

“PEP“ - Yaşlıların Kendi Bakım Süreçlerinde Desteklenerek Aktifleştirilmesi –  
Avrupa Birliği Grundtvig Ortaklık Projesi  
Başlangıç Toplantısı

Erfurt Almanya Ekim 2013



“Yaşlıların Kendi Bakım Süreçlerinde Desteklenerek Aktifleştirilmesi Projesi” Öğrenme Ortaklığı Programı dahilinde İsviçre, Türkiye, Belçika, Almanya ve İngiltere’ den beş kurumun ortaklığıyla hayata geçmiştir. Proje ortakları; yaşlıların ve bakım veren personelin, sağlık görevlilerin, eğitimcilerin, servis sağlayıcılarının yaşlıları desteklemek ve bakım süreçlerinde onları aktif, bağımsız kılacak yenilikçi yöntemlere ve iyi uygulamaların paylaşılmasına ihtiyaç konusunda ortak kanıya sahiptir.



Proje Toplantısı Erfurt Almanya

Proje her bir ülkede farklı uygulamaları görmeyi, deneyim paylaşımını ve karşılıklı öğrenmeyi amaçlamaktadır. Proje süresince iki yıl, yaşlıları ve bakım veren personeli de dahil ederek; sergi oluşturmak, bilgi paylaşımında bulunmak ve iyi uygulamaların el kitabını oluşturmak amaçlanmaktadır.

Toplantımızın ilk gününde, proje ortağı kurumlar kendilerini tanıtırak günlük iş akışlarını paylaştılar. Sağlık sektöründeki çalışma koşulları, sigorta sistemi, çalışanlar için verilen eğitimler ele alınan konular arasındaydı.

Bundan başka her ortak kendi yürüttüğü projelerini ve yaşlıların bakımına yönelik deneyimlerini paylaştı.



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#### Deneyim Paylaşımları

Teorik bilgi paylaşımı yanısıra, katılımcılar yaşlı bakım uygulamalarını gözlemleme imkanı buldular. ASB Kurumu ve bu kurumun hem yarı hem de tam zamanlı hizmet veren George Boock Yaşlı Bakım Evi ziyaret edildi. Burada yaşlıların günlük rutin olarak yaptıkları ve sunulan aktiviteler, aynı zamanda yaşam koşulları hakkında bilgi alındı.

Ek olarak, yaşlılar için destekleyici süreçlerde kullanılan iyi uygulama deneyimleri ve yöntemleri incelendi.

Farklı kuşakların toplanma evi olarak nitelendirilen MitMenschen kurumu ziyaret edildi. MitMenschen Kurumu aynı zamanda Almanya Proje Ortağı PARITÄTISCHE’ nin de üyesi olup yaşlılar için özel fırsatlar sunmakta ve yaşlıların katılımını içeren işler, organizasyonlar yapmaktadır.

#### Sağlık Eğitim Merkezi

Proje ortakları “IFBE Bildungszentrum” adlı sağlık eğitim merkezinde yaşlı bakımı eğitim programı hakkında bilgi aldılar. Soru cevaplarla proje ortakları ülkeler arası eğitim sistemlerini karşılaştırma şansına sahip oldular. Demonstrasyon odasında yaşlı bakım eğitiminin uygulamalı yönleri hakkında bilgi alındı.

Bu ziyaretle birlikte proje ortakları ülkeler arasında birçok benzerliklerin bulunduğu görüldü.



Proje Ortakları:

CPSI – Marmara Üniversitesi Pendik EAH- Staffordshire Üniversitesi -CURAVIVA- Der PARITÄTISCHE  
(Belçika) (Türkiye) (İngiltere) (İsviçre) Almanya)

Gelecek toplantılar

25.-28.Mart 2014 Bern/ İsviçre  
Haziran 2014 İstanbul/ Türkiye  
Aralık 2014 Erfurt/ Almanya

Editör: Martens

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PEP – a Grundtvig-Partnership-project 2<sup>nd</sup>  
meeting in Bern in March 2014



The second meeting of the partnership took place in Bern/ witzerland. Besides the very well organized program of CUAVIA, the meeting in March had another good news for us: our partner organization from Irland joined the project afterwards. o we are now six participating organizations from witzerland, Turkey, Germany, Belgium, the United Kingdom and Irland.



At the project meeting in Bern

This time we were invited from CUAVIVA, the umbrella organization of round about 1600 care homes for elderly persons in witzerland. Within the meeting time we had a chance to look at different practices. o we got some insights into several carehomes, we had a look at MixMax, a house of generations, and we were introduced to some methods to empower older people.



The first place we visited was the carehome chönegg. The «Domicil» is a care home chain with 21 institutions. They offer places for 1500 elderly persons to live and 1350 workplaces. Each of the locations exists autonomously, but lives according to a philosophy that fits to the old peoples´ interests.

Within the carehome, we have seen the kindergarden MixMax that develops the place into a house of generations. The children and older people have the chance to meet each other in their daily life. o they sing together in the choir, play games or make a foot bath. A lot of attention is paid to these encounters, because this is the basis for values and respect.

quite practical...

On the second day, we went by bus to Nottwil, where we visited the center Eymatt. Here the employees prepared a warm welcome for the guests. After a short introduction, we had the chance to take part in a drum exercise that is done from time to time to activate the motor skills of the older people.







## Lifelong Learning Programme

CPI – Marmara University – taffordshire  
 CUA VIVA – HEP – Der PAITÄTICHE  
 (Belgium) (Turkey) (UK)  
 (Ireland) (Germany)

The  
the

For one day the center Eymatt became European. The home for old people in Notwil put great emphasis on the involvement of the guests with their clients.

partners of  
project are:

The center offers independent flats for elderly people in the village as well as inpatient care with for 38 persons. o, when the self-guiding of the household is no longer manageable or professional care is needed, an environment for a new home can be offered. The employees want to enable their inhabitants to live as individually as possible. In addition there is the possibility to visit the little house library, the hairdresser, chiropody and the laundry service. All these services can be used by the inhabitants of the village, too.

University –  
 (witzerland)

### Next meetings

10.-13.June 2014 Istanbul/ Turkey  
 20.-23. October Cork/ Irland  
 9.-12. December 2014 Erfurt/ Germany

Newsletter by: Martens; images: Martens



Newsletter

June 2014

PEP – a Grundtvig-Partnership-project 3<sup>rd</sup>  
meeting in Istanbul in June 2014





At the project meeting in Istanbul

For our third meeting, we were invited to Turkey. Our partner - Marmara University, Pendik research and Training hospital - introduced us to several institutions in Istanbul. Within two days we had a look into the hospital and different homes for older people.

Our host is the second largest university in Turkey and has been one of the leading institutions of higher education in Turkey for 124 years. The university promoted itself rapidly to international stature together with the faculties of Engineering, Medicine and Dentistry. Within our two-days-meeting besides the hospital we visited a nursing home and different residents for older people.

Turkey has a population of more than 70 million people. 7.5% of them are over 65 years. The country has a very rapid aging of the population, as Kamil Çetin Oraler, Founder of the KAEV

Foundation explained to us. The number of residential homes in Turkey is about 14600. With more than 100 places, the nursing home of KAEV is one of them. Besides the resident, we were shown to an exhibition of hand crafts and a musical program.

After the visit Fatma Cirpi, manager of the universities' health care services, thanked Kamil Çetin Oraler for the possibility to have a look inside the organization and handed him a badge of the Marmara University.



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An impressive inside we got at Darüŝŝafaka esidence. As the first non-governmental organization in Turkish history, Darüŝŝafaka Association, was founded in 1863 with the mission of providing equity in education. Children who have lost one of their parents and who have limited financial resources become eligible to study here after passing a competitive exam when they are ten years old. Darüŝŝafaka provides them access to quality education at international standards. This is only possible by donations.



For 150 years, Darüşşafaka Association owes its existence to those people who support its mission and contribute to changing children's future through the education they receive here. As an expression of gratitude to its philanthropic donors, the Association provides elderly care to its donors at the retirement and nursing homes in Istanbul and Izmir. While the residents of Darüşşafaka homes contribute to providing a future to the children of this country, they also spend their retirement years in comfortable environment.



Care home Şenesenevler



We visited the residences Şenesenevler and Maltepe. Besides the visit of the special care unit, we took part in some hobby activities like painting. The results in the end are a memory of a very impressive visit to Istanbul.

The partners of the project are:

CPI – Marmara University – taffordshire University – CUAVIVA – HEP – Der PAITÄTICHE  
(Belgium) (Turkey) (UK) (witzerland) (Ireland) (Germany)

Next meetings

20.-23. October 2014 Cork/ Irland  
9.-12. December 2014 Erfurt/ Germany  
3.-6. March 2015/ Brussels

“PEP” Yaşlıların Desteklenerek Bakım Süreçlerinde Aktifleştirilmesi Projesi  
Grundtvig-Ortaklık-Proje

3. Toplantı İstanbul Haziran 2014



Proje toplantısı İstanbul

Marmara Üniversitesi Pendik Eğitim ve Araştırma Hastanesi çalışanları “Yaşlıların Desteklenerek Aktifleştirilmesi Projesi” ile daha önce İsviçre ve Almanya’da yaşlı bakım evlerinde incelemelerde bulunmuş, yaşlı sağlığı üzerine Avrupa’daki innovative yaklaşımları sağlık hizmetinde uygulamaya başlamıştı. İstanbul Proje Toplantısı süresince iki gün proje ortaklarından gelen 17 kişilik grup Marmara

Türkiye’de 70 milyondan fazla insan yaşamaktadır. Nüfusun %7.5’i 65 yaş üstüdür. KASEV Vakfı Kurucusu Kamil Çetin Oaler’in açıklamasına göre ülke nüfusu hızlıca yaşlanmaktadır. Türkiyede huzur evlerinin sayısı 307 adet ve 24660 yatak kapasitelidir. KASEV 100 den fazla konaklama imkanı ile bu huzur evlerinden biridir. Ziyaretimiz esnasında KASEV’de yaşayan sakinler tarafından

yapılmış el sanatları sergisini gezdik aynı zamanda müzik dinletisini izledik.Ziyaret bitiminde Marmara Üniversitesi Pendik EAH Sağlık Bakım Hizmetleri Müdürü Fatma Çırpı, Kamil Çetin Oraler'e çok teşekkür etti ve bugünün anısına plaket takdim etti.

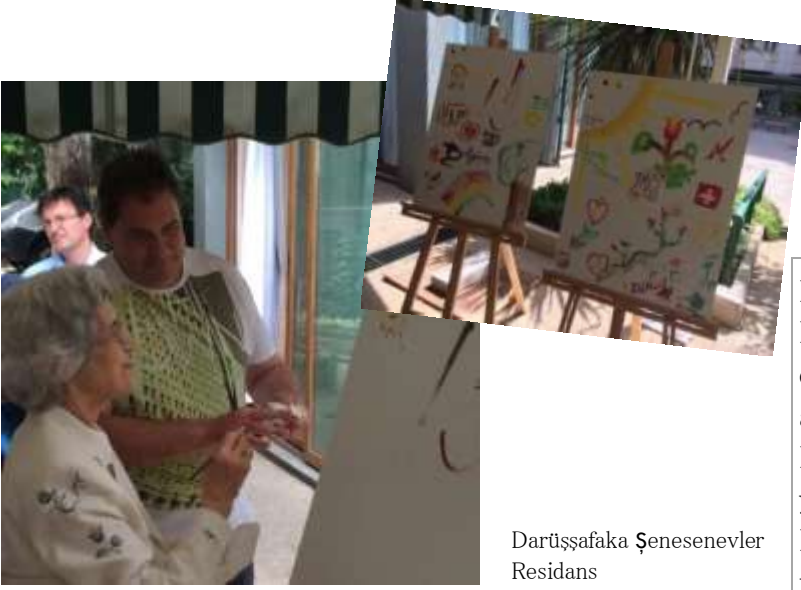
Üniversitesi Pendik Eğitim ve Araştırma Hastanesini ve yaşlılara hizmet veren bakım evlerini ziyaret ettiler.

Ziyaret ettiğimiz diğer kurum Darüşşafaka Residans bizi fazlasıyla etkiledi. Türkiye tarihinde ilk Sivil Toplum Örgütü olan Darüşşafaka Cemiyeti 1863 yılında eğitimde eşitlik misyonu ile kurulmuştur. Anne ya da babasını kaybeden parasal imkandan yoksun çocuklar 10 yaşına geldiklerinde okul giriş sınavını başarıyla geçtikleri takdirde Darüşşafaka Cemiyeti Eğitim kurumlarında öğrenim görmeye hak kazanırlar. Burada, Darüşşafaka Cemiyetinde çocuklar uluslararası kalite standardında eğitim alırlar. Bu imkan Cemiyete yapılan bağışlarla gerçekleştirilmektedir.

Projemizin üçüncü toplantısı İstanbul'da gerçekleşti. Marmara Üniversitesi Pendik Eğitim ve Araştırma Hastanesi evsahipliğinde tüm proje ortaklarının temsilcilerinin katıldığı toplantılarda hastanemiz ziyaret edildi ve ayrıca yaşlı bakımında ilimizdeki örnek kurumlar tanıtıldı. Toplantı iki gün sürdü, bu süre içinde hastanemizin yaşlı hastalara yönelik verdiği hizmetler, ülkemizde yaşlı sağlığı konulu bilgiler proje ortakları ile paylaşıldı.



150 yıldır, Darüşşafaka Cemiyeti, varlığını ve misyonunu destekleyen, çocukların gelecek yaşamlarını burada alacakları eğitimle değiştirmelerine katkı sağlayan bağışçılara borçludur. Hayırsever bağışçılara bir şükran ifadesi olarak C emiyet, bağışçılara yönelik İstanbul'da ve İzmir'de bakım evleri sağlamaktadır. Darüşşafaka bağışçıları çocukların geleceğine katkı sağlarken kendi emeklilik yıllarında da rahat konforlu bir çevrede yaşam imkanına sahip olmaktadır.



Darüşşafaka Şenesenevler  
Rezidans

Darüşşafaka Şenesenevler ve Maltepe Rezidanslarını ziyaret ettik. Bunun yanı sıra özel bakım merkezini inceledik ayrıca hobi aktivitelerinde yer alarak Şenesenevler Rezidans'da kalan yaşlılarla birlikte resim yaptık, cam kaplama faaliyetinde bulun duk. İstanbul ziyareti tüm proje katılımcılarına unutamayacakları anılar bıraktı.

#### Proje ortakları

CPSI – Marmara Üniversite EAH – Staffordshire Üniversitesi – CURAVIVA – SHEP – Der PARITÄTISCHE  
(Belçika) (Türkiye) (İngiltere) (İsviçre) (İrlanda) (Almanya)

#### Gelecek toplantılar

20.-23. Ekim 2014 Cork/ İrlanda  
9.-12. Aralık 2014 Erfurt/ Almanya  
3.-6. Mart 2015 Brüksel/Belçika

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PEP a Grundtvig-Partnership-project  
4<sup>th</sup> meeting in Cork/ Ireland in October 2014



After many very impressive experiences in Switzerland, Turkey and Germany, we met in Ireland to have a look at the every-day-life of the social institutions here. We are in the middle of the project time and we can start to compare what we have seen in the last months of this PEP-project with the future introductions of the organizations.



At the project meeting in Ireland

For four days we were welcomed by “HEP” – the Social and Health Education Project in Cork. The employees of this project presented us several methods of their work in empowering older people. So we learned about the training for Community Education tutors as well as the Community Advocacy training.

So we started the first day into some practical exercises and took part into an experiential group work session. Together with two trainers from HEP the participants were sensitized for the topic of getting older.

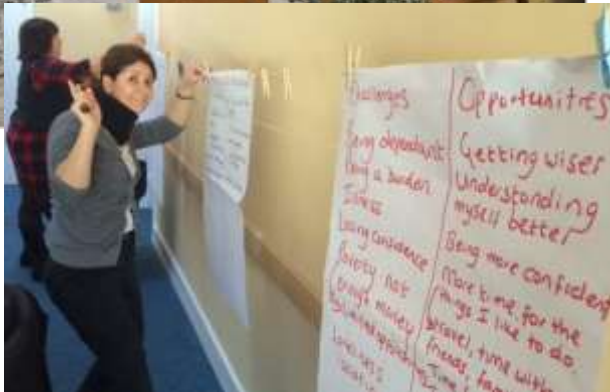
Within this practice work the participants were asked to describe their connection to the topic of age and older people. Furthermore everybody got the task to discuss in a group the possible challenges and opportunities that might appear with a higher age.





In the end, everybody had the feeling that time was too short and that we could have talked much longer about our expectations.

The topic was so interesting and so important that it is worth to repeat it another time!



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... music keeps you young



Education and Culture DG

Lifelong Learning Programme

Cobh Community Hospital is a continuous care facility located on the outskirts of the seaside town of Cobh.

The house, that was first established as a hospital in 1908 is a two storey designated centre which provides residential and respite care mainly for older people. It accommodates 38 residents in 12 bedrooms.

Very interesting were the introduced methods to the participants here: talking mats and special music groups impressed the visitors very much.

The Killeagh Inch Monday Club was anything but old. We were welcomed by a huge group of people who meet here on every first Monday of the month.

The purpose of the club is to provide an outlet for retired persons or those wishing to avail of companionship through monthly meetings, outings, interest groups and classes. The meetings start with tea and a chat, followed by an update on activities.



... dancing time in the Monday Club

The partners of the project are:

CP I – Marmara University – taffordshire University – CU AVIVA – HEP – Der PA ITÄTI CHE  
(Belgium) (Turkey) (UK) (witzerland) (Ireland) (Germany)

## Next meetings

3.-6. March 2015/ Brussels

June 2015/ United Kingdom

Newsletter by: Martens; images: Martens



Newsletter

March 2015

### PEP a Grundtvig-Partnership-project 5<sup>th</sup> meeting in Brussels in March 2015



At the project meeting in Brussels in March 2015

This time, we were invited from our partner CPI in Belgium. CPI (Centre de Formation pour les secteurs infirmier et de santé) is a training centre constituted in a non-profit association, centred on needs and demands emanating from the field of the health. In the adult education centre qualifications are offered for the professional working field. So we had the chance to visit carers and their working field for the topic of elderly care.



## Lifelong Learning Programme



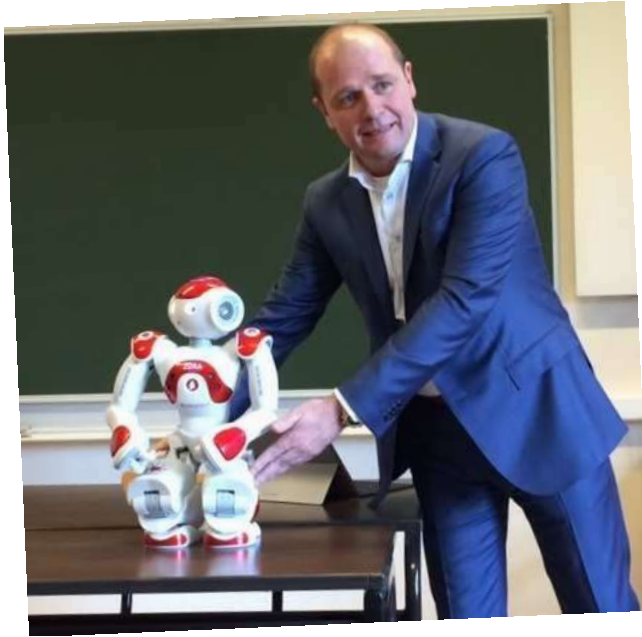
source: villedurable.be



After an introduction, we had the chance to have a look at the care-home La Cerisaie. It was shown to the guests as a good example of ecological and technical innovation. Each building aims to reduce its energy needs as much as possible. The home has an intelligent orientation of the facilities, angles of shading of the structure combined with dynamic exterior sun protection, higher thermal mass, day/night ventilation strategies, and finally specific cooling systems by area according to necessity.

With regard to sustainable energy, special attention has also been paid to integrating sustainable use of water and materials.





A highlight of the meeting was the presentation of Zora - the first humanoid robot that can interact directly with people. Zora can be used to animate people and to start a new possibility for communication. The inventors Tommy Deblieck & Fabrice Goffin have made experiences with Zora in residential care centers, schools and hospitals. About 58 robots are already working in Belgium and they are getting more each day.

In 2015 the European market will be introduced to the little robot that may give support in a huge way.

Fabrice Goffin presenting Zora



Visit of an Abbeyfield house - a form of shared housing

The partners of the project are:

CPI - Marmara University - taffordshire University - CUAVIVA - HEP - Der PAITÄTICHE  
 (Belgium) (Turkey) (UK) (witzerland) (Ireland) (Germany)

Next and final meeting

16.-19. June 2015/tafford



sources: villedurable.be

a rundtvg-artnership-project

Within the visit we also had a look at an Abbeyfield house. The idea for this kind of living was established in Belgium in 1995. The aim was to offer autonomy and an independent living to elderly people. The first home was opened in 2004.

Here the people have their own flat and bathroom, but they share a kitchen and join

together some activities - according to their preferences. o they cook together, do some gardening or just meet for some chats.

Today there are five Abbeyfield houses in Belgium that offer 44 apartments all together. A guest room is included in the house as well as an extra cozy living room.

uly 2015

### last meeting in toke-on-Trent in une 2015



project meeting in ngland in une 2015

- here at lore eath arm

ur first stop was at lore eath arm. "reen ge is a charity run by ohn and osie egarty who have restored their farm cartshed and loft as a venue for groups wanting to enjoy the lovely landscape. They organise events helping people to renew their connectedness to nature - for their health and wellbeing.

ur last project  
meeting took place in  
toke-on-Trent in  
ngland. ur partner, the  
taffordshire

University, has  
organized a great  
programme to enrich  
our network. We saw a  
lot of aspects and good  
methods to empower  
older people and we  
got some insights into  
some community based  
initiatives for inclusive  
approaches.

a third of residents within the Village receive  
help with their care. ependent on individual  
circumstances

residents with significant assessed care  
needs, including dementia get support here.  
ny

person over the age of 55 is eligible to apply  
for a home in the Village. riority is given to  
local people.



... in the Uniube

In the evening, we met in the Uniube gallery. The exhibition there celebrates older people's creativity. It includes sound and images from North Staffordshire's Live Age Festival, held in October 2014, which engaged older people in an exciting programme of arts, events and activities. It also features a number of other creative projects, led by staff in the Faculty of Arts and Creative Technologies at Staffordshire University, and involving older people.

The Stoke-on-Trent Mobility and Independent Living Centre, is a purpose-built assessment,

demonstration and retail facility for

aids to independent living. The centre is laid out to include the different rooms, furniture and equipment you would have at home, so that trained assessors can see where somebody is having difficulties and advise them on the equipment that is available to make life easier.



Visit of the mobility and independent living centre in Stoke-on-Trent

#### The partners of the project were:

– Armara University – Staffordshire University – UVV – – er TÄT  
(Belgium) (Turkey) (U) (Switzerland) (Ireland) (Germany)

Within the last two years we had the chance to collect experiences from six different partner countries. It was an impressive time that made us richer in our thinking and cultural understanding.

This is a "thank you" to all the participants of our "–project" – and to those, who made this idea come to alive.