

AD-PA
Les personnes âgées - Les directeurs

 **CNSA**
Caisse nationale de
solidarité pour l'autonomie

FONDATION
DE
FRANCE

CITOYENNAGE

La parole des personnes âgées



General statement

- ▶ Employees & families tend to speak before the elderly
- ▶ Citizenship isn't a matter of age or handicap
- ▶ Laws encourage participatory approaches
- ▶ The elderly are the best placed to speak about aging

Citoyennage : who for ?

- ▶ For the elderly : to talk about their daily life & exchange experiences
- ▶ For the employees : to learn how to listen to the care receivers & think about their professional practice
- ▶ For the establishment & structures directors : to create a new dynamic in their institution
- ▶ For the whole society : to a better understanding of the expectations of the elderly

Citoyennage : how ?

4 steps :

1. **Inter-structure meeting** : choosing the year's theme
2. **Intra-structure meetings** : deepening exchanges on the chosen theme & preparing an intervention
3. **Annual symposium** : sharing every interventions about the theme, writing a synthesis with concrete action proposals ; in a friendly environment
4. **After the symposium** : improving the daily life with said proposals & spreading the words of the elderly

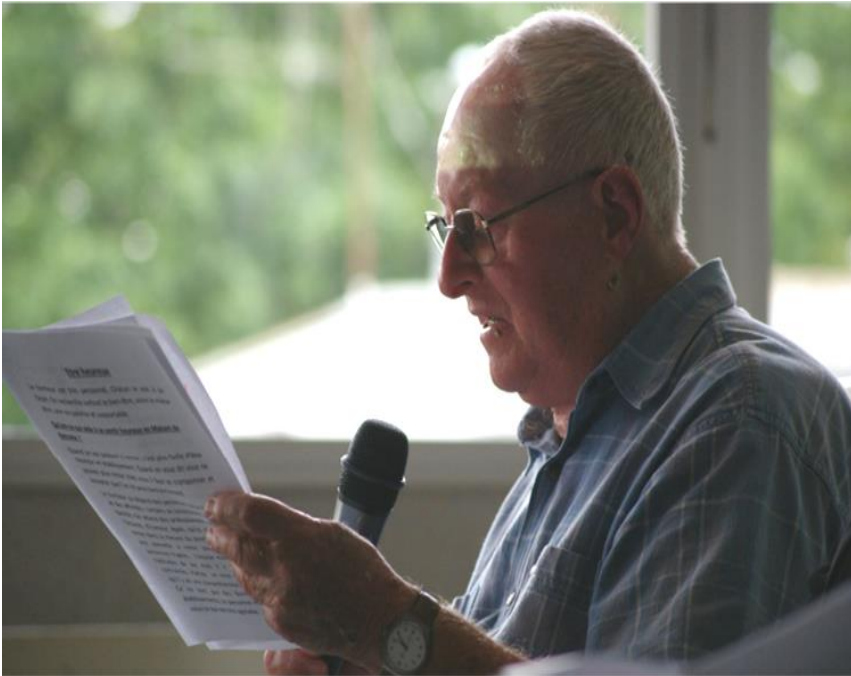
Step 1: choosing the year's theme



Teamwork meetings : groups of 8 to 10 elderly people + an employee

Voting the year's theme name

Step 2: Deepening the exchanges on the chosen theme



Goal : to give space to every interested elderly people so they can express their own points of view and share **concrete proposals**

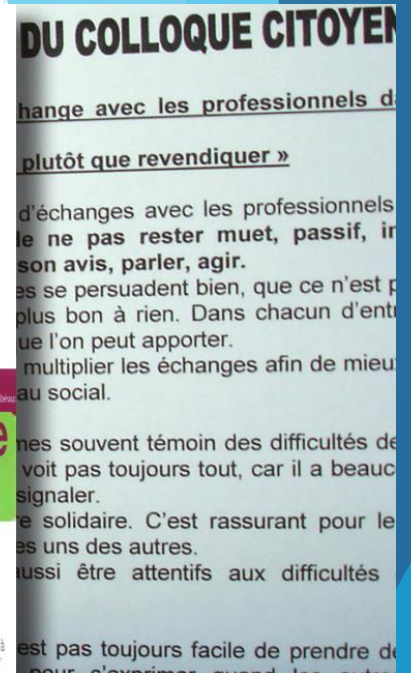
Step 3 : the annual symposium



Enjoying a friendly environment that encourages sharing ⁷

Debating about the theme and interventions and writing a **global synthesis**

Step 4: improving the daily life



After the symposium : improving the daily life with concrete proposals

Spreading the proposals and conclusions to the media

Examples of themes

- ▶ *Animation & social life*
- ▶ *Which criterias for a quality daily life in the institutions ?*
- ▶ *Opening to the others, to the world ; to prevent from loneliness*
- ▶ *Freedom, equality, fraternity... In our society and our institutions*
- ▶ *Keeping an open mind... To go on flourishing*
- ▶ *What to do so aging remains a pleasure*

Results & Outlooks

- ▶ *Autonomy & active participation of the elderly in the daily life*
- ▶ *Social link & exchanges between homes & institutions*
- ▶ *Training of professionals & spreading good practices*
- ▶ *Management & motivation tool, closer to the elderly's expectations*
- ▶ *Raising awareness of the public to the place of the elderly*

Citoyennage

Give the floor to the elderly