

POZNAŃ SUPERCOMPUTING AND NETWORKING CENTER



HELPS: good practices

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EUROPEAN UNION
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DEVELOPMENT FUND

Good practices

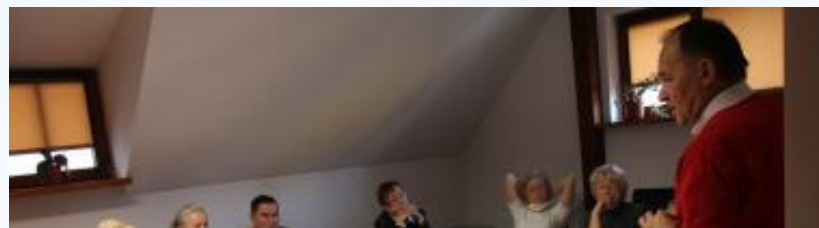
- Community building
 - Senioralni Poznań
- Housing accessibility
 - Urban Barrier Map - Sopot
- Housing affordability
 - Social assistive housing for elderly - Stargard
- Social and health care
 - Cardiac Telerehabilitation (Teleintermed)
- Access to information/education
 - Aktywni 50+ Fair

Senioralni (1)

- Initiative of Centrum Inicjatyw Senioralnych (Centre for Senior Citizen Initiatives) aimed at creating common awareness of:
 - the fact that people 50+ are the 2nd most numerous population group in the city of Poznań
 - elderly are NOT focused on their illnesses and problems, but rather can actively participate in the city life
- The term „Senioralni” means not just seniors themselves, but all people that understand the needs and capabilities of the eldest citizens, and wish to participate in intergenerational community building
- First edition: October 2011 (whole month)
- Organized on the example of „Juwenalia”, annual student event



Senioralni (2)



Urban Barrier Map (1)

- Developed by the town of Sopot
- Before:
Lack of comprehensive registry of public buildings and spaces with their description in terms of accessibility for elderly or disabled persons

- ✓ A map of existing architecture barriers was created
- ✓ As well as documents with tips for eliminating reported barriers

- After:
Comprehensive database containing information of type of surveyed barrier, its location and description (including photos)
- „Architecture Barrier Map” contains accessible information about open-space public places:
 - traffic routes: streets/sidewalks , parks/squares,
 - pedestrian crossings
 - bus/train stops
 - public electronic devices (phone booths, ticket machines, cash dispensers etc.)



Urban Barrier Map (2)



Urban Barrier Map (3)



Social assistive housing for elderly (1)

- Uses TBS (Towarzystwo Budownictwa Społecznego) concept within the „Nie sami” program in Stargard Szczeciński
- New flats designed for use by the elderly (55+)
- The building located in the neighbourhood of young people
- 22 flats: 8 with 2 rooms, 14 with 1 room (31,57-55,38 m²)
- Key features:
 - two floors only, with elevators
 - entrances to 3-flat segments are painted in different colors
 - numbers on doors are convex
 - wide passages
 - additional handles in bathrooms
 - non-slip surfaces in common areas
 - terraces to get together
 - electronic carry-on alarm for each resident
 - animator, nurse, doctor, volunteers supporting the community
- First initiative to use TBS to create houses for the elderly: Poznań



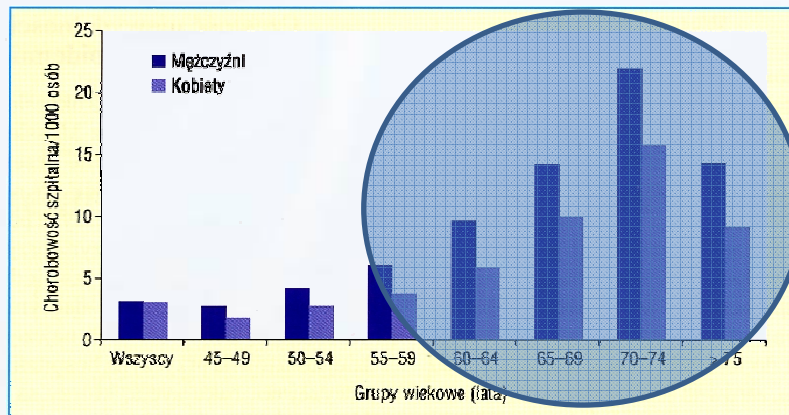
Social assistive housing for elderly (2)



STARGARDZKIE
TBS
Sp. z o.o.

Cardiac telerehabilitation (1)

- Answers the challenge of cost-effective care for cardiac patients of whom most are the elderly
- Developed as part of the Teleintermed project at the Institute of Cardiology in Anin (Warsaw)
- Easy to use by anybody after training
- Patient safety is key
- Team at the cardiac center: doctor, ecg technician, physiotherapist, psychologist



Rycina 1. Chorobowość szpitalna w Polsce u pacjentów z niewydolnością serca



Cardiac telerehabilitation (2)

Place of living

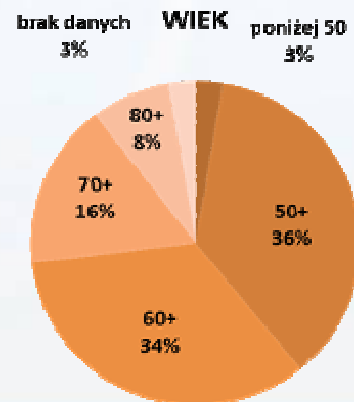


Monitoring center



Aktywni 50+ Fair (1)

- Weekend fairs, first organized in 2010
- 2011: almost 100 booths, 3500 visitors
- Products and services for 50+
- NGOs and other organizations „advertise” their offer – participation for NGOs and public institutions is free
- Educational, artistic, advisory, sports workshops



Aktywni 50+ Fair (2)

