

ENIEC Newsletter



November 2015, no. 74

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News from the Chairman

Dear ENIEC friends

SAVE-THE-DATE from March 30th to April 1st for our annual meeting in Frankfurt! We are pleased and grateful to Frédéric Lauscher, Ute Bychowski, Meltem Baskaja, Claudia Muñoz del Rio and Ursula Poletti for organizing the upcoming Annual Meeting.

ENIEC is constantly developing and making progress. We meet once every year and in between, we are working to keep ENIEC alive, to make progress and to inspire each other. As we informed you on the last newsletter, the board met in Frankfurt last October (you will find the minutes in this newsletter) and was joined by the strategic working group of ENIEC. Together with the 8 ENIEC members who participated in this

strategic group, we have discussed and started preparing different proposals for the upcoming General Assembly on the future of ENIEC. We keep also working on the preparation of the 10th anniversary of ENIEC in 2017. Some members are busy with preparing the booklet for this occasion. You will also find more information about this project in the newsletter and we encourage all of you to collaborate in this project but also, to let us know if you have any other idea or proposal to celebrate our 10th anniversary!

During last months, several ENIEC members have worked together and used our network as tool for developing interesting initiatives. Yuko Kametani, from Finland and her team from the Finnish Refugee Council have visited for 3 days different intercultural projects in the Netherlands, arranged by Dutch ENIEC members. Recently Olivia from Belgium together with a Belgium delegation have visited some cohousing projects of elderly migrants also in The Netherlands. We are truly glad to see how ENIEC members keep collaborating with each other and have such very inspiring meetings!

Besides all the important ENIEC exchange between members, the world is changing and dealing with challenging issues concerning refugees and their arrival and social integration. As ENIEC chair of the board I am aware that we have members who are directly involved and/or with several experiences. The

other important issue I want to address is the fact that within the refugees floating into Europe there are also a significant number of elderly people involved. My sincere hope is that the power of the ENIEC network can be used to support, advocate and aid those in need and especially the elderly. I am excited to hear and to learn more on this during our upcoming Annual Meeting in Frankfurt.

I hope to see and meet you all on the 30th of March in Frankfurt and that you are able to stay with us until the end (17:00 hours) of the program on Friday afternoon.

Warm regards,
Mohamed Baba, chairman of ENIEC



Minutes Board Meeting 23-10-2015 in Frankfurt

Chair: Mohamed Baba, minutes: Kristel Logghe, attending: Eva Ronkko. Lola dismissed.

1. Opening, setting the agenda and announcements

Unfortunately Lola wasn't able to join the board meeting due to bad illness of her grandfather. She will be updated and consulted after each session online or through a skype call. First the board discussed the expectations and the program for the two days of meeting.

2. Minutes last board meeting

- Website: Lola will be in charge of the website, webmaster. Mohamed

will send the codes to Lola. The board discussed about modernising/redesigning the website and the idea to put information about the members expertise on the website.

- Newsletter issues/putting articles on the website. Create a community management group for social media use within ENIEC. Lola will prepare a communication plan/strategy for the upcoming board meeting.
- Formal board registration: Mohamed will meet Jan Booij in The Hague about changing the registration of the board members in the Chamber of Commerce. Mohamed will bring the forms to fill in the next board meeting.
- Cloud data storage. Store all information on the Google drive. Kristel will send relevant documents from the past years to Lola to put in the cloud account.



3. Financial report

- Current financial situation. Lola will make a financial statement of account after the board meeting, she already registered all the payments in an Excel sheet. The financial situation of ENIEC is still very good with ca € 50.000 on the bank account.
- Membership payments (Eva). At this moment 96 members have paid their membership fee (€ 14.912, some paid already in December 2013). 7 members left our association this year. Again we expect about 20-25 members not to pay their fee (they will be taken out next year) and we expect from about 5 more members that they will pay their fee of 2015.
- Financial administration. All available information will gathered

and centralized in the cloud account and will be follow up by Lola and used for the statements for next board meeting.

4. **Follow up General Assembly 2015**

- Exchange between members working group: Mohamed was in contact with Nicolet van Eerd, who has also been in contact with Patricia and Jennifer. The board will be in contact with this working group after the meeting in Frankfurt to follow up.
- Proposals for Anniversary. One idea is to make an online magazine. Also to present from each country what has happened during the last 10 years. An other idea is to organize a conference, also for external (paying) participants in order to share our experiences and expertise inside and outside ENIEC Theme could be '*be prepared for the future...*' because of the large influx of refugees into Europe and the issues of elderly.
- Mohamed will send an email to Marja, Sari and Barituka to start the election process for the 2 open positions in the Board.

5. **Annual Meeting 2016: Frankfurt**

- The board met with Frédéric and Ute from the organizing committee in Frankfurt. Frédéric gave an overview of the ideas for the content of the program, the conference venues, the meals, transport and hotel. The board had a good exchange on all the topics, there is much confidence in the organization of the meeting, the content will also be part of and input for the discussion in the strategy group during the coming day.
- Some practical issues that are important for the members to know:

- They made a reservation for 90 rooms, which can be adjusted later after the first registration of members. They can also be used as double rooms.
- They booked a very nice, clean and good-looking hotel near to the Central Station and many nice meeting points: bars, restaurants etc.
- We have 2 different conference venues where also a field visit outside the main program can be organized.
- They want to start the registration very soon, already send out the invitation mid-December, deadline for the hotel is early February.
- On Wednesday we probably start at 19:00 hours for a program of about 1,5 hours.
- The contribution of ENIEC to the Annual Meeting 2016 will be € 7.000, in line with the dedicated budget.

6. **Host City 2017/recruitment of new members/countries**

Different options were discussed by the board.

7. **Next Board Meetings**

Setting a date early February, but first on 12 December in Frankfurt to meet up with the strategy working group and organizing committee.

Issues on the next board meeting: drafts of the Annual Report, Statement of Accounts 2015 and Budget 2016.

8. **Miscellaneous**

Request to participate in EU-exchange program Turkey. Kristel answered to Turkey to send more information, but they didn't respond yet.

Exploration of dementia issues within Moroccan families

Saloua Berdai Chaouni

The number of Moroccan elderly in Flanders reaching the age of high risk for dementia is increasing. Yet no study has been performed to explore how Moroccan families faced with dementia experience and manage this condition.

To obtain the advanced master's degree for gerontological sciences, our member Saloua Berdai Chaouni conducted an explorative study looking at the meaning of dementia and care held by informal caregivers of Moroccan origin, the challenges they encounter and how they face them. She also looked how migration, culture and religion play a role in the experience of dementia. Data is collected using qualitative research methods. Informal caregivers of Moroccan descent and professional caregivers with experience in caring for this population shared their views in in-depth interviews and participated in a focus group to discuss the issue.

The findings suggest that dementia is an overwhelming experience; starting with a delayed diagnosis process where the informal carers with Moroccan background first have to process the news themselves and then inform the demented relative. At this stage, dementia acquires multiple definitions or labels: biomedical and cultural. Informal care is a challenging search process. Generally it is a dynamic process where initial ideas about how and by whom care should be given develop into a more realistic multi-disciplinary approach. There are various challenges that lead to a multi-layered care burden. The experience of dementia triggers multiple coping mechanisms that are individual and context-based. All our respondents share religion and the absence of substance abuse as coping mechanisms. Additional to culture and religion, migration has been shown to be an

important factor influencing the experience of dementia and care.

This study concludes that the first generation of migrants with dementia poses a challenge to a first generation of informal and formal caregivers who have to deal with this new phenomenon.

There are some universal aspects to experiencing dementia and caring for a demented person. This condition's impact has similar aspects like the search process for care, the care burden and the need for coping strategies that have to be dealt with regardless of ethnic background. Yet it is clear that migration, cultural and religious background affects this experience. These different elements of one's background define the meaning given to dementia and how informal care is perceived and performed. This trio of factors also adds different layers to the care burden resulting in alternative solutions (e.g. care marriage: to marry someone from Morocco in purpose of care.) and strategies that are available to manage this burden.

Both informal caregivers with Moroccan origin and professional caregivers need to be better informed and supported in order to provide good quality care to these demented persons. To achieve this goal, more research on the matter and active cooperation between the Moroccan community, care organizations and policy makers is needed.

Saloua suggest that the future research should include the perspective of Moroccan seniors on the experience of dementia. Another suggestion is to look more in depth to the various coping strategies used by seniors and informal carers of Moroccan origin. Finally, the trio of migration, culture and religion provide a vast resource of mechanisms that help manage dementia, but our understanding and use of this is limited. A better understanding could lead to interventions to relieve the informal care burden and to provide effective and tailored person-centered care sensitive to one's life experiences, culture and religious background.

This study is in the process of publication on a scientific journal. If you need to know more, contact Saloua by e-mail: berdai@live.be

Divers elderly care: cross-cultural approach of dementia

Olivia Vanmechelen

One response to the lack of expertise about cross-cultural approach, screening and treatment of dementia in Belgium, will be given by the research program 'Diverse Elderly Care'. This research program, financed by the European Regional Development Fund was elaborated in collaboration between the Erasmushogeschool Brussels, the Kenniscentrum Woonzorg Brussel, the Flemish Expertise Center on Dementia and different care and health organizations in Brussels. The project focuses on practical and cross-disciplinary research and co-creation processes with all stakeholders: the migrant older (with dementia) himself, his environment (informal caregivers, family and community) and the professionals (from social worker, over nursing staff to specialist). The project aims to prepare the stakeholders and equip them with the necessary knowledge and tools. The project runs a program, ranging from raising awareness and prevention, on screening and diagnosis, to care framework and appropriate treatment methods. At each turning point is investigated how the approach, support or care can be tailored to the elderly from a cross-cultural perspective.

The research program starts in January 2016. We'll come to you with some first results next year. For more information:

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Yuko in Holland

ENIEC member Yuko Kametani recently visited the Netherlands with three colleagues



'We learnt a lot during four days. The situation of migrants and refugees are different from Finland, but still some of the things are similar. Now we have to write a report and think about it... How we can use here, what we have learnt.' said Yuko. ENIEC members Ine and Deniz organized with help from Nafisa some interesting projects like nursing home Sefkat.

<http://www.zge.nl/Verpleeghuis-Sefkat/Algemeen>



Board members Kristel and Mohamed, ENIEC members Deniz and Yvonne have had dinner with the guests from Finland. A lot of exchange...and fun!

Other news

No happy Christmas

While many of us are looking forward to spending time with family and friends, new research from Age UK shows 60% of people aged 65 or over aren't expecting festive happiness to be part of their Christmas this year.

Source: <http://www.ageuk.org.uk/latest-news/60-of-older-people-dont-expect-festive-happiness-to-be-part-of-their-christmas-this-year/>

Older women more at risk of poverty

The European Commission has released data on the gender gap in the risk of poverty in old age. While poverty rates among men and women do not differ much during working life, the difference increases after age 65, and even more so after age 75. Reasons for this are life-long differences in pay and working time, different pension ages for men and women, and the fact that more older women live alone.

<http://ec.europa.eu/social/main.jsp?langId=en&catId=89&newsId=2349&furtherNews=yesnt>

More about this topic:

<http://www.ageuk.org.uk/latest-news/women-twice-as-likely-to-have-an-empty-pension-pot/>

Source: <http://www.age-platform.eu/index.php>



Books

'Ageing in Europe – Supporting Policies for an Inclusive Society'

The book "Ageing in Europe – Supporting Policies for an Inclusive Society", presented on 29th October in Brussels, examines the societal challenges that face us due to rapid population ageing and possible solutions.

This multidisciplinary publication is based on recent data collected as part of the Survey of Health, Ageing and Retirement in Europe (SHARE) project aimed to support policies for an inclusive society.

Self-advocacy handbook

To celebrate the 25th United Nations International Day of Older Persons, Age Platform Europe launched an online Older Persons' Self-Advocacy Handbook intended to support the involvement of older persons in all processes that affect their human rights

Source: <http://www.age-platform.eu/age-communication-to-the-media-press-releases-en-gb-6/2786-empowering-older-people-to-speak-up-for-their-human-rights>

Older migrants booklet UK

The final version of the booklet 'Older migrants' has just been launched by the Integration up North project, as part of the 'Introduction to Migration' guidance series.

This booklet describes the main barriers to accessing services and integrating into the local community for older migrants in the UK. It also provides information on background data and highlights the contributions of older migrants to community life. The 'Introduction to Migration' guidance booklets provide an overview of key issues relating to migration, from migrant definitions and entitlements to housing, health and work. The booklets are aimed at staff in public sector organisations who are new to working with migrant service users and those who want to improve their

knowledge. You can download all of the booklets from www.migrationyorkshire.org.uk/introductiontomigration-IUN

[Integration up North](#) was a project to improve the integration of new arrivals for the benefit of both the newly-arrived migrants and the wider local community.

Source:

<http://www.migrationyorkshire.org.uk/?page=NewsView&itemid=215>

Work in progress!



ENIEC members Saloua, Wendela, Ineke and Yvonne are busy with the preparations for the ENIEC booklet. They have send messages to the different coordinating persons and have prepared an interview guide. Some coordinating persons had some great remarks about the questionnaire. Thanks for that! Very helpful. Step by step, the booklet 'grow'.

BLOG

Good health, money and a bit of luck

'Good health, money and a bit of luck'. That is what older people need to be able to live as long as possible in their own homes, according to an old lady I recently met.

Last weeks I met a lot of older people at conferences, fairs and during my lectures in several homes for the elderly. I asked

these older persons whom I met what was needed to keep older people active. They often answered that organizing attractive activities were really needed. There are of course a lot of activities in cities and villages but they do not always meet the needs of the people.

Sometimes there are practical thresholds for people to participate, like the lack of transport. 'You have to investigate what older people like to do and then organize activities they really like', said someone. Al lot of the older persons I spoke said to me that it is important for people to have possibilities to meet. 'Loneliness is a big problem. Young people should visit older people more often. They can walk a bit together and chat', said an old man.

Top ten

What are the most necessary things to make it possible to live as long as possible in their own homes? This is the top-10 of items that were mentioned by older persons:

1. Services in the neighbourhood (like shops, public transport, the general practioner, meals on wheels).
2. (in) formal care.
3. Housing adaptations.
4. Safety.
5. Good health.
6. Good information.
7. Enough money.
8. Affordable housing.
9. transport.
10. To have a goal in life.

Start early with ageing?

You cannot control all of these things. You have to have a bit of luck as well. Sometimes you can take some preventive measures. During my little conversations with the elderly I noticed that 'young' seniors were thinking more about their future . They told me they were looking for information because they were realizing that they have to arrange more things themselves than the older generations. In the Netherlands, the residential homes are closing the doors. People need to stay as long as

possible in their own homes and people have to think about ageing in an earlier stage. But what is the right time? When should we start about thinking of ageing in our own homes? That question is very hard to answer....

<http://www.kcwz.nl/blog/2015/langer-zelfstandig-wonen-gezondheid-geld-en-een-beetje-geluk>



Yvonne Witter

ENIEC MEETING 2016

March 30th - April 1st 2016

Annual meeting in Frankfurt!



www.eniec.eu

Join the ENIEC **LinkedIn** group, become a follower of @ENIEC on **Twitter**

and join the ENIEC group on **Facebook**
<https://www.facebook.com/groups/59752467020/>



When can you expect the ENIEC newsletter? Around the: 25th of January 2016

Deadlines:

Before the 15th of January, all input should be sent to the editors.

Who are the editors:

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