



# Olgem aktiivsed!

Vanemaealiste sotsiaalne kaasamine vabatahtliku tegevuse abil Eestis, Lätis ja Soomes

## Results of the survey for seniors and professionals in Pärnu

Kandela Õun



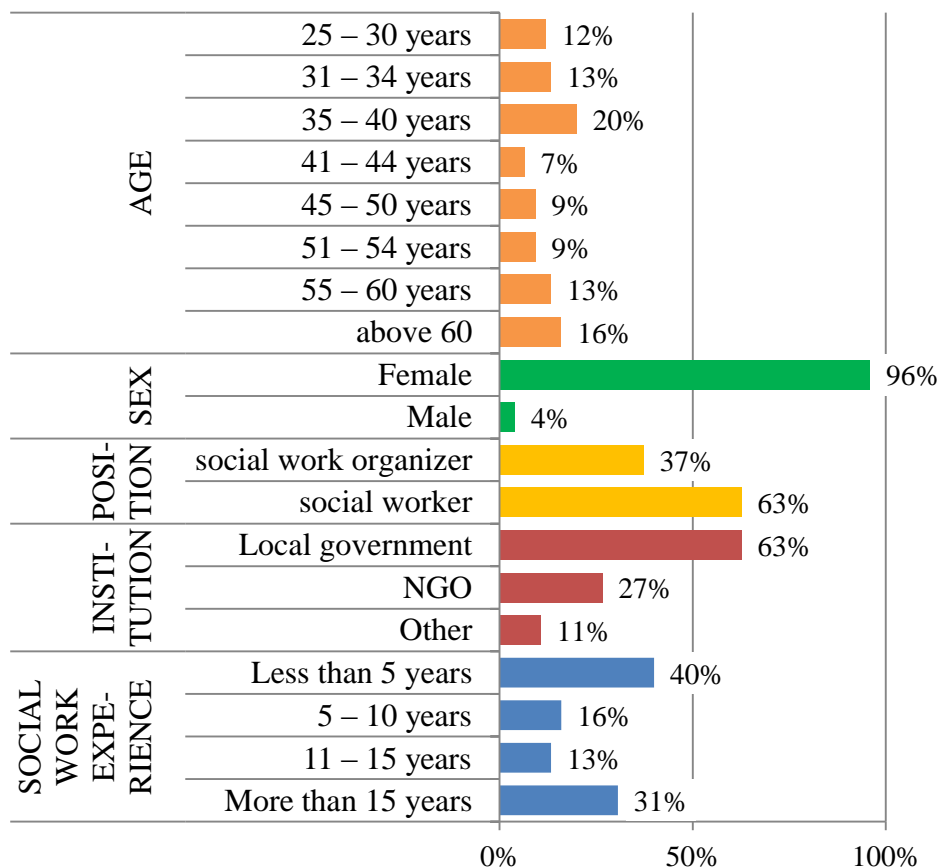
14.01.2016



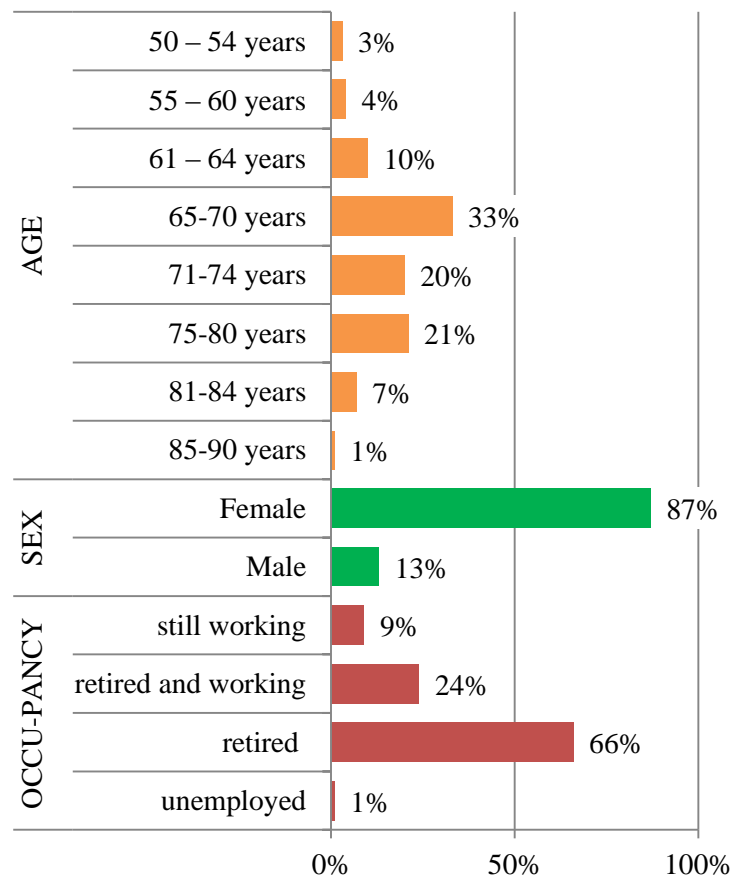
Results of the survey for seniors and professionals in Pärnu

## RESPONDENTS

### Professionals (n=75)



### Seniors (n=199)

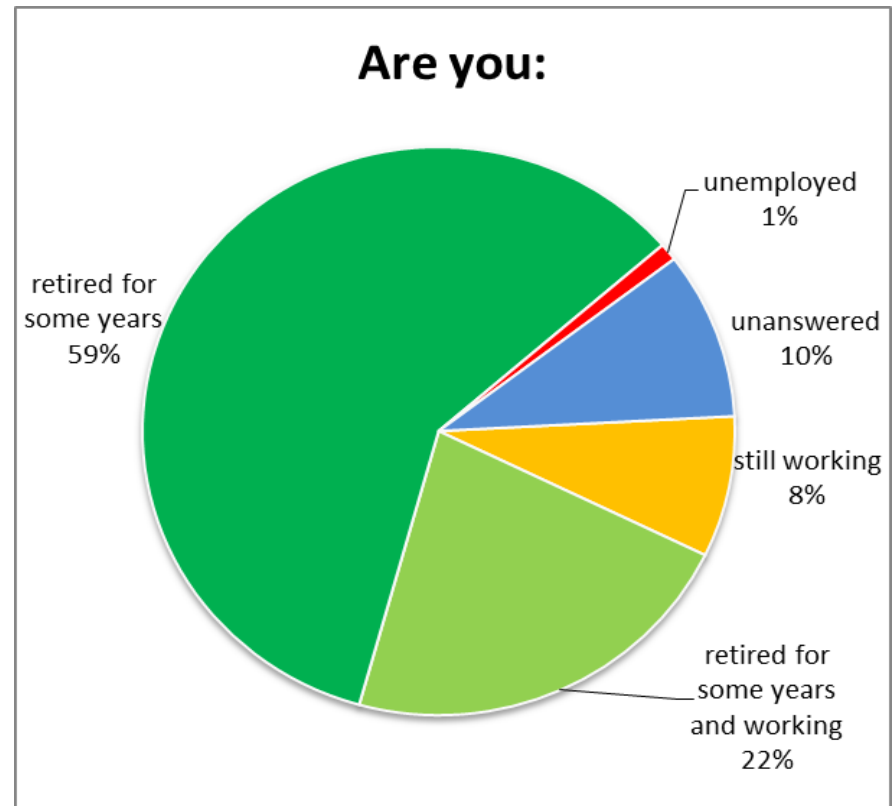




*Results of the survey for seniors and professionals in Pärnu*

## Seniors

- „Still working“ are under 64 year old
- „Unemployed“ are 55-64 year old
- Other have no differences by age
- 24% are volunteers right now
- They found opportunities to volunteer from media and from friends and acquaintance's
- 46% do not want to be a volunteer
- 42% are joined and 41% want to join one of the organizations, where they can spend their free time together with other seniors and be involved in some activities

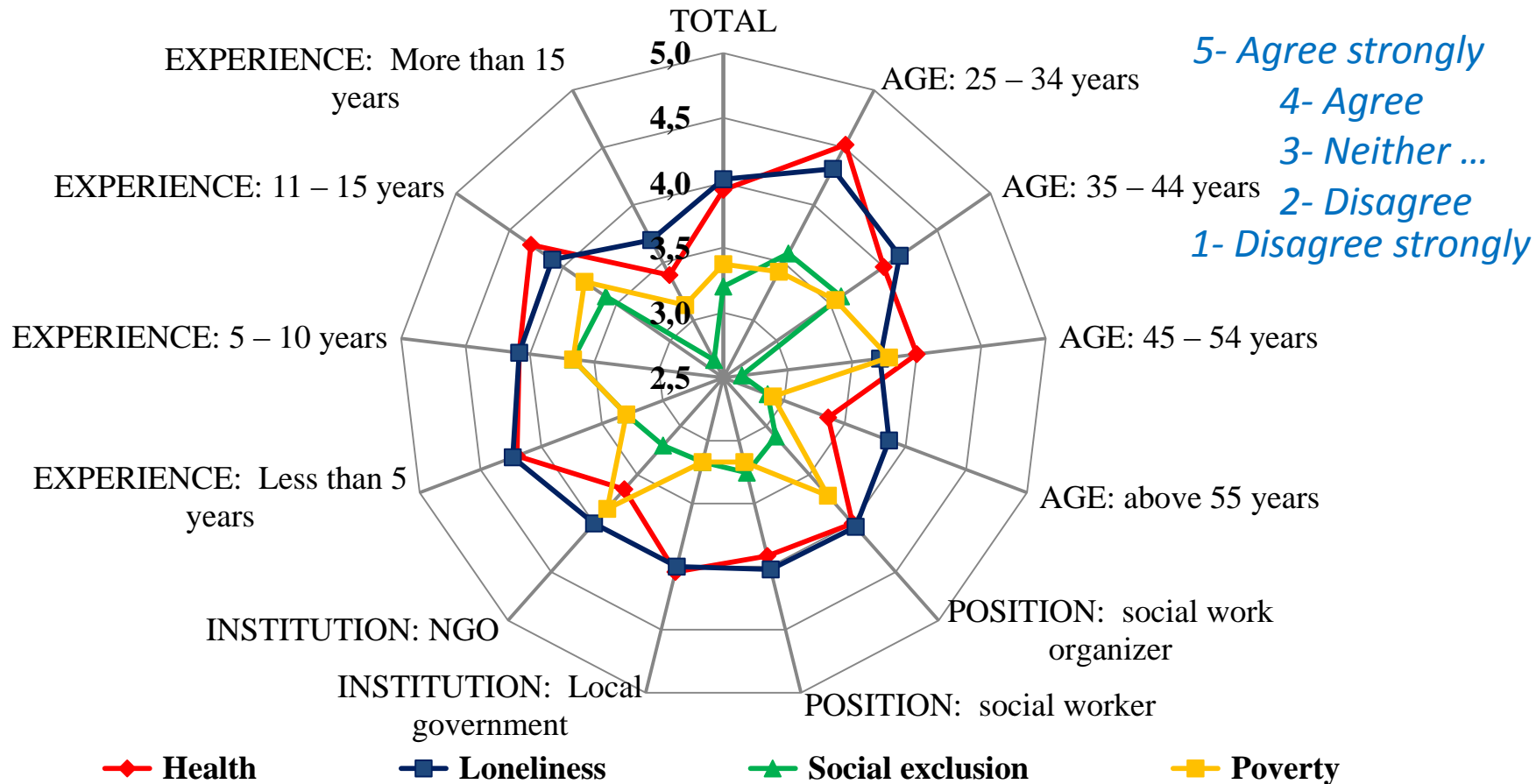


Where do you volunteer and what do you do?	Count
Different organization	10
Third Age University	8
Social work	6
Church	4
culture	4
Sport	4
School/kindergarten	3



Results of the survey for seniors and professionals in Pärnu

# What are the challenges of the life of seniors?





*Results of the survey for seniors and professionals in Pärnu*

## Is there a positive impact on your work, if older people would become more active in voluntary work?

- 71% think and 25% do not know that it would have a positive impact on their work, if older people would become more active in voluntary work
- „Our clients are with special needs and people without special training rather disturb than help us“

<b>„YES“</b>	<b>Count</b>
They do not feel loneliness and social exclusion	8
They can share their life experience	7
They do develop social work	6
They are healthier	5
They are happier	4
They are independent	4
They have need to be needed	4
They stay „younger“	3
They can help young parents	3
Something else	11

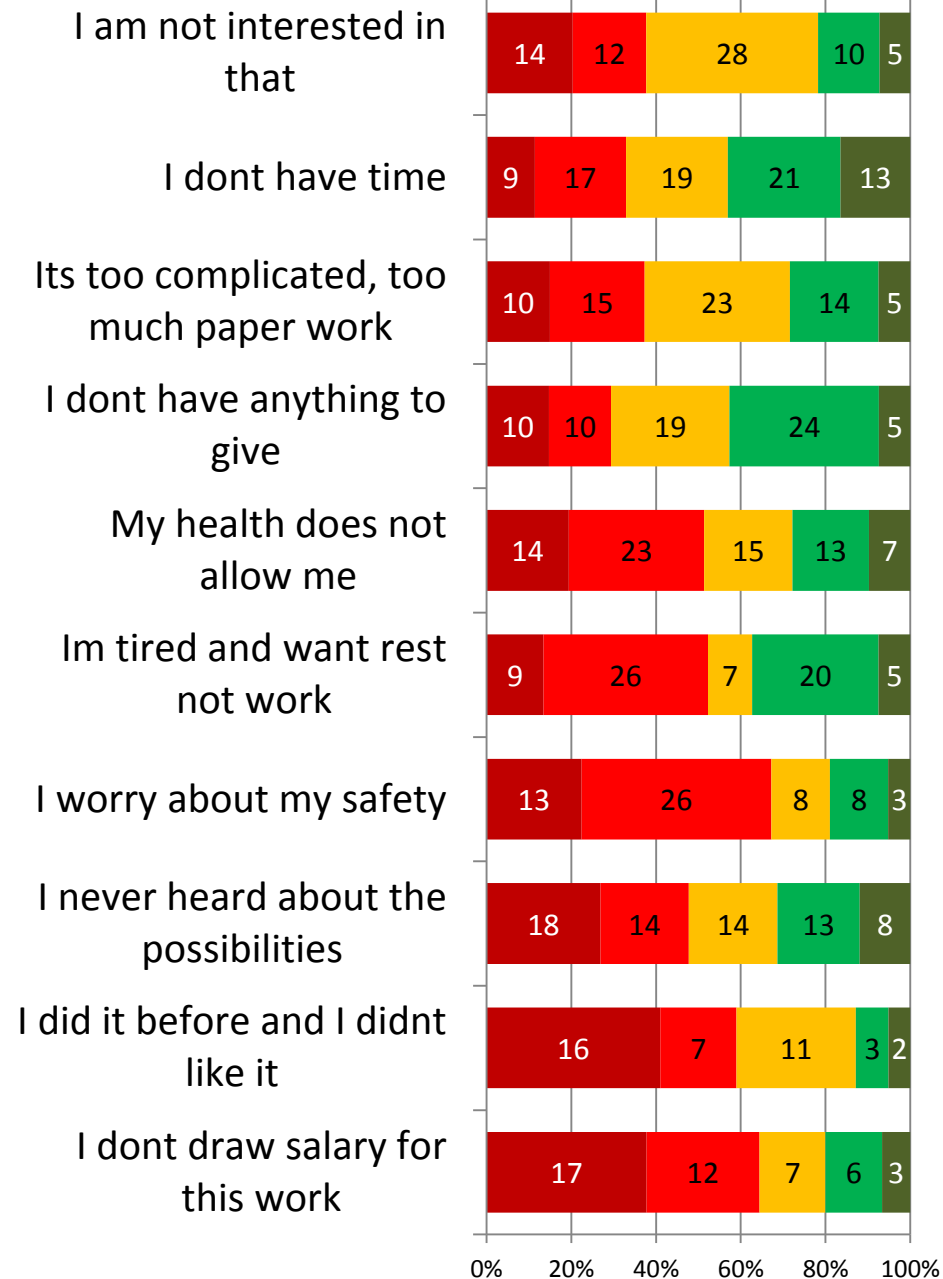


Results of the survey for seniors and professionals in Pärnu

## If you wouldn't like to become a volunteer, what would be your reasons?

- Youngest and oldest group are not interested
- The younger the less time
- If they working, they do not have time
- Retired respondents think more than they do not have anything to give and their health does not allow to do it
- still working respondents are most often never heard about the possibilities
- Not having salary is not the issue

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

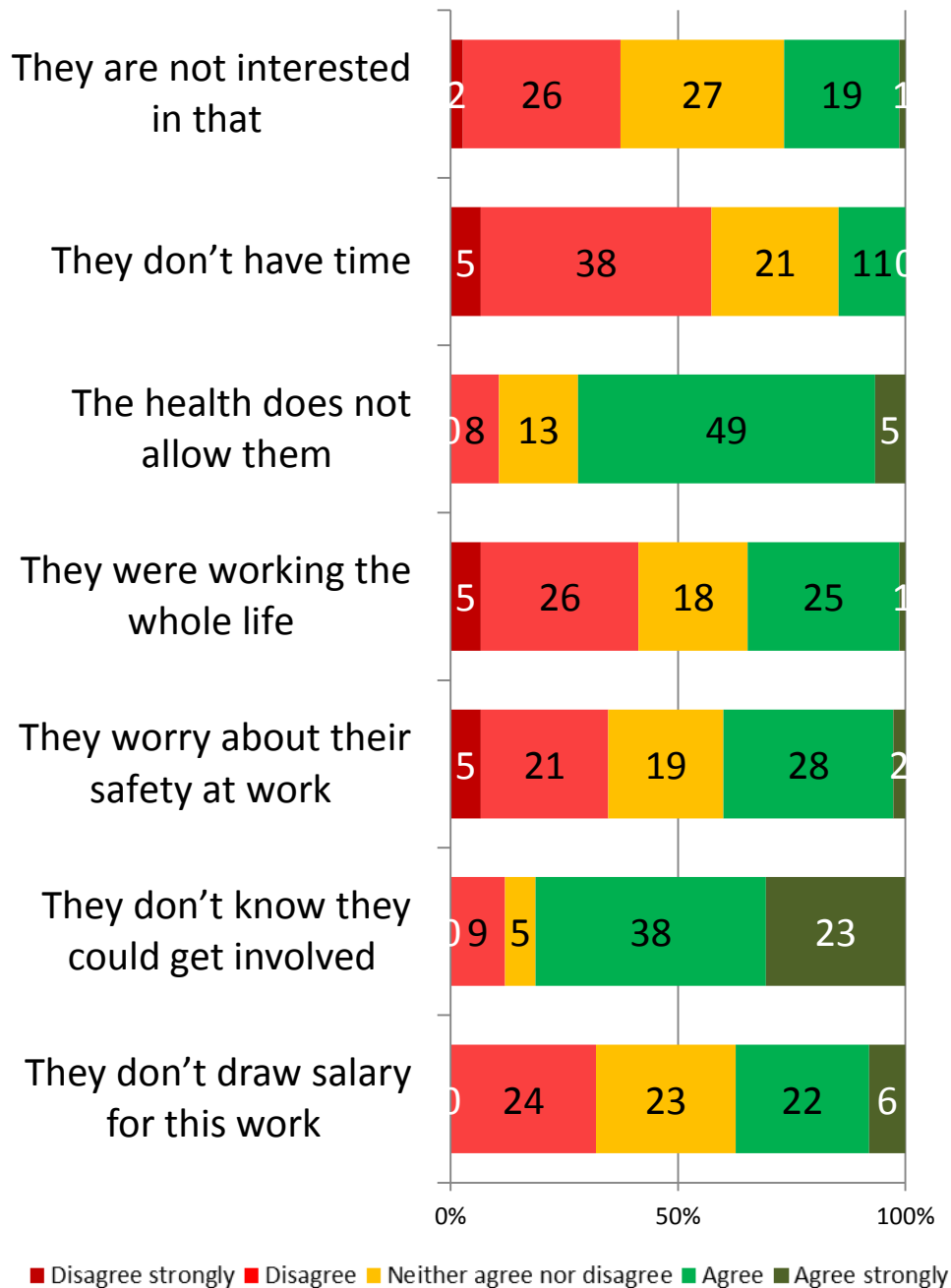




Results of the survey for seniors and professionals in Pärnu

## What do you think are the reasons why seniors don't get involved in voluntary work?

- Professionals with 5-15 year experience and from local government think rarely that seniors are not interested
- Social work organizers and professionals with 11-15 year experience oftenly think that seniors need to rest and earn income

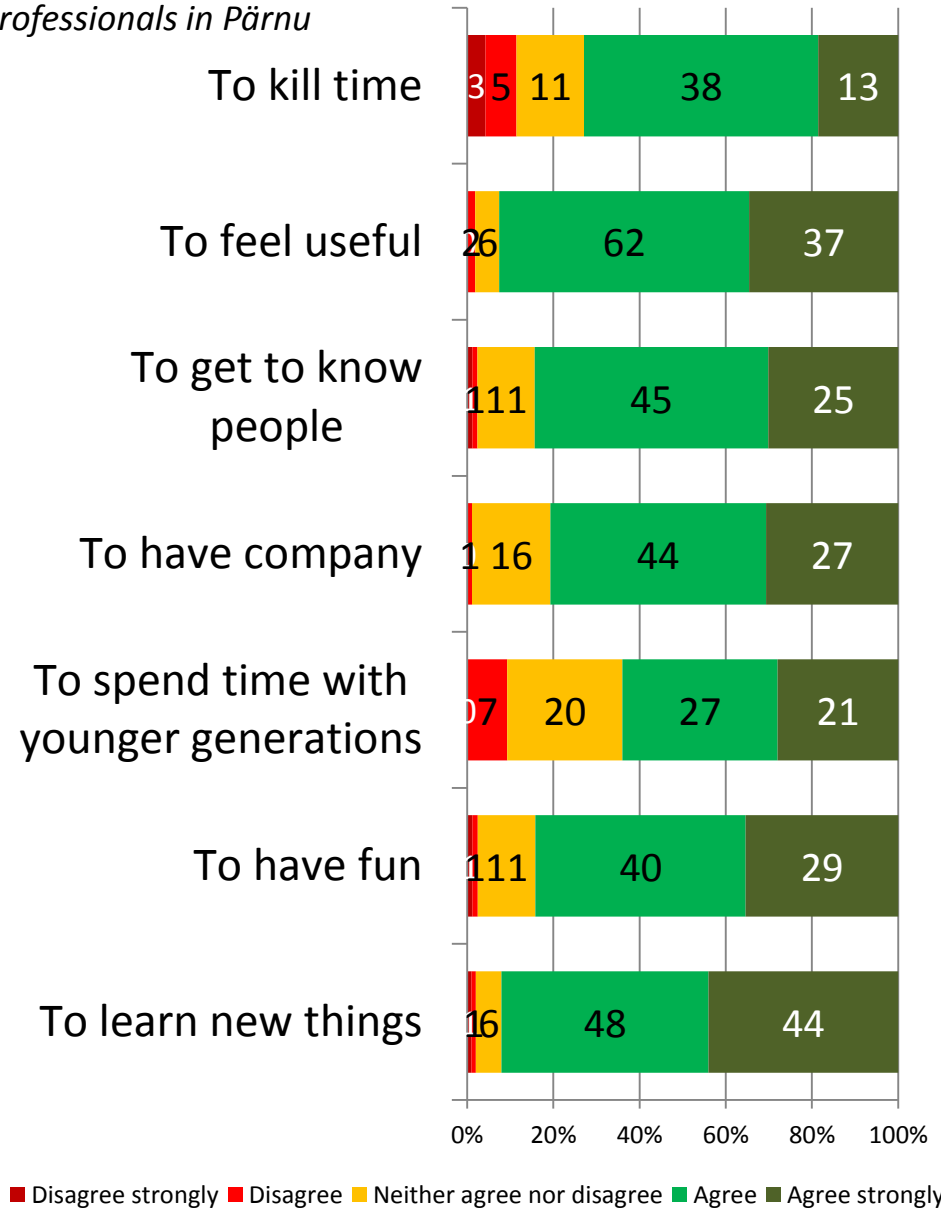




Results of the survey for seniors and professionals in Pärnu

## What would be the reasons to become a volunteer?

- 50-60 year olds want to feel themselves useful, to have fun and to learn new things
- Older and retired respondents want to have company
- Retired one want to spend time with younger generations





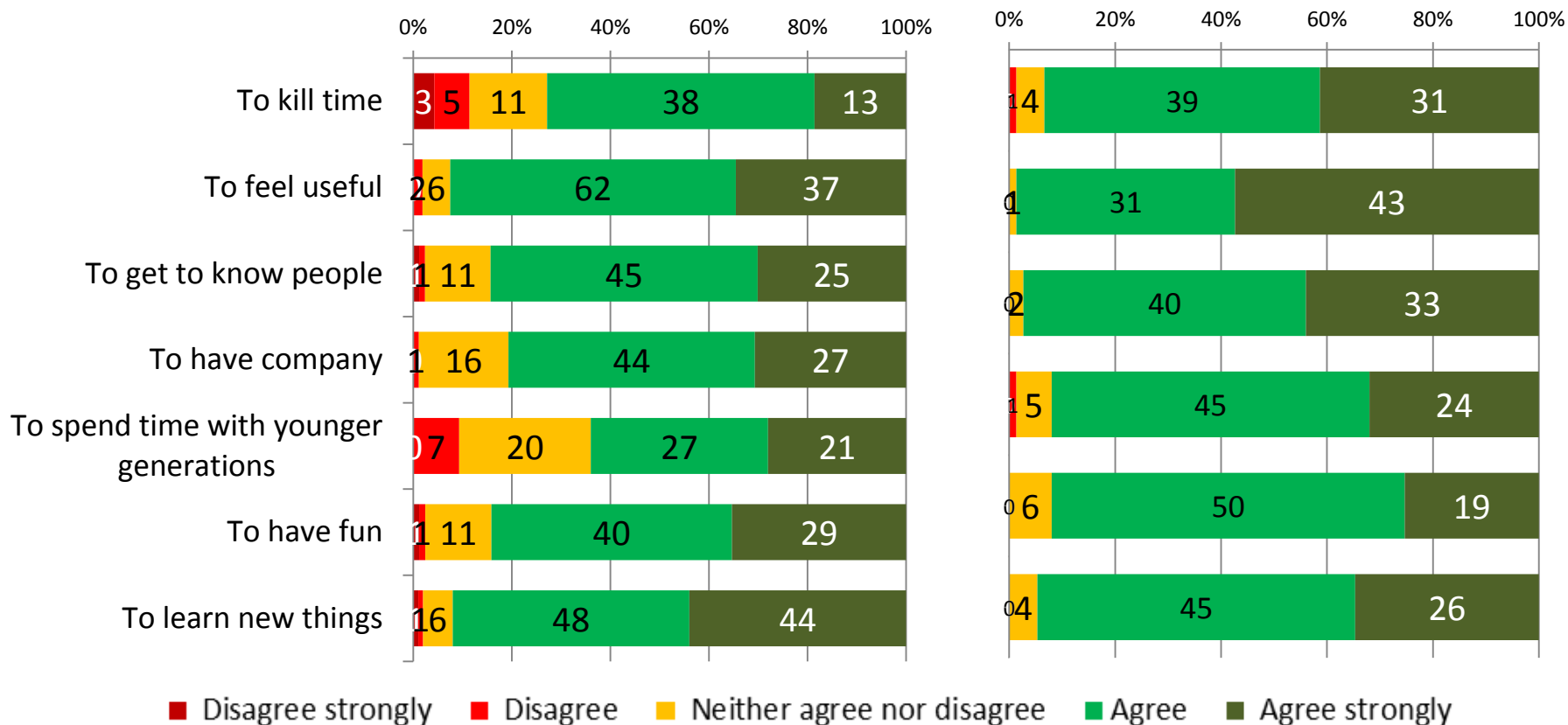


Results of the survey for seniors and professionals in Pärnu

## What do you think might be the biggest added value of voluntary work of seniors?

### Seniors

### Professionals



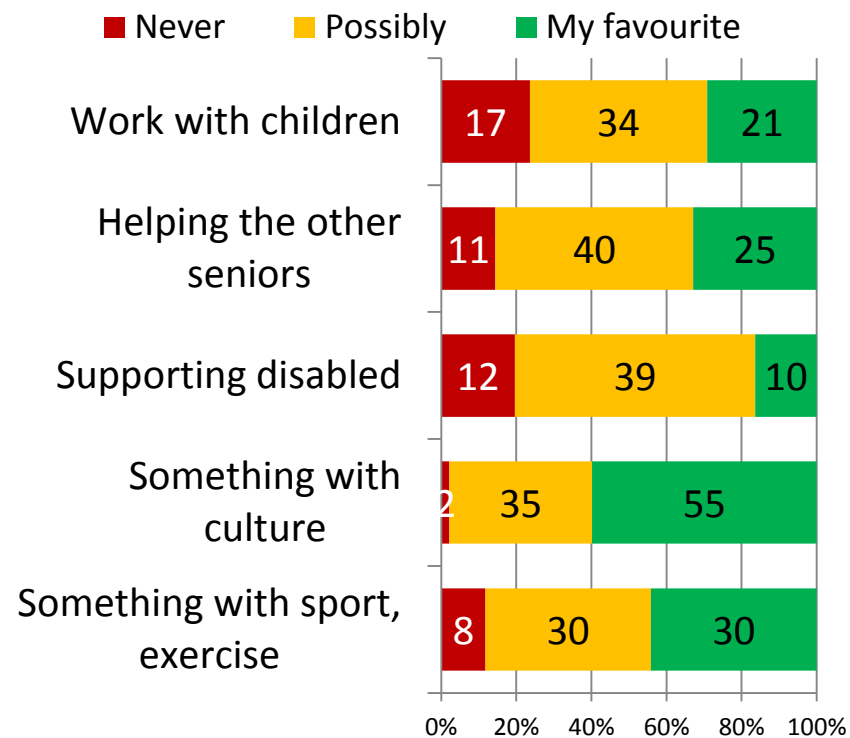


Results of the survey for seniors and professionals in Pärnu

## What kind of voluntary work the seniors could be involved in?

	Count
As a support person	12
As a companion	11
Everywhere they want	9
As a babysitter	9
As a event organiser	7
As a grandparent	6
As a private teacher for students to help the, with homework	6
As a householder	5
As a lecturer for children or young people	4
Other	11

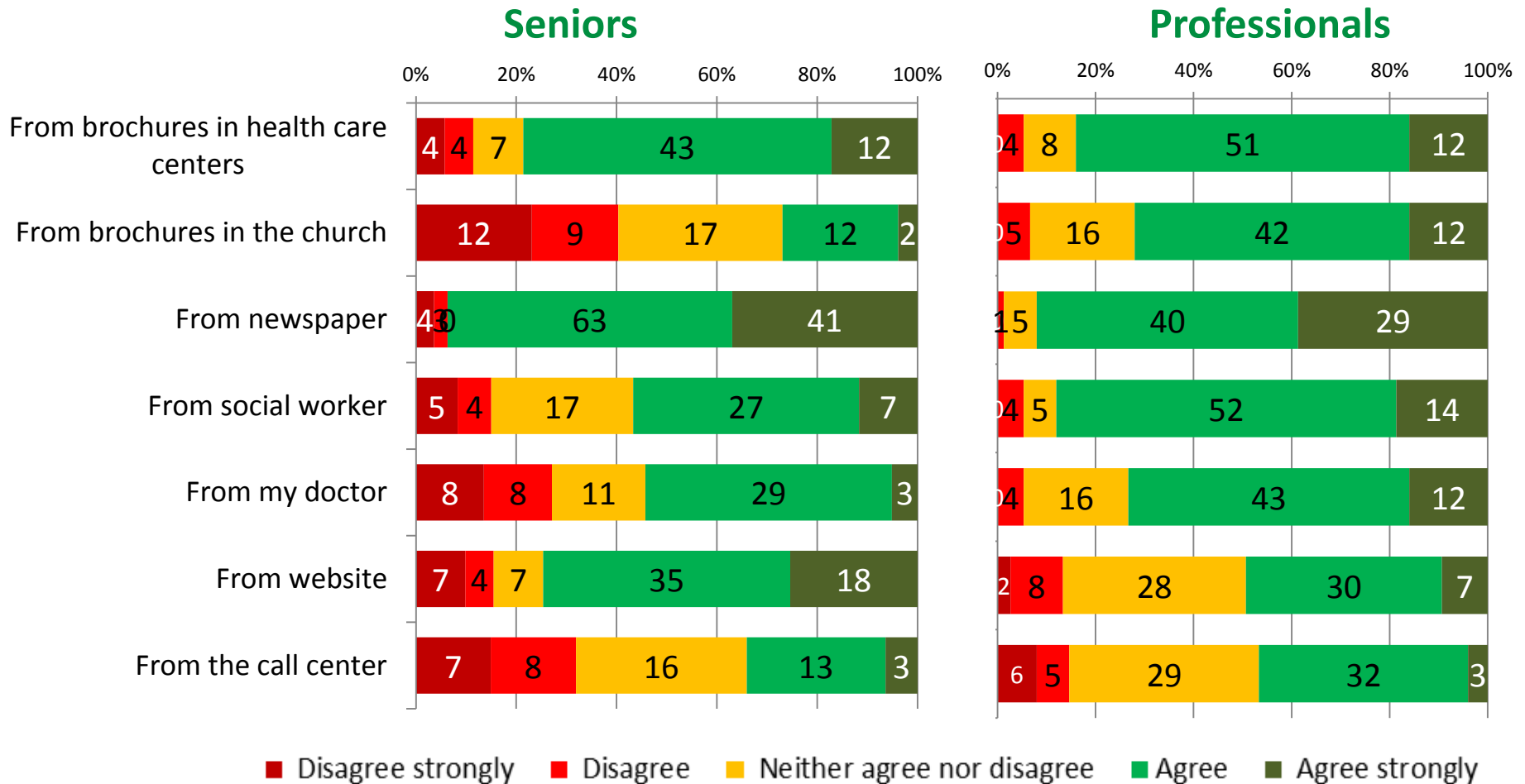
## What kind of voluntary work would you like to be involved in?





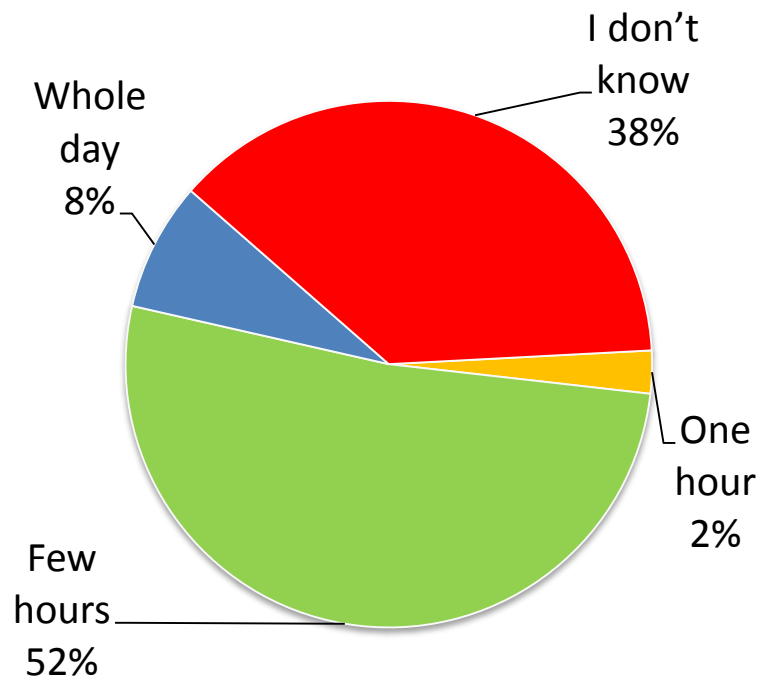
Results of the survey for seniors and professionals in Pärnu

## How to find the information about the volunteering possibilities?

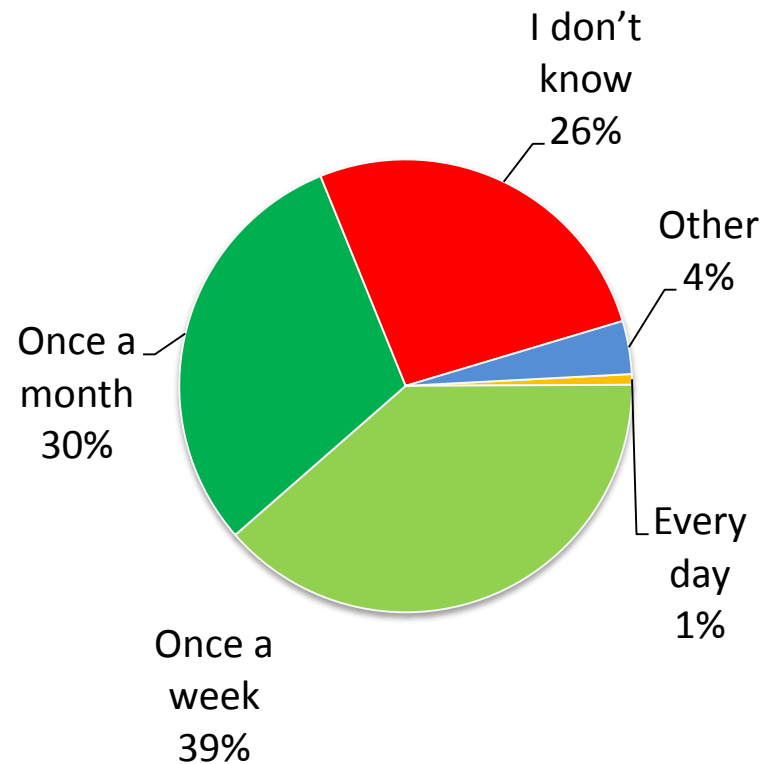




## How much time do you have to spend on one volunteering action:



## How often would you like to volunteer?





*Results of the survey for seniors and professionals in Pärnu*

## Seniors

Before starting volunteering it would be important for receiving clear information what they can and what they can't do and information of their rights and responsibilities as a volunteer

60% prefer to volunteer with bigger group and 50% with friend.

As a reward they would like to see that someone became happier and receive free tickets for cultural event or swimming hall

## Professionals

Professionals want to know how to organize voluntary work and where to find information. They also want to know about best practices and other countries voluntary work.



*Results of the survey for seniors and professionals in Pärnu*

 TARTU ÜLIKOOL  
PÄRNU KOLLEDŽ



## Third Age University – university for 50+

- Started in the autumn 2009 - 300 people
- Applied in other units of the University of Tartu
- ~500 people registered for 2012-13!
- Topics covered:
  - e-government
  - international situation,
  - rural life,
  - health care, active ageing, etc
- Activities:
  - discussions,
  - lectures,
  - workshops, study trips



99 years old



foto: URMAS LUIK/PRNPM/EMF



*Results of the survey for seniors and professionals in Pärnu*



# Thank you for listening!

Kandela Õun  
Head of Research Centre  
University of Tartu, Pärnu college  
Kandela.Oun@ut.ee

