



**ENSA GENERAL ASSEMBLY 2025
and connected activities,
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ENSA older adults and persons with disabilities working groups

***CONNECTING FOR A HOLISTIC APPROACH
TO AGING WELL***

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Summary

THEMATIC: Challenges and opportunities in the field of demographic change and active ageing

Summary

Who we are?

- Non profit
- Social cooperative
- Enterprise

Our services

The Cooperative provides social-health care and education services.

Our main **target groups** are:

- **children**
- **youth**
- **elderly**
- **persons with disabilities**



Our choice of being a Cooperative communicate a desire and a commitment toward social responsibility, the willingness to take care of the frailest people and the sustainable development of our territory.



Margherita Cooperativa Venue in Sandrigo (VI), Italy



Local territorial development model to support aging: reprogramming of services for the elderly in the Alto Vicentino area

Summary

- This model is part of the **framework of Regional Law 23/2017** 'Promotion and enhancement of active ageing'. It works to **build a council** with regional structures, volunteers, third sector, trade unions, pensioners to deal with issues such as training, sport, leisure, health.
- There are other similar models although to the best of our knowledge a similar model had not been realized. In this sense, this is **the innovation** that the system of services for the elderly in the territories bordering the province of Vicenza needs. We are presenting a **service and process innovation project**, recognizing it within the already existing social policies.

Local territorial development model to support aging: reprogramming of services for the elderly in the Alto Vicentino area

Summary

THE DEVELOPMENT

Phase 1 - Starting point. Local day centers for elderly individuals with mild cognitive decline, offering training activities for family members. A service provided by Margherita but with a fragmented local service network.

Phase 2 - Development of the model from a Life-Span and active aging perspective:

- i) Building the "Mai Più Soli" network by involving local public entities to address aging in the community;
- ii) training programs for citizens on topics such as nutrition, physical activity, and social engagement;
- iii) free screenings for individuals aged 55 and older with professionals such as psychologists, speech therapists, and doctors;
- iv) assistance desk with a social worker, also providing support for digital tools;
- v) intergenerational initiatives with the development of a volunteer network, including senior volunteers supporting more vulnerable elderly individuals, young EU volunteers (through the European Solidarity Corps program), and corporate volunteering with seniors;
- vi) workshops aimed at combating loneliness, taking a different approach from traditional daily centers.

Phase 3 - Future development. An expansion of the territorial network, increasingly including more organizations in the network and further integrating healthcare and social services.

Objectives

- Create a supportive communities tailored for the elderly, preventing and identifying potential situations of severe fragility early on.
- Increase interventions and support for older people, considering factors such as well-being, quality of life, and social support.



Objectives

- Assist families by alleviating the caregiving burden and creating new points of reference.
- Strengthen social proximity.
- Combat the phenomenon of ageism, fostering an Age-Friendly society.



Intended outcomes

- **FAMILIES**



01. SUPPORT GROUP – Cycles of meetings to provide explanations and information regarding practical aspects involved in the care and assistance of elderly individuals. Creation of an informal network among family caregivers.

02. FAMILY COUNSELING – Psychological individual sessions to cope anxieties and fears.

03. TELEPHONE SUPPORT – Telephone support system managed by volunteers to reduce marginalization and social isolation.

Intended outcomes



- **OLDER PEOPLE**

01. DAILY CENTRES – Support fragile older people with a multidisciplinary team: healthcare operators, psychologist, educator.

02. EQUIPPED VEHICLES – Possibility of transportation to medical appointments and screenings.

03. WEEKEND RELIEF – Long weekends (from Thursday to Sunday) for seniors, providing activities different from their daily routines.

Intended outcomes

- **OLDER PEOPLE**



04. HOME-BASED PROFESSIONALS – Provision of specialized personnel at home with personalised supports.

05. STIMULATION ACTIVITIES – Realization of workshops/labs such as art therapy, music therapy, discussion groups, available for all interested older people in the different areas.

Intended outcomes

- **COMMUNITY**

01. TRAINING PROGRAMS and SCREENINGS – Organisations of events on topics such as food, cognitive decline, active aging and screenings.

02. DIGITAL DEVICES – Support to use technological devices, helping to learn new accessible skills.

03. VOLUNTEERING AND INTERGENERATIONAL ACTIVITIES – Senior volunteering, involve of companies.

04. PUBLIC-PRIVATE NETWORK – Continuous redesign of a system of interventions, achieving high standards of care, through a co-design pathway between private and public entities. The goal is address aging and longevity.



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