

Integrated Multidisciplinary Support for Older People

Organisation(s):	Bucharest 6 th District General Directorate for Social Care and Child Protection	
Country:	Romania	
Contact:	policy@esn-eu.org	
Theme:	<input checked="" type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input type="checkbox"/> Support for Children & Families <input type="checkbox"/> Community Care <input checked="" type="checkbox"/> Integrated Care & Support <input type="checkbox"/> Co-Production <input type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Digitalisation <input type="checkbox"/> Quality Care	<input type="checkbox"/> Labour Market Inclusion <input type="checkbox"/> Social Inclusion <input type="checkbox"/> Technology <input checked="" type="checkbox"/> Workforce and Leadership <input type="checkbox"/> Social benefits <input type="checkbox"/> EU Funding <input type="checkbox"/> Social Service's Resilience <input type="checkbox"/> Mental Health <input checked="" type="checkbox"/> Person-centred Care <input type="checkbox"/> Other, please specify:
Principles of the European Pillar of Social Rights: <i>Check the 20 principles here.</i>	<input type="checkbox"/> 1. Education, training, life-long learning <input type="checkbox"/> 2. Gender equality <input type="checkbox"/> 3. Equal opportunities <input type="checkbox"/> 4. Active support to employment <input type="checkbox"/> 5. Secure and adaptable employment <input type="checkbox"/> 6. Fair Wages <input type="checkbox"/> 7. Transparent employment conditions <input type="checkbox"/> 8. Social dialogue <input type="checkbox"/> 9. Work-life balance <input type="checkbox"/> 10. Healthy, safe work environment	<input type="checkbox"/> 11. Childcare and child support <input type="checkbox"/> 12. Social protection <input type="checkbox"/> 13. Unemployment benefits <input type="checkbox"/> 14. Minimum income <input type="checkbox"/> 15. Old age income and pensions <input checked="" type="checkbox"/> 16. Health care <input type="checkbox"/> 17. Inclusion of people with disabilities <input checked="" type="checkbox"/> 18. Long-term care <input type="checkbox"/> 19. Housing and assistance to homeless <input type="checkbox"/> 20. Access to essential services
Current status of the practice:	<input type="checkbox"/> Concept and Design Phase <input checked="" type="checkbox"/> Execution & Monitoring Phase <input type="checkbox"/> Consolidation Phase <input type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify)	
Context/ Social issues addressed <i>Please explain the problem you attempt to solve.</i>	Following the European trend, the population in Romania is ageing rapidly. In Western European countries, this process is based on a low birth rate. Additionally, in Romania, we face labour migration, which causes a significant part of people between the ages of 20 and 50 to leave the country temporarily or permanently. This aspect puts even greater pressure on the situation of the older people in	

	<p>Romania, who see themselves as deprived of the support of their children, who have meanwhile become adults but also immigrants to other countries.</p> <p>Regarding the ageing of the population in Romania, the statistics say the following:</p> <ul style="list-style-type: none"> • Romania is facing a rapidly ageing population, with approximately 19.2%. • It is expected that the share of the older people adult population in Romania aged 65 or more will increase, reaching 27.7%, by 2050. • During the same period, the share of people aged 80 and over is expected to increase from the current level of 4.8% to 8.5% • Of the total older people population, 5% have a minor need for care, 16.7% have a major need, and 11.2% have a severe need for care. <p>In Bucharest`s 6th District Municipality, the demographic data indicate a number of 98,105 people over 65 years of age out of a total of 367,000 inhabitants, i.e. a percentage of 26.73 older people from the total population. This percentage is above the national average. The biggest challenge is to restore the autonomy of these people for as long as possible. Seniors can enjoy an active life based on their own strengths and resources. A big challenge lies in supporting older people who cannot manage on their own in everyday life.</p>
<p><u>Objectives:</u> Please provide a maximum of three objectives in bullet points.</p>	<ol style="list-style-type: none"> 1. Improving communication with older people who need social services, as well as facilitating their access to these services. 2. Increasing the number of older people who live independent lives for as long as they age. 3. Improving access to adequate residential long-term care services for dependent older people.
<p><u>Activities:</u> Please summarise the activities put in place to achieve the objectives (maximum 200 words).</p>	<ol style="list-style-type: none"> 1. The implementation at the community level of a call centre telephone line, will allow the older people to receive accurate and quick information, as well as to request vital services for this type of person in an emergency. This service fulfilled and still fulfils, the role of psychological counselling and emotional support for the older people in the 6th District. 2. Implementation of the program "Movement for Health" - older people practice daily physical exercises in the open air, dancing, games, social interaction, promoting an active life and a healthy lifestyle, and socialising. 6th District Seniors Club fulfils the same role, offering the older people an organised space for empowerment, creative workshops, board games, nature trips, volunteering, artistic programs and cultural events. With the Embassy of India in Romania, 20 older people benefited from age-appropriate yoga classes. 3. Facilitating the access of older people to the virtual environment and virtual services – online payments, WhatsApp, mail, and digitisation courses were offered for over 100 beneficiaries - the courses continue. This service will be extended to all the neighbourhoods of the 6th District.

	<p>4. For the older people who cannot manage on their own, without family support, we offer two residential centres, where the entire package of necessary services is provided.</p> <p>5. The home care service maintains an adequate standard of living for the older people alone, who must ensure their daily needs related to food, hygiene, medication and relating to others.</p> <p>6. The autonomy of older people is also ensured through their access to free or partially subsidised medical services for diagnosis and treatment on an outpatient basis within a specialised medical centre.</p> <p>7. The same centre offers, with the help of medical devices and other equipment, as well as specialised staff, free therapy and medical recovery services in order to maintain a state of health that allows the autonomy of older people person.</p>
<p><u>Evaluation of practice:</u> <i>Please explain how you evaluate the practice, and what the results were/are so far</i></p>	<ul style="list-style-type: none"> - Feedback through people's experiences of services - Feedback from staff and leaders - The Integrated multidisciplinary support services program for older people in the 6th District, Bucharest, Romania, is evaluated at the level of the institution and the 6th District City Hall through monthly and annual activity reports. Data collection, centralisation, synthesis and analysis systems are used, including tables and graphs over different periods of time, which show the evolution of the number of beneficiaries for each service category and the dynamics of pending applications. <p>Through a public-private partnership, a program is being developed at the institutional level to identify the needs of disadvantaged social categories or those at risk of marginalisation through a questionnaire on the needs and degree of satisfaction in relation to the social services offered, including older people . Based on the results, the institution will adapt the services offered and develop a new strategy in the field, which includes, among its objectives, "maintaining the state of autonomy, as well as preventing and combating risk situations that may affect the older people in 6th District.</p>

Links to supporting documents:

e.g. website or report of the practice

Official Website:

<https://www.asistentasociala6.ro/>

Call center telephone:

https://www.protectiacopilului6.ro/noutati_doc_3775_0219970---mai-aproape-de-cetatenii-sectorului-6_pg_0.htm

"Movement for health" program

https://www.protectiacopilului6.ro/noutati_doc_3851_miscare-pentru-sanatate---un-program-gratuit-de-exercitii-fizice-si-socializare-pentru-seniorii-din-sectorul-6_pg_0.htm

6th District Seniors Club

https://www.protectiacopilului6.ro/noutati_doc_3838_unora-le-place-teatrul---trupa-seniorilor-din-sectorul-6-revine-acasa-cu-doua-trofee_pg_0.htm

Two residential centers for elderly

https://www.protectiacopilului6.ro/noutati_doc_3809_abilitare-prin-terapie-ocupationala-la-centrul-pentru-persoane-varstnice-floare-rosie-din-sectorul-6_pg_0.htm

The home care service

https://www.protectiacopilului6.ro/directia-protectie-sociala_doc_2777_unitate-ingrijiri-la-domiciliu-pentru-persoane-varstnice_pg_0.htm

Access to free or partially subsidised medical services for diagnosis and treatment on an outpatient basis within a specialised medical centre

<https://www.nectarie6.ro/stiri/hipertensiune-arteriala-si-diabet>

Comments and tips

i.e. for people willing to use your Practice