

# Reflections on Discussion Paper Caring Societies: The Future of Long-term Care

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# What can you expect?

- Person centredness, relation centredness? Who is the person and what is 'good' care?
- 'Workforce': older people as a resource
- Investment policies across domains
- Examples of caring societies
- Our future...?



# A life with basic rights and dignity: a good life!

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- Quality of care serves people to live a 'good' life. Usually this is :
  - Autonomy
  - Relatedness / social relations
  - Being relevant and able to live a meaningful life

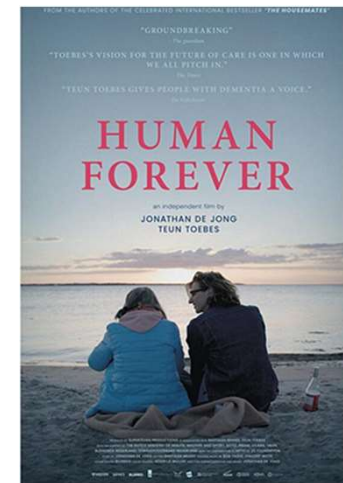
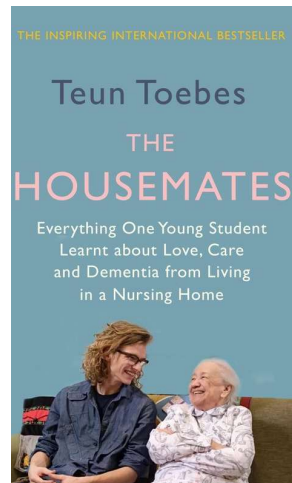
(Dutch Quality Council, 2019)

Inspired by: Self-determination theory  
(Deci and Ryan, 1985)



rely everyone, regardless of age or diagnosis,  
has an equal right to a good life?

How do we  
see older  
people?



<https://vimeo.com/864563418>



# How do we see the person in LTC?

- As people with needs but also with capabilities and competences: who are individuals
- Who want to live a meaningful life, with autonomy and social relations
- Not as a burden

→ To focus on not only basic needs but also to learn, grow, and make shared decisions, move around, build and maintain relationships and contribute (Beard, 2016, p.9).

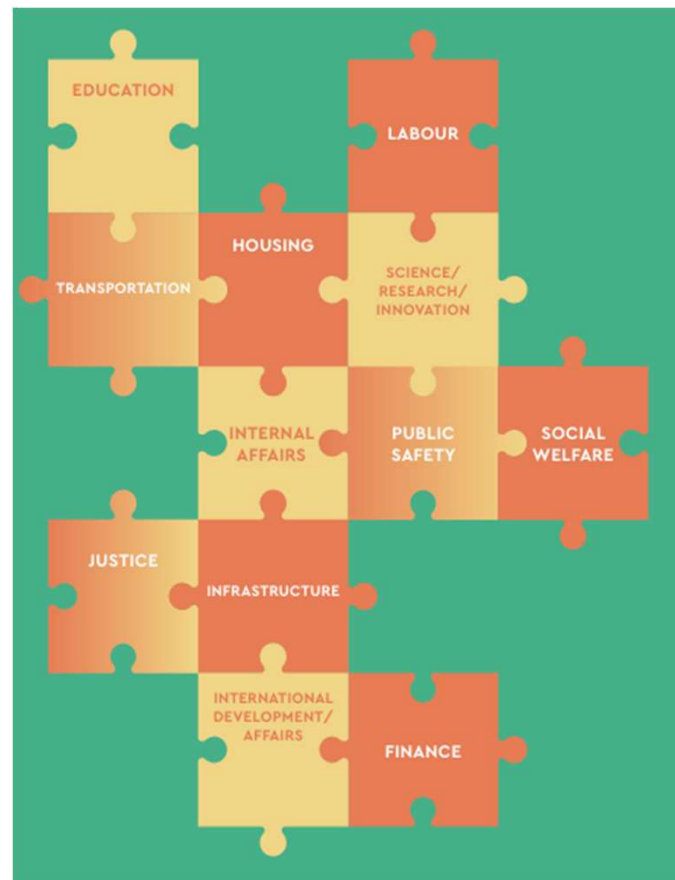


# We need older people

- Needs' reduction in the last 15 years
  - Enlarging healthy life expectation
  - Prevention, reablement, societal measures (poverty, inequalities, social relationships, meaningful activities etc.)
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- Less demand for care and support
  - More potential among older people to support others



These challenges of LTC need a societal approach  
(WHO, 2018)



How to achieve  
caring societies:  
examples of caring  
policies, economy  
and commons

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Care farms





Housing: 'Hofjes' for older people

# Cohousing

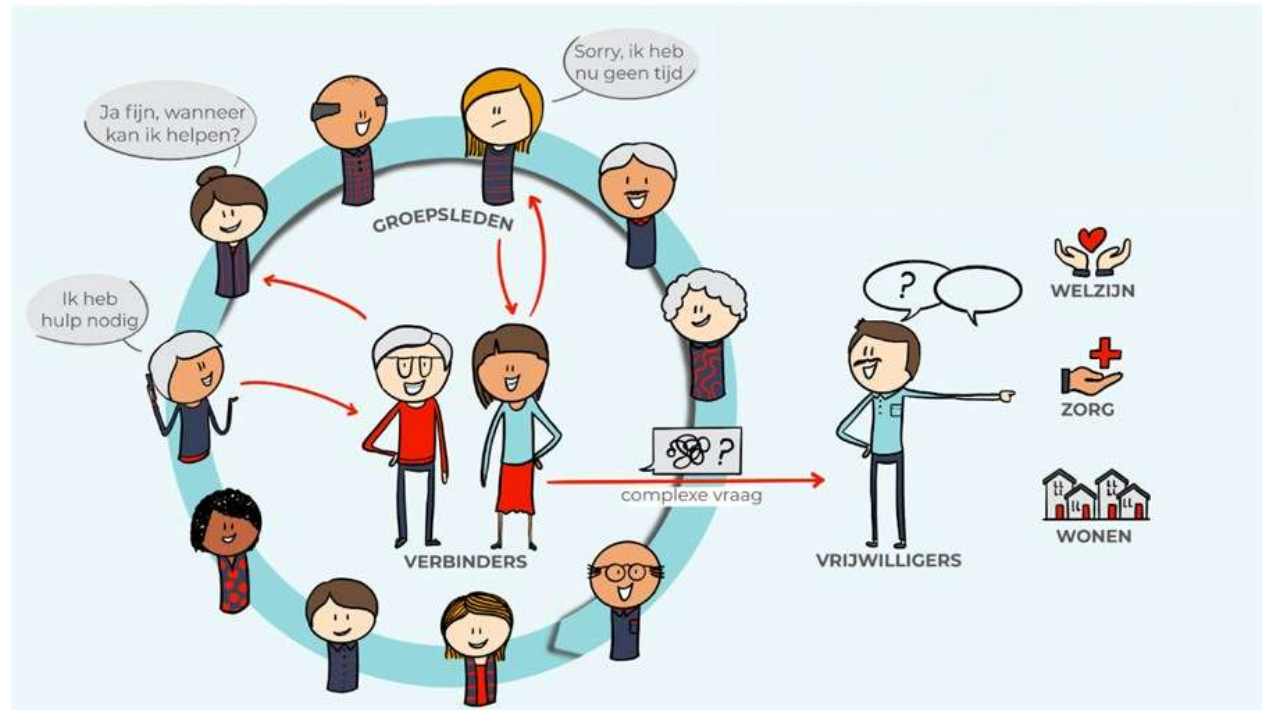
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# Precaution circles

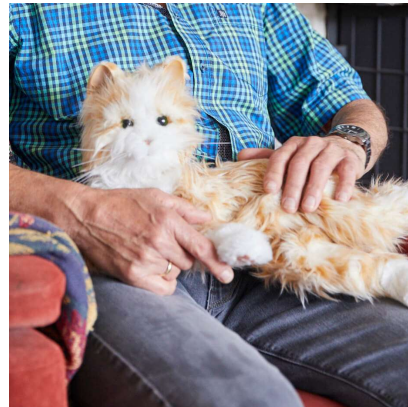
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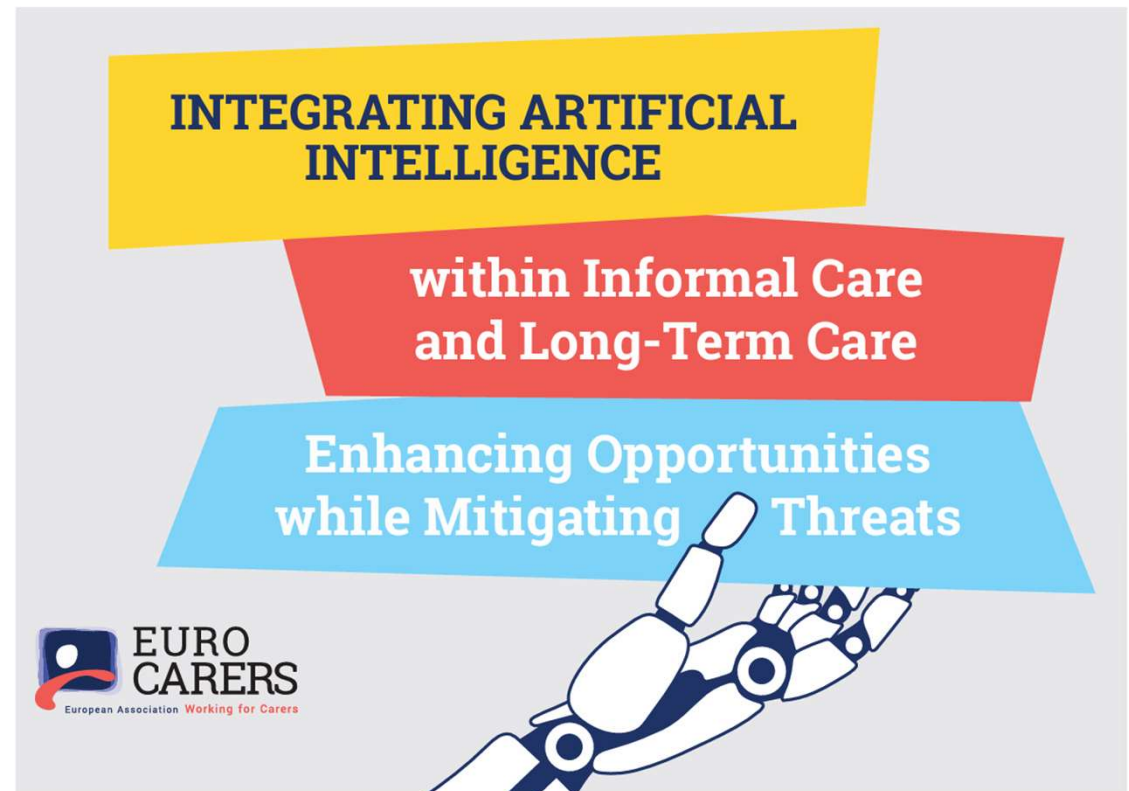




# Technology



See also:



# Monitor zorgzame gemeenschappen 2020

Een groeiende beweging van bewonersinitiatieven in welzijn, wonen en zorg

infographic op basis van 323 deelnemers

## Impact

Bezoekers  
**63%✓**  
157.000+



Leden  
**36%✓**  
28.000+



## TOP 10 activiteiten



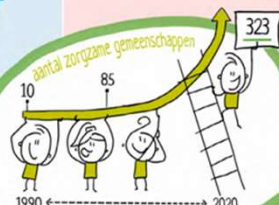
1. Ontmoeting
2. Huiskamer/inloop
3. Burenhulp
4. Culturele activiteiten
5. Koken/diner
6. Sport en spelactiviteiten
7. Cursussen en workshops
8. Klusdienst
9. Vervoersdienst
10. Mantelzorgondersteuning

## Thema's van activiteiten



sociale cohesie **57%** welzijn **47%** leefbaarheid **41%** eenzaamheid **40%** participatie **29%** zorg **19%** wonen **16%** gezondheid **10%** preventie **8%**

## Doelgroep



Rond **1.500** zorgzame gemeenschappen in beeld in NL

per provincie



## Organisatie

### Samenwerking met...

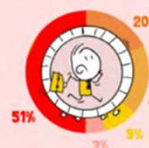


**85% 49% 49% 46% 14% 7%**

50% onder de €1.100  
**€18.000** gemiddeld

### Inkomsten

Subsidies, giften e.d. **78%**  
Eigen bijdrage **43%**  
Middelen 'om niets' **27%**  
Contributie **23%**



- Stichting
- Gemeen
- Vereniging
- Coöperatie
- VOF, BV

### Rechtsvorm

Vrijwilligers  
**88%✓**  
**16.000+**



### Betaalde krachten

Inhuur **16%** Loondienst **14%**



De informatie in deze infographic is de uitkomst van een vragenlijst onderzoek onder ca. 1.500 geïdentificeerde bewonersinitiatieven in welzijn, wonen en zorg. De vragenlijst werd in september en oktober 2020 ingevuld door 323 initiatieven. Het onderzoek is een samenwerking van Nederland Zorgt Voor Elkaar, Vlians en Movisie met financiële ondersteuning van het ministerie van Volksgezondheid, Welzijn en Sport.



Caring communities

# How to achieve this?

- It is all about solidarity:
  - Between young and old and old and young
  - Within older age groups
  - Within local communities
  - Involving informal, public, private stakeholders
- At many spots and multiple small scales
- Nurturing ecosystems → supportive governance
- Careful with 'care enterprises'
- Don't exploit informal carers, be careful with them as a resource
- Older people as a resource
- Role of government: management by speech, connections between financial silos, legislation allowing experiments/pilots



On to a future  
with high quality  
of life and a great  
60<sup>th</sup> Anniversary  
of the European  
Centre!

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