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Senior Academy in Brno

'Senior Academy' is one of the preventive activities supported by a government grant under the Programme of Local Crime Prevention – Partnership. This is a long-term educational programme working on the principle of a 'Third-Age Academy'. The aim of the programme is to ensure the safety of older persons and prepare them to be able to provide advice and information to others who share their surroundings. The thematic groups are conceived as methodology for safe conduct in society.

The course lecturers are police officers, teachers, social workers and psychologists. Lecturers focus on information required to recognize potential danger and how to eliminate or avoid such risks. An emphasis is placed on the conduct of the potential victim, which is designed to deter the potential offender from his original plan; in this respect it is 'anti-initiative' action from the point of view of the perpetrator. A relatively extensive 'Safety Library' has been set up under the project which now numbers dozens of books. Course students have therefore simultaneously become members of the Safety Library Club. Graduates of the Senior Academy receive a 'Graduation Certificate' and become information partners (crime prevention assistants) for the Prevention Department of Brno Municipal Police Force.

The programme is composed of the following subjects:

1. **Prevention of violent attacks** (8 lessons) – Robberies at home, mugging on the street, domestic violence – criminal liability, violence in institutions, self-defence + extreme urgency
2. **Prevention of domestic violence** (8 lessons) – Recognizing domestic violence, causes of domestic violence, the behaviour of victims, the behaviour of witnesses, possible solutions for victims
3. **Prevention of street violence** (disorderly conduct, violence at stadia, etc.) (4 lessons) – Causes and types of street violence, the behaviour of witnesses of street violence, the behaviour of victims of street violence, how to predict street violence
4. **Prevention of property crime** (10 lessons) – Fraudulent conduct in dwellings, in business relations (sales representatives etc.), in civil relations (sales and purchase agreements etc.), fraudulent conduct with credit cards, simple theft (on the street, in shops, hospitals, offices, etc.) and pickpocketing (street, public transport, etc.)
5. **Securing property** (8 lessons) – Mechanical security in flats, houses, second homes, etc. (types, possibilities of use – pros and cons). Electronic security systems in flats, houses and second homes (types, possibilities of use – pros and cons). Mechanical and electronic security systems for vehicles (types, possibilities of use – pros and cons). Marking of property and other ancillary forms of security (descriptions, chips, etc.).
6. **Psychology – victimology** (4 lessons) – The psychology of an offender, victim, witness, family members of a victim. The psychology of the perpetrator's family members.
7. **Sects, associations and drugs** (4 lessons) – Types – legal and illegal, their teachings, goals and objectives – legal and illegal. Addictive substances in criminal law, minor offence proceedings and special legislation.
8. **The addictions of our children** (4 lessons) – What and what isn't an addiction, legal addictive substances – alcohol and tobacco (how to recognize abuse of these substances and how to act). Illegal addictive substances – soft and hard drugs (how to recognize substance abuse and how to act).
9. **Misdemeanours** (2 lessons) – What is and isn't a misdemeanour, how and where to report misdemeanours. The role of municipal authorities, the Czech Police Force and municipal police in the handling of misdemeanours (principles of administrative proceedings).

10. **Transport education** (7 lessons) – Road traffic legislation, changes in legislation (1 July 2006). Risks of pedestrians – seniors, risks of cyclists – seniors. First aid in the event of a traffic accident.

11. **Brno Municipal Police Force** (6 lessons) – Structure of executive and preventive units of Brno Municipal Police Force and their tasks. Jurisdiction of Brno municipal police districts, examples of the workplaces and operations of Brno municipal police force (R 01, MOS, JP, PJ, JPP, DJ, JOZ).

12. **Preventive projects** (4 lessons) – Types of projects and their focus, sources of information for the public, methods of involvement in projects, examples of the functioning of certain projects.

At present we have 103 enrolled students and the average attendance at lectures is 82 students. Initial experience indicates that much can be learned from the discipline and responsibility of the students. Breaks between lessons essentially become a legitimate form of individual teaching. Lectors advise students in personal cases that bother them or interest them. These situations underline how seniors need to talk, how they need to feel that there is interest in their problems on the part of the police. How much they need to know that society needs them in addition to those citizens who are of a working age.

Luboslav Fiala, Prevention Department, Brno Municipal Police Force
(Note: abridged)

Safe Homes for Seniors

Within the scope of this preventive project, also implemented under the Programme of Local Crime Prevention – Partnership, 'Safe Home' stickers are issued. The stickers are one way of reacting to the spread of doorstep selling, during which senior citizens are frequently lied to and lose their life savings.

The Safe Home stickers can help improve the situation. Coordinators recommend positioning the sticker outside on a gate or on the front door – the sticker warns sellers or false inspectors of utilities that the occupants of the building or flat do not buy or sell anything and will want to see some form of identification. Another sticker should be positioned inside the flat on the front door containing brief instructions what questions an older person should ask if unsure. It also contains important telephone numbers.

Radka Pochobradská, Crime Prevention Manager, Chrudim

(Note: abridged)

The Crisis Intervention and Counselling Telephone Line for the Elderly

The Crisis Intervention and Counselling Telephone Line for the Elderly is a service provided by ŽIVOT 90 (LIFE 90), non-governmental based in Prague. It is designed for older people who have found themselves in a difficult life situation due to their social circumstances or deterioration in their health. Thanks to exceptional support on the part of the Pfizer Foundation and the EU Phare 2002 programme ŽIVOT 90 has succeeded in innovating the crisis intervention and counselling line for the elderly (800 157 157), converting it from a paid service to one which is available free of charge to all older people throughout the Czech Republic. The line can be accessed round-the clock 365 days a year. The availability of this service gives the clients a feeling of safety, provides them with support and guidance, thus bringing them relief and giving them hope, making it easier for them to cope with their situation and return to their pre-crisis level. It provides help in a crisis, including counselling and, where needed, further follow-up services for the clients and their close relatives. It can currently be used in real time only by one caller at a time. The goal is to make it possible (in technical as well as staffing terms) for at least two clients to access the line at the same time in the “peak hours” – when most clients use it. Another important objective is to maintain the current level, and stabilize and develop the operation of the innovated line.

The crisis intervention line, available since 1 November 2003, is designed as a set of so-called low-threshold services for older people who find themselves in situations which distress them and which they are not able to handle on their own and with their own resources. One of the most burning problems faced by older people is elder abuse. The crisis intervention line for older people - as the only non-stop service of its kind available in the Czech Republic – seeks to make this phenomenon visible and help to solve it. Serious age-related problems as perceived by older people may include a crisis in family relations, or “technical problems” experienced by lonely older people (living on their own) in their homes. The crisis intervention line for older people is the sole specialized service focused on the problems of the ageing population, lonely older people as well as families caring for their seriously ill members.

Services provided:

- dealing with immediate urgent situations (crises)
- identifying and acting against the abuse of older people
- providing accommodation in PORTUS House to people in crisis situations
- advising clients about the availability of alternative solutions
- active assistance in the solution of problems – referring clients to specialized counselling centres and institutions
- information on selected topics of particular relevance for older people
- comprehensive problem solving
- the crisis intervention line provides respite and support to families caring for seriously ill family members and seeking information and help
- escorting lonely older people, keeping in regular touch with them, offering them participation in the association’s events and activities, creating and maintaining a database of contacts
- negotiating on behalf of the clients with third persons
- representing the clients in official proceedings
- specialized and general counselling
- helping clients to maintain contact with their social environment
- therapy (activation therapy, educational services)
- local (in situ) investigations

Jan Lorman (Note: abridged)

Contact points of the Czech Alzheimer's Society

The Czech Alzheimer's Society (CALs) is a civic association established in 1996 and registered in 1997. The company's aim is to support and assist people faced with dementia (patients and their families). CALs is based in the Gerontology Centre in Praha 8, where it also provides its services (telephone counselling, personal counselling, a contact centre, respite care at home, self-help groups for family carers, publishing and educational activities). The society's operations are financed out of several sources – public resources in the form of grants from the Ministry of Health, the City of Prague and Structural Funds (and in the past the PHARE programme and grants from the Ministry of Labour and Social Affairs).

Since its establishment, the society has cooperated with regional facilities (state and private, church, 'healthcare' and 'social welfare'), which offer services for people suffering from dementia. It provides them with information kits, know-how and other services (e.g. the organization of national collections, education). The contact points are interlinked and twice a year convene meetings in Prague.

The operations of the contact points are very important for CALs and therefore we strive to provide our continued support. An example is a project from 2003, co-financed by the PHARE programme, aimed at developing the activities of CALs contact points. At the end of the project, there was at least one CALs contact point in each region, providing the full range of key CALs services – an info line, consultations, self-help groups for family carers and respite care in households. In some regions (or contact points) certain services were in place before the project's launch; in other regions it was necessary to initiate the establishment of a contact point, which then required support in all services. The project was successful in that the overwhelming majority of services introduced continued after the project ended (the contact points found their own sources of funding).

The main goal of CALs for this year is work on 'model standards' of services provided by the CALs contact points. The project should help ensure further enhancement in the quality and development of services and guarantee their quality over time and in the event of any staff changes. The European Social Fund, the national budget and the City of Prague budget support this project.

Martina Rokosová

Memory Clinic and the website Pecujici.cz

The Pecujici.cz project is one of the projects run by the Memory Clinic at the Královské Vinohrady Teaching Hospital in Prague. The Clinic was established in 1006 to offer examinations in cases of suspected serious CNS neuro-degenerative disorders and to offer support to older persons and their family carers in Prague. The website at pecujici.cz provides support and assistance to carers with a view to helping older, chronically ill patients remain in their home environment. The pecujici.cz website offers publications issued by the Memory Clinic which are freely available for visitors to download. The website is updated weekly and visitors are kept informed of the latest events and possibilities in this field.

The Memory Clinic issues educational publications for informal and professional carers (e.g. 'Carers Handbook', the results of plotting the burdens of carers – 'Feelings and Needs of Carers', 'Poor Treatment of Seniors', and 'Ageism, A Guide to Myths and Stereotypes about Old Age'), organizers – with the support of Pfizer – training weekends of a respite nature for carers twice a year, contributes as an expert guarantor to numerous projects run by the Ministry of Health, e.g. 'Myths about Old Age', a series of radio programmes on Radio Classic FM (2003), a project called 'Not Too Late' (learning something new, becoming involved) as part of the European Year of the Disabled (2003), cooperates with the Hestia National Voluntary Centre and the Czech Association of Carer Services (CAPS) on the implementation of a two-year course called 'Training for Social Care Workers', including the publication of textbooks. The aim of the course is to educate social care workers, in theory and practice, so that they can competently help families, chronically ill persons and those suffering from dementia. The Clinic provides assistance to families and workers in the field of health and social services by means of vocational training and publishing operations, and raises public awareness about the needs of families and seniors by promoting media coverage of these issues.

The authors of the project www.pecujici.cz were the only specialists from post-communist countries invited to take part in the international seminar 'The Contribution of ICTs to Equal Opportunities and Work-Life-Balance of Informal Carers for Older People' to present their experience of working with carers. The seminar was organized as part of the eInclusion@EU project. The seminar took place in Brussels on 30 November 2006.

Tamara Tošnerová

(Note: abridged)

Center of Lifelong Learning in Prague 7

The new Center of Lifelong Learning in Prague offers a new model of intergenerational, non-vocational education for all ages. It draws together programs that have successfully existed for more than 13-18 years as independent educational projects and offers new means of activation. It is a source of mental, physical and social activity for thousands of its students in order to increase the quality of their lives.

It provides a strong social message, offering top quality lectures at affordable prices in order to make education accessible for disadvantaged groups such as mothers on maternity leave, as well as disabled, retired and unemployed people. They account for 99.99 % of all students. They pay no tuition, only a low registration fee.

Various programs are offered to the public

The U3A platform provides samples of subjects that the various Universities in Prague offer to seniors.

The Center of Healthy Ageing maintains and increases the competences of the elderly in order to prevent dependency, and is a source of enlightenment for younger students. There are three subjects available: Healthy Life Style; Psychology and Psychic and Physical Health.

The University of Free Time is a form of intergenerational education with a variety of attractive subjects of common interest lectured by top lecturers.

History of Art - 16 semester study, World History - 10 semesters; History of Music - 8 semesters; Prague Architecture - 4 semesters; Czech history - 2 semesters; Landscape and Forest in the Czech Republic - 4 semesters.

The experimental University for Grandparents and Grandchildren (age 6-12) offers Astronomy in cooperation with the Faculty of Mathematics and Physics of Charles University.

The Club of Mutual Understanding offers over 30 language classes, yoga, Thai-chi, dance, painting, bridge, handicrafts, etc. All the classes are taught free of charge by the Center's students, and their colleagues pay a token entry fee in order to take part in these additional activities. This fee is used for the rent of the rooms where the classes take place.

The Center is self-financed and independent of governmental grants and subsidies of any sort and is not connected with the established system.

The University of Free Time model has many followers throughout the country: libraries, cultural houses, and nursing homes use a local source of lecturers and are becoming centers of enlightenment in small communities.

The name UFT has been borrowed from intergenerational education in France, but the system of operation is innovative, adaptable and flexible as a pattern for intergenerational education throughout the world.

Danuše Steinová

(Note: abridged)

Czech Society for Memory Training and Brain Jogging (CSMTBJ)

CSMTBJ is a charitable trust founded on 19 March 1998 and chaired by Danuse Steinova. The mission of CSMTBJ is to raise public awareness of memory training as an effective tool against mental deterioration in an ageing society, organize memory training classes for the public and train memory trainers for the elderly for these classes and especially for institutional care. CSMTBJ works closely with German, Belgian, Austrian and American experts.

Since April 1994, four years before the official launch of the society, the systematic training of memory trainers started. There are now over 1,000 trainers in the Czech Republic. One ground level seminar and one or two specialized seminars are organized every year.

CSMTBJ organized the first National Day of Memory Training on 14 March 2005 as part of the BAW/Brain Awareness Week, www.dana.org, a worldwide project. Members offered 13 free promotional lectures on memory training focused on the senior population throughout the Czech Republic, with 650 participants. CSMTBJ was listed among the ten highlight events of BAW 2005.

On 13 March 2006 a second National Day of Memory Training was held, with 27 free promotional lectures throughout the Czech and Slovak Republics attracting 1,375 participants.

The intention of this nationwide event is to introduce memory training to the ageing population as an effective tool against mental decline, increasing the self-confidence of the elderly and empowering them to live independently. The future National Days of Memory Training will take place on 10 March 2008 and 16 March 2009.

In 2002, the EURAG (European Federation of Older Persons) Memory Training Center was established in Prague, sponsored by the Czech Society for Memory Training and Brain Jogging and the German Bundesverband Gedachtnistraining E.V. to share the knowledge and experience of European experts with countries where memory training for the elderly has not yet been introduced. The Center also offers intensive memory training classes for individuals in English and seminars for trainers in Prague and in countries which express an interest.

CSMTBJ has promoted memory training at the following international events: EURAG Congress, Turin, Italy, May 2002; ARP Conference, Aveimore, UK, September 2002; Age Concern Seminar, London, January 2003; ASA and NCA Conference, Chicago, USA, March 2003; ARP Conference, Southport, October 2003; ASA and NCA Conference, San Francisco, April 2004; a lecturing tour organized by Meharry Medical College, TN, USA, August 2004; a seminar organized by the Ministry of Community Development, Singapore, August 2004; World Congress of Gerontology, Rio de Janeiro, June 2005; International Symposium "Healthy Ageing in Europe", Vienna, Austria, March 2006; conferences on memory training for seniors, Kosice, Slovakia, October 2006, January 2007.

Seminars for memory trainers abroad: Tallinn, Estonia March 2004, Limassol, Cyprus, November 2004, Singapore, November 2005, September 2006. Seminars planned for memory trainers in 2007: Prague - February 12-16, Singapore – August 20-24, Inverness, UK – October 29 - November 2.

Intensive memory training classes in 2007: April 2-3, Reykjavik, Iceland; May 23-30, Prague; July 9-12, Cape Town, South Africa; July 15-17, Knysna, South Africa; September 15 – Hobart, Tasmania.

Danuše Steinová

(Note: abridged)

'The Homecoming' Civic Association

The Cesta domů (The Homecoming) civic association (www.cestadomu.cz) was established in 2001 in order to improve care for incurable patients, the dying and their families in the Czech Republic. Association members are medical staff and representatives of other professions, volunteers and celebrities striving to spread modern palliative care. The Association pushes for structural social and legislative changes, which will help, spread quality care for the terminally ill throughout the Czech Republic. The Homecoming is the main implementer of the long-term project 'Palliative Care in the Czech Republic', the aim of which is to draw up a proposal for the modification of the current concept of care for the dying and their families.

The The Homecoming association has set up and operates, in Prague, the The Homecoming Domestic Hospice, which offers specific help to families who decide to care for the dying relatives at home; it publishes books and informative materials, operates two informative web portals about dying and palliative care (www.umirani.cz and www.nezavirejteoci.cz), which offer relevant information and make it possible to establish contact and mediate counselling in matters related to the end of life, dying, care for the incurable, the dying and survivors; the association holds training for hospice teams and for those interested in setting up a hospice.

'The Homecoming' operates a public library for carers, patients, nursing staff, students and survivors. The library was established in autumn 2004 and the library's stocks were so broad by March 2005 that it was possible to open up the library to the public. In June 2005, an online catalogue was put into operation offering the online reservation of books (<http://knihovna.cestadomu.cz>). Today the library comprises more than 1,600 publications, of which quarters is essential works in the field and/or discuss new developments in palliative medicine and palliative care in English and German.

At the hospice office, which doubles as the library, various regular and one-off events are held. Lectures are held, carer meetings are hosted, volunteer meetings are organized and the club Evening for Survivors meets here. All visitors can use the library's services.