social activities. After 10 years of working in the private sector, she moved to the field of public health. Now, she is employed at the NIJZ in OE Nova Gorica, as a National Health Promoter. For the last 8 years she has been devoting her work to the field of active and healthy ageing (AHA), and in recent years to health inequalities, both at the local and national levels. She actively participated in the AHA.SI project, coordinated the Slovenian NIJZ ASTAHG group, etc. She is currently dedicating her activities to coordinating the NIJZ cross-sectoral group in the field of public health in cross-sectoral policies on ageing, led by Mojca Gabrijelčič Blenkuš.

Mag. Mateja Nagode

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Mag. Mateja Nagode, sociologinja, je raziskovalka na Inštitutu RS za socialno varstvo. Njena raziskovalna dejavnost je usmerjena v širše področje socialnega varstva, invalidskega varstva in družinske politike, v zadnjem desetletju pa se ukvarja predvsem s področjem dolgotrajne in integrirane oskrbe, s poudarkom na raziskovanju in ocenjevanju potreb po dolgotrajni oskrbi, skupnostni oskrbi in deinstitucionalizaciji ter evalvacijah s tega področja. Sodeluje v številnih domačih in tujih projektih z omenjenih področij in je doktorska kandidatka na Fakulteti za družbene vede Univerze v Ljubljani, kjer preučuje ekonomsko vrednost neformalne dolgotrajne oskrbe.

Msc. Mateja Nagode, a sociologist, is a researcher at the Social Protection Institute of the Republic of Slovenia. Her research focuses on the broader area of social welfare, disability care, and family policy. However, over the past decade, she has focused primarily on the area of long-term care and integrated care, with an emphasis on research and assessment of long-term care needs, community care, deinstitutionalization and evaluations from this area. She is involved in several national and international projects in these areas and is a PhD candidate at

the University of Ljubljana, Faculty of Social Sciences, where she is studying the economic value of informal long-term care.

Asist. Mihael Nedeljko

**Alma Mater Europaea – ECM
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Mihael Nedeljko je asistent za področje socialne gerontologije in doktorski kandidat na Alma Mater Europaea – ECM. V znanstveno raziskovalnem delu se osredotoča na raziskovanje kakovosti življenja starejših odraslih.

Mihael Nedeljko is an assistant in social gerontology and a doctoral candidate at Alma Mater Europaea – ECM. His scientific research work focuses on researching the quality of life of older adults.

Zasl. prof. ddr. Marija Mara Ovsenik

**Alma Mater Europaea – ECM
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mara.ovsenik@gmail.com**

Ddr. Marija Ovsenik je redna profesorica in strokovnjakinja na področju socialne gerontologije. Doktorirala je na Fakulteti političnih ved Veljko Vlahović v Sarajevu in na Fakulteti za organizacijske študije v Novem mestu, na Univerzi v Ljubljani pa je opravila specializirano izobraževanje na področju menedžmenta človeških virov v neprofitnih organizacijah. Leta 1996 ji je Ministrstvo za delo, družino, socialne zadeve in enake možnosti podelilo nagrado za izjemne dosežke na področju socialnega varstva. Marija Ovsenik je avtorica številnih znanstvenih in raziskovalnih publikacij. Bila je predstojnica katedre za socialno gerontologijo na Alma Mater Europaea – ECM, predavateljske izkušnje pa ima kot predavateljica na Fakulteti za socialno delo in Fakulteti za družbene vede Univerze v Ljubljani, Fakulteti za organizacijske vede in Fakulteti za zdravstvene vede Univerze v Mariboru ter Fakulteti za vede o zdravju v Izoli.

Marija Ovsenik, PhD, PhD, is a emeritus, full professor and expert in the field of Social Gerontology. She received her PhD from the Veljko Vlahović Faculty of Political Science in Sarajevo and the Faculty of Organizational Studies in Novo mesto, and completed Specialized Training in the field of human resource management in non-profit organizations at the University of Ljubljana. In 1996, the Ministry of Labor, Family, Social Affairs and equal opportunities awarded her the Outstanding Achievement Award in the field of social protection. Marija Ovsenik is the author of numerous scientific and research publications. She was the head of the Department of Social Gerontology at Alma Mater Europaea – ECM, and is a lecturer at the Faculty of Social Work and the Faculty of Social Sciences of the University of Ljubljana, the Faculty of Organizational Sciences and the Faculty of Health Sciences of the University of Maribor and the Faculty of Health Sciences in Izola.

Izr. prof. dr. Nadja Plazar

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Izr. prof. dr. Nadja Plazar je poklicno pot začela kot gimnazijski profesor, pozneje pa je kot specialist klinične biokemije vodila klinični laboratorij Splošne bolnišnice v Izoli. Sodelovala je pri ustanovitvi primorske univerze, bila prva dekanja Fakultete za vede o zdravju (2002–2011) in prorektorica za izobraževanje (2011–2014) Univerze na Primorskem. Predava na doktorskih študijskih programih Univerze v Novem mestu, Univerze v Mariboru in na Alma Mater Europaea. Njena bibliografija obsega 163 enot, od tega 16 izvornih znanstvenih člankov, 3 pregledne znanstvene članke, 5 poglavij v monografijah in drugo. Bila je mentorica 3 doktoratov, 9 magisterijev in 17 diplomskih del. Sodelovala je pri petih

raziskovalnih projektih in bila članica projektne skupine Fakultete za vede o zdravju, Univerze na Primorskem. Trenutno v okviru sodelovanja z Visoko šolo za zdravstvo v Celju sodeluje pri Erasmus + projektu QualMent.

Assoc. prof. Nadja Plazar, PhD, started her career as a high school professor, and later, as a specialist in clinical biochemistry, she headed the clinical laboratory of the General Hospital in Izola. She participated in the establishment of the University of Primorska, was the first dean of the Faculty of Health Sciences (2002–2011) and vice-rector for education (2011–2014) of the University of Primorska. She lectures at doctoral study programmes at the University of Novo mesto, the University of Maribor and at Alma Mater Evropea. Her bibliography comprises 163 units, of which 16 are original scientific articles, 3 are reviewed scientific articles, 5 are chapters in monographs and more. She has mentored 3 doctorates, 9 master's theses and 17 dissertations. She has participated in five research projects and was a member of the project group of the Faculty of Health Sciences, University of Primorska. Currently, in cooperation with the College of Health in Celje, she participates in the Erasmus + project QualMent.

Nastja Podrekar Loredan	InnoRenew CoE, Izola, Slovenija Livade 6a, 6310 Izola, Slovenija nastja.podrekar@innorenew.eu
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Nastja je raziskovalna asistentka v InnoRenew CoE ter asistentka in doktorska študentka na Fakulteti za vede o zdravju Univerze na Primorskem. Diplomirala je na Naravoslovnotehniški fakulteti v Ljubljani, smer Oblikovanje tekstilij in oblačil, magistrski študij pa zaključila na Fakulteti za vede o zdravju, smer Aplikativna kineziologija, modul Ergonomija. Med študijem je sodelovala na različnih projektih s področij ergonomije, oblikovanja in kineziologije, ki so bili tako raziskovalne kot aplikativne narave. Trenutno se v okviru raziskovalnega inštituta InnoRenew CoE ukvarja predvsem z ergonomskim oblikovanjem. Svoj prosti čas rada preživlja v naravi, ukvarja se s športom in umetnostjo.

Nastja is an assistant researcher at the InnoRenew CoE, an assistant and a PhD student at the Faculty of Health Sciences, University of Primorska. She finished her bachelor study at the Faculty of Natural Sciences and Engineering in Ljubljana. After that, she continued her master's study at the Faculty of Health Sciences on the programme applied Kinesiology – Ergonomics. While studying Nastja collaborated on many ergonomics, kinesiology and design projects. At the center of excellence InnoRenew CoE she is working mainly on ergonomics design. She likes to spend her free time in nature, doing sports activities and she is fascinated by Arts.

Matic Sašek	InnoRenew CoE, Izola, Slovenija Livade 6a, 6310 Izola, Slovenija matic.sasek@innorenew.eu
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Matic Sašek je raziskovalni asistent v InnoRenew CoE in doktorski študent na študijskem programu Preventiva za zdravje na Fakulteti za vede o zdravju Univerze na Primorskem. Diplomiral in magistriral je iz kineziologije na Fakulteti za šport Univerze v Ljubljani. Njegovo glavno interesno področje je proučevanje telesne dejavnosti pri starostnikih in aktivnem prebivalstvu. V InnoRenew CoE je član raziskovalne skupine Človekovo zdravje v grajenem okolju. V prostem času rad potuje in se ukvarja s športom.

Matic is an assistant researcher at InnoRenew CoE and a PhD student at the Faculty of Health Sciences, University of Primorska. He completed his bachelor's and master's theses in kinesiology at the Faculty of Sport, University of Ljubljana. His main field of interest is physical activity in the working population and the elderly.

At InnoRenew CoE, he is working in the Human Health in the Built Environment research group. In his free time, Matic likes to do different sports and travel.

Dr. Heidi Siira, university lecturer, post doctoral researcher	University of Oulu Faculty of Medicine, Research Unit of Nursing Science and Health Management, GeroNursing Centre (GNC) Pentti Kaiteran katu 1, 90570 Oulu, Finska heidi.siira@oulu.fi
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Dr. Heidi Siira je maja 2021 zagovarjala svojo doktorsko disertacijo o rehabilitaciji slabovidnosti, kakovosti življenja, povezani z zdravjem, in s tem povezanih dejavnikov med starejšimi odraslimi z motnjami vida. V svoji podoktorski raziskavi želi združiti svoje ozadje in ključna področja znanja in kompetenc v gerontologiji, rehabilitaciji in invalidnosti. Pred akademsko kariero je vrsto let delala s starejšimi v različnih sektorjih socialnega in zdravstvenega varstva ter se ukvarjala s poklicnim izobraževanjem. Med doktorskim usposabljanjem je aktivno sodelovala na več mednarodnih konferencah s svojega področja ter se mednarodno povezala z znanstveniki v šolah za usposabljanje doktorskih študentov. Želi izvajati in spodbujati raziskave, usmerjene v poklicno življenje, ki so učinkovite in pomembne za družbo in zdravstvene prakse. Njeno raziskovalno področje je dobro počutje in kakovost življenja starejših odraslih, invalidnost v starosti, rehabilitacija in obnovitvena nega starejših odraslih.

Dr. Heidi Siira completed her PhD thesis on low vision rehabilitation, health-related quality of life and related factors among older adults with visual impairments in May 2021. In her post doctoral research she wants to combine her background, key knowledge and competence in gerontology, rehabilitation and disability. Before her academic career, she worked for many years with older adults in different sectors of social and healthcare and was involved in vocational education. During her doctoral training, she actively participated in several international conferences in her field as well as networked internationally with scientists in schools for PhD students. She wants to conduct and promote working-life-oriented research that is effective and meaningful for society and health care practices. Her research interests are wellbeing and quality of life of older adults, disability in old age, rehabilitation and restorative care of older adults.

Prof. dr. Nejc Šarabon	InnoRenew CoE, Izola, Slovenija Livade 6a, 6310 Izola, Slovenija nejc.sarabon@fvz.upr.si
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Dr. Nejc Šarabon je vodja raziskovalne skupine Človekovo zdravje v grajenem okolju v InnoRenew CoE. Končal je dva dodiplomska študija (je diplomirani fizioterapevt in profesor športne vzgoje) in doktoriral iz kineziologije. Je dekan na Fakulteti za zdravstvene vede Univerze na Primorskem in vodja raziskav v podjetju S2P, znanost v prakso, d.o.o. Pri svojih raziskavah se osredotoča predvsem na gibalne sposobnosti in živčno-mišično upravljanje gibanja v povezavi s športno zmogljivostjo in zdravjem. Prizadeva si za spodbujanje znanstvenega napredka družbe in je avtor več kot desetih patentov. Redno sodeluje tudi z Olimpijskim komitejem Slovenije, kar mu omogoča, da znanstvena spoznanja lahko prenaša v prakso. Dr. Šarabonu so posebej pomembna vsestranska povezovanja – teorije in prakse, raziskav in razvoja, preventivnega delovanja in usposabljanja, akademikov in podjetij –, ki prinašajo dejanske učinke na zdravje celotne družbe.

Dr. Nejc Šarabon is the research group leader in Human Health in the Built Environment at the InnoRenew CoE. He graduated with two undergraduate degrees (Physiotherapy and Sport Pedagogy) and obtained a PhD in Sport Science. He is currently the Dean of the Faculty of Health Sciences at the University of Primorska and head of research at S2P, Science to Practice, Ltd. His scientific focus is motor abilities and neuromuscular control

in the context of sport performance and health. He is closely involved in bringing scientific advances to society and has authored over ten patents. He is regularly involved with the Slovenian Olympic Committee to translate scientific knowledge into practice. Dr. Šarabon prides himself on incorporating theory and practice, research and development, prevention and training, academics, and enterprise to create real health impacts for society.

Mojca Šetinc	Fakulteta za družbene vede, Univerza v Ljubljani Kardeljeva pl. 5, 1000 Ljubljana, Slovenija mojca.setinc@fdv.uni-lj.si
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Mojca Šetinc, mag. dr. inf., je zaposlena kot strokovna sodelavka – vodja področja, na Centru za družboslovno informatiko FDV UL. Pri svojem delu se ukvarja predvsem s področjem tehnološko podprtih storitev za zdravo in aktivno staranje. Je soavtorica več prispevkov, objavljenih v mednarodnih publikacijah in na mednarodnih konferencah. Leta 2015 je za svoje magistrsko delo z naslovom *Uporaba podpornih tehnologij med starejšimi v Sloveniji*, prejela fakultetno Prešernovo nagrado. Od leta 2015 je bila vključena v več nacionalnih raziskovalnih (*Digitalna vključenost in aktivno staranje* (ARRS L5-6818), *Pametne IKT rešitve za aktivno in zdravo staranje* (ARRS L5-7626), *Dejavniki, ki v kontekstu oskrbovanja na daljavo vplivajo na namen uporabe pametnih tehnološko podprtih storitev oskrbe med družinskimi oskrbovalci starejših ljudi* (J5-1785)) in tržnih projektov (Evalvacija projekta *Preoblikovanje obstoječih mrež ter vstop novih izvajalcev za nudenje skupnostnih storitev in programov za starejše* (MZ RS)) ter mednarodnih projektov (ITHACA (Interreg Europe), COOP4HEALTHCARE (Interreg SI-AT), D-CARE (Interreg Danube)).

Mojca Šetinc, MA, is an expert associate at the Center for Social Informatics. Her work focuses mainly on the area of technology-supported services for healthy and active ageing. She is a co-author of several papers published in international publications and at international conferences. In 2015, she received the Prešeren Faculty Award for her master's thesis entitled The Use of Assistive Technologies among the Elderly in Slovenia. Since 2015, she has been involved in several national research (Digital inclusion and active ageing (ARRS L5-6818), Smart ICT Solutions for Active and Healthy Ageing (ARRS L5-7626), Factors impacting intention to use smart technology enabled care services among family carers of older people in the context of long-distance care (ARRS J5-1785)) and marketing projects (Evaluation of the project Transforming existing networks to provide community-based care services and programs for older adults (Ministry of Health, RS)) as well as international projects (ITHACA (Interreg Europe), COOP4HEALTHCARE (Interreg SI-AT), D-CARE (Interreg Danube)).

Lara Toccafondi	UP- Umanapersone Via Giordania, 181, 58100 Grosseto GR, Italija Lara.toccafondi@umanapersone.it
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Lara Toccafondi je vodja projekta mreže UP-Umanapersone in direktorica socialno-zdravstvenega področja socialne zadruge Pane e Rose v Pratu (Toskana). Ima visokošolsko humanistično izobrazbo in že več kot dvajset let deluje v družbenem sodelovanju. Že pet let se ukvarja s tehnološkimi inovacijami na področju oskrbe, s posebnim poudarkom na področju starejših, pri čemer pridobiva večšine tudi po zaslugi izpopolnjevanja na Scuola Superiore S. Anna v Pisi. V imenu socialne zadruge Pane e Rose je spremljala projekt CloudIA, ki ga financira regija Toscana, v imenu UP-Umanapersone pa je odgovorna za projekt PHArA-ON, *Piloti za zdravo in aktivno staranje*, ki ga financira program EC Horizon 2020, in projekt Agape, ki ga financira program AAL.

Lara Toccafondi is Project Manager of UP-Umanapersone Network and director of the socio-health area of the Pane e Rose Social Cooperative located in Prato (Tuscany). She had a university-level humanistic education and

she has been working for over twenty years in social cooperation. For five years she has been dealing with technological innovation in the field of care jobs, with particular attention to the area of the older adults, acquiring skills also thanks to advanced training courses at the Scuola Superiore S. Anna in Pisa. On behalf of the Pane e Rose social cooperative she followed the CloudIA project, funded by the Tuscany region, and on behalf of UP- Umanapersona, she is responsible for the PHArA-ON Project, Pilots for Healthy and Active Ageing, funded by EC Horizon 2020 Programmer, and the Agape Project, funded by AAL Programme.

Mag. Cveto Uršič	Ministrstvo za delo, družino, socialne zadeve in enake možnosti Štukljeva 44, 1000 Ljubljana, Slovenija cveto.ursic@gmail.com
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Cveto Uršič, univerzitetni diplomirani pravnik in magister sociologije, je na Ministrstvu za delo, družino, socialne zadeve in enake možnosti državni sekretar. Od leta 2018 do 2020 je bil zaposlen na Slovenski karitas kot generalni tajnik. Od leta 2008 do 2010 je bil član prvega Odbora Organizacije Združenih narodov za pravice invalidov. Bil je tudi član različnih odborov v okviru Sveta Evrope in Evropske unije. Prav tako je vodil oziroma bil član različnih delovnih skupin, ki so pripravljale ključne predpise s področja invalidskega varstva. V svojem strokovnem in raziskovalnem delu je zadnjih trideset let dejaven predvsem na področju uveljavljanja človekovih pravic invalidov in urejanja sistema socialne varnosti. V bibliografiji raziskovalcev ima zavedenih več kot 250 bibliografskih enot. Dejaven je tudi v strokovnih združenjih, invalidskih in humanitarnih organizacijah doma in v tujini.

Cveto Uršič, B.Sc.LL. and M.Sc. in sociology, is employed at the Ministry of Labour, Family, Social Affairs and Equal Opportunities as state secretary. From 2018 to 2020 he was secretary general of Caritas Slovenia. From 2008 to 2010 he served as a member of the inaugural United Nations Committee on the Rights of Persons with Disabilities. He has also been a member of various committees within the Council of Europe and the European Union. In his professional and research work, he has been active for the last thirty years, mainly in the field of promoting human rights of people with disabilities and regulating the social policy system. He has more than 250 bibliographic units listed in the researchers' bibliography. He is also active in disability and humanitarian organizations at home and abroad.

Romina Zajc, mag. soc. del.	Dom upokoencev Izola – Casa del pensionato Isola Kosovelova ulica 22, 6310 Izola, Slovenija romina.zajc@du-izola.si
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Romina Zajc je po poklicu magistrica socialnega dela in je od leta 2022 zaposlena v Domu upokoencev Izola – Casa del pensionato Isola kot direktorica doma. Dejavna je na področjih urejanja institucionalnega varstva, sodeluje pri vzpostavitvi enote začasnih namestitev ter dnevnega centra v Portorožu. Pred nastopom mandata je bila zaposlena na Centru za socialno delo Južna Primorska, enota Koper. Dejavna je bila na področju družinskega in partnerskega svetovanja.

Romina Zajc has a master's degree in social work and has been employed at the Izola Pension House - Casa del pensionato Isola since 2022, as director of the home. She is active in the areas of regulating institutional care, participating in the establishment of a temporary accommodation unit and a day center in Portorož. Before starting her mandate, she was employed at the Center for Social Work South Primorska, Koper unit. She was active in the field of family and partner counseling.

UVODNIK

PREFACE

Dr. Anja Jutrač, dr. Andreja Kukec in dr. Katarina Bitenc

Zbornik recenziranih znanstvenih prispevkov *Digitalna pomoč srebrnim letom: Digitalizacija in prispevek projekta PHArA-ON k izboljšanju kakovosti življenja starejših odraslih* je nastal v okviru projekta PHArA-ON, Piloti za zdravo in aktivno staranje (GA#857188). Mednarodni projekt PHArA-ON poteka od decembra 2019 do novembra 2023 in je del projektov Obzorje 2020, ki jih financira Evropska komisija. V projekt je vključenih dvanajst držav, skupno 40 različnih partnerjev. Konzorcij sestavljajo velika, srednja in mala podjetja, raziskovalne organizacije, univerze, organizacije s področja zdravstva, javnih in zasebnih ponudnikov zdravstvenih storitev, družbenih organizacij, zdravstvenih inštitutov in organizacij za standardizacijo. Partnerji projekta PHArA-ON sodelujejo pri razvoju in uvedbi novih IT platform v petih državah: Španiji, Portugalski, Italiji, Nizozemski in Sloveniji; razvijajo, oblikujejo in povezujejo tehnološke pripomočke za izboljšanje kakovosti življenja kot na primer pametno zapestnico, video-konferenčni sistem, senzorje za zaznavanje gibanja senzorje za merjenje kakovosti zraka itd.

Osrednji namen zbornika je prikazati celostni pristop k obravnavanju problematike starajočega se prebivalstva in izpostaviti potrebo po spremembah, na eni strani na nivoju zakonodaje, podpornih organizacij, izobraževanja, kadrov, medsektorskega in interdisciplinarnega sodelovanja ter na drugi strani na nivoju razvoja in implementacije novih tehnoloških (IT) rešitev. Zbornik smo zasnovali kot preplet šestih sklopov: teoretični del (Sklop 1), projekt PHArA-ON – digitalizacija starejših (Sklop 2), trenutni izzivi skrbi za starejše (Sklop 3), okrogla miza – Ali vas je strah digitalizacije? (Sklop 4), dobre prakse (Sklop 5) ter sorodne raziskave in projekti (Sklop 6).

V prvem sklopu so avtorji opredelili inovacijske poti za starejšim odraslim prijazne domove, sodobne tehnologije za pomoč pri samostojnosti starejših oseb, nove pristope nege starejših odraslih (GeroNursing Centre) in nove principe za oblikovanje prostorov za starejše odrasle. Prispevki so na teoretičen način odstrli vpogled v trenutno stanje na področju zasnove, oblikovanja domov za starejše in organizacije v domovih za starejše ter s pogledom v prihodnost izpostavili problematike in izzive na tem področju.

Drugi sklop se osredotoča na projekt PHArA-ON, in sicer nam najprej podrobneje predstavi sam projekt in pilote, ki se izvajajo v okviru projekta, nato pa predstavi pilotno raziskavo v Sloveniji in dve konkretni tehnološki rešitvi: videokonferenčni sistem Daisy in enostavni pametni telefon za starejše, Seniors Phone.

V tretjem sklopu avtorji razmišljajo o trenutnih izzivih skrbi za starejše odrasle: socialna vključenost in telesna dejavnost kot del starosti prijaznega okolja, načini zadovoljevanja potreb starejših odraslih v grajenem okolju in dolgotrajna oskrba.

Četrti sklop je namenjen povzetkom okrogle mize z naslovom Ali vas je strah digitalizacije?, kjer so se sodelujoči pogovarjali o trenutnih izzivih in problematikah na področju zdravega in aktivnega staranja ter skrbi za starejše v institucionalnem in domačem okolju ter oblikovali smernice, kako v prihodnosti reševati obravnavano problematiko.

V zadnjih dveh sklopih so predstavljene dobre prakse ter sorodne raziskave in prakse. Predstavljen je primer iz Italije, in sicer podporne tehnologije za podporo starejšim odraslim in strokovnjakom med pandemijo, primer iz doma Nine Pokorn Grmovje v Sloveniji (koncept kongruentne nege) ter dva primera iz Hrvaške (predstavitve doma Atilio Gamboc v Umagu in vpliv sociokulturnih vidikov na kakovost življenja starejših v Republiki Hrvaški). Na področju izobraževanja se avtorji sprašujejo o prihodnosti poklica socialne gerontologije ter predstavljajo dva projekta, ki se dotikata predvsem oblikovanja domov za starejše in izobraževanja o tej tematiki – projekta Desire (oblikovanje za vse kot metoda oblikovanja bivalnih okolij prijaznih starejšim odraslim) in Essense (izobraževanje v podporo pametnim okoljem za starejše). Predstavljenih je tudi nekaj raziskav s področja rabe podpornih tehnologij in izzivov na področju aktivnega in zdravega staranja, in sicer: Evalvacija pilotnih projektov dolgotrajne oskrbe: raba in učinki rabe podpornih tehnologij, Evalvacija e-storitev za zdravo in aktivno staranje v intervencijskih študijah, Izzivi na področju aktivnega in zdravega staranja – interdisciplinarni in medsektorski pristop na področju aktivnega in zdravega staranja (AZS), Povezava med osamljenostjo in zadovoljstvom z življenjem starejših odraslih, glede na okolje bivanja z vidika uporabe informacijsko komunikacijske tehnologije, Srebrna socioekonomska evolucija kot nova razvojna paradigma in odziv na demografske spremembe v EU in Sloveniji.

Izhajajoč iz celostne obravnave prihodnosti načrtovanja in organizacije okolij za starejše je *Zbornik recenziranih znanstvenih prispevkov* namenjen strokovnjakom in uporabnikom s področja javnega zdravja, arhitekture, razvoja IT storitev, izobraževalnim institucijam, zaposlenim v domovih za starejše in nenazadnje tudi odločevalcem na tem področju.

Book of a peer-reviewed scientific papers with the title *Digital Aid to Silver Years: Digitalization and the PHArA-ON Project's Contribution to Improving the Quality of Life of Older Adults* was created within the framework of the PHArA-ON project, Pilots for Healthy and Active Ageing (GA#857188). The PHArA-ON international project runs from December 2019 to November 2023 and is a part of the Horizon 2020 projects funded by the European Commission. Twelve countries, a total of 40 different partners, are involved in the project. The consortium consists of large, medium and small companies, research organizations, universities, healthcare organizations, public and private healthcare providers, social organizations, health institutes and standardization organizations. The partners cooperate with each other in the development and introduction of new IT platforms in five countries: Spain, Portugal, Italy, the Netherlands and Slovenia. The partners of the PHArA-ON project develop, design and connect technological devices to improve the quality of life, such as a smart bracelet, a video-conferencing system, sensors for detecting motion, pressure and measuring air quality, etc.

The main aim of the book is to show a holistic approach to dealing with the problem of an ageing population and to highlight the need for changes, on the one hand at the level of legislation, support organizations, education, personnel, cross-sectoral and interdisciplinary cooperation, and on the other hand at the level of the development and implementation of new technological (IT) solutions. The book was designed as a combination of six parts: theoretical part (Section 1), PHArA-ON project - digitalization of the elderly (Section 2), current challenges caring for the elderly (Section 3), round table - Are you afraid of digitalization? (Section 4), best practices (Section 5) and related research and projects (Section 6).

In the first section, the authors defined innovation paths for age-friendly homes, modern technologies to help the independence of older people, new approaches to care for older adults (GeroNursing Center) and new principles for designing spaces for older adults. The contributions theoretically reviewed the current situation in the field of design of homes for the elderly and organization in homes for the elderly, and with a view to the future, highlighted issues and challenges in this area. The second section focuses on the PHArA-ON project, namely, it first presents the project itself and the pilots carried out within the project in more detail, and then presents the pilot research in Slovenia and two concrete technological solutions: the video conference system Daisy and a simple smartphone for the elderly, Seniors Phone.

In the third part, the authors reflect on the current challenges of caring for the elderly: social inclusion and physical activity as part of an age-friendly environment, ways to meet the needs of older adults in the built environment, and long-term care. The fourth section is dedicated to the summaries of the round table entitled Are you afraid of digitalization?, where the participants discussed current challenges and issues in the field of healthy and active ageing and care for the elderly in institutional and home environments, and formulated guidelines on how to solve this issue in the future.

In the last two sections, good practices and related research and practices are presented. An example from Italy is presented, namely support technology for supporting older adults and professionals during the pandemic, an example from the home of Nina Pokorn Grmovje in Slovenia (concept of congruent care) and two examples from Croatia (presentation of the home of Atilio Gamboc in Umag and the impact of sociocultural aspects on the quality lives of the elderly in the Republic of Croatia). In the field of education, the authors question the future of the profession of social gerontology and present two projects that mainly focus on the design of homes for the elderly and education on this topic - the DESIRE project (design for everyone as a method of creating living environments friendly to older adults) and ESSENSE project (education in support for smart environments for the elderly). Some research on the use of assistive technologies and challenges in the field of active and healthy ageing is also presented, namely: Evaluation of pilot projects in long-term care: use and impact of assistive technologies, Evaluation of e-services for healthy and active ageing in intervention studies, Challenges in the field of active and healthy ageing - interdisciplinary and cross-sectoral approach in the field of active and healthy ageing (AZS), The connection between loneliness and life satisfaction of older adults, according to the living environment in terms of the use of information and communication technology, Silver socioeconomic evolution as a new development paradigm and response to demographic changes in the EU and Slovenia.

Based on the holistic approach to the future of planning and organization of environments for the elderly, the book of peer-reviewed scientific papers is aimed at professionals and users in the field of public health, architecture, IT service development, educational institutions, employees in homes for the elderly and, last but not least, decision makers in this area.

UVODNI NAGOVORI

OPENING SPEECH

Dr. Michael Burnard, Deputy Director, InnoRenew CoE; Assist. Prof. University of Primorska

Staranje je izziv za sedanje in prihodnje generacije. Zdravstvena oskrba, prehrana, higiena in drugi splošni varnostni pogoji so v zadnjem stoletju znatno podaljšali pričakovano življenjsko dobo. Vendar zgolj podaljševanje življenja ni zadosten napredek za družbo. Kakovost življenja moramo uskladiti s podaljšanim življenjem, da bi tistim, ki živijo dlje, zagotovili zdravje, srečo in dostojanstvo, ki si ga zaslužijo. Izzive, s katerimi se soočamo s staranjem, je treba rešiti z rešitvami, ki starejšim odraslim pomagajo ohraniti visoko kakovost življenja, neodvisnost in dostojanstvo.

Piloti za zdravo aktivno staranje (PHArA-ON) se tega izziva lotevajo s tehnološkega vidika. Čeprav je na trgu veliko uporabnih tehnologij, ki bi lahko ohranile ali izboljšale kakovost življenja starejših odraslih, jih je le malo široko sprejetih. Del razloga je, da ti izdelki ali storitve niso bili zasnovani ob upoštevanju potreb ali perspektiv starejših odraslih. V PHArA-ON-u se obstoječe tehnologije in nove rešitve, ki temeljijo na njih, spreminjajo in razvijajo v sodelovanju s potencialnimi uporabniki. Starejši odrasli in njihovi negovalci so določili cilje, ki jih morajo tehnologije doseči, in podali povratne informacije o tem, kako so bili ti cilji implementirani v celovite rešitve, ki so združile več tehnologij, da bi zagotovile resnične koristi.

Zdaj, ko se bliža zadnje leto projekta, poteka dolgoročno pilotno testiranje, da bi ugotovili, kakšen vpliv imajo rešitve, razvite v PHArA-ON-u, na kakovost življenja, neodvisnost in dostojanstvo starejših odraslih in njihovih negovalcev. Tehnološke rešitve zagotovo niso edino sredstvo, ki je na voljo za podporo dobrega počutja starejših odraslih, so pa koristno orodje. Vendar pa je najpomembnejši del vsake rešitve ta, da se uporabnikom zdi uporabna in da podpira njihove potrebe. Te potrebe in kako uporabno se jim zdi to, lahko izvemo samo tako, da jih vključimo v proces načrtovanja in razvoja katerekoli rešitve, ki jo morda želimo zagotoviti. Vključevanje uporabnikov je največja prednost PHArA-ON-a in upamo, da se bodo vanj vključili tudi drugi projekti in razvijalci izdelkov, da bi zagotovili, da bodo njihove rešitve splošno sprejete, cenjene in učinkovite.

Ageing is a prescient challenge for current and future generations. Medical care, diet, hygiene, and other general safety conditions have extended life expectancy significantly in the last century. However, simply extending life is an insufficient advancement for society. We must match quality of life with extended life to provide those living longer with the health, happiness, and dignity they deserve. The challenges one faces with ageing must be met with solutions that help older adults maintain high quality of life, independence, and dignity.

The Pilots for Healthy Active Ageing (PHArA-ON) approaches this challenge from a technological perspective. While there are many useful technologies on the market that could maintain or improve quality of life for older adults, few are widely adopted. Part of the reason is that these products or services were not designed with the needs or perspectives of older adults in mind. In PHArA-ON, existing technologies and new solutions based on them were modified and further developed collaboratively with potential users. Older adults and their caregivers set the goals for the technologies to meet, and gave feedback on how those goals were implemented in complete solutions that merged multiple technologies to provide real benefits.

Now, as the final year of the project approaches, long-term pilot testing is underway to see what impact the solutions developed in PHArA-ON have on the quality of life, independence, and dignity of older adults and their caregivers. Technological solutions are certainly not the only means available to support the wellbeing of older adults, but they are a useful tool. However, the most important part of any solution is that users find it useful and supportive of their needs. We can only know those needs and how useful they find them by involving

them in the design and development process of whatever solution we may want to provide. User engagement is the greatest strength of PHArA-ON and one that we hope other projects and product developers will engage in to ensure their solutions are widely adopted, appreciated, and impactful.

Vilko Kolbl, mag., generalni sekretar Socialne zbornice Slovenije
Vilko Kolbl, MSc., General secretary, Social Chamber of Slovenia

Družbene spremembe zahtevajo modernizacijo ter inoviranje storitev in programov na področju socialnega varstva. Še posebej se je pri tem potrebno strokovno kompetentno in humano odzivati na potrebe različnih ranljivih družbenih skupin, med katere prav gotovo spadajo starejši. Demografski trendi kažejo, da se v slovenski družbi povečuje delež starejših in daljša življenjska doba. Govorimo o dolgoživosti slovenske družbe, ki mora spodbujati aktivno staranje tudi s prilagajanjem različnih družbenih podsistemov, med katere prav gotovo spada področje socialnega varstva.

Zadnja zdravstvena kriza s pandemijo novega koronavirusa je še posebej poglobila prepade med različnimi generacijami in alarmantno opozorila na potrebo po medgeneracijskem sožitju in sodelovanju. Ukrepi za preprečevanje širjenja novega koronavirusa so uvajali nujno po socialnem distanciranju, kar je starejše še dodatno socialno izoliralo in odmaknilo na rob družbenega dogajanja. Starejši, še posebej tisti, ki bivajo v institucionalnih okoljih varstva starejših, so stike z bližnjimi in svojci lahko ohranjali le ob podpori sodobnih informacijsko komunikacijskih tehnologij (IKT). To je zahtevalo nove pristope dela tudi za zaposlene, ki so morali slediti sodobnemu digitalnemu razvoju ter nekaterim starejšim pomagati pri vzpostavljanju stika z bližnjimi s pomočjo IKT in druge učiti uporabe le-teh. Ne smemo spregledati tudi spoznanja, da je uporaba IKT za marsikaterega starejšega stresna, zato pogloblja digitalni razkorak v dostopnosti starejših do IKT.

Govorimo o novi razvojni epohi digitalizacije socialno varstvenih storitev. Zato se je Socialna zbornica Slovenije z veseljem vključila v organizacijo znanstvenega posveta z naslovom *Digitalna pomoč srebrnim letom*, ki se izvaja v okviru mednarodnega projekta PHArA-ON. Projekt povezuje številne tuje in domače strokovnjake na področju načrtovanja, razvoja, prilagajanja, uvajanja, izvajanja in evalviranja pristopov k digitalizaciji storitev za starejše v luči izboljšanja njihove socialne vključenosti in kakovosti življenja v starosti.

Social changes require modernization and innovation of services and programmes in the field of social care. In particular, it is necessary to respond professionally competently and humanely to the needs of various vulnerable social groups, which certainly include the elderly. Demographic trends show that in Slovenian society the proportion of elderly people and longer life expectancy are increasing. We are talking about the longevity of Slovenian society, which must promote active ageing also by adapting various social subsystems, which certainly includes the area of social welfare.

The latest health crisis with the new coronavirus pandemic has especially deepened the gaps between different generations and alarmingly pointed out the need for intergenerational coexistence and cooperation. Measures to prevent the spread of the new coronavirus introduced the necessity of social distancing, which further isolated the elderly and pushed them to the margins of social events. The elderly, especially those who live in institutional settings for the care of the elderly, could only maintain contact with relatives and friends with the support of modern information and communication technologies (ICT). This required new work approaches also for the employees, who had to follow modern digital developments and help some of the elderly to establish contact with their loved ones using ICT and teach others how to use them. We should also not overlook the fact that the use of ICT is stressful for many older people, therefore deepening the digital divide in the accessibility of ICT for older people.

We are talking about a new development era of the digitalization of social care services. That is why the Social Chamber of Slovenia was happy to join in the organization of the scientific conference entitled "Digital help for the silver years", which is carried out within the framework of the international project PHArA-ON. The project connects many foreign and domestic experts in the field of planning, development, adaptation, introduction, implementation and evaluation of approaches to the digitalization of services for the elderly in the light of improving their social inclusion and quality of life in old age.

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Cveto Uršič, MSc., State secretary, Ministry of Labour, Family, Social Affairs and Equal Opportunities*

»Ne pride daleč, kdor gre samo naravnost«, pravi nekje Mali princ. Takšno je dogajanje v družbi, takšno je naše življenje. Jože Ramovš je v uvodu h knjigi *Integrirana dolgotrajna oskrba* zapisal, da je človek »bitje, ki teži k samostojnosti in neodvisnosti od drugih, enako nujno pa potrebuje pomoč drugih in je od drugih odvisen – to sta dve nogi za njegovo razvojno pot od spočetja do smrti. Dolgotrajna oskrba se posveča drugi od teh dveh življenjskih nalog«. Podobno pot, polno ovinkov in zastojev, je imel tudi zakon, ki ureja dolgotrajno oskrbo, od prvih idej leta 2002 do sprejetja konec leta 2021. Veliko je bilo komentarjev ob njegovem sprejetju – da je vsebinsko pomanjkljiv, da niso poznani viri za financiranje, da ... Ne glede na to, ali mislimo, da je zakon dober ali slab, smo končno po mnogih ovinkih in zastojih, dobili temelj – sodoben, integriran, v lokalno skupnost umeščen sistem dolgotrajne oskrbe, ki pa seveda ostaja odprt za spremembe in dopolnitve.

Zato so projekti, kot je PHArA-ON, ta trenutek nujno potrebni. Dolgotrajna oskrba je skup zdravstvenih in socialnih storitev, storitev za krepitev in ohranjanje samostojnosti ter storitev e-oskrbe. Za opravljanje (in nadzor) teh storitev potrebujemo različne naprave in orodja. Tudi digitalne, ki jih je treba povezati, hkrati pa narediti tako enostavne, da jih bo lahko uporabljal vsakdo, tudi tisti, ki potrebujejo storitve dolgotrajne oskrbe.

“One who only goes straight, doesn't get far”, says the Little Prince somewhere. Such is social action, such is life. In the introduction to the book entitled *Integrated long-term care*, Jože Ramovš wrote that a person is "a being that strives for autonomy and independence from others, but just as urgently needs the help of others and is dependent on others - these are the two legs for its developmental path from the birth to the death. Long-term care is dedicated to the second of these two life tasks". The law regulating long-term care has had a similar path full of twists and turns; from the first ideas in 2002 to its adoption at the end of 2021. There were many comments upon its adoption. That it is deficient in terms of content, that the sources of funding are not known, that... Whether we think the law is good or bad, finally, after many twists and turns, we got the foundation - a modern, integrated, long-term care system located in the local community, which, of course, remains open to changes and additions.

That is why projects like PHArA-ON are urgently needed at this moment. Long-term care is a set of health and social services, services for strengthening and maintaining independence, and e-care services. To provide (and monitor) these services, we need various devices and tools. Even the digital ones, which need to be connected and at the same time made so simple that everyone can use them, even those who need long-term care services.

SKLOP 1: TEORETIČNI DEL

SECTION 1: THEORETICAL PART

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|-----|--|--|
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OBNOVITVENA NEGA ZA USPEŠNO STARANJE
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1.1

»GERONURSING CENTRE (GNC)« – Z DOKAZI PODPRTA OBNOVITEVNA NEGA ZA USPEŠNO STARANJE

Dr. Heidi Siira, Univerza Oulu, Medicinska fakulteta, Raziskovalna enota za zdravstveno nego in zdravstveni menedžment, GeroNursing Centre (GNC), Finska

Ključne besede: *obnovitvena nega, starejši odrasli, uspešno staranje, digitalizacija*

UVOD. GeroNursing Centre (GNC) predstavlja središče raziskav in strokovnega znanja za obnovitveno oskrbo starejših odraslih in se ukvarja z raziskavami in izobraževanjem za uspešno staranje in dobro počutje pri delu s starejšimi ter predstavlja najboljše razpoložljivo strokovno znanje in prakse na tem področju. Cilj obnovitvene nege je funkcionalna zmogljivost, neodvisnost in aktivno staranje s poudarkom na individualnosti.

NAMEN. GNC vrednoti starost s funkcionalno zmogljivostjo, z vablivo in smiselno skrbjo za starejše za osebje, z raziskavami, ki bodo koristile dobremu počutju starejših, in z učinkovitim sodelovanjem med različnimi strokovnjaki. GNC želi spodbujati dobro življenje in dobro počutje, aktivno in zdravo staranje, telesno, socialno in duševno sposobnost ter uspešno staranje.

REZULTATI. GNC je razvil na dokazih temelječ model obnovitvene oskrbe starejših odraslih, ki je preprost in ga je mogoče izvajati v vseh okoljih oskrbe starejših. GNC je prav tako vzpostavil omrežja in se povezal s ključnimi akterji na tem področju na nacionalni in mednarodni ravni ter razvil spletne tečaje usposabljanja za obnovitveno nego, ki temeljijo na znanstvenih spoznanjih. GNC proučuje obnovitveno oskrbo starejših odraslih z različnih vidikov in uporablja različne kvantitativne in kvalitativne raziskovalne metode. GNC se zanima za obnovitveno oskrbo starejših odraslih z vidika teorije, usposobljenosti, učinkovitosti, smiselnosti, digitalizacije in posebnih skupin.

RAZPRAVA. Obnovitvena nega temelji na multidisciplinarnem in medpoklicnem sodelovanju. Obnovitveno nego je treba razvijati in prenavljati z vidika znanosti o zdravstveni negi, saj lahko zaposleni v zdravstveni negi najboljše ocenijo dejavnike, ki vplivajo na uspešnost rehabilitacije in obnovitvene nege, saj so največ v stiku s starejšimi odraslimi in njihovimi bližnjimi.

SKLEP. GNC želi še naprej spodbujati in razvijati obnovitveno oskrbo starejših odraslih, zato je odprt za sodelovanje v izobraževalnem in raziskovalnem smislu.

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1.1

GERONURSING CENTRE (GNC) – EVIDENCE-BASED RESTORATIVE CARE FOR SUCCESSFUL AGEING

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Keywords: *restorative care, older adults, successful ageing, digitalization*

INTRODUCTION. GeroNursing Centre (GNC) is a centre of research and expertise for restorative care of older adults providing research, education and networks for successful ageing and well-being at work, representing the best available evidence-based expertise and practices in the field. Restorative care aims for functional capacity, independence and active ageing with individuality.

AIM. GNC values old age with functional capacity, inviting and meaningful elderly care for the staff, research that will benefit the well-being of the elderly people, and effective cooperation with networks. GNC wants to promote good life and well-being, active and healthy ageing, physical, social and mental capacity as well as successful ageing.

RESULTS. GNC has developed an evidence-based model of restorative care of older adults that is simple and can be implemented in all environments of elderly care. GNC has also built networks and bonded with key players in the field nationally and internationally, and developed online training courses of restorative care based on scientific knowledge. GNC studies restorative care of older adults from various perspectives and uses a variety of quantitative and qualitative research methods. GNC is interested in restorative care of older adults in terms of theory, competence, effectiveness, meaningfulness, digitalization and special groups.

DISCUSSION. Restorative care is based on multidisciplinary and interprofessional collaboration. Restorative care should be developed and renewed from the perspective of nursing science because nursing staff can best evaluate the factors affecting the success of rehabilitation and restorative care since they are most in contact with older adults and their close ones.

CONCLUSION. GNC wants to promote and develop restorative care of older adults further and is therefore open to cooperate in terms of education and research.

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1.2

INOVACIJSKE POTI ZA STAROSTI PRIJAZNE DOMOVE

Zasl. prof. ddr. Marija Mara Ovsenik¹, doc. dr. Nikolaj Lipič¹, Marko Kac¹, ¹Alma Mater Europaea, Maribor, Slovenija

Ključne besede: *starosti prijazni domovi, sociotehnični eksperiment, sistemske inovacije s pomočjo socialnega učenja, družbeno tehnični poskusi na področju starosti prijaznih domov.*

UVOD. Skrb za hitro naraščajočo kohorto odraslih zahteva nove inovativne pristope.

NAMEN. V svetu se na problematiko starosti in staranja različno odzivajo, odgovor pa je: potrebujemo inovacijske poti za starosti prijazne domove.

REZULTATI. Kvalitativna raziskava, temelječa na študiji objavljenih poročil o inovacijah v svetu in temelječa na študiji preko 500 različnih pristopov in eksperimentov kaže različne sociotehnične eksperimente, ki so naslavljali inovacije na tem področju in utelešajo obetavne poti za starosti prijazne domove v prihodnosti. Študija je zajela poročila iz dvanajstih držav, s čimer pokaže na raznolikost različnih delov Evrope.

RAZPRAVA. Študija identificira, v kolikšni meri je dom kraj, ki ponuja varnost, dostopnost in prostor, kjer se prepletajo socialni odnosi, izkušnje, spomini in čustva. Identificirali smo vrsto inovacij, ki poleg sodobne tehnologije prinašajo tudi nove načine organiziranja procesov v stanovanjskih okoljih. Kot pomembno se kaže okolje, kjer se sprožajo interakcije in izmenjavajo tako imenovane heterogene tehnologije. Nedvomno je za udejanjanje starosti prijaznih domov potrebna sinteza pobud in vizionarskih idej. Gre za iskanje sociotehničnih niš, ki angažirano in družbeno konstruktivistično pričenjajo s procesi, ki naj bi z uvedbo alternativnih tehnologij preoblikovali družbeno realnost.

SKLEP. Inovacijske prakse, prepletene s prijaznejšimi družbenimi odnosi in novimi bivanjskimi koncepti, premoščajo ločnico med staranjem v domačem okolju in domom ter ponujajo lepšo prihodnost za starajočo se populacijo.

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1.2

INNOVATION PATHWAYS FOR AGE-FRIENDLY HOMES

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Keywords: *age-friendly homes, socio-technical experiment, systemic innovation through social learning, socio-technical experiments in the field of age-friendly homes.*

INTRODUCTION. Care for a rapidly growing cohort of adults requires new, innovative approaches.

AIM. The world reacts to the issue of age and ageing in different ways, but the answer is clear: we need innovation pathways for age-friendly homes.

RESULTS. Qualitative research, based on the study of published reports on innovations in the world and based on the study of over 500 different approaches and experiments, shows various socio-technical experiments that have addressed innovation in this field and embody promising pathways for age-friendly homes in the future. The study covered reports from twelve countries, showing the diversity of different parts of Europe.

DISCUSSION. The study identifies the extent to which home is a place that offers safety, accessibility and a place where social relationships, experiences, memories and emotions are intertwined. We have identified a series of innovations that, in addition to modern technology, also bring new process organization ways in residential environments. An environment where interactions and exchanges of so-called heterogeneous technologies are triggered is shown to be important. Undoubtedly, making age-friendly homes a reality requires a synthesis of initiatives and visionary ideas. It is a search for socio-technical niches, which actively and socially constructivist start with processes that are supposed to transform social reality with the introduction of alternative technologies.

CONCLUSION. Innovative practices intertwined with friendlier social relations and new living concepts are overcoming the divide between ageing in the home environment and at care homes, and offer a brighter future for the ageing population.

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1.3

11 PRINCIPOV PROSTORSKEGA OBLIKOVANJA ZA DOBRO POČUTJE (STAREJŠIH)

Prof. ing. dr. Veronika Kotradyova, BCDlab, Fakulteta za arhitekturo in oblikovanje, Slovaška tehnološka univerza v Bratislavi, Slovaška

Ključne besede: *prostorsko oblikovanje, človekocentrično oblikovanje, dobro počutje, načela, grajeno okolje*

UVOD. Predavanje predstavlja zbirko 11 načel podpornega okolja za sodobnega človeka s poudarkom na starosti prijaznem okolju.

V razvoj principov so vključena znanja iz prostorskega oblikovanja, družboslovja, medicine in nevroznanosti, ki se ukvarjajo z interakcijo človeka in grajenega okolja ter rezultati interdisciplinarnih raziskav, izvedenih na platformi »Body Conscious Design laboratory« Fakultete za arhitekturo in oblikovanje STU v Bratislavi, Slovaška (BCDlab).

NAMEN. Namen prispevka je prikazati temo staranja v širšem teoretičnem kontekstu.

REZULTATI. V prispevku je poudarjena nujnost preprečevanja pojava civilizacijskih bolezni z uporabo na človeka osredotočenega načrtovalskega pristopa v grajenem okolju, ki vpliva ne le na sodobno človekovo vedenje, temveč dolgoročno tudi na javno zdravje. Pomanjkanje podpornega okolja prispeva k civilizacijskim boleznim, ki so pomembne za javno zdravje. Prispevek je povzetek nedavnih multidisciplinarnih raziskav oblikovanja, osredotočenega na človeka, na platformi BCDlab. Povzeta je v 11 značilnostih podpornega okolja za sodobnega človeka – »kulturne živali«. Potrebe človeka se spreminjajo s starostjo in trenutno življenjsko strategijo ter stopnjo osebnega razvoja. 11 načel oblikovanja prostora za dobro počutje (starejših) je: 1. Občutek varnosti; 2. Zatočišče; 3. Stik z zunanjim; 4. Osebni prostor; 5. Intimnost vs socializacija; 6. Ustrezna lestvica; 7. Navezanost; 8. Lokalna identiteta; 9. Telesna zavest; 10. Ustrezna okoljska stimulacija; 11. Več naravnih materialov. Dodatno načelo, ki ga splošni kriteriji ne morejo zajeti, je zavedanje okoljskega konteksta, ki smo ga opredelili kot okoljska ozaveščenost.

SKLEP. Ta model 11 + 1 načel je prevrednoten z vidika staranja z namenom prispevanja koncepta starosti prijaznega oblikovanja, pri čemer se v poznejšem življenjskem obdobju povečuje občutljivost za dobro počutje.

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1.3

11 PRINCIPLES OF SPATIAL DESIGN FOR WELLBEING (OF ELDERLY)

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Keywords: *spatial design, human centred design, wellbeing, principles, built environment*

INTRODUCTION. The lecture presents a collection of 11 principles of a supportive environment for the contemporary human beings with focus on age friendly environment.

The development of principles includes knowledge from spatial design, social studies, medicine and neurosciences dealing with interaction of man and built environment and results of interdisciplinary research studies done at the platform Body Conscious Design laboratory of Faculty of Architecture and Design STU in Bratislava, Slovakia (BCDlab).

AIM. Aim of the paper is to demonstrate the topic of ageing in the broad theoretical context.

RESULTS. In the paper, there is an emphasised necessity to prevent appearance of civilisation diseases through using human centred design approach in the built environment that influence not only contemporary human behaviour, but in the long term also public health. Lack of a supportive environment contributes to civilisation diseases relevant to the public health. The paper is a summary of recent multidisciplinary research of human centred design on the platform of BCDlab. It is summarized into 11 features of the supportive environment for contemporary humans – “cultural animals”. Needs of human beings are altering with age and momentary life strategy and stage of personal development. 11 principles of spatial design for wellbeing (of elderly) are the following: 1. Feeling of safety; 2. Prospect and refuge; 3. Contact with outdoor; 4. Personal space; 5. Intimacy vs socialisation; 6. Appropriate scale; 7. Attachment; 8. Local identity; 9. Body consciousness; 10. Appropriate environmental stimulation; 11. More natural materials. Added principle that cannot be skipped by overall criteria is being aware of the environmental context that we have defined as environmental awareness.

DISCUSSION. This matrix of 11 + 1 principles is reevaluated from the perspective of ageing with the aim to contribute the concept of the age friendly design, whereas in the later life period the sensibility for the wellbeing is being increased.

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1.4

SODOBNE TEHNOLOGIJE V LUČI SAMOSTOJNOSTI STAREJŠIH OSEB

Dr. Tomaž LENART, Dom Nine Pokorn Grmojce, Žalec, Slovenija

Ključne besede: *starejši, tehnologija, aktivno staranje, odnos do tehnologije*

Prispevek je povzet po raziskavi, ki je bila opravljena v okviru doktorske disertacije z naslovom *Vloga sodobne tehnologije ob aktivnem staranju pri ohranjanju in vzpodbujanju samostojnosti starejših oseb* (Lenart, 2020). Namen prispevka je predstaviti odnos starostnikov (starost 65+) do sodobnih tehnologij in identificirati tehnologije, ki jih uporabljajo. Zanimale so nas tudi razlike v uporabi tehnologij glede na sociodemografske dejavnike. Za zbiranje podatkov smo uporabili vprašalnik, ki smo ga razvili sami, podatke pa smo obdelali z metodami deskriptivne in interferenčne statistike.

Ugotovili smo pozitiven odnos starostnikov do sodobnih tehnologij in do njihove uporabe: starostniki prepoznavaajo dodano vrednost uporabe sodobnih tehnologij v svojem vsakdanjem življenju, predvsem za dostop do informacij, za komuniciranje in lajšanje vsakdanjih opravil na splošno. Internetne storitve uporabljajo občasno, redko pa uporabljajo tehnologije za pristočasno rabo. V splošnem se kaže trend naraščanja pogoste uporabe tehnologij z višanjem dosežene stopnje izobrazbe in trend upadanja pogostosti uporabe tehnologije z višanjem starosti. Starostniki, ki živijo z drugimi družinskimi člani, praviloma pogosteje uporabljajo posamezne tehnologije kot drugi starostniki. Med starostniki, živečimi v urbanih naseljih, in tistimi v ruralnem okolju nismo ugotovili statistično pomembnih razlik.

Za nadaljnje raziskovanje se postavlja vprašanje, kako uporaba tehnologij kot dimenzije aktivnega staranja vpliva na fizično, emocionalno in psihično blagostanje.

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1.4

MODERN TECHNOLOGIES IN THE LIGHT OF THE INDEPENDENCE OF THE ELDERLY

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Keywords: *older people, technology, active ageing, attitude towards technology*

The paper is based on research conducted as part of a doctoral dissertation entitled “The role of modern technology at active ageing in preserving and encouraging independence in the elderly” (Lenart, 2020). This paper aims to present the attitude of the elderly (age 65+) towards modern technologies and identify the technologies they use. We were also interested in differences in the use of technologies concerning sociodemographic factors. To collect the data, we used a questionnaire that we developed ourselves, and we processed the data using the methods of descriptive and interference statistics. We found a positive attitude of the elderly towards modern technologies and their use: the elderly recognize the added value of using modern technologies in their daily lives, especially for access to information, communication and facilitation of everyday tasks in general. They use the Internet services occasionally but rarely use leisure technologies. In general, there is a trend of increasingly frequent use of technologies with increasing level of education and a declining trend in the frequency of use of technology with increasing age.

Furthermore, older people living with other family members tend to use modern technologies more often than other elderly people. Still, we did not find statistically significant differences between elderly people living in urban settlements and those in rural areas. For further research, the question arises about how using technology as a dimension of active ageing affects physical, emotional and mental well-being.

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SKLOP 2: PROJEKT PHArA-ON: DIGITALIZACIJA STAREJŠIH

SECTION 2: DIGITALIZATION OF THE ELDERLY

- 2.1 *Doc. dr. Michael David Burnard*
Dean Lipovac
Mateja Erce **PILOTNI PRIMERI ZA ZDRAVO IN AKTIVNO STARANJE – PROJEKT OBZORJE ZA PODORO DOBREMU POČUTJU, DOSTOJANSTVU IN NEODVISNOSTI STAREJŠIH ODRASLIH**
Pilots for healthy and active ageing – a Horizon project to support the wellbeing, dignity and independence of older adults
-
- 2.2 *Dr. Katarina Bitenc*
Dr. Anja Jutraž
Doc. dr. Andreja Kukec **PREDSTAVITEV PILOTOV V OKVIRU PROJEKTA PHArA-ON**
Presentation of pilots within the PHArA-ON project
-
- 2.3 *Mateja Erce*
Dean Lipovac
Doc. dr. Michael David Burnard **POTREBE STAREJŠIH ODRASLIH TER PREDHODNA VALIDACIJA TEHNOLOŠKIH REŠITEV**
Older adults' needs and pre-validation of technological solutions
-
- 2.4 *Jure Lampe* **TEHNOLOŠKE REŠITVE ZA DOMOVE ZA STAREJŠE – VIDEOKONFERENČNI SISTEM DAISY**
Technological solutions for nursing homes – Daisy video conferencing system
-
- 2.5 *Jure Lampe* **TEHNOLOŠKE REŠITVE ZA DOMOVE ZA STAREJŠE – SENIORS PHONE, ENOSTAVEN PAMETNI TELEFON ZA STAREJŠE**
Technological solutions for nursing homes – Seniors Phone, a simple smartphone for the elderly

2.1

PILOTNI PRIMERI ZA ZDRAVO IN AKTIVNO STARANJE – PROJEKT OBZORJE ZA PODPORO DOBREMU POČUTJU, DOSTOJANSTVU IN NEODVISNOSTI STAREJŠIH ODRASLIH

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Ključne besede: *zdravje, staranje, starejši odrasli, digitalizacija, mednarodno*

Pilotni primeri za zdravo in aktivno staranje (PHArA-ON - Obzorje 2020 GA št. 857188) je mednarodni projekt, ki se osredotoča na inovativne rešitve obstoječih tehnologij za boljšo podporo dostojanstvu, dobremu počutju in neodvisnosti starejših odraslih. Projekt se osredotoča na pripravo tehnologij, ki se bodo uporabljale na osmih pilotnih lokacijah: Izola v Sloveniji; Murcia in Andaluzija v Španiji; Amadora in Coimbra na Portugalskem; Toskana in Apulija v Italiji; ter na različnih lokacijah na Nizozemskem. Vsaka pilotna lokacija se razlikuje po skupnostih, ki jih nagovarja, in posebnih ciljih, ki jih bo dosegla, vendar so vse združene po podobnih metodologijah za pripravo tehnoloških in podpornih sistemov, ki se bodo uporabljali v pilotni fazi.

Projekt se je začel s poudarkom na ugotavljanju in razumevanju potreb starejših odraslih in njihovih skrbnikov (tako formalnih, kot so negovalno osebje, zdravniki itd., kot tudi neformalnih, kot so družina in prijatelji). Modeli čustvenih ciljev so bili nato preoblikovani v sistemske rešitve, ki bi jih razvili s spreminjanjem in združevanjem tehnologij, ki so jih zagotovili partnerji projekta PHArA-ON (Mooses et al., 2021). Za zapolnitev vrzeli so bile izbrane zunanje tehnologije, izvedeno pa je bilo tudi obsežno predhodno preverjanje PHArA-ON-ovih tehnologij in sistemov. Kasneje bo na izbranih lokacijah potekala implementacija vseh izbranih rešitev za dolgoročno testiranje tehnologij in sistemov in, kar je najpomembnejše, njihovega vpliva na dobro počutje, dostojanstvo in neodvisnost starejših odraslih. Do konca projekta bo v projekt PHArA-ON na različnih lokacijah vključenih več kot 3500 starejših odraslih in njihovih skrbnikov. Projekt PHArA-ON bo pokazal vrednost dobro zasnovanih in implementiranih digitalnih rešitev, ki obravnavajo najrazličnejše potrebe starejših odraslih, vključno s povečanjem komunikacije, spremljanjem zdravja in aktivnosti, spodbujanjem fizičnih in kognitivnih aktivnosti, podpiranjem mobilnosti, sodelovanjem s skupnostjo in tudi druga pomembna vprašanja.

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ZAHVALA.

Avtorji se zahvaljujejo Evropski komisiji za financiranje projektov Obzorje 2020, *Piloti za zdravo in aktivno staranje* (GA# 857188) in InnoRenew CoE (GA# 739574).

2.1

PILOTS FOR HEALTHY AND ACTIVE AGEING – A HORIZON PROJECT TO SUPPORT THE WELLBEING, DIGNITY AND INDEPENDENCE OF OLDER ADULTS

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Keywords: *health, ageing, older adults, digitisation, international*

Pilots for healthy and active ageing (PHArA-ON – Horizon 2020 GA No. 857188) is an international project focused on innovating new solutions from existing technologies to better support the dignity, well-being, and independence of older adults. The project focuses on preparing technologies to be deployed for large scale piloting at eight pilot sites: Izola in Slovenia; Murcia and Andalusia in Spain; Amadora and Coimbra in Portugal; Tuscany and Apulia in Italy; and across The

Netherlands. Each pilot site differs in the communities they address, and specific goals they will achieve, but all are joined following similar methodologies for preparing the technological and support systems that will be deployed during the piloting phase.

The project began with focused intent on determining and understanding the needs of older adults and their caretakers (both formal, like nursing staff, doctors, etc., and informal, like family and friends). Emotional goal models were made and then transformed into system architectures that would be developed by modifying and combining technologies provided by PHArA-ON project partners (Mooses et al., 2021). External technologies were selected to fill the gaps, and extensive pre-validation of the PHArA-ON technologies and systems took place. Next, full deployment of the solutions will take place at select locations for long-term testing of the technologies, systems, and most importantly, their impacts on the well-being, dignity, and independence of older adults. By the end of the project, we hope to involve more than 3,500 older adults and their caretakers to demonstrate the value of well-designed and implemented digital solutions that address a wide variety of needs for older adults, including increasing communication, monitoring health and activity, providing coaching for activity and cognition, supporting mobility, engagement with the community, and other important concerns.

LITERATURE.

- Mooses, K. *et al.* (2022) 'Involving Older Adults During COVID-19 Restrictions in Developing an Ecosystem Supporting Active Aging: Overview of Alternative Elicitation Methods and Common Requirements From Five European Countries', *Frontiers in Psychology*, 13, p. 818706. Available at: <https://doi.org/10.3389/fpsyg.2022.818706>.

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2.2

PREDSTAVITEV PILOTOV V OKVIRU PROJEKTA PHArA-ON

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Gljučne besede: *starejši odrasli, tehnologije, piloti, dobro počutje*

UVOD. V Evropi, kjer se prebivalstvo hitro stara, se povečuje potreba po orodjih, ki bodo lahko pripomogla k izboljšanju kakovosti življenja starejših odraslih. Potrebna je vpeljava naprednih informacijsko-komunikacijskih (IKT) rešitev, ki združujejo tehnologije iz različnih področij.

NAMEN. Namen prispevka je prikazati različne storitve, naprave in orodja, ki se testirajo v okviru evropskega projekta PHArA-ON v petih sodelujočih državah: Španija, Portugalska, Nizozemska, Slovenija in Italija. Glavni cilj projekta je pripraviti nabor digitalnih orodij, ki bodo delovala v odprtih platformah in bodo širše dostopna.

REZULTATI. V Andaluziji so v okviru pilotne raziskave izpostavili pomen odprave digitalnega razkoraka pri starejših odraslih z izobraževanjem o digitalnih veščinah, spodbujanjem socialne vključenosti in aktivnega življenja v bivalnem okolju, promocijo in spremljanjem telesne aktivnosti ter mobilnosti. V okviru pilotne raziskave v Murciji bodo uvedli novo storitev virtualne pozornosti za bolnike s kroničnim srčnim popuščanjem, in sicer s pomočjo IKT storitev: »Angel of Health« in »Care@Home«. Glavni namen italijanskega pilota je vzpostaviti pošiljanje klica v sili skrbniku, spremljati zdravje uporabnikov (npr. opozarjati na jemanje zdravil, psihološka podpora), vzpodbujati fizične in kognitivne funkcije ter spodbujati socializacijo. Namen nizozemskega pilota je prispevati k zmanjšanju osamljenosti in socialne izključenosti

starejših odraslih s pomočjo razvite storitve »PlusBus«. Portugalski pilot bo za zmanjšanje težav, povezanih s staranjem, vpeljal koncept pametnih mest. V slovenskem pilotu se osredotočamo na izboljšanje dobrega počutja uporabnikov z uporabo različnih naprav, kot je npr. pametna zapestnica, in različnih senzorjev (okoljski senzorji, gumb za klic, senzor za zaznavanje gibanja).

RAZPRAVA. Vsak pilotni projekt ima dve stopnji: prevalidacija, kjer se testirajo predlagane tehnološke rešitve in pridobivajo mnenja uporabnikov (pomlad 2022), in glavni pilot, v katerem bodo testirane izboljšane tehnološke rešitve iz prve faze (jesen 2022). Cilj vseh sodelujočih je približati IKT starostnikom in hkrati omogočiti povezovanje različnih platform, tudi tistih, ki niso del projekta PHArA-ON.

SKLEP. Glavni prispevek pilotov je oblikovati in ovrednotiti tehnologijo v povezavi z zdravim in aktivnim staranjem in pridobiti ustrezno znanje o potrebah uporabnikov za razvoj tehnologij.

LITERATURA.

- <https://www.pharaon.eu/about/pharaon-pilots/>.

ZAHVALA.

Avtorji se zahvaljujejo Evropski komisiji za financiranje projektov Obzorje 2020, *Piloti za zdravo in aktivno staranje* (GA# 857188) in InnoRenew CoE (GA# 739574).

2.2

PRESENTATION OF PILOTS WITHIN THE PHArA-ON PROJECT

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Keywords: *older adults, technologies, pilots, well-being*

INTRODUCTION. In Europe's rapidly ageing society, there is a growing need for tools that can help improve the quality of life of older adults. It is necessary to introduce an advanced information and communication (ICT) solutions that combine technologies from multiple disciplines.

AIM. The main aim of this paper is to present the various services, devices and tools tested under the European PHArA-ON project in the five participating countries: Spain, Portugal, the Netherlands, Slovenia and Italy. The main goal of the pilots is to prepare a set of digital tools that will work in open platforms and will be more widely available.

RESULTS. In Andalusia, they focus on solving the following problems: eliminate the digital divide in older adults by training their digital skills, promoting social inclusion and active living at home, promoting and monitoring physical activity and mobility. The pilot in Murcia will deploy a new line of virtual attention for patients with Chronic Heart Failure, within which two services will be developed: Angel of Health and Care@Home. The main goal of the Italian pilot is to enable the sending of an emergency call to the caregiver, monitor the health of users (e.g. alert to medication, psychological support), promote physical and cognitive functions and promote socialization. The Dutch pilot aims to help reduce the loneliness and social exclusion of older adults through the developed PlusBus service. The Portuguese pilot will introduce the concept of smart cities to reduce the problems associated with ageing. The Slovenian pilot focuses on improving the well-being of users by using various devices, such as smart bracelet, and various sensors (environmental sensors, call button, motion sensor).

DISCUSSION. Each pilot project has two stages: pre-validation, where the proposed technological solutions are tested and user opinions are obtained (spring 2022), and the main pilot, in which the improved technological solutions from the first phase (autumn 2022) will be tested. The goal of all participants is to bring technology closer to the elderly and at the same time enable the connection of different platforms, including those that are not part of the PHArA-ON project.

CONCLUSION. The main contribution of pilots is to design and evaluate technology in the context of healthy and active ageing and to gain relevant knowledge about the needs of users for development of technologies.

LITERATURE.

- <https://www.pharaon.eu/about/pharaon-pilots/>.

ACKNOWLEDGMENT.

The authors gratefully acknowledge the European Commission for funding the Horizon 2020 projects, Pilots for Healthy and Active Ageing (GA# 857188) and InnoRenew CoE (GA# 739574).

2.3

POTREBE STAREJŠIH ODRASLIH TER PREDHODNA VALIDACIJA TEHNOLOŠKIH REŠITEV

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Ključne besede: *starejši odrasli, sprejemanje tehnologije, dobro počutje*

UVOD. Staranje evropskega prebivalstva prinaša nove gospodarske, zdravstvene in psihosocialne izzive. Ti izzivi povzročajo težave pri ohranjanju in izboljšanju zdravja starejših odraslih. Svetovna zdravstvena organizacija v svoji paradigmi zdravega staranja obravnava starejše odrasle kot aktivne udeležence pri upravljanju svojega zdravja in dobrega počutja ter meni, da lahko tehnologija izboljša njihovo zdravje, dobro počutje in družabno življenje. Vendar pa starejši ljudje pogosto neradi sprejemajo in uporabljajo tehnologijo.

METODE. Da bi odpravili te vrzeli, smo v okviru projekta PHArA-ON opravili intervjuje z 62 starejšimi odraslimi iz treh domov za starejše v Obalno-kraški, Savinjski in Osrednjeslovenski regiji, da bi ugotovili njihove potrebe in pripravljenost za uporabo tehnologij.

REZULTATI IN RAZPRAVA. Od 50 do 90 % starejših odraslih je odgovorilo, da bi uporabljali predstavljene tehnologije. Z zdravjem povezano tehnologijo (npr. pametna zapestnica) bi raje uporabljali posamezniki, ki se boljše počutijo ($r_s = ,26$, $p = 0,04$) in so manj nezadovoljni s tehnologijo v svojem okolju ($r_s = -,47$, $p < 0,001$). Intervjuju je sledilo oblikovanje novih rešitev in dva predhodna preizkusa s skupno 46 udeleženci, da bi ugotovili primernost rešitev za samostojno življenje in večje psihosocialno blagostanje. Uporabniki so testirali pametne zapestnice, senzorje kakovosti notranjega zraka, orodja za komuniciranje z drugimi in podatkovne vmesnike. Po 14-ih dneh uporabe tehnologij, ki so bile prilagojene potrebam udeležencev, so starejši odrasli zaznali nosljive naprave in senzorje kot najbolj uporabne, medtem ko so formalni in neformalni negovalci dali prednost podatkovnemu vmesniku.

SKLEP. Rezultati raziskave kažejo na pomen zagotavljanja podpore in prilagajanja tehnologije potrebam uporabnikov. Če je tehnologija preprosta za uporabo in uporabnikom nudi občutek obvladovanja, starejši odrasli lažje prepoznajo uporabnost tehnologije. Prilagajanje tehnologij potrebam in možnostim posameznikov je pot k izboljšanju tehnologije in posledično večjemu sprejemanju znotraj ene izmed najbolj ranljivih skupin prebivalstva.

LITERATURA.

- Ten Bruggencate, T., Luijckx, K.G., Sturm, J., 2019. To meet, to matter, and to have fun: The development, implementation, and evaluation of an intervention to fulfil the social needs of older people. *Int. J. Environ. Res. Public Health* 16, 1–13. <https://doi.org/10.3390/ijerph16132307>.
- Zallio, M., Berry, D., 2016. Adaptive Environments for Enabling Senior Citizens : 419–24.

ZAHVALA.

Zahvala: Avtorji se zahvaljujejo Evropski komisiji za financiranje projektov Obzorje 2020, *Piloti za zdravo in aktivno staranje* (GA# 857188) in InnoRenew CoE (GA# 739574).

2.3

OLDER ADULTS' NEEDS AND PRE-VALIDATION OF TECHNOLOGICAL SOLUTIONS

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Keywords: *older adults, technological acceptance, well-being*

INTRODUCTION. The ageing European population brings new economic, health, and psychosocial challenges. These challenges present difficulties in maintaining and improving the health of older adults. In its healthy ageing paradigm, the World Health Organization sees older adults as active participants in the management of their health and well-being and considers technology to have the potential to improve their health, well-being, and social life. However, older people are often reluctant to embrace and use the technology.

METHODS. To address these gaps, the PHArA-ON project (Pilots for Healthy and Active Ageing) interviewed 62 older adults from 3 residential homes from Obalno-kraška, Savinjska and Osrednjeslovenska regions to determine their needs and willingness to adopt technologies.

RESULTS AND DISCUSSION. Between 50 and 90% of older adults said they would use the presented technologies. Health-related technology (e.g. smart bracelets) would be preferred by individuals with higher well-being ($r_s = .26$, $p = 0.04$), who are also less dissatisfied with technology in their environment ($r_s = -.47$, $p < 0.001$). The interview was followed by the design of new solutions and two pre-validation tests with a total of 46 participants to determine the suitability of the solutions for independent living and enhanced psychosocial well-being. Users tested smart bracelets, indoor air quality monitors, tools for communication with others, and data interfaces. After 14 days of using technologies that were adapted to participants' needs, older adults perceived wearables and sensors as the most useful, while formal and informal caregivers preferred the data interface.

CONCLUSION. Study results show the importance of providing support and adapting the technology to users' needs. If the technology is simple to use and gives them a feeling of mastery, older adults are more likely to recognize the usefulness of the technology. Adapting technologies to individual needs and abilities provides a pathway to improving technology and consequently increasing acceptance among one of the most vulnerable populations.

LITERATURE.

- Ten Bruggencate, T., Luijckx, K.G., Sturm, J., 2019. To meet, to matter, and to have fun: The development, implementation, and evaluation of an intervention to fulfil the social needs of older people. *Int. J. Environ. Res. Public Health* 16, 1–13. <https://doi.org/10.3390/ijerph16132307>.
- Zallio, M., Berry, D., 2016. Adaptive Environments for Enabling Senior Citizens : 419–24.

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2.4

TEHNOLOŠKE REŠITVE ZA DOMOVE ZA STAREJŠE: VIDEOKONFERENČNI SISTEM DAISY

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Ključne besede: *video konferenca, socialna izključenost, rešitve za starejše, mobilne tehnologije, pametna TV, pametni telefon*

Starejši imajo veliko problemov z razumevanjem in uporabo sodobnih tehnologij. Zato potrebujejo njim prilagojene rešitve. Video konferenčni sistem Daisy je ena od takih rešitev.

V okviru projekta PHArA-ON smo ugotovili, da je potrebno naš videokonferenčni sistem Daisy še bolj prilagoditi potrebam starostnikov, ki živijo v domovih ostarelih s še bolj enostavno uporabo in enostavnim prijavljanjem v sistem. Zato smo sistem nadgradili in ga stalno dodelujemo na osnovi povratnih informacij.

Rezultati obetajo, a smo mnenja, da je potrebno še veliko dela, preden bodo uporabniki resnično spoznali prednosti sistema in ga množično uporabljali. Uporaba sistema je tudi pokazala, da je pametna TV zelo primerno komunikacijsko sredstvo starejših.

Daisy videokonferenčni sistem je pokazal svoje prednosti v času pandemije, ko so bili starejši izolirani v domovih ostarelih. Omogočil jim je komunikacijo z zunanjim svetom, sorodniki in prijatelji. Poleg tega je pokazal, da starejši potrebujejo prilagojene tehnološke rešitve. Zoom, Microsoft Teams in podobne rešitve v njihovem svetu enostavno ne delujejo, četudi vsakodnevni uporabniki podobnih sistemov tega še ne moremo razumeti.

LITERATURA.

- <https://daisy.iochat.io/sl>.

2.4

TECHNOLOGICAL SOLUTIONS FOR NURSING HOMES: DAISY VIDEO CONFERENCING SYSTEM

Jure Lampe, SenLab d.o.o., Ljubljana, Slovenija

Keywords: *video conference, social exclusion, solutions for the elderly, mobile technologies, smart TV, smartphone*

Seniors have many problems with understanding and using modern technologies. Therefore, they need solutions adapted to them. The Daisy video conferencing system is one such solution.

As part of the PHArA-ON project, we found that it is necessary to adapt our Daisy video conferencing system even more to the needs of elderly people living in nursing homes with even easier use and easy logging into the system. That is why we have upgraded the system and are constantly improving it based on feedback.

The results are promising, but we believe that a lot of work is still needed before users will really realize the benefits of the system and use it en masse. The use of the system also showed that smart TV is a very suitable means of communication for the elderly.

The Daisy video conferencing system showed its advantages during the pandemic when the elderly were isolated in nursing homes. It enabled them to communicate with the outside world, relatives, and friends. In addition, it showed that the elderly need customized technological solutions. Zoom, Microsoft Teams and similar solutions simply do not work in their world, even if we, the everyday users of similar systems, do not yet understand this.

LITERATURE.

- <https://daisy.iochat.io/en>.

2.5

TEHNOLOŠKE REŠITVE ZA DOMOVE ZA STAREJŠE – SENIORS PHONE, ENOSTAVEN PAMETNI TELEFON ZA STAREJŠE

Jure Lampe, SenLab d.o.o., Ljubljana, Slovenija

Ključne besede: *pametni telefon, mobilne tehnologije, spremljanje s pomočjo senzorjev, socialna izključenost, rešitve za starejše*

Starejši imajo veliko problemov z razumevanjem in uporabo sodobnih tehnologij. Posebej se to kaže pri uporabi mobilnih telefonov. Vedno težje je dobiti telefon z velikimi tipkami, poleg tega pa takšni telefoni ne omogočajo uporabe modernih

rešitev, kot so spremljanje socialnih omrežij, spremljanje počutja s pomočjo senzorjev, pregledovanja video posnetkov in podobno, kar povzroča še večjo socialno izoliranost starejših.

V okviru projekta PHArA-ON smo našo rešitev Seniors Phone prilagodili na uporabo dodatnih senzorjev na telefonu in pametni uri. Tako Seniors Phone omogoča poenostavljen vmesnik na pametnem telefonu z velikimi tipkami in črkami na ekranu, enostavnim klicanjem in pošiljanjem sporočil, spremljanjem počutja s pomočjo senzorjev in na splošno enostavno, starostnikom prilagojeno uporabo.

Rezultati uporabe po celem svetu in v različnih projektih kažejo primernost in ustreznost aplikacije, a po drugi strani tudi določen odpor do uporabe aplikacije tistih starejših, ki se še ne počutijo »stare«. Zato ima Seniors Phone zelo prilagodljiv vmesnik za različne tipe uporabnikov.

LITERATURA.

- <https://seniorsphone.mobi/sl/>.

2.5

TECHNOLOGICAL SOLUTIONS FOR THE NURSING HOMES – SENIORS PHONE, A SIMPLE SMARTPHONE FOR THE ELDERLY

Jure Lampe, SenLab d.o.o., Ljubljana, Slovenija

Keywords: *smartphone, mobile technologies, sensor monitoring, social exclusion, solutions for the elderly*

The elderly have many problems with understanding and using modern technologies. This is especially evident when using mobile phones. It is increasingly difficult to get a phone with large buttons, and besides, such phones do not allow the use of modern solutions, such as monitoring social networks, monitoring well-being with the help of sensors, viewing video recordings, and the like, which causes even greater social isolation of the elderly.

As part of the PHArA-ON project, we adapted our Seniors Phone solution to use additional sensors on the phone and smart watch. Thus, Seniors Phone enables a simplified interface on a smartphone with large keys and letters on the screen, easy calling and sending messages, monitoring well-being with the help of sensors and, in general, easy, elderly-friendly use. The results of use around the world and on various projects show the suitability and appropriateness of the application, but on the other hand, also a certain reluctance to use the application by those older people who do not feel "old" yet. That's why Seniors Phone has a very flexible interface for different types of users.

LITERATURE.

- <https://seniorsphone.mobi/en/>.

SKLOP 3: TRENUTNI IZZIVI SKRBI ZA STAREJŠE

SECTION 3: CURRENT CHALLENGES OF CARING FOR THE ELDERLY

- 3.1 *Prof. ing. dr. Veronika Kotradyova* **SOCIALNA VKLJUČENOST IN TELESNA DEJAVNOST KOT DEL STAROSTI PRIJAZNEGA OKOLJA**
Social inclusion and physical activity as part of age friendly environment
-
- 3.2 *Mateja Erce*
Dean Lipovac
Doc. dr. Michael David Burnard **KAKO JE MOGOČE ZADOVOLJITI POTREBE STAREJŠIH ODRASLIH V GRAJENEM OKOLJU?**
How can we meet the needs of older adults in the built environment?
-
- 3.3 *Mag. Cveto Uršič* **DOLGOTRAJNA OSKRBA – OD IDEJE DO ZAKONA**
Long-term care – from idea to law
-

3.1

SOCIALNA VKLJUČENOST IN TELESNA DEJAVNOST KOT DEL STAROSTI PRIJAZNEGA OKOLJA

Prof. ing. dr. Veronika Kotradyova, BCDlab, Fakulteta za arhitekturo in oblikovanje, Slovaška tehnološka univerza v Bratislavi, Slovaška

Ključne besede: *socializacija, intimnost, telesna aktivnost, vključenost, motorične sposobnosti, dobro počutje, grajeno okolje.*

UVOD. Telesna aktivnost in zavedanje telesa pri izbiri telesnih položajev in objektov za neposredno fizično interakcijo v grajenem okolju je eno najpomembnejših načel dobrega počutja in preprečevanja telesnih deformacij, ki vodijo v degeneracijo človekovega mišično-skeletnega sistema. Dobro fizično stanje podpira tudi spontano druženje.

NAMEN. Namen prispevka je prikazati različne pristope k telesni dejavnosti, telesno zavestno oblikovanje pri oblikovanju izdelkov, ki pridejo v neposreden fizični stik s človeškim telesom.

REZULTATI. V prispevku so raziskane možnosti prostorskih rešitev, ki podpirajo spontano socializacijo in dolgoročno socialno vključenost starejših v makro in mikrookolje, ter pomen telesne dejavnosti, podpore grobi in fini motoriki starejših s prostorskimi rešitvami, izbiro in razvojem predmetov. Rezultat raziskave je nov princip poučevanja.

RAZPRAVA. Obravnavana sta dva različna pristopa, eden zagotavlja maksimalno udobje in podporo, drugi pa bolj deluje s konceptom izzivov, povezanih z univerzalnim oblikovanjem in preprečevanjem degeneracije, povezane s staranjem.

LITERATURA.

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ZAHVALA.

To delo je bilo podprto s projektom DESIRE-DESIGN za vse metode ustvarjanja starosti prijaznih stanovanj v okviru sheme ERASMUS+ pod številko 2020 - 1 SK01 KA202 078245, projekt COST SHELDON / CA16226 - *Izboljšanje notranjega življenjskega prostora: Pametni habitat za starejše.*

3.1

SOCIAL INCLUSION AND PHYSICAL ACTIVITY AS PART OF AGE FRIENDLY ENVIRONMENT

Prof. ing. dr. Veronika Kotradyova, BCDlab, Faculty of Architecture and Design, Slovak University of Technology in Bratislava, Slovakia

Keywords: *socialisation, intimacy, physical activity, inclusion, motor skills, wellbeing, built environment.*

INTRODUCTION. Physical activity and body consciousness in choice of body postures and objects for direct physical interaction in built environment is one of the most important principles of wellbeing and prevention of physical deformation leading to the degeneration of human musculoskeletal system. Good physical condition is also supporting spontaneous socialization.

AIM. Aim of the paper is to show the different approaches to physical activity, body conscious design in shaping the products coming into direct physical contact with human body.

RESULTS. In the paper are explored possibilities of spatial solutions supporting the spontaneous socialization and long term social inclusion of elderly in macro and microenvironment, and the importance of physical activity, support of gross and fine motor skills of the elderly through the spatial solutions, choice and development of furnishing objects and used materials as well. The result of the research is a new principle for teaching.

DISCUSSION. Two different approaches are discussed, one providing maximum comfort and support and another one is working more with concept of challenging connected with universal design and preventing the degeneration connected with ageing.

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3.2

KAKO JE MOGOČE ZADOVOLJITI POTREBE STAREJŠIH ODRASLIH V GRAJENEM OKOLJU?

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Ključne besede: *potrebe, starejši odrasli, grajeno okolje*

Starejši odrasli, ki so najhitreje rastoča skupina, se s staranjem soočajo s pomanjkanjem virov, ki jim omogočajo zadovoljevanje njihovih potreb. Ker približno 90 % časa preživijo v zaprtih prostorih, lahko notranje grajeno okolje zagotovi vire za zadovoljevanje njihovih potreb in izboljšanje njihovega psihosocialnega počutja. Sedanje smernice za stavbe, kot je standard ASHRAE 55, se osredotočajo predvsem na zadovoljevanje osnovnih potreb (npr. potreb po varnosti), zanemarjajo pa pomen zadovoljevanja višjih potreb (npr. kognitivnih potreb). Z namenom, da odpravimo te vrzeli, smo opravili sistematičen pregled literature, ki je izpostavil potencial grajenega okolja za zadovoljevanje tako osnovnih kot višjih potreb, ter ugotovitve, da so nekateri pristopi, kot je na primer ustrezna osvetlitev, še posebej pomembni za zadovoljevanje osnovnih potreb, medtem ko so drugi, kot je izpostavljenost naravnim elementom, še posebej pomembni za zadovoljevanje višjih potreb.

Pridobljeno znanje iz sistematičnega pregleda literature bo uporabljeno pri oblikovanju študije, ki bo preučevala povezavo med grajenim okoljem in zadovoljevanjem osnovnih in višjih potreb stanovalcev. V ta namen bomo izbrali, prilagodili in potrdili sklop vprašalnikov in lestvic za merjenje potreb, psihosocialnega počutja in subjektivnega dojetanja grajenega okolja, nato pa izvedli raziskavo med starejšimi odraslimi v Sloveniji in tujini ter hkrati objektivno ocenili njihovo grajeno okolje.

Rezultati raziskave nam bodo omogočili preverjanje teoretičnih predpostavk o povezavi med kakovostjo notranjega okolja, dostopom do zunanega okolja in zadovoljevanjem potreb stanovalcev. Pridobljeno znanje nam bo omogočilo podati smernice za prilagajanje grajenega okolja potrebam starejših odraslih ter podpora aktivnemu in zdravemu staranju.

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3.2

HOW CAN WE MEET THE NEEDS OF OLDER ADULTS IN THE BUILT ENVIRONMENT?

'Mateja ERCE, 'Dean LIPOVAC, 'doc. dr. Michael David BURNARD, 'InnoRenew CoE, Izola, Slovenija

Keywords: *needs, older adults, built environment*

Older adults, the fastest growing group, face a lack of resources to meet their needs as they age. Because they spend around 90% of their time indoors, the indoor built environment may provide resources to satisfy their needs and improve their psychosocial well-being. Current guidelines for buildings, such as ASHRAE Standard 55, focus primarily on meeting basic needs (e.g. safety needs), but neglect the importance of satisfying higher needs (e.g. cognitive needs). To address these gaps, we conducted a systematic literature review that highlighted the potential of the built environment to meet both basic and higher needs, and that some approaches, such as proper illumination, are especially important for satisfying basic needs, while others, such as exposure to natural elements, are particularly important for satisfying higher needs.

This knowledge will be applied to design a study investigating the relationship between built environments and satisfaction of basic and higher needs of occupants. To this end, we will select, adapt, and validate a set of questionnaires and scales to measure needs, psychosocial well-being, and subjective perceptions of the built environment, then conduct a survey of older adults in Slovenia and abroad while also objectively assessing their built environments. Results from the study will allow us to examine the theoretical assumptions about the relationship between indoor environmental quality, access to outdoor environments, and addressing occupant needs. The knowledge gained will allow us to provide guidelines for adapting built environments to address the needs of older adults and support active and healthy ageing.

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3.3

DOLGOTRAJNA OSKRBA – OD IDEJE DO ZAKONA

Mag. Cveto Uršič, Ministrstvo za delo, družino, socialne zadeve in enake možnosti, Ljubljana, Slovenija

Ključne besede: *dolgotrajna oskrba, družbene spremembe, demografija, zakon*

Državni zbor je konec leta 2021, po skoraj dvajsetih letih usklajevanja, sprejel *Zakon o dolgotrajni oskrbi*. Na nujnost sistemske ureditve so vrsto let opozarjali poleg Evropske komisije tudi strokovnjaki in nevladne organizacije v Sloveniji. S sprejetjem *Zakona o dolgotrajni oskrbi* se tudi v Sloveniji vzpostavlja nov steber socialne varnosti. Zakon v povezavi s spremembami drugih sistemov socialne varnosti (zdravstva, socialnega varstva in pokojninskega varstva) in dodatnimi javnimi finančnimi viri omogoča/zagotavlja izvajanje dolgotrajne oskrbe kot integrirane dejavnosti storitev. Le-ta v središče sistema postavlja posameznika, ki si sam v okviru svoje pravice izbere način uveljavljanja dolgotrajne oskrbe (oskrba na domu ali v instituciji ali denarni prejemek, storitev za krepitev in ohranjanje samostojnosti, sofinanciranje e-oskrbe, oskrbovalec družinskega člana). Ključni namen novega sistema dolgotrajne oskrbe je namreč omogočiti upravičencu, da ob ustrezni podpori čim dlje ostane v domačem okolju.

3.4

LONG-TERM CARE – FROM IDEA TO LAW

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Keywords: *long-term care, social changes, demographics, legislation*

At the end of 2021, after almost twenty years of long-standing expectations, the National Assembly adopted the Long-Term Care Act. In addition to the European Commission, experts and non-governmental organizations in Slovenia have been pointing out the need for systemic regulation for many years. With the adoption of the Act, a new pillar of social security is being established in Slovenia, which in connection with changes in other social systems (health, social security and pension insurance system) and additional public financial resources enables / ensures the provision of long-term care as an integrated service activity. The law puts the individual at the heart of the matter who chooses the method of exercising long-term care within the scope of his / her right (long-term care at home or in an institution or cash benefits, services for strengthening and maintaining independence, co-financing of e-care, caregiver of a family member). The key purpose of the new long-term care system is to enable the beneficiary to stay at the home environment for as long as possible with appropriate support.

SKLOP 4: OKROGLA MIZA: ALI VAS JE STRAH DIGITALIZACIJE?

SECTION 4: ROUND TABLE: ARE YOU AFRAID OF DIGITALIZATION?

MODERATOR / MODERATOR:

Doc. dr. Nikolaj Lipič, Alma Mater Europaea, Maribor, Slovenija

SODELUJOČI / PARTICIPANTS:

Zasl. prof. ddr. Marija Mara Ovsenik, Alma Mater Europaea

Dr. Tomaž Lenart, mag. zdrav., soc. manag., univ. dipl. teol., Dom Nine Pokorn Grmovlje

Mag. Cveto Uršič, univ. dipl. pravnik, Ministrstvo za delo, družino, socialne zadeve in enake možnosti

Romina Zajc, mag. soc. del., Dom upokojencev Izola

Dr. Rok Ovsenik, Dom upokojencev Izola in Alma Mater Europaea

Jure Lampe, univ. dipl. ing., SenLab d.o.o.

Mateja Erce, mag. psih., InnoRenew CoE

Na okrogli mizi z naslovom *Ali vas je strah digitalizacije?* na področju zdravega in aktivnega staranja ter skrbi za starejše v institucionalnem in domačem okolju so sodelovali Marija Ovsenik, predavateljica v študijskem programu socialna gerontologija na Alma Mater Europaea, Evropski center, Maribor, Tomaž Lenart, direktor Doma Nine Pokorn Grmovlje, Cveto Uršič, državni sekretar na Ministrstvu za delo, družino, socialne zadeve in enake možnosti, Romina Zajc, direktorica Doma upokojencev Izola, Rok Ovsenik, iz Doma upokojencev Izola, Jure Lampe, direktor SenLab d.o.o., in Mateja Erce, raziskovalna asistentka v InnoRenew CoE. Okroglo mizo je moderiral Nikolaj Lipič, predavatelj v študijskem programu socialna gerontologija na Alma Mater Europaea, Evropski center, Maribor.

Digitalizacija dandanes ni več izbira, je nuja. V globalnem gospodarstvu je namreč jasno – kdor ni hiter, odziven in prilagodljiv, zaostane. Digitalizacija pomeni torej nov razvojni izziv za slovensko gospodarstvo, javno upravo, storitvene dejavnosti in druga področja. Zato ne smemo izvzeti tudi področja socialnega in zdravstvenega varstva, kamor uvrščamo tudi področje zdravega in aktivnega staranja in skrb za starejše v širšem družbenem kontekstu. Proces digitalizacije zahteva spremembe in razvoj novih načinov delovanja, zahtevajo ga tako naročniki, kot tudi potrošniki. Digitalna preobrazba vpliva na delovno okolje, omogoča hitrejši dostop do informacij ter pospešuje ritem sprememb. Poznati jo morajo vodje in zaposleni, kar pomeni, da je treba usposabljanje zaposlene v podjetjih, da se prilagodijo novim delovnim procesom, podprtim z digitalnimi rešitvami. Za digitalno preobrazbo so nujno potrebni ustrezno usposobljeni kadri in ustrezne strateško-digitalne usmeritve. Osnova procesa digitalizacije je torej človek in ustrezna organizacijska kultura.

Ob začetku okrogle mize so vsi sodelujoči dobili uvodno vprašanje, ki je temeljilo na izjavi znane osebnosti s področja soočanja z izzivi digitalizacije v domačem ali mednarodnem okolju.

Daniel Newman, glavni analitik podjetja Futurum Research, je nekoč na vprašanje, katere izzive prinaša digitalna transformacija in kako se z njimi spopadajo v ZDA, predstavil sedem ključnih stebrov – izkušnja, ljudje, spremembe, vodstvo in transformacija, inovacije, tehnologija in kultura – ki prispevajo k digitalni preobrazbi organizacij, upravljanju sprememb in jim pomagajo težave spremeniti v priložnosti. Na vprašanje **Mariji Ovsenik**, kje na teh naštetih sedmih področjih prepozna priložnosti digitalizacije v domovih starejših, odgovarja, da je potrebna postopnost in da se v razvojnem smislu postavimo na začetek, tja, kjer posameznika prvič srečamo v domu, kjer poskušamo k njemu pristopati na spoštljiv in človeka vreden način. Ustrezen odnos do človeka je možen le na humani ravni, kjer zagovarjamo enakopraven pristop. Šele takrat, ko bomo nenujna dela digitalizirali, bomo uspeli podpreti posameznika. Ko ga bomo razbremenili vseh varnostnih kod v vseh prostorih, bo tam lahko varno in sproščeno živeti. In se bodo lahko vsi zaposleni posvetili ljudem. Zaposleni so trenutno preobremenjeni, preslabo plačani, zelo pogosto slabo vodeni. V institucionalnem okolju varstva

starejših se neštetokrat srečujemo s pomanjkanjem odnosa, z odsotnostjo humane note, človečnosti. In kako vse to izboljšati? Tudi s podporo digitalizacije in ko bomo uspeli človeka finančno in strokovno podpreti, bo boljši v odnosu do sočloveka.

Na nekem dogodku je Igor Zorko, predsednik upravnega odbora Slovenske digitalne koalicije – Digitalna.si izjavil: »Pri nas je znotraj podjetij že veliko sistemov in procesov digitaliziranih, da digitalizacijo uporabljamo na pravi način, za iskanje rešitev. Prav tako je pomembno, da digitalizacijo uporabljamo na način, da bodo stranke razumele storitve in da tudi partnerji uporabljajo enake standarde. Vloga vodij je, da odreagiramo na spremembe in se prilagodimo zahtevam ter iščemo nove načine dela z ljudmi pod novimi pogoji.« **Tomaz Lenart** je na okrogli mizi na vprašanje, kakšne rešitve na področju digitalizacije vidi v domovih za starejše, odgovoril, da ima dolgoletne izkušnje na področju varstva starejših, saj je že 17 let direktor doma starejših in pozna razvojne cikle. Če smo pred 15 leti pri iskanju kadra dobili nešteto prošenj za novo zaposlitev, pa danes na prijavo za prosta delovna mesta skorajda ni več prijav. To nas na eni strani žalosti in na drugi strani preseneča, da za atraktivna delovna mesta ni več kadra. Soočamo se z anomalijami o nepotrebnih delovnih opravilih, saj so morali negovalci kar trikrat na dan zapisovati psihološko stanje in počutje stanovalcev v domovih za potrebe zdravstvene blagajne, za kar so porabili tudi do tri ure delovnega časa. Ugotavlja, da moraš biti zelo inovativen, da nadomestiš pomanjkanje kadra. Včasih je potrebno zaposlene naučiti tudi desetprstnega tipkanja, saj sicer za administrativno delo porabijo preveč časa za tipkanje. To so stvari, ki pripomorejo, da si učinkovitejši, hitrejši, da ostane čas za drugo delo s stanovalci. In v zaključku pogumno odgovori na naslovno vprašanje okrogle mize: »Ni nas strah digitalizacije. Usposabljammo kader. Uporabljamo nove tehnologije. Nič več dela na roke, vse preko telefona, z uporabo šifrantov ... vse to zelo olajša vsakodnevno delo.«

Zoran Stančič, nekdanji vodja predstavništva Evropske komisije v Sloveniji, meni, da digitalizacija sodi med deset ključnih prioritet Evropske komisije in opomni, da je treba na digitalizacijo gledati širše, z vidika družbe: »V Sloveniji praktično polovica prebivalstva meni, da ima nepopolne ali nima veččin na področju digitalizacije. Nujni element digitalizacije je torej razvoj digitalnih veščin, od otrok do starejših, do tega, kako se kompetence razvijajo v podjetjih.« **Romina Zajc** je na vprašanje, kako razvijati te kompetence med zaposlenimi in stanovalci v domovih za starejše, odgovorila, da je to kompleksen proces. Prvi stik, ko pride starejša oseba v dom, je stik z negovalko. Šokirana je, kako malo časa imajo na voljo socialne delavke, da sprejmejo obiskovalca. Vse to je skorajda kot del rutine, ki se »kar naredi«. Pri tem se pogosto tudi kaj pozabi, saj se jim pokaže sobo in kopalnico. Pogosto ni časa za individualne načrte, saj se postopek usmeri na podpisovanje številne dokumentacije, katere starejši človek pogosto sploh ne razume. Na drugi strani pa imamo svojca, ki hoče dobit čim več informacij od socialne delavke. To je povsem zgrešeno. Manjka časa za umirjen in sproščen pristop k starejšemu. Osebe, ki prihaja v novo okolje, sploh nihče ne vpraša, kaj razmišlja, česa se boji ... Tudi svojcu se posveča zelo malo pozornosti. Ne smemo pozabiti, da gre za spremembo v družinskem življenju vseh udeleženi. Premalo pozornosti se posveča človeku, zato je želja, da bi se ustrezen odnos vzpostavil že ob prvem stiku. Njihovo vodilo pa je, da delajo in so na voljo stanovalcem in bližnjim.

Nekdanja direktorica Javnega štipendijskega razvojnega, invalidskega in preživninskega sklada Republike Slovenije, Irena Kuntarič Hribar, je izjavila: »Pri osredotočanju na digitalne kompetence 21. stoletja sta pomembna strategija in sodelovanje podpornega okolja, bistvenega pomena pa je sprememba miselnosti.« **Cvetu Uršiču** je bilo zastavljeno vprašanje, kje in kako te spremembe podpira resorno ministrstvo oziroma kakšna je potrebna sistemska podpora. Odgovarja, da je potrebno najprej poskrbeti za spremembe na ravni skrbi in dela s posameznikom. Poudarja, da smo se pred dvema desetletjema, ko je še bil zaposlen na URI Soča, usmerjali v razvoj pripomočkov za najtežje gibalno ovirane, v razvoj »pametne sobe«. To je takrat predstavljalo strah. S čim pa povezujemo strah danes? Četudi imamo danes vso IKT podporo, pa na drugi strani nimamo več stika s človekom. Ne smemo pozabiti na človeka, potrebno ga je podpreti, mu ponuditi vso potrebno digitalno podporo. Se pa strah pred digitalizacijo ugotavlja na področju osebne asistence, kajti danes profesionalci izražajo hudi

odpor proti temu, saj npr. zapestnica sporoča, kdaj si prišel, in s tem posega v posameznikovo svobodo, samostojnost, privatnost.

Izhodišče za razpravo je bila izjava Aleksandra Zalaznika, nekdanjega predsednika Združenja Manager in generalnega direktorja Danfoss Trata: »Digitalizacija zahteva popolnoma drugačen način razmišljanja, visoka sredstva, drugačne kompetence in znanja, kot jih imamo.« Kako doseči drugačen način razmišljanja ob soočanju z digitalizacijo v domovih za starejše, je odgovarjal **Rok Ovsenik**. Po njegovem mnenju je potrebno digitalizacijo v domovih razdeliti, in sicer na digitalizacijo za potrebe poslovanja (t.i. hotelski del) in digitalizacijo uporabnika doma za starejše. Gre za dve ločeni zgodbi, saj se je prvenstveno potrebno veliko ukvarjati z e-pismenostjo starejših ljudi, saj se ogromno časa porabi s predstavljanjem digitalnih rešitev starejšim. Iz prakse ugotavlja, da če starejši nimajo osebe, ki bi jih spremljala pri uporabi IKT, potem jih bo to tehnologijo uporabljalo manj kot tretjina uporabnikov – pomeni, da si ob starejšem, mu pomagaš, stojiš ob njem, kajti sam tega ne bo izvedel.

Na mednarodni konferenci z naslovom *Razvoj kompetenc za digitalizacijo slovenskih podjetij* je leta 2018 Aleš Cantarutti, državni sekretar na Ministrstvu za gospodarski razvoj in tehnologijo, izjavil: »Področje digitalizacije sodi med ključne projekte Slovenije. Digitalizacija je proces, ki traja in ga kreiramo skupaj. Pomembno je sodelovanje s podjetji, gospodarstvom in strokovno javnostjo.« **Jure Lampe** je na vprašanje, kako dolgo traja proces digitalizacije v domovih za starejše in ali je to nikoli končan cikel, odgovoril pritrdilno. Potrebno je pripraviti strategijo digitalizacije in slediti ciljem za doseg želenih ciljev in sprememb. Dodaja še, da je potrebno že na začetku procesa in kasneje tudi sproti dobivati vse informacije. Cilj je, da dobiš vse informacije, ko jih potrebuješ, da lahko slediš procesu digitalizacije.

Jure Bračko, nekdanji direktor strateškega marketinga in komuniciranja v Novi KBM, glede digitalizacije oziroma digitalne preobrazbe podjetij izjavlja: »Gre za področje, na katerem nenehno poskušaš biti en korak spredaj, pa vedno znova ugotoviš, da si v resnici en korak zadaj.« Na vprašanje, v čem smo v projektu PHArA-ON korak naprej in kje smo za korak zaostali, odgovarja **Mateja Erce**. Projekt izraža dve prednosti, in sicer najprej, da je uporabnik, to je starejša oseba, na prvem mestu. Pomembno je, da imajo ob spoznavanju novih tehnoloških orodij ob sebi osebo, ki jim nudi podporo, jim zagotavlja, da v tem procesu niso sami in tako skupaj premagujejo strah pred spoznavanjem nepoznanega. V projektu starejšim odraslim nudijo podporo s fizično prisotnostjo večkrat tedensko, hkrati pa tudi telefonsko, ko niso fizično prisotni v domu. Ugotavlja, da je razlika med notranjo in zunanjo motiviranostjo stanovalcev, saj nekateri sodelujejo v projektu zaradi prošnje socialne delavke, drugi pa zaradi lastne želje po učenju novih orodij. Naloga v projektu je starejše motivirati, da najdejo notranjo motivacijo za uporabo tehnologij in premagajo predsodke ter strah pred spoznavanjem novega. Drugi izziv je (pre)obremenjenost z GDPR in drugimi varnostnimi predpisi. Pomembno je nasloviti njihov strah pred krajo podatkov, o kateri slišijo v medijih, sami pa si pogosto ne znajo predstavljati takšne vrste kraje. »Kako vem, da je to res telefon? Kako vem kaj je notri?«, so pogosto njihova vprašanja. Strah je pogosto prisoten med starejšimi v domovih: ob predaji svojca krčevito držijo za roko, enako krčevito držijo telefon v roki. Strah je pravzaprav pozitivno čustvo, saj nas zavaruje kot vrsto za preživetje. Vendar pa se vsa ta vprašanja porajajo, ko čustva niso slišana in naslovljena. Kdo pri stanovalcih naslavlja ta čustva? Teh ni v domu. Ni denarja. Ali je potrebna sprememba miselnosti financiranja? Ali pa je treba spremeniti miselnost, da je tehnologija koristna, vendar pri tem potrebujemo osebo, ki ji zaupamo in ki nam pri spoznavanju tehnologije pomaga. V nadaljevanju so se v razpravo vključevali vsi udeleženci okrogle mize. Na vprašanje moderatorja okrogle mize, kakšno spremembo miselnosti moramo doseči, da bomo digitalizaciji odprli vrata in da to ne bo strah ampak bo naslavljala potrebe starejših, je odgovoril Tomaž Lenart: »Od nekdanj v zgodovini so se ljudje s strahom odzivali na inovacije, od pojava parnega stroja, letala, tekočega traku ipd. Vedno je bila prisotna neka negotovost. Zakaj? Ljudje še niso prepoznali neke dodane vrednosti, ki jo lahko inovacija prinese za izboljšanje njihovega življenja, njihove kakovosti življenja. Podobno je s starejšimi in njihovim odnosom in sprejemanjem sodobne tehnologije. V kolikor starejši ne bodo prepoznali neke dodane vrednosti sodobnih tehnologij, le-te ne bodo uporabljali. V kolikor pa bodo prepoznali,

da jim digitalizacija, sodobne tehnologije lahko bistveno izboljšajo njihovo kakovost življenja in da lahko ob njeni uporabi ostajajo doma v svojem domačem okolju zunaj organiziranega institucionalnega varstva, jo bodo seveda z veseljem uporabljali. To je posebej aktualno v času demografskih sprememb ob preobremenjenem zdravstvenem, socialnem sistemu, ob kroničnem pomanjkanju osebja v domovih za starejše, vlogi primarne družine, ipd. Uporaba sodobnih tehnologij ima tukaj velik potencial, da nadomesti nek manjko, predvsem na storitveni ravni, predvsem v podpori določenim storitvam. Namreč če oskrbo definiramo kot sintezo storitve in odnosa, potem lahko z uporabo sodobnih tehnologij ostane več časa za pristen odnos, sploh s strani svojcev. To je pokazala tudi raziskava, ki sem jo opravil v okviru doktorskega študija. Starejši vidijo in prepoznavajo dodano vrednost uporabe sodobnih tehnologij, bi pa želeli ob tem podporo mlajših generacij (usposabljanja, delavnice ipd.). Starejši si tudi želijo, da bi bile tehnologije enostavne za uporabo, saj jih je strah, da se jih ne bodo nikoli naučili uporabljati. Aplikacija digitalizacije v srebrna leta ima tudi izredni potencial medgeneracijskega sožitja in bivanja. Tako lahko mladi starejše seznanijo in usposobijo za uporabo različnih tehnologij. Starejši pa lahko mlajše generacije opolnomočijo s svojimi izkušnjami in modrostjo za spopadanje z izzivi, ki jih prinaša življenje. Razvoj sodobnih tehnologij ima velik ekonomski potencial tudi za podjetja. V tujini vlagajo veliko sredstev za razvoj le-teh. Če zaključim; uporaba sodobnih tehnologij pri starejših ima velik potencial, da bodo starejši lahko čim dlje kakovostno, varno, samostojno in neodvisno bivali v svojem domačem okolju v pozna leta svojega življenja«. Cveto Uršič pojasnjuje, da na koncu mora imeti digitalizacija tudi ekonomski učinek v podjetju oziroma ustanovi – nabava in procesi morajo biti izboljšani. Zavod je poslovna zgodba, zato se mora optimizirati poslovanje. Jure Lampe dodaja, da optimizacija poslovanja pomeni pol dodatne ure za negovalce, da se lahko posveti starejšemu. Romina Zajc meni, »da gre za direktno učenje digitalizacije uporabnikov, kar je prednost projekta. Prav tako je pomembno, da se stanovalec doma takrat počuti zelo pomembnega, da se je nekdo z njim ukvarjal, mu posvečal pozornost. Nekaj se dogaja, sodelujejo, nekaj se naučijo. Vodstvo doma mora biti zraven, da zazna problem. Ni isto, kot da slišiš problem. Skupaj z delavci moraš najti rešitve. Direktor mora prepoznati težave in znati pristopiti k spremembam in reševanju le-teh.« Tomaž Lenart opozarja na pomen organizacijske kulture: »kako komuniciraš med sabo, zaposleni-zaposleni, učeča se generacija – imamo veliko takih projektov. Gradi se kultura v domu. Tudi mi vsi bomo čez 20 let v isti situaciji.« Marija Ovsenik dodaja, da je pomembno, kdo je vodja doma starejših. Jure Lampe meni, da je digitalizacija kot evolucija. Cveto Uršič zaključuje, da se razvojni cikel hitro vrti in zmaga tisti, ki je prilagodljiv.

At the round table entitled "Are you afraid of digitalization?" in the field of healthy and active ageing and care for the elderly in institutional and home environments, the following experts participated: Marija Ovsenik, a lecturer in the social gerontology study programme at Alma Mater Europaea, European Center, Maribor, Tomaž Lenart, the director of Retirement Home Nina Pokorn Grmovlje, Cveto Uršič, State Secretary at the Ministry of Labour, Family, Social Affairs and Equal Opportunities, Romina Zajc, director of the Izola Retirement Home, Rok Ovsenik, from the Izola Retirement Home, Jure Lampe, director of SenLab d.o.o., and Mateja Erce, research assistant at InnoRenew CoE. The round table was moderated by Nikolaj Lipič, lecturer in the social gerontology study program at Alma Mater Europaea, European Center, Maribor.

Nowadays, digitalization is no longer a choice, it is a necessity. In the global economy, it is clear that anyone who is not fast, responsive and flexible will fall behind. Digitalization, therefore, presents a new development challenge for the Slovenian economy, public administration, service activities and other areas. Therefore, we must not exclude the field of social and health care, which include the field of healthy and active ageing and care for the elderly in a wider social context. The digitalization process requires changes and the development of new ways of functioning, demanded by both clients and consumers. Digital transformation affects the working environment, managers must adopt it, since it enables faster access to information, accelerates the pace of change, which means that it is necessary to train employees in companies to adapt to new work processes supported by digital solutions. Properly trained personnel and appropriate strategic-digital directions are

absolutely necessary for digital transformation. The basis of the digitalization process is therefore the human and the proper organizational culture.

At the beginning of the round table, all the participants were given an introductory question, which was anchored in the statement of a well-known personality in the field of facing the challenges of digitalization in the domestic or international environment.

Daniel Newman, principal analyst of Futurum Research, was once asked what challenges digital transformation brings and how they are being tackled in the US. In his reply he presented seven key pillars – experience, people, change, leadership and transformation, innovation, technology and culture – which contribute to the digital transformation of organizations, change management and help them turn problems into opportunities. Marija Ovsenik was asked, where in these seven areas does she recognize the opportunities for digitalization in homes for the elderly, and her answer was that gradualism is necessary and that, in terms of development, you should start at the beginning, where you meet the individual in the home for the first time, and where you try to approach them in a respectful and dignified manner. An appropriate attitude towards people is only possible on a humane level, where we advocate an equal approach, because only when we digitalize non-essential work we will be able to support the individual. When we will relieve him of all security codes in all rooms, so that he can live there safely and relaxed. And when all employees can devote themselves to people. Employees are currently overworked, underpaid, and very often poorly managed. In the institutional environment of care for the elderly, we encounter countless times a lack of attitude, the absence of a human touch, humanity. And how to improve all this? Also with the support of digitalization and when we manage to financially and professionally support people so that they will be better in relation to their fellow man.

At an event, Igor Zorko, chairman of the board of the Slovenian Digital Coalition - Digitalna.si, stated: "In our company, many systems and processes are already digitalized, but it is important that we use digitalization in the right way, to find solutions. It is also important that we use digitalization in such a way that customers understand the services and that partners also use the same standards. The role of managers is to react to changes and adapt to requirements, and look for new ways of working with people under new conditions." When asked what digitalization solutions he sees in homes for the elderly, Tomaž Lenart, replied that he has many years of experience in the field of care for the elderly, as he has been the director of a home for the elderly for 17 years and knows the development cycles. If 15 years ago we received countless requests for new employment when looking for staff, today there are almost no applications for vacancies. On the one hand, this saddens us and on the other hand, we are surprised that there are no more people available for attractive jobs. We are faced with anomalies regarding unnecessary work tasks, as the caregivers had to record the psychological state and well-being of the residents in the homes for the needs of the health fund as many as three times a day, for which they use up to three hours of working time. He notes that you have to be very innovative to compensate for the lack of staff. Sometimes it is also necessary to teach employees how to type with ten fingers, because otherwise they spend too much time for administrative work. These are the things that help you to be more efficient, faster, to leave time for other work with the residents. And in conclusion, he bravely answers the title question of the round table that "we are not afraid of digitalization." We are training the staff. We use new technologies. No more manual work, everything over the phone, using code books... all this makes everyday work a lot easier."

According to Zoran Stančič, the former head of the European Commission's representation in Slovenia, digitalization is one of the ten key priorities of the European Commission, and he reminds that digitalization must be viewed more broadly, from the perspective of society: "In Slovenia, practically half of the population considers that they have incomplete or no skills in the field of digitalization. A necessary element of digitalization

is therefore the development of digital skills, from children to the elderly, to how competences are developed in companies." When asked how to develop these competences among employees and residents in homes for the elderly, Romina Zajc answered that it is a complex process. The first contact when an elderly person comes to the home is the contact with the caregiver. She is shocked at how little time the social workers have available to receive a visitor. All this is almost like part of a routine that is "just done". In doing so, some things are often forgotten, as they are shown the room and the bathroom, and forget about other things. There is often no time for individual plans, as the process focuses on signing numerous documents, which the elderly person often does not even understand. On the other hand, we have a relative who wants to get as much information as possible from the social worker. This is completely wrong. There is a lack of time for a calm and relaxed approach to the elderly. Nobody asks a person coming to a new environment what they are thinking, what they are afraid of etc. Very little attention is paid to their relatives. We must not forget that it is a change in the family life of everyone involved. Too little attention is paid to the person, so there is a desire to establish a suitable relationship at the first contact. Their guiding principle is to work and be available to the residents and their loved ones.

The former director of the Public Scholarship Development, Disability and Maintenance Fund of the Republic of Slovenia, Irena Kuntarič Hribar, stated: "When focusing on the digital competences of the 21st century, strategy and the cooperation of the supporting environment are important, and a change of mindset is essential." Cveto Uršič was asked where and how these changes are supported by the relevant ministry, or what systemic support is required. He replied that first it is necessary to take care of the changes at the level of care and work with the individual. He emphasizes that two decades ago, when he was still employed at URI Soča, they focused on the development of aids for the most severely disabled, on the development of a "smart room". This is what represented fear at that stage. The question is what we associate with fear today. Even if we have all the ICT support today, we no longer have contact with a person on the other side. We must not forget the human being, it is necessary to support them, to offer all the necessary digital support. However, the fear of digitalization is found in the field of personal assistance, because today professionals express a strong resistance to it, because, for example, the bracelet reports when you arrived, and thus interferes with an individual's freedom, independence, and privacy.

The starting point for the discussion was the statement of Aleksandar Zalaznik, former president of the Manager Association and General Director of Danfoss Trat: "Digitalization requires a completely different way of thinking, high resources, different competences and knowledge than we have." How to achieve a different way of thinking when faced with the digitalization in homes for the elderly, replied Rok Ovsenik. In his opinion, digitalization in homes should be divided into digitalization for business needs (the so-called hotel part) and digitalization of the users of the home for the elderly. These are two separate stories, as it is primarily necessary to deal with the e-literacy of older people, since a lot of time is spent presenting digital solutions to the elderly. He notes from practice that when an elderly person does not have a person to accompany them when using ICT, less than a third of users will use this technology – it means that you are with the elderly person, you help them, you stand by them, because they will not be able to do it by themselves.

In 2018, at an international conference entitled Development of Competences for Digitalization of Slovenian Companies, Aleš Cantarutti, State Secretary at the Ministry of Economic Development and Technology, stated: "The field of digitalization is one of Slovenia's key projects. Digitalization is a process that lasts and we create it together. Cooperation with companies, the economy and the professional public is important." When asked how long the digitalization process in homes for the elderly takes and whether it is a never-ending cycle, Jure Lampe answered in the affirmative. It is necessary to prepare a digitalization strategy and follow the goals to achieve the

desired goals and changes. He adds that it is necessary to get all the information at the beginning of the process and later on as well. The goal is to get all the information when you need it, so you can follow the digitalization process.

Jure Bračko, former director of strategic marketing and communication at Nova KBM, declares the following regarding digitalization or the digital transformation of companies: "It is an area in which you constantly try to be one step ahead, but you always find out that you are actually one step behind." When asked, where are we a step ahead in the PHArA-ON project and where are we a step behind, Mateja Erce answers: "The project reflects two priorities, firstly that the user, i.e. the older adult, comes first. It is important that when they learn about new technological tools, they have a supportive person by their side who reassures them that they are not alone in the process, and that together we overcome their fear of the unknown. The project supports older adults with physical presence several times a week, as well as telephone support for times when we are not physically present in the home«. She notes there is a difference between the intrinsic and extrinsic motivation of the residents, as some participate in the project because of the social worker's request, and others because of their own desire to learn new tools. The project's task is to motivate older people to find the intrinsic motivation to use technology and to overcome prejudices and fear of learning new things. Another challenge is the (over)burden of GDPR and other security regulations. It is important to address their fear of data theft, which they hear about in the media but often cannot imagine how it would look like. "How do I know that 's really a phone? How do I know what's inside?" are often their questions. Fear is often present among the older adults in care homes: they hold their relative's hand convulsively when handing it over, and they hold the phone in their hand with the same convulsiveness. Fear is actually a positive emotion, as it protects our survival as a species. However, all these issues arise when emotions are not heard and addressed. Who is addressing these emotions in the residents? There is no such person in the home. There is no money. Is there a need for a change in funding mentality? Or is there a need to change the mindset that technology is useful, but we need a person older adults trust to help them to learn about technology. Subsequently, all participants of the round table participated in the discussion. To the question of the moderator of the round table, what kind of change in mentality we need to achieve in order to open the door to digitalization and that it will not be a fear but will address the needs of the elderly, Tomaž Lenart replied as follows: "Historically, people have reacted with fear to innovations, from the advent of the steam engine, the airplane, the assembly line, etc. There was always some uncertainty. Why? People have not yet recognized some added value that innovation can bring to improve their lives, their quality of life. It is similar with the elderly and their attitude and acceptance of modern technology. If they do not recognize some added value of modern technologies, they will not use them. If they recognize that digitalization and modern technologies can significantly improve their quality of life and that they can stay at home in their home environment outside of organized institutional care, they will of course be happy to use it. This is especially relevant at a time of demographic changes, with overburdened health and social systems, with a chronic shortage of staff in homes for the elderly, the role of the primary family, etc. The use of modern technologies has a great potential here to compensate for some deficiencies, especially at the service level, especially in the support of certain services. Namely, if care is defined as a synthesis of service and relationship, then using modern technologies can leave more time for genuine relationships, especially on the part of relatives. This was also shown by the research I carried out as part of my doctoral studies. Older people see and recognize the added value of using modern technologies, but they would also like the support of younger generations (training, workshops, etc.). The elderly also want technology to be easy to use, as they fear they will never learn to use it. The application of digitalization in the silver years also has an extraordinary potential for intergenerational

coexistence and living. In this way, young can introduce and train older people in the use of various technologies, and older people can empower the younger generations with their experience and wisdom to deal with the challenges that life brings. The development of modern technologies has great economic potential for companies as well. Abroad, companies invest a lot of resources for their development. To conclude; the use of modern technologies in the elderly has great potential so that the elderly will be able to live as long as possible in their home environment in a quality, safe and independent manner in their late years of life." Cveto Uršič explains that, in the end, digitalization must also have an economic effect in the company or institution – procurement and processes must be improved. The institute is a business story, so operations must be optimized. Jure Lampe adds that business optimization means an extra half hour for caregivers to devote to the elderly. Romina Zajc believes that "it is about direct learning of digitalization of users, which is an advantage of the project. It is also important that the resident of the home feels very important at that time, that someone dealt with them, paid attention to them. Something happens, they participate, they learn something. The management of the home must be there to detect the problem. It's not the same as hearing a problem. You have to find solutions together with the workers. The director must recognize problems and know how to approach changes and solve them." Tomaž Lenart points out the importance of organizational culture: "How do you communicate with each other, employee-employee, a learning generation – we have many such projects. Culture is being built in the home. We will all be in the same situation in 20 years." Marija Ovsenik adds that it is important who is the head of the home for the elderly. Jure Lampe believes that digitalization is like evolution. Cveto Uršič concludes that the development cycle spins quickly and whoever is flexible wins.

SKLOP 5: DOBRE PRAKSE

SECTION 5: BEST PRACTICES

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5.1

PODPORNE TEHNOLOGIJE ZA PODPORO STAREJŠIM ODRASLIM IN STROKOVNJAKOM MED PANDEMIJO

Lara TOCCAFONDI, UP - Umanapersone, Italija

Ključne besede: *podporna tehnologija, teleprisotnost, robot, nadzor na daljavo, izredne razmere zaradi pandemije covid-19.*

Med izrednimi razmerami zaradi covid-19 so se službe za oskrbo starejših oseb soočile z velikimi težavami zaradi zmanjšanja razpoložljivega osebja in povečanja stroškov zaradi uporabe protokolov za zmanjšanje širjenja okužbe.

Prispevek obravnava študijo, ki je bila izvedena od marca 2020 do aprila 2021 za takojšnje odzivanje na covid-19 in zagotavljanje podpornih tehnoloških rešitev, katerih cilj je 1) zagotavljanje visokokakovostnih storitev starejšim odraslim na domu ali v kontekstu bivalnih ustanov, 2) spodbujanje socialne vključenosti in 3) zmanjševanje prenosa virusa.

Predlagana metodologija temelji na petih glavnih korakih, od konceptualizacije storitve do refleksije rezultatov. Z uporabo komercialnih naprav sta bili predlagani zlasti storitev teleprisotnosti in nadzora na daljavo. Ta storitev je bila preizkušena v realnem okolju za oceno uporabniške izkušnje in/ali predhodno oceno tehnične izvedljivosti.

Resnična uporaba tehnologije teleprisotnosti poveča užitek in zmanjša tesnobo. Predlagano storitev so na splošno sprejeli starejši odrasli in strokovnjaki.

Med drugim so bile izpostavljene omejitve glede tehnološke izobrazbe, interoperabilnosti sistemov in pravilnega prepoznavanja potreb uporabnikov.

Za zaključek, na podlagi zbranih povratnih informacij, ta dokument predlaga smernice za razvoj podporne tehnologije v obravnavanem kontekstu.

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5.1

ASSISTIVE TECHNOLOGIES TO SUPPORT OLDER ADULTS AND PROFESSIONALS DURING THE PANDEMIC

Lara TOCCAFONDI, UP - Umanapersone, Italy

Keywords: *assistive technology, telepresence, robot, remote monitoring, COVID-19 pandemic emergency.*

During COVID-19 emergency the care services for older adults have encountered great difficulties due to the decrease in available personnel and an increase in costs due to the application of protocols to reduce the spread of the infection.

The paper deals with a study conducted from March 2020 to April 2021 to promptly react to COVID-19 providing assistive technology solutions that aim to 1) guarantee highquality service to older adults in-home or in residential facility context, 2) promote social inclusion and 3) reduce the virus transmission.

The proposed methodology is based on five main steps, from the service conceptualization toward the reflection on the results. Particularly a Telepresence and Remote monitoring service were proposed using commercial devices. This service was tested in real environment to assess the user experience and / or preliminary assess the technical feasibility.

The real use of the telepresence technology increases related enjoyment and reduces the anxiety. The proposed service was generally accepted by older adults and professionals.

Limitations regarding the technology education, the system interoperability and the correct identification of users' need, among others, were highlighted.

To conclude, based on the collected feedback, this paper proposed guidelines for the development of assistive technology in this context.

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5.2

KONCEPT KONGRUENTNE NEGE

Mag. Veronika Falant, Dom Nine Pokorn Grmovje, Pernovo, Žalec, Slovenija

Ključne besede: *kongruentna odnosna nega, skladen odnos, referenčna oseba, načrt kulture usklajenega odnosa*

Življenje z demenco je težka preizkušnja za vse, ki so v stiku z osebo, ki zboli za to boleznijo: za osebo samo, za svojece, prijatelje, znance in strokovnjake.

V Domu Nine Pokorn Grmovje sledijo ugotovitvam strokovnjakov iz različnih področij skrbi za osebe z demenco, ki trdijo, da se lahko proces bolezni bistveno upočasni s pomočjo razumevanja in ustreznega odnosa okolja, podprtega s primernimi programi obravnave in podpore. Vpeljali so koncept kongruentne odnosne nege oziroma model Kulture usklajenih odnosov, ki temelji na spoznanju, da je pogoj za kakovost dobre oskrbe osebni medčloveški odnos.

Načrtovanje kongruentne odnosne nege pomeni sistematično ugotavljanje, vključevanje in interaktivno obravnavanje vsebin, ki imajo pomen v življenju oseb, da bi izboljšali njihovo telesno, psihično, duševno in socialno dobro počutje (Bauer, 1997).

Osnovni cilj modela je spoznati stanovanca, njegovo življenjsko zgodbo in na podlagi le-te ustvariti odnos z njim, s katerim namensko ustvarjamo varnost in zadovoljstvo. Pomembno vlogo pri tem ima tudi referenčna oseba, ki je član stalnega

tima, kateri stanovalec zaupa in s katero skupaj pripravita načrt kulture usklajenega odnosa. Izhodišče za načrtovanje so različni pomembni dogodki, osebe in doživetja v življenju posameznika.

Osrednje mesto ima naravnost na stanovalce, saj za njih skrbijo stalni avtonomni delovni timi, ki njihove navade dobro poznajo. Pristop zaposlenih namesto obravnave simptomov in naravnosti na diagnozo temelji na skladnem odnosu, ki blagodejno vpliva na stanovalca. Samo v medsebojnih odnosih, kjer prevladuje iskrenost, varnost in zaupanje, lahko posameznik razvije paleto čustvenih vsebin in odzivov, s pomočjo katerih bo usmerjal in osmišljal svoje življenje.

V Domu Nine Pokorn Grmovje se tako v največji možni meri trudijo, da ustvarjajo pristen skladen osebni odnos, ki je empatičen in individualno naravn. Tako stanovalcu in zaposlenemu prinaša dobro počutje.

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5.2

CONGRUENT RELATIONSHIP CARE

Mag. Veronika Falant, Dom Nine Pokorn Grmovje, Pernovo, Žalec, Slovenija

Keywords: *congruent relationship care, harmonious relationship, reference person, culture of a balanced relationship plan*

Living with dementia is a difficult ordeal for anyone in contact with a person suffering from the disease; for the person itself, relatives, friends, acquaintances, and professionals.

At the Nina Pokorn Grmovje nursing home, they follow experts from various fields of care for people with dementia. The disease process can significantly slow down with the help of understanding and appropriate attitude for the environment, supported by appropriate treatment and support programmes. The concept of congruent relational care is introduced, based on the recognition that the condition for the quality of reasonable care is a personal, interpersonal relationship.

Planning congruent relational care means systematic identification, incorporating, and interactive treatment of content to people's lives in order to improve their physical, cognitive, mental, and social well-being (Bauer, 1997).

The basic goal of the model is to get to know the resident, their life story, and based on it, to create a relationship with them, with which we purposefully create security and satisfaction. An essential role in this is also played by a reference person, a permanent team member, whom the resident trusts. Together they prepare a culture plan of a harmonious relationship. The starting point for planning are a variety of important events, persons and experiences in the life of the individual.

The focus is on the residents, as they are cared for by permanent autonomous work teams that know their habits well. The approach of employees, instead of dealing with symptoms and attitude towards diagnosis, is based on a harmonious attitude that has a beneficial effect on the resident. Only in interpersonal relationships, where sincerity, security and trust prevail, can individuals develop a range of emotional contents and responses that will guide and give meaning to their lives.

In Nina Pokorn Grmovje they strive as much as possible to create a genuinely harmonious personal relationship that is empathetic and individually oriented. It brings well-being to the residents and employees.

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5.3

DOM »ATILIO GAMBOC«, UMAG

¹Mag. Diana LEKIĆ, ¹Dom za starije i nemoćne osobe, »Atilio Gamboc« Umag

Ključne besede: *dom starijih, socialna izključenost, uporabniki*

Dom »Atilio Gamboc« je relativno nov dom, zgrajen leta 2014, ki po svoji arhitekturni izvedbi, opremljenosti in organizaciji dela z vidika uporabnikov predstavlja primer dobre prakse. V kratkem časovnem obdobju delovanja je postal eden od vodilnih domov za starejše na Hrvaškem in v celotni regiji.

Namen prispevka je predstaviti poslovanje in organizacijo dela doma ter izpostaviti pomembnost informacijsko tehnološke (IT) podpore:

- Upravljanje z zdravstveno storitvijo po programu "Sestrinskog sustava" ("Nurse Tab"), s čimer se zavaruje učinkovitost storitve in nadzor nad storitvijo ter kakovost storitve in zavaruje uporabnika in družine.
- Združevanje vseh modulov dela (socialno delo, delovna terapija, nega, skrb za zdravje, fizioterapija) s programom "Domske evidencije", ki omogoča transparentnost in standardizacijo poslovnih procesov in dostopnost podatkov o uporabniku iz vseh področij dela.

Inovativni pristop doma je tudi organizacija različnih vsebin in aktivnosti, s katerimi se omogoča in ohranja ter pospešuje mobilnost uporabnikov, njihova integracija v družbo ter preprečevanje socialne izolacije: kreativne delavnice (likovne, decoupage, slikanje na svilo, terapija z zvokom, »ogledalo boja«, meditacija), športna delavnica (pikado, kegljanje, odbojka, mini košarka idr.) in drugih vsebin (prireditve, koncerti, izleti).

Izziv v delu predstavlja pomanjkanje strokovnih delavcev (medicinsko osebje in negovalke) na eni strani, na drugi strani pa delo z vse večjim številom uporabnikov, ki so zboleli za demenco (posebni oddelki, educirano osebje, edukacija družin).

Dom se bo v bodoče soočal z reševanjem naslednjih izzivov:

- pomankanje števila strokovnih delavcev (npr. dogovoriti se za sodelovanje s srednjimi medicinskimi šolami, štipendirati učence za vpis v medicinske šole, izboljšati materialne pravice delavcev idr.);
- porast števila oseb z demenco (OSD) (npr. potrebno je izobraziti delavce za delo z OSD, izobraziti njihove družine in širšo javnost);
- organizacijske spremembe, povezane z ustanovitvijo oddelka za delo z OSD (npr. ureditev zasebnega prostora, povečanje števila delavcev). S pomočjo promocije doma in izmenjave izkušenj in znanja z drugimi domovi lahko prispevamo k izboljšanju delovanja Doma Atilia Gamboc.

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5.3

CARE HOME FOR THE OLDER ADULTS AND INFIRM »ATILIO GAMBOC« UMAG

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Keywords: *home for the elderly, social exclusion, users*

The care home for the elderly and infirm "Atilio Gamboc" Umag has been opened in June 2014 and, due to the quality of construction, top equipment and experienced work organization, has soon become an example of good practice and one of the leading care homes for the elderly in Croatia and abroad.

The purpose of the article is to present business and the organization of work in the Home and to highlight the importance of information technology (IT) support:

- In the management of health services through the "Nurse Tab" digital system - it ensures efficiency in providing services, supervision of the service provided as well as the quality of service and safety for users and their families.
- In the unification of all work modules (social work, therapy, health care services, physiotherapy) through the digital system "Care home records" which enables transparency and standardization of business processes and availability of user data.

An innovative approach at the Home is also the organization of various activities that enable, maintain and enhance the mobility of users, their integration into society and prevent social isolation: creative workshops (art, decoupage, silk painting, sound therapy, color mirrors, meditation), sports workshops (darts, bowls, volleyball, mini basketball, etc.) and various other contents (events, concerts, excursions). The challenges lie in the lack of professionals (medical staff and nurses) on the one hand, and on the other hand, working with an increased number of users who are suffering from dementia (special departments, educated staff, family education).

Promotion, experience exchange and knowledge.

Solving challenges:

- Insufficient number of professional staff – start cooperating with medical high schools, provide scholarships, improve material rights of employees;
- Increase in the number of people suffering from dementia (OSD) – educate employees, families and society;
- Organizational changes related to the establishment of the department responsible for people suffering from dementia (arranging a separate space, increasing the number of employees)

LITERATURE.

- www.dom-umag.hr.

5.4

EVALVACIJA PILOTNIH PROJEKTOV DOLGOTRAJNE OSKRBE: RABA IN UČINKI RABE PODPORNIH TEHNOLOGIJ

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Ključne besede: *dolgotrajna oskrba, podporne tehnologije, evalvacija, e-oskrba*

UVOD. V obdobju 2018–2020 so v Sloveniji potekali pilotni projekti s področja dolgotrajne oskrbe (v Celju, Krškem in Dravogradu), sočasno z njimi pa obsežna in kompleksna evalvacija, ki je spremljala in vrednotila tudi vpeljevanje in rabo podpornih tehnologij. To je področje, na katerem Slovenija še vedno močno zaostaja za številnimi evropskimi državami.

NAMEN. Namen prispevka je predstaviti splošno zadovoljstvo uporabnikov dolgotrajne oskrbe z e-oskrbo, njihovo oceno enostavnosti in koristnosti uporabe podpornih tehnologij ter učinke rabe.

METODE. V pilotnem projektu dolgotrajne oskrbe je storitve e-oskrbe testiralo 140 uporabnikov, storitve e-zdravja pa 21 uporabnikov, skupaj 16,9 % vseh upravičencev do dolgotrajne oskrbe na domu. Prispevek se osredotoča na uporabnike e-oskrbe. Na podlagi kombinacij merskih instrumentov ugotavljamo visoko zadovoljstvo in prepoznano koristnost med uporabniki in njihovimi neformalnimi oskrbovalci. Učinke rabe smo merili s pomočjo lestvice PIADS-10. Uporabniki e-oskrbe opažajo največjo pozitivno spremembo na področju svoje samostojnosti, občutka nadzora nad življenjem in splošne kakovosti življenja. Rezultati kvalitativne študije kažejo psihološke učinke; sodelujoči poročajo predvsem o večjem občutku varnosti.

REZULTATI IN RAZPRAVA. Z evalvacijo smo ugotovili pozitivne učinke podpornih tehnologij za različne ciljne skupine, predvsem pri osebah, ki živijo same ali so same večino časa v dnevu, in osebah, ki so doživele padec. Prav tako se kaže želja po nadaljnji rabi podpornih storitev, ob predpostavki, da bodo te sofinancirane.

SKLEP. Vsem, predvsem pa ranljivim osebam, je treba omogočiti cenovno dostopne e-storitve, npr. možnost sofinanciranja ali oprostitve plačila, in s tem daljše in samostojnejše bivanje v domačem okolju, kar bo vodilo tudi v zmanjšanje še ene potencialne oblike neenakosti med populacijo uporabnikov dolgotrajne oskrbe. Področje je treba v Sloveniji sistemsko razvijati.

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5.4

EVALUATION OF PILOT PROJECTS IN LONG-TERM CARE: USE AND IMPACT OF ASSISTIVE TECHNOLOGIES

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Keywords: *long-term care, assistive technologies, evaluation, e-care*

INTRODUCTION. In 2018–2020, pilot projects in the area of long-term care were implemented in Slovenia (in Celje, Krško, and Dravograd), in parallel with a complex evaluation that monitored and assessed the introduction and use of assistive technologies – an area where Slovenia still lags far behind many European countries.

AIM. The results will focus on overall satisfaction, perceived usefulness and ease of use, and the impact of using assistive technologies.

METHOD. 140 end-users tested e-care and 21 tested e-health services, representing 16.9% of all long-term care beneficiaries at home. The presentation will focus on e-care users. We found high levels of satisfaction and perceived usefulness among end-users and their informal carers. The impact was measured with PIADS-10 scale. The users of e-care reported the greatest positive changes in their independence, sense of control over their lives, and overall quality of life. The qualitative study results showed psychological effects; in particular, participants reported a greater sense of security.

RESULTS AND DISCUSSION. The evaluation found positive effects for different target groups, particularly for people who live alone or are alone most of the day and for people who have experienced falls. It also indicated a desire for continued use of assistive services, provided they are co-funded.

CONCLUSION. The possibility of co-funding of e-care or fee waivers should be available to all, but especially to vulnerable people, so that they can stay at home longer and live more independently, which will reduce another potential form of inequality. This area needs to be systematically developed in Slovenia.

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ACKNOWLEDGMENT.

Data were collected as part of the evaluation of long-term care pilot projects (2019–2020). The investment was co-financed by the European Union from the European Social Fund and the Republic of Slovenia.

5.5

SOCIALNA GERONTOLOGIJA V PRIMEŽU POSTMODERNE DRUŽBE

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Ključne besede: *socialna gerontologija, postmoderna družba, staranje, socialni gerontolog, integrirana dolgotrajna oskrba.*

UVOD. Socialna gerontologija (*geron* – gr. star, starec, *logos* – veda; *socio* – družben) je znanost, veda o starosti, staranju in starih ljudeh, ki obravnava družbene, socialne, medicinske, pravne, organizacijske in negovalne vidike staranja. V svojem začetnem razvoju so socialni gerontologi izhajali iz predvsem medicinskih vidikov staranja, ki so jih nekateri, predvsem tuji avtorji, označili za »biomedicinski model«. Taka spoznanja so precej vplivala na splošno družbeno razumevanje starosti in odnos do starosti, ki je prisoten v slovenski postmodernej družbi še danes. Toda intenzivni proces naraščanja starejših zahteva nove pristope, metode in tehnike delovanja.

NAMEN. Namen prispevka je predstaviti probleme prepoznavanja potreb po socialnih gerontologih in uveljavljanju socialne gerontologije kot družboslovne, na holistično obravnavo orientiranega starejšega človeka v slovenski postmodernej družbi.

REZULTATI. Predstavitev in utemeljitev potreb po socialni gerontologiji, ki obravnava različnost pogledov na staranje, socioloških teorij o staranju in starosti, opozarja na demografske kazalnike, vzroke staranja, posledice hitrega staranja (socialne, ekonomske in družbene), staranje prebivalstva Slovenije v primeru naravne rasti prebivalstva v luči projekcije prebivalstva do leta 2060. Socialna gerontologija opozarja na staranje kot reverzibilen proces in kot strokovni in politični problem. Prav tako izpostavlja problem stereotipov o staranju, ageizma in gerontofobije ter izpostavlja pomen družbe, da starejšim zagotovi razmere za kakovostno in produktivno starost. Vse navedeno je zakonodajalca navodilo v sklep, da poklic socialnega gerontologa uvrsti med poklice, ki jih zajema *Zakon o dolgotrajni oskrbi*.

RAZPRAVA. Ugotovitve raziskav po potrebi poklica socialni gerontolog so pokazale, da raziskovanje in usmerjanje dejavnikov oskrbe starejših v luči kakovostnega aktivnega in produktivnega staranja, kažejo le-te kot realnost postmoderne družbe. Na podlagi pregleda obstoječe literature in rezultatov raziskav smo dokazali, da je socialno-gerontološki pristop v oskrbi starejših celosten proces, ki zadeva tako posameznika kot institucijo, v kateri živi in tudi globalno postmoderno družbo. Evalvacija, ki temelji na triangulaciji virov in metod, predstavlja vsem vpletenim strategijo, preko katere se tako socialni gerontolog kot starejši posameznik soočata z lastnimi subjektivnimi teorijami. Hermenevitično-didaktični krog v konstruktivistično-družboslovni evoluciji pa v polju staranja vsem vpletenim pomaga pri utrjevanju skupnih ciljev in strategij, ravnanja in odzivanja vseh vpletenih za zadovoljno staranje prebivalstva, v skladu z določenimi protokoli in smernicami skrbi za starejše.

SKLEP. V postmodernej družbi se je poklic socialnega gerontologa in socialne gerontologije pokazal kot nenadomestljiv dejavnik staranja v postmodernej družbi, kljub številnim oviram in nerazumevanju po vključitvi le-teh v oskrbo starejših.

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5.5

SOCIAL GERONTOLOGY IN THE GRIP OF POSTMODERN SOCIETY

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Keywords: *social gerontology, postmodern society, ageing, social gerontologist, integrated long-term care.*

INTRODUCTION. Social Gerontology (*geron* – gr. old, old man, *logein* – knowledge; *socio* – social) is a science, science about age, ageing and old people, which addresses the social, societal, medical, legal, organisational and nursing aspects of ageing. In their initial development, social gerontologists derived mainly from the medical aspects of ageing, which some, especially foreign authors, described as a "biomedical model". Such insights had a significant impact on the general social understanding of age and attitude to age, which is still present in Slovenian postmodern society. But the intensive process of growing older requires new approaches, methods and techniques of action.

AIM. To present problems of identifying the needs of social gerontologists and promoting social gerontology as a social sciences, on the holistic treatment of a holistic elderly adults in Slovenian postmodern society.

RESULTS. The presentation and justification of the needs for social gerontology, which addresses the diversity of views on ageing, with sociological theories on ageing and age, draws attention to the importance of ageing, following the traces of rapid ageing (social, economic and societal) the population of Slovenia in the event of natural population growth in the light of the project of population by 2060, draws attention to the situation as a reversible process and as a professional and political problem and to the territoriality of ageing, to ageism and gerontophobia, and highlights the importance of society to provide the conditions for the active and productive ageing.

All of the above is instructed by the legislature to include the profession of social gerontologists among the professions covered by the Long-Term Care Act.

DISCUSSION. The findings of research, where necessary, of the profession of social gerontologist are showing that researching and directing the factors of care for the elderly has shown that, in light of quality active and productive ageing, it is the reality of a postmodern society. Based on the review of existing literature and research results, we have demonstrated that a socio-gerontological approach in the care of the elderly is an integrated process that concerns both, the individual and the institution in which he lives and also the global postmodern society. Evaluation, based on the triangulation of resources and methods, represents all the strategy involved through which both the social gerontologist and the elderly individual face their own subjective theories. In the field of ageing, the Hermeneutic-didactic circle in constructivist-social sciences helps all those involved to consolidate common goals and strategies, conduct and react to all those involved in the satisfied ageing, in the scalp with certain protocols and guidelines of caring for the elderly.

CONCLUSION. In a postmodern society, the profession of social gerontologist and social gerontology have proved to be an irreplaceable factor of ageing in a postmodern society, despite numerous obstacles and misunderstandings after their inclusion in the care of the elderly.

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5.6

SREBRNA SOCIOEKONOMSKA EVOLUCIJA KOT NOVA RAZVOJNA PARADIGMA IN ODZIV NA DEMOGRAFSKE SPREMEMBE V EU IN SLOVENIJI

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Ključne besede: *dolgoživa družba, aktivno staranje, gerontofobija, srebrna ekonomija, pametna specializacija, (re)integracija starejših*

UVOD. Evropska unija in Slovenija sta se ob hitrem staranju prebivalstva znašli na razpotju, ko je potrebno odločno ukrepanje na področju razvojnih politik. Medtem ko smo neoliberalistično zavezanost k profitu pripeljali do roba vzdržnosti, smo se na drugi strani odrekli humanosti. Še posebej se to odraža v odnosu do starejših po njihovi upokojitvi, saj jih družba skozi pridelano stigmo opredeljuje kot (finančno) breme, kar terja temeljit vpogled v medgeneracijski dogovor. Demografski izzivi EU in Slovenije in problemi z gerontofobijo pa hkrati predstavljajo izjemno priložnost za oblikovanje nove razvojne paradigme.

NAMEN. S prepletom politik, ukrepov in inovativnih pristopov za spodbujanje srebrne ekonomije, ki temelji na pametni specializaciji ter doktrinah aktivnega staranja in dolgožive družbe, lahko ugodno vplivamo na integracijo starejših v razvojne procese in nasploh njihovo socialno vključenost. S tem damo pozitiven doprinos k demografskemu socioekonomskemu vrtiljaku, ko angažiramo srebrno znanje in izkušnje ter razvojne potenciale v luči krepitve medgeneracijskega sodelovanja in družbeno integrativnega, odgovornega in varnega staranja.

REZULTATI. Spreminjanje percepcije o koristnosti srebrne generacije po prehodu v upokojitev in vključevanje njenih predstavnikov v razvojne procese prispeva k uresničevanju evropskih in nacionalnih politik pametne specializacije, dolgožive družbe, aktivnega staranja in dolgotrajne oskrbe. S tem daje svoj doprinos k prehodu v novo iteracijo industrijske revolucije (industrija 5.0), kjer sta v ospredju človek in skrb za ohranjanje naravnih resursov. Posebna pozornost pa gre evropski srebrni ekonomiji, ki je po ocenjenem obsegu tretje največje gospodarstvo na svetu.

RAZPRAVA IN SKLEP. Hitro staranje prebivalstva generira potrebe po spremembah politik in ukrepov na področju staranja. Odgovore na izzive starajoče se družbe iščemo s pilotnim modelom centra srebrne pametne evolucije, ki kot prostor srebrnih odprtih inovacij skrbi za reintegracijo starejših in njihovo aktivno vlogo v družbi, njihovo vključitev v

razvojne procese skupnosti ter jim ob medgeneracijskem prenosu znanja in izkušenj omogoča krepitev zdravega življenjskega sloga in dvig kakovosti življenja.

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5.6

SILVER SOCIOECONOMIC EVOLUTION AS A NEW DEVELOPMENT PARADIGM AND RESPONSE TO DEMOGRAPHIC CHANGES IN EU AND SLOVENIA

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Keywords: *long-lived society, active ageing, gerontophobia, silver economy, smart specialization, (re)integration of the elderly*

INTRODUCTION. With the rapid ageing of the population, the European Union and Slovenia have found themselves at a crossroads when decisive action is needed in the field of development policies. While we have brought the neoliberal commitment to profit to the brink of sustainability, on the other hand, we have given up humanity. This is especially reflected in the attitude towards the elderly after their retirement, as society through stigma defines them as a (financial) burden, which requires a thorough insight into the intergenerational agreement. At the same time, the demographic challenges of the EU and Slovenia and the problems with gerontophobia represent an exceptional opportunity to create a new development paradigm.

AIM. By combining policies, measures and innovative approaches to promote the silver economy, based on smart specialization and the doctrines of active ageing and a long-lived society, we can gain a positive impact on the integration of elderly into development processes and their social inclusion as such. With that, we make a positive contribution to the demographic socioeconomic carousel when we engage silver knowledge and experiences and development potentials in the spotlight of strengthening intergenerational cooperation and socially integrative, responsible and safe ageing.

RESULTS. Changing the perception of the usefulness of the silver generation after retirement and involving its representatives in development processes contributes to the implementation of European and national policies of smart specialization, long-lived society, active ageing and long-term care. At the same time it contributes to the transition into a new iteration of the Industrial Revolution (Industry 5.0), where human and concern for the conservation of natural resources are at the forefront. Special attention is paid to the European silver economy, which is the third largest economy in the world.

DISCUSSION AND CONCLUSION. The rapid ageing of the population generates needs for changes in policies and measures in the field of ageing. We are looking for answers to the challenges of an ageing society with the pilot model of the Silver Smart Evolution Center, which as a space of silver open innovations takes care of the reintegration of older people and their active role in society, their inclusion into community development processes, strengthening the healthy life style and raising the quality of life.

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5.7

POVEZAVA MED OSAMLJENOSTJO IN ZADOVOLJSTVOM Z ŽIVLJENJEM STAREJŠIH ODRASLIH, GLEDE NA OKOLJE BIVANJA Z VIDIKA UPORABE INFORMACIJSKO KOMUNIKACIJSKE TEHNOLOGIJE

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Ključne besede: *osamljenost, zadovoljstvo z življenjem, starejši odrasli, informacijsko komunikacijska tehnologija*

UVOD. Staranje prebivalstva je proces, ko delež starejših odraslih v populaciji narašča. Nekateri starejši odrasli živijo sami v domačem okolju, drugi se preselijo v institucionalno varstvo. Ni nujno, da so ljudje, ki živijo sami, tudi osamljeni, saj je

osamljenost subjektivno doživljanje potrebe po osebnem odnosu s sočlovekom. Pri preprečevanju osamljenosti v starosti ima pomembno vlogo tudi uporaba informacijsko komunikacijske tehnologije (IKT). Zadovoljstvo z življenjem je subjektivni kazalec, kako zadovoljni smo z življenjem.

NAMEN. Z raziskavo smo želeli ugotoviti, ali obstaja povezava med osamljenostjo in zadovoljstvom z življenjem pri starejših odraslih.

Za potrebe raziskovalnega dela smo uporabili kvantitativni raziskovalni pristop. Iz statistične množice je bil izbran enostavni slučajnostni vzorec. Glede na demografske podatke je v raziskavi sodelovalo 470 (71,6 %) žensk in 186 (28,4 %) moških. Povprečna starost anketiranca je znašala 78,2 leti. Podatke smo pridobili z anketnim vprašalnikom. Zadovoljstvo z življenjem smo merili s Satisfaction with Life Scale – SWLS (Diener et al., 1985). Osamljenost je bila merjena z lestvico Oldwellactive (Koistinen et al., 2013).

REZULTATI. Da bi starejši odrasli preprečili osamljenost v institucionalnem okolju gledajo televizijo, v domačem okolju pa uporabljajo stacionarni in mobilni telefon ter računalnik. Ko so starejši odrasli sami, se poslužujejo gledanja televizije, poslušanja radia, branja in sprehajanja. S statistično značilno razliko ($p < 0,001$) ugotavljamo, da se z zmanjševanjem osamljenosti zadovoljstvo z življenjem v starosti povečuje.

RAZPRAVA. Starejši odrasli z različnimi načini preprečujejo osamljenost. Uporabljajo IKT, berejo, se sprehajajo idr. Še vedno je prisotna slabša digitalna pismenost med starejšimi odraslimi, večina pa IKT, ki ni prilagojena uporabi starejšim odraslim, uporablja za socialne stike z družino in prijatelji.

SKLEP. Ugotavljamo, da se z zmanjševanjem osamljenosti zadovoljstvo z življenjem povečuje in, da obstajajo razlike v uporabi pripomočkov za preprečevanje osamljenosti glede na bivanjsko okolje. Starejše odrasle je potrebno opremiti z digitalnimi kompetencami, saj uporaba IKT zmanjšuje osamljenost in povečuje kakovost življenja.

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5.7

THE CONNECTION BETWEEN LONELINESS AND LIFE SATISFACTION OF OLDER ADULTS, ACCORDING TO THE LIVING ENVIRONMENT IN TERMS OF THE USE OF INFORMATION AND COMMUNICATION TECHNOLOGY

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Keywords: *loneliness, life satisfaction, older adults, information communication technology*

INTRODUCTION. Population ageing is a process where a percentage of older adults in the population increases. Some older adults live alone in their home environment, others move to institutional care. It is not necessary that people who live alone are also lonely, since loneliness is a subjective experience of the need for a personal relationship with a fellow human being. The use of information and communication technology (ICT) also plays an important role in preventing loneliness in old age. Life satisfaction is a subjective indicator of how satisfied we are with life.

PURPOSE. With the research, we wanted to find out if there is a connection between loneliness and satisfaction with life in older adults.

We used a quantitative research approach for the needs of the research work. A simple random sample was selected from the statistical population. According to demographic data, 470 (71.6%) women and 186 (28.4%) men participated in the survey. The average age of the respondent was 78.2 years. We obtained the data using a survey questionnaire. Satisfaction with life was measured with the Satisfaction with Life Scale - SWLS (Diener et al., 1985). Loneliness was measured with the Oldwellactive scale (Koistinen et al., 2013).

RESULTS. In order to prevent loneliness in an institutional environment, older adults watch television, and they use a landline and mobile phone, and a computer in their home environment. When older adults are alone, they tend to watch television, listen to the radio, read and go for walks. We find with a statistically significant difference ($p < 0.001$) that satisfaction with life in old age increases as loneliness decreases.

DISCUSSION. Older adults prevent loneliness in a variety of ways. They use ICT, read, go for walks, etc. Poor digital literacy among older adults is still present, and most use ICT that is not adapted for use by older adults for social contact with family and friends.

CONCLUSION. We find that satisfaction with life increases by reducing loneliness and that there are differences in the use of aids to prevent loneliness depending on the living environment. It is necessary to provide older adults with digital competences, as the use of ICT reduces loneliness and increases the quality of life.

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SKLOP 6: SORODNE RAZISKAVE IN PROJEKTI

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6.1

IZZIVI NA PODROČJU AKTIVNEGA IN ZDRAVEGA STARANJA – INTERDISCIPLINARNI IN MEDSEKTORSKI PRISTOP NA PODROČJU AKTIVNEGA IN ZDRAVEGA STARANJA (AZS)

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Ključne besede: *staranje, interdisciplinarni in medsektorski pristop*

UVOD. Slovenija se, kot vse ostale države v Evropi, neizbežno srečuje s hitrimi demografskimi spremembami, staranjem prebivalstva in posledično dolgoživo družbo. Poslanstvo Nacionalnega inštituta za javno zdravje (NIJZ) je prispevati k boljšemu zdravju in k večji blaginji vseh skupin prebivalcev Slovenije. Svoje naloge kljub velikim prizadevanjem ne more opravljati zgolj s podporo zdravstva. Potrebno je širše povezovanje in sodelovanje različnih sektorjev in deležnikov tako na nacionalni kot na regionalni ravni, saj zdravje ne nastaja v zdravstvenem sektorju, ampak je v največjem delu posledica ukrepov v različnih sektorjih družbe.

NAMEN. Glavni namen področja Javnega zdravja v medsektorskih politikah (JZvMSP) na temah aktivnega in zdravega staranja (AZS) je razvijanje multidisciplinarnih kompetenc in medresorskih pristopov za vključevanje zdravja v različne sektorske ukrepe in politike ter spremljanje razvojnih politik, pomembnih za področje javnega zdravja pri starejših in v dolgoživi družbi, na ravni Evropske Unije in Svetovne zdravstvene organizacije (SZO). Pristop vključuje tudi prenos AZS metodologije na regionalno raven.

REZULTATI. V okviru projekta *Aktivno in zdravo staranje v Sloveniji* (AHA.SI), ki je potekal v letih 2014–2016 (priprava podlag za vključitev v Strategijo dolgožive družbe), kjer je bil NIJZ vodilni partner, je bil narejen pomemben korak pri povezovanju strokovnjakov v naši državi, ki se ukvarjajo z izzivi s področja dolgožive družbe. Hkrati je projekt postal prelomnica dela na področju AZS, saj je Slovenija rezultate projekta vključila v Strategijo dolgožive družbe. S projektom ASTAHG (*Mednarodno upravljanje aktivnega in zdravega staranja v alpskem prostoru*) so bile aktivnosti na tem področju še dodatno razširjene na področje Alpskega prostora v EU in okrepljene z vključitvijo najširšega nabora sektorjev, ki so jih projektni partnerji analizirali z inovativnim matričnim pristopom, ki je pokazal prioriteto in moč posameznih političnih področij. ASTAHG rezultati so v Sloveniji preneseni na regijski nivo.

RAZPRAVA. NIJZ s svojimi izbranimi pristopi in aktivnostmi krepi raziskovanje, povezovanje in ozaveščanje o pomenu AZS tako znotraj NIJZ-ja (povezovanje z že dobro utečenimi področji dela) kot širše, horizontalno in vertikalno, s poudarkom na razumevanju področja staranja, demografskih in okoljskih sprememb, s vseživljenjskim pristopom, medgeneracijskim povezovanjem ter ostalimi temami iz področja AZS. Regijski in nacionalni rezultati dela skupine so razvidni v letnih *Zbornikih poročil regijskih aktivnosti in srečanj območnih enot NIJZ na področju staranja* (letos že sedmo leto), mednarodni pa v objavah na EU ravni.

SKLEP. Izzivov na področju aktivnega in zdravega staranja je veliko skozi celotno življenjsko obdobje. S skupnimi interdisciplinarni in medsektorski pristopi se lažje soočimo z izzivi, ki jih prinaša področje aktivnega in zdravega staranja na različnih ravneh.

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6.1

CHALLENGES IN THE FIELD OF ACTIVE AND HEALTHY AGEING – INTERDISCIPLINARY AND CROSS-SECTORAL APPROACH IN THE FIELD OF ACTIVE AND HEALTHY AGEING (AHA)

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Keywords: *ageing, interdisciplinary and intersectoral approach*

INTRODUCTION. Slovenia, like all other countries in Europe, is inevitably faced with rapid demographic changes, the ageing population and, consequently, a longevity society. The mission of the National Institute of Public Health (NIJZ) contributes to better health and welfare of the Slovenian population in general with special focus to vulnerable populations, including older citizens. However, despite the sustainable investment in activities for older people, the healthcare alone could by no mean solve the situation alone. We need broader integration and cooperation of various sectors and stakeholders at both national and regional levels, as health itself is not a product of the health sector, but is largely the result of measures in various sectors of society.

AIM. The main purpose of the action group Public Health in Cross-Sectoral Policies (JZvMSP) on Active and Healthy Ageing (AHA) is to develop multidisciplinary competencies and inter-sectoral approaches to integrate health into different sectoral actions and policies and to monitor development policies relevant to public health of the older person in longevity society, at the European level and within World Health Organization (WHO). The approach also includes the transfer of AZS methodology to the regional level.

RESULTS. Within the project Active and Healthy Ageing in Slovenia (AHA.SI), which took place in 2014–2016 (preparation of baackground documents for inclusion in the Active Ageing Strategy), where the NIJZ was the leading partner, an important step was made in connecting Slovenian experts, dealing with challenges in the field of longevity society, at the same time the project has become a turning point in the AHA as Slovenia included the results of the project in the Longevity Society Strategy. With the ASTAHG project (International Governance for Active and Healthy Ageing in the Alpine Space), activities in this field were further extended to the Alpine Space in the EU and strengthened by including the widest range of sectors analysed by project partners using an innovative matrix approach which showed the priority and strength of individual policy areas. ASTAHG results in Slovenia are transferred to the regional level.

DISCUSSION. NIJZ with selected approaches and activities wants to strengthen research, networking and awareness of the importance of AHA both within the NIJZ (linking with already well-established areas of work) and more horizontally and vertically, with emphasis on understanding ageing, demographic and environmental change, lifelong approach, intergenerational integration and other AHA topics. The regional and national results of the group's activities are visible in the annual “Proceedings of regional activities and meetings of regional NIJZ units in the field of ageing” (for the seventh year in a row) and internationally in publications at EU level.

CONCLUSION. There are many challenges in the field of active and healthy ageing that accompany all citizens throughout lives. With common interdisciplinary and cross-sectoral approaches, we can more easily face the challenges that the field of Active and Healthy Ageing brings us to at different levels.

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6.2

EVALVACIJA E-STORITEV ZA ZDRAVO IN AKTIVNO STARANJE V INTERVENCIJSKIH ŠTUDIJAH

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Ključne besede: *e-storitve, starejše osebe, neformalni oskrbovalci, sprejemanje, učinki uporabe*

UVOD. E-storitve nudijo podporo staranju v domačem okolju. Pomagajo lahko pri ohranjanju in krepitevi zdravja ter vodenju bolezni, kar je prepoznano tudi v evropskih politikah. Čeprav se je med epidemijo covid-19 njihova uporaba povečala, smo od splošne razširjenosti e-storitev v Sloveniji še zelo oddaljeni.

NAMEN. Namen prispevka je predstaviti ključne ugotovitve nacionalnih in mednarodnih projektov Centra za družboslovno informatiko na področju dejavnikov sprejemanja e-storitev in učinkov njihove uporabe.

REZULTATI. Z intervencijskimi študijami, v okviru katerih so starejše osebe, neformalni oskrbovalci, bolniki ali zdravstveno osebje testirali e-storitve v realnem okolju znotraj raznovrstnih družbenih kontekstov, smo identificirali pozitivne učinke uporabe e-storitev (e-oskrba, e-zdravje). Več intervencijskih študij med starejšimi osebami v Sloveniji in njihovimi neformalnimi oskrbovalci ugotavlja, da e-storitve predstavljajo pomembno psihološko razbremenitev neformalnih oskrbovalcev. Ti navajajo številne pozitivne psihološke učinke uporabe e-storitev (npr. pomirjenost, zmanjšanje strahu, tesnobe in stresa), pri čemer, kljub manjši pogostosti pojavljanja, ne gre spregledati tudi nekaterih negativnih učinkov uporabe (npr. tesnoba, nezaupanje, stres). Oceno koristnosti posameznih funkcionalnosti e-storitev in učinke uporabe na neformalne oskrbovalce najbolj izrazito oblikuje kontekst neformalne oskrbe in z njim povezani specifični izzivi oz. potrebe. V omenjenih študijah znaten delež starejših uporabnikov pozitivno ocenjuje učinke uporabe e-storitev predvsem na področju občutka varnosti, samostojnosti, občutka nadzora nad življenjem in splošne kakovosti življenja. Na odnos uporabnikov do e-storitev ter njihovo sprejemanje e-storitev vplivajo potrebe, kontekst, značilnosti naprav in storitev ter učinki uporabe.

RAZPRAVA. *Zakon o dolgotrajni oskrbi* predvideva možnost uporabe e-storitev med uporabniki dolgotrajne oskrbe. E-storitve lahko pozitivno vplivajo na življenja njihovih uporabnikov, vendar pa je, glede na kompleksnost dejavnikov sprejemanja, pri uvajanju e-storitev treba upoštevati potrebe, želje, kontekstualne dejavnike in vsakodnevne rutine starejših oseb in neformalnih oskrbovalcev.

SKLEP. Intervencijske študije nam omogočajo, da preučimo izkušnje v realnem okolju, s preizkušenimi e-storitvami. Rezultati predstavljenih študij so pomembni za razvijalce, raziskovalce in ponudnike e-storitev.

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6.2

EVALUATION OF E-SERVICES FOR HEALTHY AND ACTIVE AGEING IN INTERVENTION STUDIES

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Keywords: *e-services, older adults, informal carers, acceptance, outcomes*

INTRODUCTION. E-services support ageing in place. They can help with health promotion and disease management, as recognised in European policy. Although their use increased during the COVID-19 epidemic, we are still far from seeing widespread use of e-services in Slovenia.

AIM. This paper presents the main findings from national and international projects of the Centre for Social Informatics that have investigated the acceptance factors of e-services and the outcomes of their use.

RESULTS. We identified positive effects of e-services use (telecare, telehealth) through intervention studies in which e-services were tested in real-life settings in a variety of social contexts among older people, informal carers, patients, or healthcare workers. Several intervention studies among older people in Slovenia and their informal carers have found that e-services provide important psychological relief to informal carers. They reported several positive psychological outcomes of using e-services (e.g., reassurance, peace of mind, reduction of anxiety), while some negative effects of use (e.g., anxiety, distrust, stress) cannot be ignored, although they are less frequent. Assessments of the usefulness of individual e-service functionalities and the outcomes of using e-services among informal carers are most strongly shaped by the context of informal caregiving and the specific challenges or needs associated with it. In the studies mentioned above, a significant proportion of older users rated the impact of using an e-service positively, particularly in the areas of sense of safety, independence, sense of control, and overall quality of life. Users' attitudes toward and acceptance of e-services are influenced by needs, context, characteristics of devices and services, and outcomes of use.

DISCUSSION. The Slovenian Long-Term Care (LTC) Law has introduced some of the e-services as an available and co-funded benefit under the LTC system. E-services can have a positive impact on the lives of their users, but given the complexity of acceptance factors, needs, preferences, contextual characteristics and daily routines of older people and informal carers must be considered when introducing e-services.

CONCLUSION. Intervention studies allow us to examine experiences in a real-life setting with tested e-services. The results of the studies presented are relevant to developers, researchers, and providers of e-care solutions.

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6.3**VPLIV SOCIOKULTURNIH VIDIKOV NA KAKOVOST ŽIVLJENJA STAREJŠIH V REPUBLIKI HRVAŠKI**

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Ključne besede: *sociokulturni vidiki, staranje, kakovost življenja, predsodki, staranje*

UVOD. Daljša pričakovana življenjska doba in kakovost življenja v Republiki Hrvaški, pa tudi v celotni Evropi, je izziv za sodobne družbe. Hkrati je posledica medsebojno povezanih bioloških, psiholoških, socialnih, kulturnih, ekonomskih in političnih dejavnikov. Subjektivna percepcija kakovosti življenja je opredeljena z zaznavanjem objektivnih dejavnikov, za razlago katerih ni enostavne definicije in edinstvenega pristopa. Sociokulturne vrednote v posamezni družbi so rezultat gospodarskega in političnega razvoja ter temeljijo na tradicionalnih, modernih in postmodernih vrednostnih usmeritvah (Inglahart 1995).

NAMEN. Namen prispevka je raziskati vpliv sociokulturnih dejavnikov na kakovost življenja starejših s pomočjo pregleda razpoložljive relevantne literature.

REZULTATI. Številne študije sociokulturnih vidikov staranja se nanašajo na odnose v družini in medgeneracijske odnose. Če primerjamo sociokulturne vrednote hrvaškega prebivalstva s prebivalstvom EU, je prišlo do upada zaupanja v državne

institucije, vključno z institucijami Evropske unije. Ugotovitev je bila oblikovana na podlagi osebnih ocen zunanje institucije ter na podlagi percepcije in ocene njihovih lastnih državnih institucij.

RAZPRAVA. Kakovost življenja je povezana z doživljanjem lastnega zdravja, ekonomskega in socialnega statusa ter kakovostjo socialnih stikov (Pavlović idr. 2010, 1088). Stereotipi znotraj naroda in drugih narodov so vseprisotni in stalni.

SKLEP. V opravljeni raziskavi v Republiki Hrvaški v primerjavi z ostalimi članicami rezultati kažejo nižji življenjski standard in visoko stopnjo brezposelnosti, pozitivni vidiki pa so vidni na področju kakovosti stanovanj, subjektivnih zaznav blaginje in boljšega počutja, ter dostopa do zdravstvenih storitev (Eurofound 2014). V literaturi nismo zasledili novejših raziskav, ki bi se osredotočale na vpliv sociokulturnih vidikov staranja na kakovost življenja starejših v Republiki Hrvaški, zato je treba izvesti raziskavo, ki bi identificirala sociokulturne dejavnike, ki vplivajo na kakovost življenja starejših.

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6.3

THE INFLUENCE OF SOCIOCULTURAL ASPECTS ON THE QUALITY OF LIFE OF OLDER PERSONS IN THE REPUBLIC OF CROATIA

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Keywords: *sociocultural aspects, ageing, quality of life, prejudice, ageism*

INTRODUCTION. Longer life expectancy and quality of life in the Republic of Croatia, as well as in the whole of Europe, is a challenge for modern societies. It is the result of interrelated biological, psychological, social, cultural, economic and political factors. Subjective perception of quality of life is defined through the perception of objective factors for the interpretation of which there is no simple definition and unique approach.

AIM. The aim of this paper is to investigate the impact of sociocultural factors on the quality of life of older people by reviewing the available relevant literature.

RESULTS. Many studies of sociocultural aspects of ageing relate to relationships within the family and intergenerational relationships. Comparing the sociocultural values of the Croatian population with the EU population, there was a decline in trust in state institutions, including the European Union institutions based on personal assessments of the external institution, and based on the perception and assessment of their own state institution.

DISCUSSION. Quality of life is related to the experience of one's own health, economic and social status and the quality of social contacts (Pavlović et al. 2010, 1088). Stereotypes within a nation and other nations are ubiquitous and constant.

CONCLUSION. Sociocultural values in an individual society are the result of economic and political development, and are based on traditional, modern and postmodern value orientations (Inglahart 1995). In the conducted research in the Republic of Croatia, compared to other members, the results show a lower standard of living and high unemployment rate, while positive aspects are visible in the area of housing quality, subjective perceptions of well-being and better access to health services (Eurofound 2014). We have not found recent research in the literature that would focus on the impact of sociocultural aspects of ageing on the quality of life of the elderly in the Republic of Croatia, and it is necessary to conduct research identifying sociocultural factors affecting the quality of life of the elderly.

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6.4

DESIRE – OBLIKOVANJE ZA VSE KOT METODA OBLIKOVANJA BIVALNIH OKOLIJ PRIJAZNIH STAREJŠIM ODRASLIM

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Ključne besede: *oblikovanje, starejši odrasli, bivalno okolje, počutje, ergonomija*

DESIRE je mednarodni Erasmus+ projekt, v katerem sodelujejo partnerji iz štirih evropskih držav (Slovaška, Slovenija, Španija in Portugalska). Namen projekta DESIRE je strokovnjakom s področja gradbeništva in notranje opreme zagotoviti orodja in veščine za uporabo metod univerzalnega oblikovanja (Design for All – D4All) z namenom snovanja in

oblikovanja starejšim odraslim prijaznega bivalnega okolja, ki spodbuja zdravje, udobje in avtonomijo posameznika. Ergonomsko načrtovana bivalna okolja, ki upoštevajo načela D4All, predstavljajo namreč eno izmed rešitev za zdravo in samostojno življenje starejših odraslih.

Projekt DESIRE ima štiri glavne cilje: (1) konceptualizacija okvirjev usposabljanja DESIRE na podlagi znanstvenih dognanj v skladu s trenutno prakso, (2) oblikovanje splošnega usposabljanja za D4All, (3) povečati ozaveščenost o D4All med strokovnjaki in splošno družbo in (4) spodbuditi interakcije in izmenjavo medsektorskega znanja v smeri razvoja inovativnih D4All izdelkov in storitev.

V prvem delu projekta smo analizirali vrzeli v ponudbi izobraževanja na področju D4All. Nato smo na podlagi trenutnih pomanjkljivosti pripravili načrt izobraževanja po modulih, ki bo interesentom dostopen na spletni platformi. Rezultati so pokazali, da v izobraževanju obstajajo vrzeli, kjer metode D4All niso prisotne ali ne vsebujejo pomembnih področij. Zaznali smo pomanjkanje izobraževalnih vsebin, vezanih na stanovanjsko področje, področje zdravja in zdravstvenega varstva ter notranjega oblikovanja. Na podlagi ugotovljenega smo definirali sledeče izobraževalne module: *Uvod v starostniku prijazno okolje, Fiziologija staranja in dizajn, Starosti prijazna arhitektura in notranje okolje, Starostnikom prijazno oblikovanje pohištva in Inženiring izdelkov.*

Z vzpostavitvijo izobraževalne platforme DESIRE bomo strokovnjake izobrazili in usposobili za uporabo metod D4All pri načrtovanju grajenih okolij za starejše odrasle, kar bo pripomoglo h gradnji starejšim prijaznih stanovanj, ki bodo omogočala zdravo, varno in samostojno življenje.

LITERATURA.

- <https://projectdesire.eu/>.

6.4

DESIRE – DESIGN FOR ALL METHODS TO CREATE AGE-FRIENDLY HOUSING

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Keywords: *design, elderly, living environment, wellbeing, ergonomics*

DESIRE is an international Erasmus+ project involving partners from four European countries (Slovakia, Slovenia, Spain and Portugal). The DESIRE project aims to provide building and interior design professionals with the tools and skills to apply universal design methods (Design for All - D4All) in order to conceive and design living environments for older adults that promote health, comfort and individual autonomy. Ergonomically designed living environments that follow the D4All principles are one of the solutions for healthy and independent living for older adults.

The project has four main objectives: (1) to develop DESIRE training frameworks based on scientific evidence in line with current practise, (2) to develop general training for D4All, (3) to raise awareness of D4All among professionals and the general society, and (4) to promote interactions and cross-sector knowledge exchange to develop innovative D4All products and services.

In the first part of the project we analysed the gaps in the provision of D4All educational services. Then, based on the existing gaps, we created a training roadmap organised by modules that will be accessible to interested parties on an online platform. The results showed that there are gaps in training where D4All methods are not present or do not cover relevant areas. We identified a lack of training content in housing, health and healthcare, and interior design. Based on these findings, we defined the following training modules: Introduction to Age-Friendly and Inclusive Environments, Ageing process and Design, Age-Friendly Architecture and Interior Design, Age-Friendly Product Design, and Product Engineering.

The educational platform DESIRE will train professionals to apply D4All methods in designing built environments for older adults. This will contribute to the construction of age-friendly homes that enable healthy, safe and independent living.

LITERATURE.

- <https://projectdesire.eu/>.

6.5

PROJEKT ESSENSE – IZOBRAŽEVANJE V PODORO PAMETNIM OKOLJEM ZA STAREJŠE

'Dean LIPOVAC, 'doc. dr. Michael David BURNARD, 'InnoRenew CoE, Izola, Slovenija

Ključne besede: *prilagojena okolja, informacijsko modeliranje stavb, tehnologije za pomoč pri bivanju*

Projekt ESSENSE – Izobraževanje v podporo pametnim okoljem za starejše (Education Supporting Smart Environments for Seniors) – je Erasmus+ projekt s sedmimi mednarodnimi partnerji, ki je potekal med letoma 2018 in 2021. Cilj projekta je bil pripraviti izobraževalni tečaj, ki bo podpiral ustvarjanje pametnih okolij in tehnologij, prilagojenih potrebam starejših odraslih in njihovih skrbnikov.

Projektne partnerji so prepoznali veliko neizkoriščenega potenciala v tehnologijah za pomoč pri bivanju (Ambient Assisted Living – AAL) in informacijskem modeliranju stavb (Building Information Modeling – BIM) – ustvarjanju in upravljanju digitalnih modelov, in sicer fizičnih in funkcionalnih lastnosti prostorov. Cilj projekta je bil pripraviti izobraževalni tečaj, ki bo združeval znanje o AAL, BIM ter potrebah starejših odraslih in njihovih negovalcev.

Tečaj, ki je brezplačno na voljo na spletu, je sestavljen iz petih modulov:

- Osnovni koncepti BIM.
- Potrebe starejših oseb in njihovih skrbnikov.
- Pametna stanovanja in načela AAL.
- Interakcije med BIM, pametnimi stanovanji in AAL.
- Upravljanje projektov in inovacij na področju BIM in AAL.

Tečaj je sestavljen iz besedilnega in video učnega gradiva ter testov, ki preverjajo znanje udeležencev tečaja. Udeleženci lahko po zaključku vsakega modula prejmejo potrdilo o opravljenem tečaju. Moduli se najbolje obnesejo v kombinaciji, vendar se lahko vsak modul uporablja tudi kot samostojno učno gradivo.

Izobraževalni tečaj ESSENSE združuje znanje, ki je bilo prej razpršeno in na voljo le določenim profilom študentov in strokovnjakov. Povezovanje tega znanja omogoča različnim deležnikom, ki sodelujejo pri načrtovanju pametnih okolij in tehnologij, pridobitev širšega znanja o tej temi in boljše sodelovanje z vsemi vpletenimi.

LITERATURA.

- <http://essense-project.eu/>.
- <http://moodle.essense-project.eu/>.

6.5

ESSENSE PROJECT – EDUCATION SUPPORTING SMART ENVIRONMENTS FOR SENIORS

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Keywords: *adapted environments, Building Information Modelling, Ambient Assisted Living technologies*

ESSENSE – Education Supporting Smart Environments for Seniors – was an Erasmus+ project with seven international partners that took place between 2018 and 2021. The project aimed to prepare an educational course that will support the generation of smart environments and technologies adapted to the needs of older adults and their caregivers.

The project partners recognized a lot of unused potential in Ambient Assisted Living (AAL) technologies and Building Information Modeling (BIM) – creation and management of digital representations of physical and functional properties of spaces. The goal was to prepare an educational course that would combine knowledge on AAL, BIM, and needs of older adults and their caregivers.

The resulting course, which is freely available online, consists of five modules:

- Basic concepts of BIM
- Needs of senior citizens and their caretakers
- Smart housing and AAL principles
- Interactions between BIM, smart housing, and AAL
- Project and innovation management in BIM and AAL

The course consists of textual and video learning materials, together with quizzes that test the knowledge of course participants. Participants can receive a certificate upon completion of each module. The modules work best in combination, but each module can be used as a standalone teaching material.

The ESSENSE educational course brings together knowledge that has previously been scattered and available only to certain profiles of students and professionals. The integration of this knowledge provides the opportunity for various stakeholders involved in the design of smart environments and technologies to gain a broader knowledge on the topic and to better collaborate with everyone involved.

LITERATURE.

- <http://essense-project.eu/>.
- <http://moodle.essense-project.eu/>.

6.6

KOMUNIKACIJSKO VODENJE KOT ODNOSNO KONSTRUIRAN FENOMEN

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Ključne besede: *komunikacijsko vodenje, kultura, socialnokonstrukcionistični pristop*

UVOD. Temeljna in najbolj prvinska oblika vodenja, ki ga tudi udejanja, je komunikacija, ki se odvija na odnosni ravni v kontekstu organizacijskega oziroma družbenega in kulturnega okolja. Razvito okolje je doslej dokazalo, da je komunikacijsko vodenje podlaga inovativnemu razmišljanju, fleksibilnosti, progresivnemu samospreminjanju zaposlenih in prispeva h konkurenčni ostrini.

NAMEN. Namen prispevka je predstaviti koncept komunikacijskega vodenja, ki ustreza novi paradigmi vodenja, ki temelji na mislečem in ozaveščenem okolju, slonečem na življenjski energiji in intuitivnosti. Koncept komunikacijskega vodenja znanstveno še ni docela razvit in predvsem v Sloveniji se z njim doslej še nihče ni ukvarjal, zato bomo v nadaljevanju tudi raziskali, v kolikšni meri so v slovenskih gospodarskih družbah prisotni gradniki, ki bi lahko v prihodnosti tvorili model komunikacijskega vodenja.

S spremembo paradigme raziskovanja pojava vodenja v devetdesetih letih prejšnjega stoletja stopi v ospredje socialnokonstrukcionistični pristop raziskovanja, ki predpostavlja, da je vodenje pojav, ki nastaja na odnosni ravni oziroma v komunikacijskem odnosu med vodjo in sledilci, v določenem kontekstu. Slednje pomeni premik k bolj integrativnemu pristopu raziskovanja vodenja, ki predvideva vodenje kot rezultat socialnih interakcij in medsebojnega vplivanja.

LITERATURA.

- Johansson, C., Miller, V.D., & Hamrin, S. (2011). *Communicative leadership. Theories, Concepts, and Central Communicative Behaviours*. Sweden: Mid Sweden University.
- Johansson, C., Miller, V. D., & Hamrin, S. (2014). *Conceptualizing communicative leadership: A framework for analyzing and developing leaders' communication competence*. *Corporate Communications: An International Journal*, 19(2), 147–65.

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6.6

COMMUNICATION MANAGEMENT AS A CONSTRUCTED PHENOMENON

Mag. Tanja CINK, Zavod RS za zaposlovanje, Nova Gorica, Slovenija

Keywords: *communicative leadership, culture, social constructionist approach*

INTRODUCTION. The basic and most primary form of leadership is communication which takes place at the relational level in the context of the organizational or social and cultural environment. The developed environment has proven so far that communicative leadership is the basis for innovative thinking, flexibility, progressive self-changing of employees and contributes to competitive acuity.

AIM. The purpose of this paper is to present the concept of communicative leadership, which corresponds to a new paradigm of leadership, based on a thinking and aware environment, based on life energy and intuition. The concept of communicative leadership is not yet fully developed scientifically and no one has dealt with it so far, especially in Slovenia, so we will continue to investigate the extent to which there are building blocks in Slovenian companies that could form a model of communicative leadership in the future.

With the change of research paradigm, the phenomenon of leadership in the 1990s brings to the fore the social constructionist approach to research, which assumes that leadership is a phenomenon that arises at the relational level or in the communication relationship between leader and followers in a particular context. The latter represents a shift towards a more integrative approach to leadership research, which envisages leadership as a result of social interactions. In the sense of the mentioned approach to the research of communicative leadership, we also address a concrete paper.

LITERATURE.

- Johansson, C., Miller, V.D., & Hamrin, S. (2011). *Communicative leadership. Theories, Concepts, and Central Communicative Behaviours*. Sweden: Mid Sweden University.
- Johansson, C., Miller, V. D., & Hamrin, S. (2014). Conceptualizing communicative leadership: A framework for analyzing and developing leaders' communication competence. *Corporate Communications: An International Journal*, 19(2), 147–65.
- Hamrin, S. (2016). *Communicative Leadership: Exploring Leaders' Discourse on Participation and Engagement*. *Comunicação & Sociedade*, 38(2), 7–42.

ZAKLJUČEK

Zbornik je bil izveden v sklopu projekta PHArA-ON, *Piloti za zdravo in aktivno staranje* (GA#857188), ki ga financira Evropska komisija za financiranje projektov Obzorje 2020. Več informacij o projektu PHArA-ON je dostopnih na spletni strani <https://www.pharaon.eu>. Zbornik je plod interdisciplinarnega sodelovanja med različnimi partnerji (Nacionalni inštitut za javno zdravje, InnoRenew CoE, Dom upokojencev Izola – Casa del pensionato Isola, SenLab d.o.o., Alma Mater Europaea, Socialna zbornica Slovenije) in je nastal ob konferenci *Digitalna pomoč srebrnim letom: Digitalizacija in prispevek projekta PHArA-ON k izboljšanju kakovosti življenja starejših odraslih*. Zahvala gre vsem posameznikom, ki so prispevali k izvedbi konference in s svojim znanjem prispevali h kakovostni in interdisciplinarni vsebini zbornika.

CONCLUSION

The proceedings were carried out as part of the PHArA-ON project, *Pilots for healthy and active ageing* (GA#857188), which is financed by the European Commission for the financing of Horizon 2020 projects. More information about the PHArA-ON project is available at <https://www.pharaon.eu>. The proceedings are the result of interdisciplinary collaboration between various partners (National Institute of Public Health, InnoRenew CoE, Izola retirement home – Casa del pensionato Isola, SenLab d.o.o., Alma Mater Europaea, Social Chamber of Slovenia) and was created as part of the conference entitled “Digital aid to the silver years: Digitalization and the PHArA-ON project' contribution to improving the quality of life of older adults”, which was carried out in May 2022 in Ljubljana. Thank you to all individuals who contributed to the conference and contributed their knowledge to the high-quality and interdisciplinary content of the proceedings.

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Pilotni primeri za zdravo in aktivno staranje

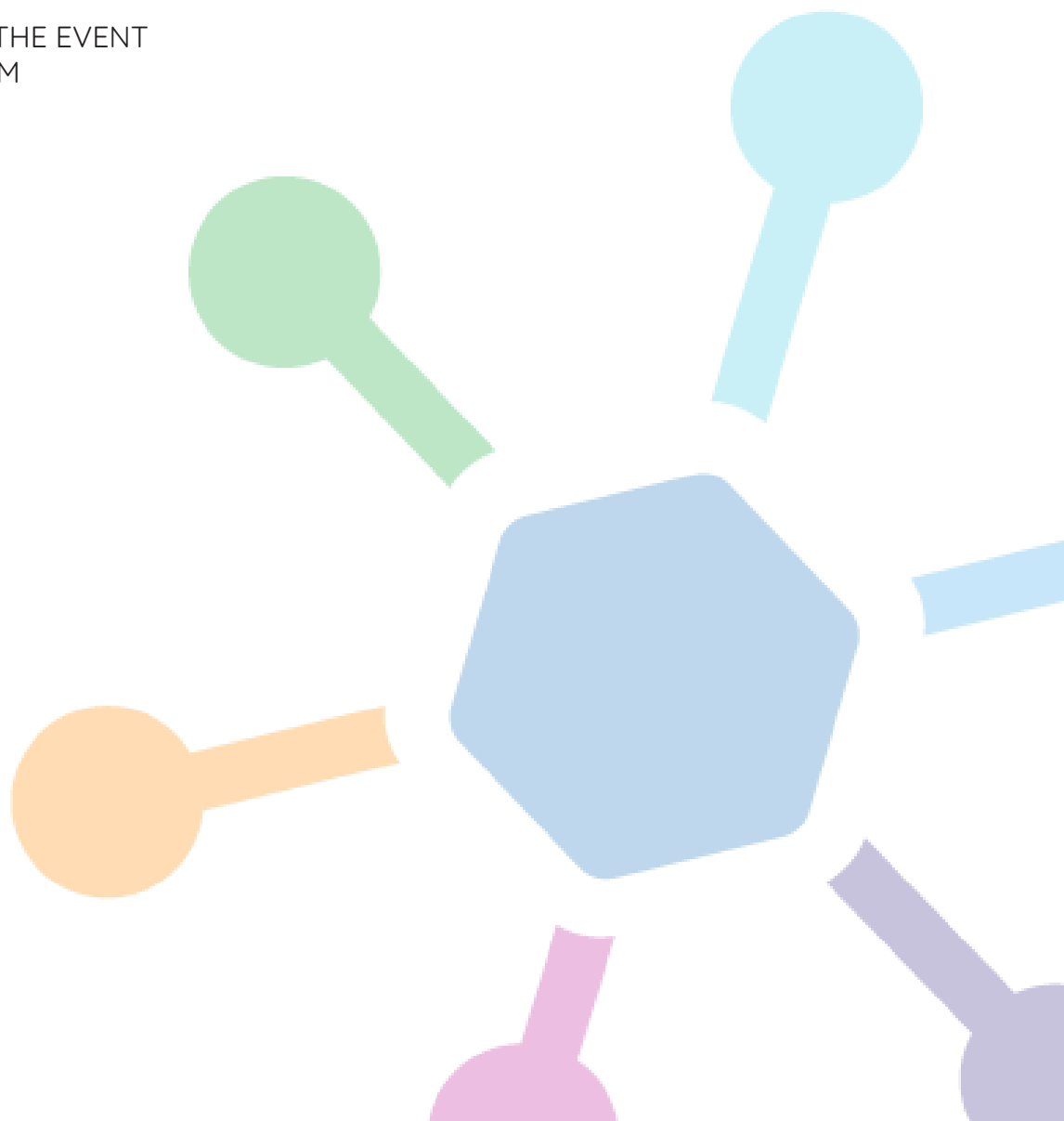
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PRILOGA

- VABILO NA DOGODEK
- PROGRAM DOGODKA

APPENDIX

- INVITATION TO THE EVENT
- EVENT PROGRAM





www.pharaon.eu

V Evropi, kjer se prebivalstvo hitro stara, se povečuje potreba po orodjih, ki bodo izboljšala kakovost življenja, socialno vključenost, neodvisnost in splošno zdravje starejših odraslih. Napredne IKT rešitve, ki združujejo tehnologije iz različnih področij, lahko pripomorejo k izboljšanju kakovostnega staranja, vendar pa imajo trenutne rešitve omejeno področje uporabe. Splošni cilj projekta Pharaon, ki se izvaja v petih evropskih državah, je zagotoviti podporo starajočemu se prebivalstvu v Evropi z integracijo digitalnih storitev, naprav in orodij v odprtih platformah, ki jih je mogoče takoj uporabiti, obenem pa ohraniti dostojanstvo starejših odraslih in povečati njihovo neodvisnost in varnost. Namen slovenskega dela projekta je na podlagi ugotovljenih potreb stanovalcev domov upokojencev pridobiti ustrezna tehnološka orodja za pomoč pri samostojnem življenju, pri zmanjšanju socialne izolacije in izboljšanju dobrega počutja. Zato je v projekt vključenih več digitalnih orodij, vključno s TV komunikacijskim sistemom, pametnimi zapestnicami in senzorji ter pametno analitiko, ki bo integrirana za zagotavljanje prilagojene in optimizirane zdravstvene oskrbe.

VABILO NA DOGODEK DIGITALNA POMOČ SREBRNIM LETOM

18. in 19. maj 2022

Alma Mater Europaea (Kardeljeva ploščad 1, 1000 Ljubljana)

Na dogodku bomo predstavili trenutno stanje v domovih za starejše občane v Sloveniji in po svetu, projekt Pharaon, tehnološke rešitve za domove upokojencev, potrebe starejših odraslih, primere dobrih praks iz Slovenije in sveta, ter različne projekte / raziskave na področju starajočega prebivalstva. V okviru dogodka bomo organizirali tudi okroglo mizo, kjer se bomo pogovarjali o dobrih praksah in nakazali inovacijske poti na področju starosti prijaznih domov.

Dogodek organizirajo InnoRenew CoE, Dom upokojencev Izola – Casa del pensionato Isola, SenLab in Nacionalni inštitut za javno zdravje v okviru projekta Pharaon, v sodelovanju s Socialno zbornico in Alma Mater Europaea.



Dom upokojencev Izola
Casa del pensionato Isola



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Pilots for Healthy and Active Ageing



This project has received funding from the European Union's Horizon 2020 Innovation programme under grant agreement No 857188.

www.pharaon.eu

In Europe's rapidly ageing population, there is a growing need for tools to improve the quality of life, social inclusion, independence and overall health of older adults. Advanced ICT solutions that combine technologies from different fields can help improve the quality of aging, but current solutions have a limited scope. The overarching goal of the Pharaon project is to provide support to Europe's aging population by integrating digital services, devices and tools in open platforms that can be used immediately, while preserving the dignity of older adults and increasing their independence and security. The project is conducting large scale pilots in 5 European countries - Slovenia, Spain, Portugal, Italy, and the Netherlands. The goal of the Slovenian Pilot is based on the identified needs of the residents of retirement homes, to obtain appropriate technological tools to help them live independently, reduce social isolation and improve well-being. Therefore, several digital tools are included in the project, including a TV communication system, smart bracelets and sensors, and smart analytics that will be integrated to provide tailored and optimized healthcare.

INVITATION TO THE EVENT DIGITAL AID TO SILVER YEARS

May 18 and 19, 2022

Alma Mater Europaea (Kardeljeva ploščad 1, 1000 Ljubljana)

The event will present the current situation in retirement homes in Slovenia and around the world, the Pharaon project, technological solutions for retirement homes, the needs of older adults, examples of good practice from Slovenia and the world, and various projects / research in the aging population. As part of the event, we will also organize a round table where we will discuss good practices and point out innovation pathways in the field of age-friendly homes.

The event is organized by InnoRenew CoE, Izola Retirement Home – Casa del pensionato Isola, SenLab and National Institute of Public Health as part of the Pharaon project, in collaboration with Social Chamber and Alma Mater Europaea.



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Pilotni primeri za zdravo in aktivno staranje

PROGRAM 18. 05. 2022

08:30 - 09:00

Registracija
Registration

UVOD / INTRODUCTION

09:00 - 09:05	Doc. dr. Michael David Burnard InnoRenew CoE Vodja projekta	Uvodni nagovor Opening speech
09:05 - 09:10	Mag. Cveto Uršič Ministrstvo za delo, družino, socialne zadeve in enake možnosti Državni sekretar	Uvodni nagovor Opening speech
09:10 - 09:15	Mag. Vilko Kolbl Socialna zbornica Slovenije Generalni sekretar	Uvodni nagovor Opening speech
09:15 - 09:20	Prof. dr. Ludvik Toplak Predsednik Alma Mater Europaea	Uvodni nagovor Opening speech

TEORETIČNI DEL / THEORETICAL PART

09:20 - 09:50	Dr. Heidi Siira University of Oulu, Finland	GeroNursing Centre (GNC) - Evidence-based restorative care for successful aging
09:50 - 10:20	Zasl. prof. ddr. Marija Mara Ovsenik Doc. dr. Nikolaj Lipič Marko Kac Alma Mater Europaea	Inovacijske poti za starosti prijazne domove Innovation pathways for age-friendly homes
10:20 - 10:50	Prof. dr. Tajana Pavić Doc. prim. dr. sc. Spomenka Tomek Roksandić University Hospital Center "Sestre Milosrdnice"	Značenje edukacije iz gerontologije i gerijatrije u Hrvatskoj The importance of education in gerontology and geriatrics in Croatia

KRATEK ODMOR / SHORT BREAK

10:55 - 11:15	Izr. prof. dr. Nadja Plazar Alma Mater Europaea	Raziskovanje o življenju starejših odraslih ljudi v slovenski družbi Research on the lives of older adults in Slovenian society
11:15 - 11:35	Prof. ing. dr. Veronika Kotradjova Faculty of Architecture and Design, Slovak University of Technology in Bratislava, BCDlab	11 principle of spatial design for wellbeing (of elderly)
11:35 - 12:05	Dr. Tomaž Lenart Dom Nine Pokorn	Sodobne tehnologije v luči samostojnosti starejših oseb Modern technologies in the light of the independence of the older adults

BRUNCH

PROJEKT PHARAON: DIGITALIZACIJA STAREJŠIH / PHARAON PROJECT: DIGITALIZATION OF THE ELDERLY

13:00 - 13:15	Doc. dr. Michael David Burnard Dean Lipovac Mateja Erce InnoRenew CoE	Pilotni primeri za zdravo in aktivno staranje - projekt Obzorje za podporo dobremu počutju, dostojanstvu in neodvisnosti starejših odraslih Pilots for healthy and active ageing - a Horizon project to support the wellbeing, dignity and independence of older adults
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Projekt je prejel sredstva iz programa Evropske unije za raziskave in inovacije Obzorje 2020 na podlagi sporazuma o dodelitvi sredstev št. 857188.

Pilotni primeri za zdravo in aktivno staranje

PROGRAM

18. 05. 2022

13:15 - 13:30	Dr. Katarina Bitenc Dr. Anja Jutraž NIJZ Doc. dr. Andreja Kukec NIJZ, UL MF	Predstavitve pilotov v okviru projekta Pharaon Presentation of pilots within the Pharaon project
13:30 - 13:50	Mateja Erce Dean Lipovac Doc. dr. Michael David Burnard InnoRenew CoE	Potrebe starejših odraslih ter predhodna validacija tehnoloških rešitev Older adults' needs and pre-validation of technological solutions
13:50 - 14:05	Jure Lampe SenLab	Tehnološke rešitve za domove za starejše: Videokonferenčni sistem Daisy Technological solutions for nursing homes: Daisy video conferencing system

KRATEK ODMOR / SHORT BREAK

TRENTUTNI IZZIVI SKRBI ZA STAREJŠE / CURRENT CHALLENGES CARING FOR THE ELDERLY

14:15 - 14:35	Breda Božnik Senecura Dom starejših občanov Vojnik d.o.o. in OptimaMed Dializni center Vojnik d.o.o.	Potreba, pomen in pasti digitalizacije v domovih za starejše The need, importance and pitfalls of digitalization in nursing homes
14:35 - 14:55	Prof. ing. dr. Veronika Kotradyova Faculty of Architecture and Design, Slovak University of Technology in Bratislava, BCDlab	Social inclusion and physical activity as part of age friendly environment
14:55 - 15:15	Mateja Erce Dean Lipovac Doc. dr. Michael David Burnard InnoRenew CoE	Kako je mogoče zadovoljiti potrebe starejših odraslih v grajenem okolju? How can we meet the needs of older adults in the built environment?
15:15 - 15:35	Jure Lampe SenLab	Digitalizacija v domovih za starejše Digitalization in nursing homes
15:35 - 15:55	Mag. Cveto Uršič Ministrstvo za delo, družino, socialne zadeve in enake možnosti	Dolgotrajna oskrba - od ideje do zakona Long-term care - from idea to law

ODMOR ZA KAVO / COFFEE BREAK



Dom upokojevcjev Izola
Casa del pensionato Isola



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Projekt je prejel sredstva iz programa Evropske unije za raziskave in inovacije Obzorje 2020 na podlagi sporazuma o dodelitvi sredstev št. 857188.

Pilotni primeri za zdravo in aktivno staranje

PROGRAM

18. 05. 2022

OKROGLA MIZA: ALI VAS JE STRAH DIGITALIZACIJE? / ROUND TABLE: ARE YOU AFRAID OF DIGITALIZATION?

16:05 - 17:35

Doc. dr. Nikolaj Lipič
Alma Mater Europaea

Moderator

Zasl. prof. ddr. Marija Mara Ovsenik
Alma Mater Europaea

Dr. Tomaž Lenart
Dom Nine Pokorn

Mag. Cveto Uršič
MDDSZ

Romina Zajc
DUI

Dr. Rok Ovsenik
DUI

Jure Lampe
SenLab

Mateja Erce
InnoRenew CoE

SKLEPNE MISLI / CONCLUSION

17:35 - 17:40

Dr. Rok Ovsenik
DUI

Sklepne misli
Conclusion



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Pilotni primeri za zdravo in aktivno staranje

PROGRAM 19. maj 2022

08:30 - 09:00

Registracija
Registration

UVOD / INTRODUCTION

09:00 - 09:10

Dr. Rok Ovsenik
DUI

Uvodne misli
Introduction

DOBRE PRAKSE / BEST PRACTICES

09:10 - 09:30

Lara Toccafondi
UP - UmanaPersone

Assistive technologies to support older adults and professionals during the pandemic

09:30 - 09:50

Mag. Veronika Falant
Dom Nine Pokorn

Koncept kongruentne nege
Congruent relationship care

09:50 - 10:10

Mag. Diana Lekić
Dom za starije i nemoćne osebe
"Atilio Gamboc" Umag

Dom "Atilio Gamboc", Umag
Care home for the older adults and infirm "Atilio Gamboc" Umag

KRATEK ODMOR / SHORT BREAK

10:15 - 10:35

Mag. Mateja Nagode
Inštitut RS za socialno varstvo
Lea Lebar
Univerze v Ljubljani, Fakultete za
družbene vede

Evalvacija pilotnih projektov dolgotrajne oskrbe: raba in učinki rabe podpornih tehnologij
Evaluation of pilot projects in long-term care: use and impact of assistive technologies

10:35 - 10:55

Zasl. prof. dr. Jana Goriup
Alma Mater Europaea - Evropski
center, Maribor

Socialna gerontologija v primežu postmoderne družbe
Social gerontology in the grip of postmodern society

10:55 - 11:15

Marko Kac
Alma Mater Europaea - ECM

Srebrna socioekonomska evolucija kot nova razvojna paradigma in odziv na demografske spremembe v EU in Sloveniji
Silver socioeconomic evolution as a new development paradigm and response to demographic changes in EU and Slovenia

11:15 - 11:35

Doc. dr. Boris Miha Kaučič
Visoka zdravstvena šola v Celju
Asist. Mihael Nedeljko
Alma Mater Europaea - ECM

Povezava med osamljenostjo in zadovoljstvom z življenjem starejših odraslih, glede na okolje bivanja z vidika uporabe informacijsko komunikacijske tehnologije
The connection between loneliness and life satisfaction of older adults, according to the living environment in terms of the use of information and communication technology

ODMOR ZA KAVO / COFFEE BREAK

SORODNE RAZISKAVE IN PROJEKTI / RELATED RESEARCH AND PROJECTS

12:05 - 12:25

Andreja Mezinec
Doc. prim. dr. Mojca Gabrijelčič
Blenkuš
NIJZ

Izzivi na področju aktivnega in zdravega staranja - Interdisciplinarni in medsektorski pristop na področju Aktivnega in zdravega staranja (AZS)
Challenges in the field of active and healthy aging - Interdisciplinary and cross-sectoral approach in the field of active and healthy aging (AZS)



Pilotni primeri za zdravo in aktivno staranje

PROGRAM

19. maj 2022

12:25 - 12:45	Doc. dr. Simona Hvalič Touzery Moja Šetinc Izr. prof. dr. Vesna Dolničar Fakulteta za družbene vede, Univerza v Ljubljani	Evaluacija e-storitev za zdravo in aktivno staranje v intervencijskih študijah. Evaluation of e-services for healthy and active ageing in intervention studies
12:45 - 13:05	Damir Poljak Prof. ddr. Marija Ovsenik Alma Mater Europaea - ECM	Vpliv sociokulturnih vidikov na kakovost življenja starejših v Republiki Hrvaški The Influence Of Sociocultural Aspects On The Quality Of Life Of Older Persons In The Republic Of Croatia
13:05 - 13:25	Matic Sašek Nastja Podrekar Loredan Dean Lipovac Prof. dr. Nejc Šarabon InnoRenew CoE	DESIRE - Oblikovanje za vse kot metoda oblikovanja bivalnih okolij prijaznih starejšim odraslim DESIRE - DESIGN for all methods to cREate age-friendly housing

KRATEK ODMOR / SHORT BREAK

13:30 - 13:50	Dean Lipovac Doc. dr. Michael David Burnard InnoRenew CoE	Projekt ESSENSE - Izobraževanje v podporo pametnim okoljem za starejše Project ESSENSE - Education Supporting Smart Environments for Seniors
13:50 - 14:10	Mag. Tanja Cink Območna služba Nova Gorica, Zavod RS za zaposlovanje	Komunikacijsko vodenje kot odnosno konstruiran fenomen Communication management as a constructed phenomenon

SKLEPNE MISLI / CONCLUSION

14:10 - 14:40	Dr. Rok Ovsenik DUI	Sklepne misli, diskusija Conclusion, discussion
14:40 - 14:50	Doc. dr. Michael David Burnard InnoRenew CoE	Diskusija Conclusion
14:50 - 15:00	Doc. dr. Barbara Toplak Perovič Alma Mater Europaea	Diskusija Conclusion



pharaon

Pilotni primeri za zdravo in aktivno staranje

V Evropi, kjer se prebivalstvo hitro stara, se povečuje potreba po orodjih, ki bodo izboljšala kakovost življenja, socialno vključenost, neodvisnost in splošno zdravje starejših odraslih. Napredne IKT rešitve, ki združujejo tehnologije iz različnih področij, lahko pripomorejo k izboljšanju kakovostnega staranja, vendar pa imajo trenutne rešitve omejeno področje uporabe. Splošni cilj projekta Pharaon, ki se izvaja v petih evropskih državah, je zagotoviti podporo starajočemu se prebivalstvu v Evropi z integracijo digitalnih storitev, naprav in orodij v odprtih platformah, ki jih je mogoče takoj uporabiti, obenem pa ohraniti dostojanstvo starejših odraslih in povečati njihovo neodvisnost in varnost. Namen slovenskega dela projekta je na podlagi ugotovljenih potreb stanovalcev domov upokojencev pridobiti ustrezna tehnološka orodja za pomoč pri samostojnem življenju, pri zmanjšanju socialne izolacije in izboljšanju dobrega počutja. Zato je v projekt vključenih več digitalnih orodij, vključno s TV komunikacijskim sistemom, pametnimi zapestnicami in senzorji ter pametno analitiko, ki bo integrirana za zagotavljanje prilagojene in optimizirane zdravstvene oskrbe.

In Europe's rapidly ageing population, there is a growing need for tools to improve the quality of life, social inclusion, independence and overall health of older adults. Advanced ICT solutions that combine technologies from different fields can help improve the quality of aging, but current solutions have a limited scope. The overarching goal of the Pharaon project is to provide support to Europe's aging population by integrating digital services, devices and tools in open platforms that can be used immediately, while preserving the dignity of older adults and increasing their independence and security. The project is conducting large scale pilots in 5 European countries - Slovenia, Spain, Portugal, Italy, and the Netherlands. The goal of the Slovenian Pilot is based on the identified needs of the residents of retirement homes, to obtain appropriate technological tools to help them live independently, reduce social isolation and improve well-being. Therefore, several digital tools are included in the project, including a TV communication system, smart bracelets and sensors, and smart analytics that will be integrated to provide tailored and optimized healthcare.



Dom upokojencev Izola
Casa del pensionato Isola



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