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Pro Senectute Vaud

Pro Senectute Vaud is a public utility association founded in 1919, following Pro Senectute Suisse creation in 1917. Regional organizations exist in each Swiss canton.

His mission is to contriibute to the well-being of retired persons, on 3 dimensions:

1. **Material**: ensure that everyone can live with dignity
2. **Physical**: by encouraging the practice of sporting activities and movement until old age
3. **Moral**: by offering activities enabling new meetings, for avoid isolation and loneliness
Swiss federal system: brief introduction
«Neighborhood in Solidarity»
Purpose and methodology
The purpose of the programm « Neighborhood in Solidarity » is to facilitate the integration of elder people in their neighborhood in order to improve their quality of life, for everybody.
Steps – «Quartiers solidaires»

3 months (~30 hours)
• Preliminary Analysis
• Feasibility evaluation

1 year
• Diagnostic
• The diagnostic is a life quality overview of a community

3 x 1 year
• Construction - Projects - Realisation
• Development of specific projects

1 year
• Empowerment
• End of social worker involvement
1. Preliminary Analysis

Goal
Feasability evaluation of a «Neighborhood In Solidarity» project

Means
- Interviews with some elder people
- Contact with potential partners of the project (associations, parishes, public and private organisations providing services for elders)
2. Diagnostic (Year 1)

**Goal**
Understand the reality of the elder people and the professionnals services in the definite area (district, village)

**Means**
- Passive and active observation
- Interviews (~100)
- Forum
- Diagnostic report
2.1 Project Structures

- Authorities
  - Strategic Group
- Partners
  - Resources Group
- Inhabitants
  - Inhabitants Group

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2.2 Community Diagnostic Tools (1)

Social connections
2.2 Community Diagnostic Tools (2)
3. Construction (Year 2)

Goal
Choose priority actions and define the means of achieving them

Means
– Inhabitants group
– Work group
– Diagnostic walks
– Forums
3.1 Methodological Tools – Diagnostic Walks
4. Projects (Year 3)

Goal
Develop activities as needed:
- Meeting spaces (coffee, breakfast)
- Small and big hike
- Community meals
- Playing games (Scrabble, Card games, ...)
- Intergenerational activities

Means
- Inhabitants group
- Work group
- Forums
5. Realization

Goal
Confort the sense of belonging to a community

Means
– Meeting room
– Community activities
6. Empowerment

Goal
Prepare the community for autonomy

Means
– Association or other structure
– Statutes and rules
– Agreement between the partners
– Forum
– Closing sessions
– Follow-up services by Pro Senectute
«Neighborhood in Solidarity»

Outcomes and impact

canton de Vaud
Outcomes - for the entire program (1)

250 activities developed by elders in the Canton of Vaud

- Meeting spaces
- Small and big hike
- Car-sharing
- Community meals
- Training
- Computer and mobiles devices
- Danse
- ...

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Outcomes - for the entire program (2)

- 28 projects
- 21 Municipalities

- 450 active seniors
- 7’000 participating seniors
- 45’000 people informed
- 200 partners

- 1 website
- 1 newspaper