Facilitating intergenerational solidarity and learning through building friendships between youngsters and elderly

Bonding

PR3

Piloting Report

Co-funded by the European Union

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KMOP SKOPJE

Project number:
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Report on PR3/Piloting

Hosted on: 20.11.2023, 11:00 – 12:30, online event

Facilitated by: KMOP Skopje, N. Macedonia

1 Introduction

The Bonding piloting was organised in collaboration with the Association 'Humanost', based in Skopje, specialised in providing services for elderly people and improving the conditions and quality of life of persons at social risk.

The piloting took place online and involved in total 18 participants, including 5 young people, 7 participants falling into the category of general public and 6 elderly people all from Municipality of Demir Kapija. Among the participants, most of them were caregivers of elderly people, actively involved and have wider experience in the process of providing support to elderly people. The piloting session served as a safe space for sharing the developed tools by the Bonding consortium as well as sharing best practices from their experience. Considering that the project aimed to empower young people and to motivate them to take initiatives in their community to support elderly and to promote active participation, the facilitators emphasised the need and the opportunity to further develop their skills and knowledge regarding the topic of active participation and befriending services.

2 Methodology

For the purpose of successful implementation of the event, KMOP Skopje in collaboration with Association 'Humanost' recruited the suitable participants: young people aged 15-29, elderly people with risk of social inclusion, general public and caregivers willing to network and learn new skills about befriending services.

The event started with a brief introduction of the Bonding project, its aims, project activities and developed tools within PR 3, also included getting to know each other during the session.

Before the event, the facilitators selected the awareness raising tools developed by the consortium that were presented during the piloting session.

More precisely:

Posters developed by ANS, PCG and CARDET

Videos developed by CARDET, KMOP Skopje and PCG

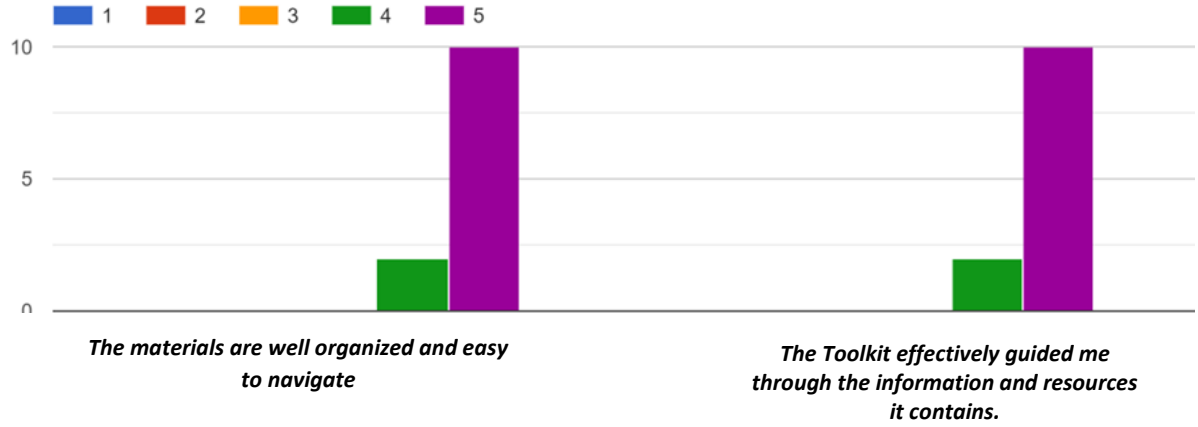
Infographics developed by KMOP have been presented.

During the piloting session the participants showed interest in the topic and the materials. Everyone shared their experiences and familiarity with befriending services emerging in discussion about the positive effects of it and the interest of both young and elderly people about involving in this kind of service.

3 Results

After the piloting of the developed materials, the facilitators conducted an evaluation and supported the process of reflection and learning outcomes. The evaluation form has been filled out by 12 participants, including the elderly people who have received support from their caregivers in overcoming the technical barriers.

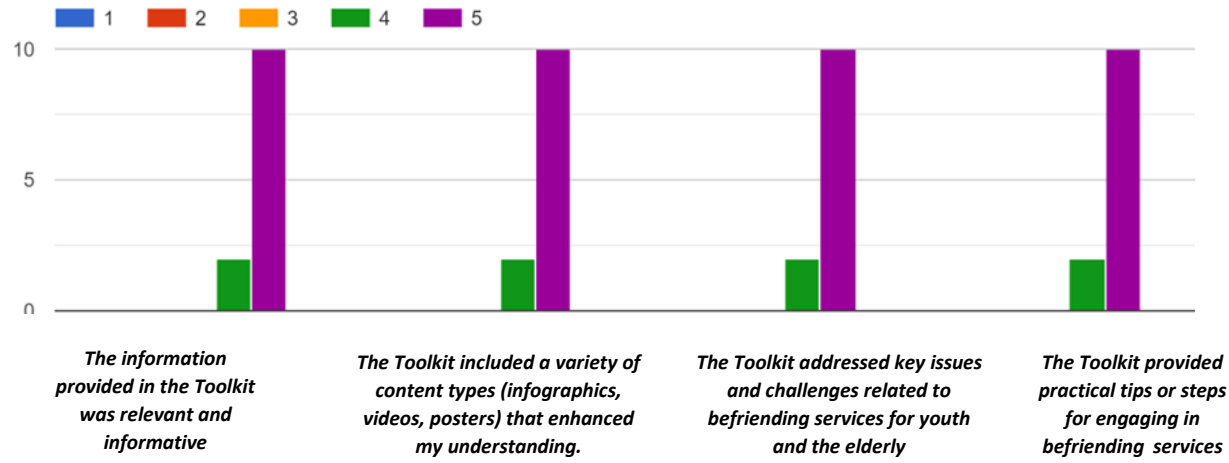
According to the received feedback from the participants in the piloting session, the materials within the developed Toolkit are well organised and easy to navigate. Furthermore, they have reported that the Toolkit effectively guided them through the information and resources it contains.



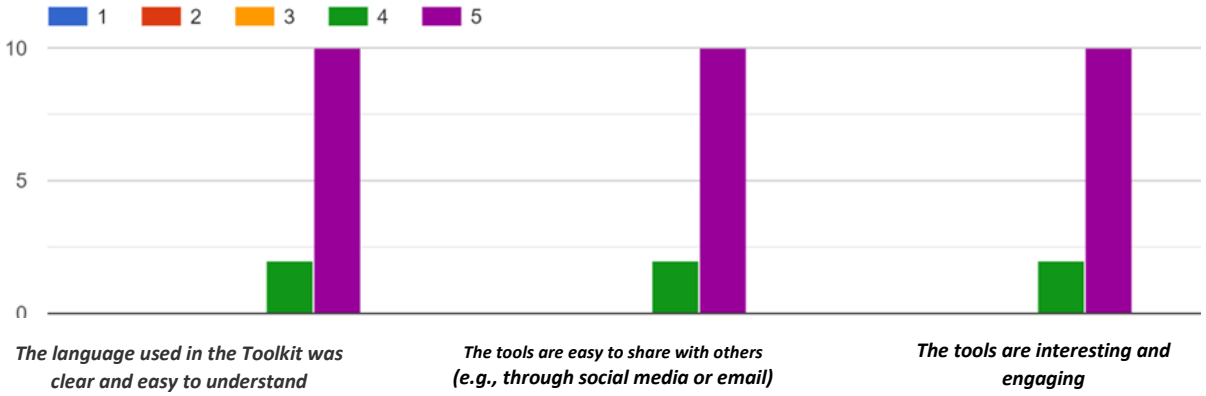
The materials are well organized and easy to navigate

The Toolkit effectively guided me through the information and resources it contains.

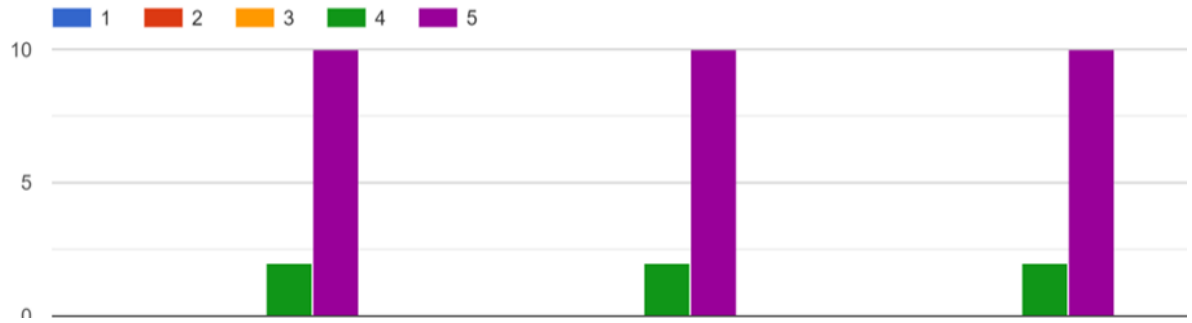
Regarding its content, the participants reported a high level of satisfaction from the available information provided from the presented tools within the Toolkit and that they are relevant and informative for them. Furthermore, they find interesting different types of tools such as infographics, videos and posters that support their learning process about the topic. Equal number of participants reported that the Toolkit addressed key issues and challenges related to befriending services for youth and the elderly people and provided them with practical tips and steps for engaging in befriending services.



Regarding the user-friendliness, the participants reported the tools were interesting and engaging for them, as well as that the language that has been used in the Toolkit was clear and easy to understand for them. Moreover, the tools were easy to share with others that are interested in this topic through social media or email.



The participants reported that the tools are easily accessible on various devices without any difficulties or barriers, as well as that they prove contact information or support for people with accessibility needs.



The tools are accessible on various devices (e.g., desktop, mobile, tablet).

The Toolkit was easy to access, with no technical difficulties or barriers.

The Toolkit provided contact information or support for individuals with accessibility needs

4 Conclusion

The piloting session served as a platform for sharing information, knowledge and skills on how to promote intergenerational solidarity in the community. The participants expressed a high level of interest about the Bonding project and the Toolkit. The videos were piloted with a group of elderly people, the infographics with young people and the posters with the caregivers of elderly people.

Overall, the participants expressed a high level of interest about the videos and asked for additional explanation. They have reported that the content and the information presented in the video are relevant for them and proves an opportunity to learn new things about how to maintain a meaningful relationship in their life. The elderly people followed the videos with the support of their caregivers.

The infographics provided the young people with valuable information and motivation to become active citizens in their community, for the general public and caregivers the tools were a source of information on how to continuously support the quality of life of elderly people in their community.

All participants agree and highlight that the befriending services are really important for their active ageing and well-being. Furthermore, they had emphasised the need of implementing events and workshops where they can participate and interact with others, especially with young people.

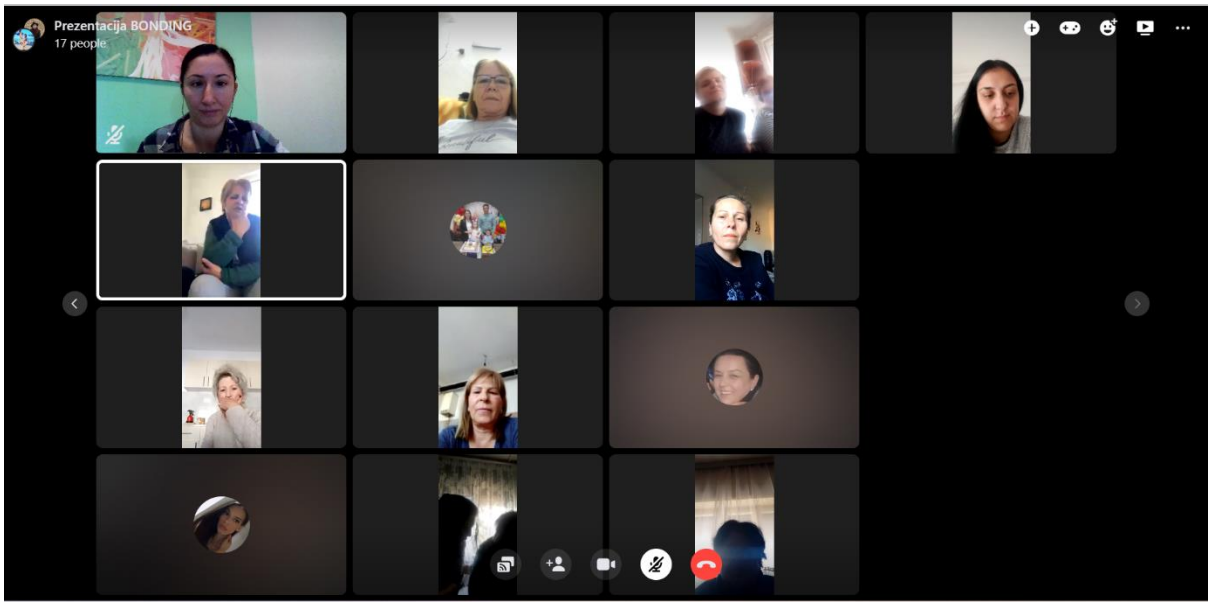
During the discussion one of the elderly shared: 'For us it is really important to interact with the community, to be visited at home and to have someone to talk to and who will support us in our everyday life.'

Moreover, it was pointed out that the geographical, cultural and gender factors are also important in the process of ensuring the quality of the befriending services. Also, an interesting fact shared is that, the people that are providing the befriending service are usually females at middle age.

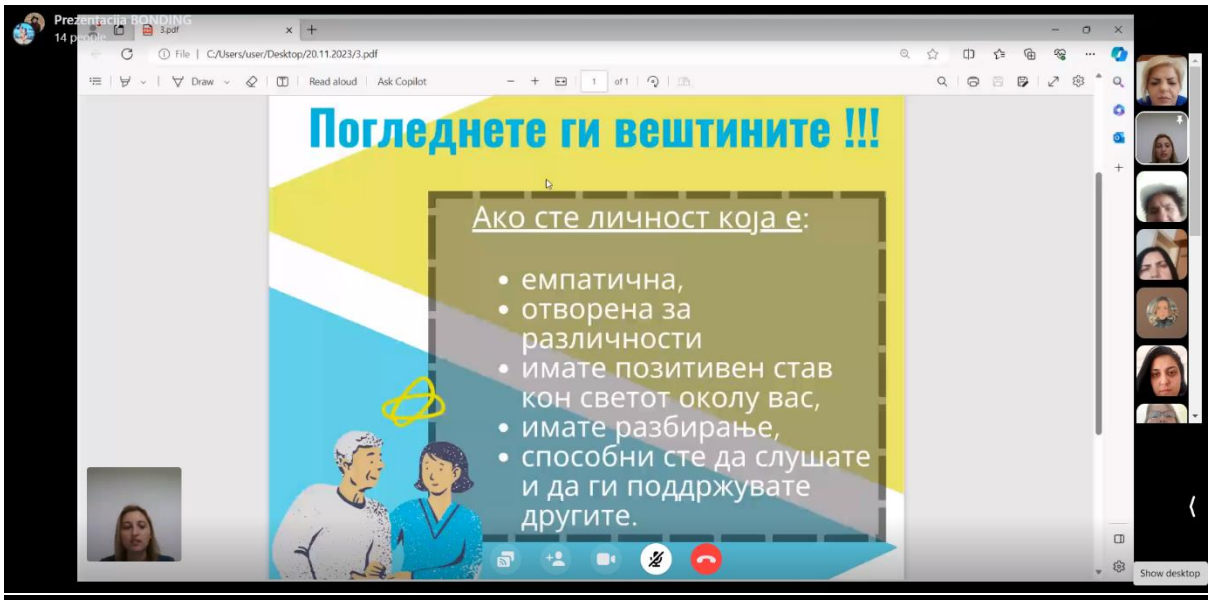
The participant expressed the need of providing the befriending services and the benefit of it for both, the young and elderly people.

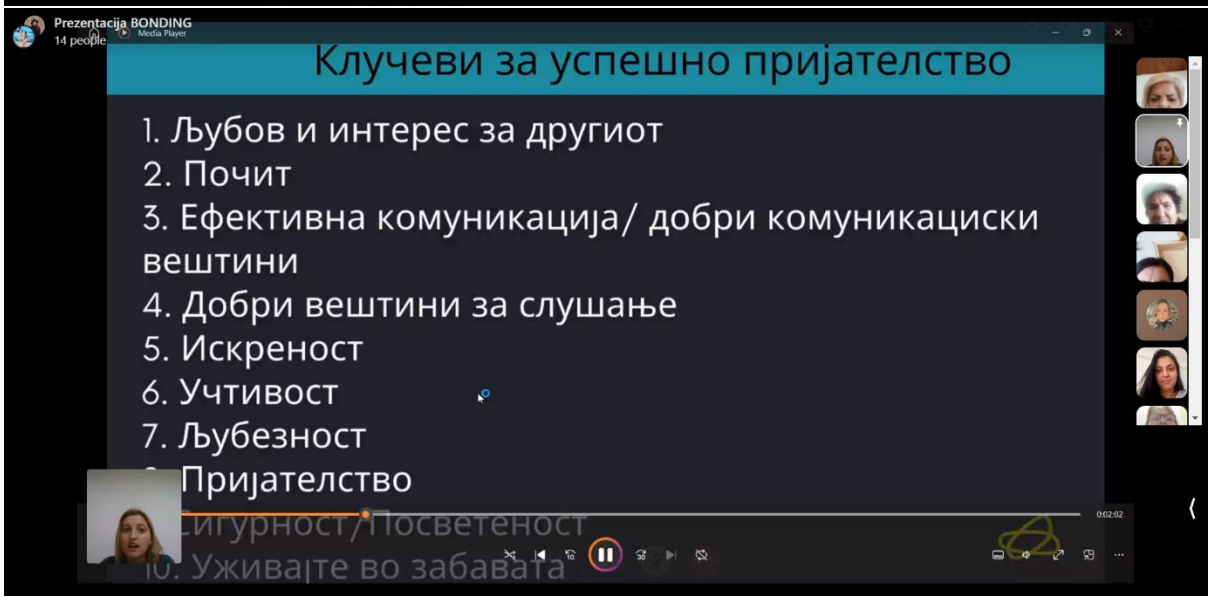
Finally, the tools are easily accessible, interesting, and user-friendly for the target group, and the content is relevant for them.

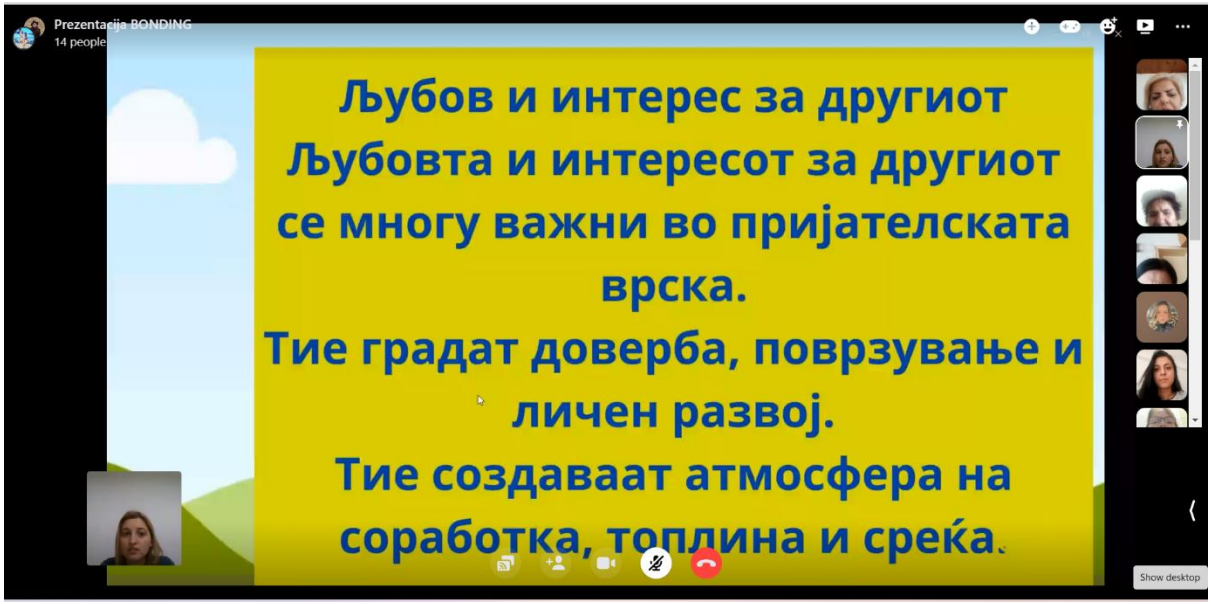
5 Pictures

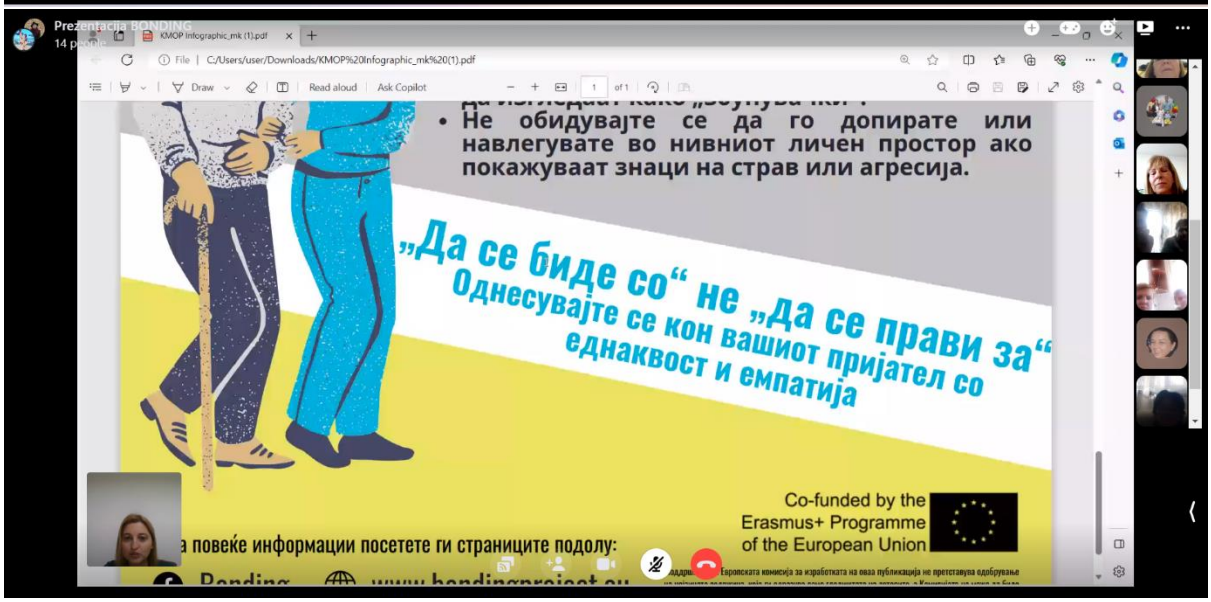

Prezentacija BONDING
17 people

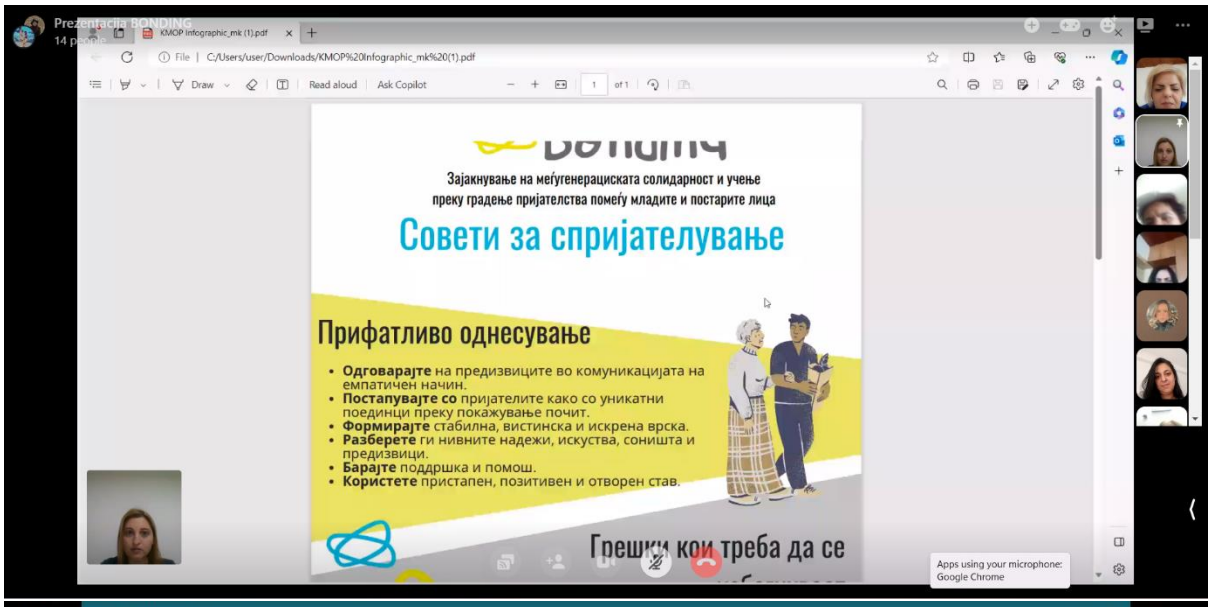
Prezentacija BONDING
17 people
Bonding
Разбирањето на возраста не е важно
- Разбирањето на другата личност е
клучно!

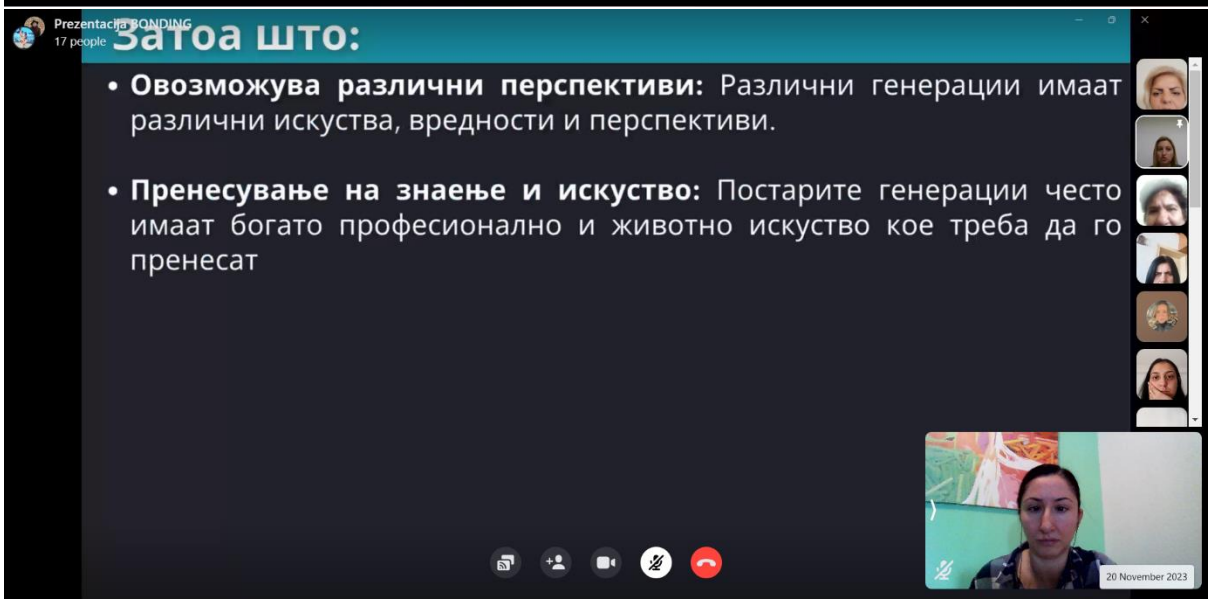

Prezentacija BONDING
14 people
Погледнете ги вештините !!!
Ако сте личност која е:
• емпатична,
• отворена за различности
• имате позитивен став кон светот околу вас,
• имате разбирање,
• способни сте да слушате и да ги поддржувате другите.
Show desktop


Prezentacija BONDING
14 people
Media Player
Клучеви за успешно пријателство
1. Љубов и интерес за другиот
2. Почит
3. Ефективна комуникација/ добри комуникациски вештини
4. Добри вештини за слушање
5. Искреност
6. Учтивост
7. Љубезност
Пријателство
Сигурност/Посветеност
10. Уживајте во забавата


Prezentacija BONDING
14 people
Љубов и интерес за другиот
Љубовта и интересот за другиот
се многу важни во пријателската
врска.
Тие градат доверба, поврзување и
личен развој.
Тие создаваат атмосфера на
соработка, топлина и среќа.
Show desktop


Prezentacija BONDING
14 people
KMOP Infographic_mk (1).pdf
File | C:/Users/user/Downloads/KMOP%20Infographic_mk%20(1).pdf
Draw
Read aloud
Ask Copilot
• Не обидувајте се да го допирате или навлегувате во нивниот личен простор ако покажуваат знаци на страв или агресија.
„Да се биде со“ не „Да се прави за“
Однесувајте се кон вашиот пријател со еднаквост и емпатија
Co-funded by the Erasmus+ Programme of the European Union
повеќе информации посетете ги страниците подолу:


Prezentacija BONDING
14 people
KMOP Infographic_mk (1).pdf
File | C:/Users/user/Downloads/KMOP%20Infographic_mk%20(1).pdf
Draw
Read aloud
Ask Copilot
Зајакнување на меѓугенерациската солидарност и учење
преку градење пријателства помеѓу младите и постарите лица
Совети за спријателување
Прифатливо однесување
• Одговарајте на предизвиците во комуникацијата на емпатичен начин.
• Постапувајте со пријателите како со уникатни поединци преку покажување почит.
• Формирајте стабилна, вистинска и искрена врска.
• Разберете ги нивните надежи, искуства, соништа и предизвици.
• Барајте поддршка и помош.
• Користете пристапен, позитивен и отворен став.
Apps using your microphone:
Google Chrome


Prezentacija BONDING
17 people
Затоа што:
• Овозможува различни перспективи: Различни генерации имаат различни искуства, вредности и перспективи.
• Пренесување на знаење и искуство: Постарите генерации често имаат богато професионално и животно искуство кое треба да го пренесат
20 November 2023

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KMOP SKOPJE

KMOP KINDLING A BETTER WORLD

ANS Anziani e non solo società cooperativa sociale

CARDET

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