European Crime Prevention Award (ECPA)

Annex I – new version 2014

Please complete the template in English in compliance with the ECPA criteria contained in the RoP (Par.2 §3).

General information

1. Please specify your country.

Poland

2. Is this your country's ECPA entry or an additional project?

Additional project

3. What is the title of the project?

1st Edition of The Academy for the Safe Elderly

4. Who is responsible for the project? Contact details.

Monika Zlakowska–adult education teacher, the Academy's coordinator responsible for the project content, monika.zlakowska@gmail.com, phone no.: 502053361,

Staff aspirant Dariusz Piekarski–County Police Station in Chojnice dariusz.piekarski@gd.policja.gov.pl, phone no.: 504771997;

5. Start date of the project (dd/mm/yyyy)? Is the project still running (Yes/No)? If not, please provide the end date of the project.

The 1st Edition of The Academy for the Safe Elderly was divided into three stages. The first stage (planning, preparing) lasted from May 2015 till October 2015, the second stage (implementation) started on 8th October 2015 and ended on 9th June 2016. The third stage (evaluation) lasted from June 2016 till August 2016. Currently The Academy for the Safe Elderly is being prepared.

6. Where can we find more information about the project? Please provide links to the project's website or online reports or publications (preferably in English).

Facebook(under "Akademia Bezpiecznego Seniora" – Safe Senior Academy),

Radio Weekend, www.chojnice.policja.gov.pl, Czas Chojnic [Chojnice Time], Gazeta Pomorska [Pomorska Daily], chojnice.com, chojnice24.pl, wizjalokalna.pl.

7. Please give a **one page** description of the project (**Max. 600 words**)

Successful society proves to be a complex phenomenon. One of the most basic elements is here a cycle of generation change, where youth and vitality seek balance with experience and maturity. A growing population of the elderly calls for taking actions to facilitate their existence in a society and create a new offer dedicated to this age group. A sound and safe living of the elderly is mostly built by common care and joint action of public institutions, NGO's and particular organisations. The age structure in the Pomeranian Province is negatively changing. The population of the elderly is increasing and this tendency will remain in the future. This generates a need of intense growth in social, health and rehabilitation services. The forecast for the next years points also a permanent growth of people over 50, which results in increasing demand to a specific kind of reaction, especially in vocational activation. Apart from this, other types of activity, such as educational, cultural and sport need support. The elderly actively participating in social life have a chance to avoid loneliness, isolation and exclusion. Aging of societies aren't merely a statistical phenomenon, but has a vital importance of economic and social nature. Analyses of criminal cases have shown that more often the elderly fall victim to crime. The Police pay a major role in ensuring safety, but together with Police activity there has to be an intense social education on crime prevention. Taking all this into account,"The Academy for the Safe Elderly" project was launched as an idea of a few environments: County Police Headquarters in Chojnice, - responsible staff aspirant Dariusz Piekarski, Culture Centre in Chojnice – Bogusia Trapp (coordinator of The Elderly Club activation) and Monika Zlakowska (business coach, adult education teacher).

„The Academy for the Safe Elderly" is a series of meetings aiming at supporting the elderly from Chojnice and surroundings in eg.: different aspects of healthy lifestyle and safety. The meetings were based on active teaching methods for adults. These were eg. lectures with moderator, mini-workshops, case analysis, discussions, debates and source analysis.

The main objectives of the Academy are:

- *increasing the awareness of the elderly about potential threats and showing proper behaviour in such situations,*
- *improving knowledge and skills of proper reaction when falling victim to a crime,*
- *confirming the role of Police in threat situations,*
- *creating an alliance of government administration and NGO's acting for safety in the Chojnice county.*

The following topics were covered within the Academy of the Elderly:

- *Safe elderly – grandparents' scam.*
- *The elderly safe on the road.*
- *ABC of self-defence for the elderly.*
- *Healthy life of the elderly, secrets of a healthy diet.*
- *ABC of first aid.*

As the Academy for the Safe Elderly received an excellent feedback from the target audience, currently the Second Editionof the Academy for the Safe Elderly is being prepared.

I. The project shall focus on prevention and/or reduction of everyday crime and fear of crime within the theme.

8. How does the project contribute to crime prevention and/or to the reduction of crime or the fear of crime? (**Max. 150 words**)

The project is mostly based on dynamic methods of teaching. Each component is designed to make the knowledge acquired with the use of practical methods. The meetings are not merely lectures, but are based on interaction with participants. We have noticed that the project may lead to preventing or reducing crime because knowledge gained during the meetings increases the awareness of the elderly on potential threats and proper behaviour in dangerous situations. An elderly person after a meeting pays more attention to situation in which he or she may fall victim to a crime. There is an emphasis put on developing practical skills of reacting in a risky situation. Every participant after a meeting becomes in a way an ambassador of The Academy; he or she can warn others of potential risk, which creates the first step to build a network of cooperation between neighbours.

9. How is the project contributing to raising citizens' awareness of crime prevention? (**Max. 150 words**)

The course includes such tools as: lectures with moderator, mini-workshops, case analysis, discussions, debates, source analysis. All exercises and are based on updated knowledgeand information from experts on given topics. The agenda includes new methods and techniques of preventing crime and offences most socially harmful, such as fraud, theft, etc. Thanks to the Academy, the elderly can improve their skills in being independent, resourceful and protecting their safety, life and assets.

II. **The project shall have been evaluated and have achieved most or all of its objectives.**[1]

10. What was the reason for setting up the project? What problem(s) did it aim to tackle?

Crime statistics reveal threats typical for this social group. In ten years the number of the grandparents scam and the fake police scam has increased five times from 439 cases in 2006 till 2229 in October 2015. In turn, in 2014 there were 1947 confirmed cases of elderly people falling victim to crime, with financial loss reaching 19 million zlotys.

11. Was the context analysed **before** the project was initiated? How, and by whom? Which data were used? (**Max. 150 words**)

Before the project was launched, data on increasing crime rate against the elderly in the Chojnice county was gathered. Such data was collected from Police officers who deal with crime against the elderly. Information used has come from internal Police statistics and Police officers' materials.

12. What were the objective(s) of the project? Please, if applicable, distinguish between main and secondary objectives. (**Max. 150 words**)

Main objectives:

- increasing the awareness of the elderly about potential threats and showing proper behaviour in such situations,
- improving knowledge and skills of proper reaction when falling victim to a crime,
- confirming the role of Police in threat situations,
- creating an alliance of government administration and NGO's acting for safety in the Chojnice county.

Secondary objectives:

- boosting learning on how to be independent, resourceful and how to take care of one's safety, life and assets;
- making the elderly familiar with successful methods of preventing crime
- making the elderly active in effective neighbourhood assistance to other residents of the tenement, block of flats, streets and area,
- making the beneficiaries of the programme familiar with elements typical for the work of civil servants and different services together with showing negative consequences, which my occur when one cannot identify features characteristic of these professions,

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[1] For more information on evaluation, see Guidelines on the evaluation of crime prevention initiatives (EUCPN Toolbox No.3): http://www.eucpn.org/library/results.asp?category=32&pubdate

- analysing other crucial problems, which the elderly encounter.

13. Did you build in internal goals to measure the performance of the project? If so, please describe at what stage of the project and how you measured whether the project was moving in the planned direction. (**Max. 150 words**)

After each meeting we encouraged the participants to share their thoughts about the workshops, to tell us how gained knowledge affects their feeling of safety. We used the following methods: surveys, interviews with the elderly and colourful slips of paper on which the participants could write what they liked or what should be changed in the project. Current statistics and information fromdifferent units of the County Police Station in Chojnice were checked during the project period.

14. Has there been a process evaluation? Who conducted the evaluation (internally or externally?) and what where the main results? (**max. 300 words**) - *for more information on process evaluation, see EUCPN Toolbox No.3, p.9-10 & part 2 - section 2A*

The "Academy for the Safe Elderly" was being evaluated during all its stages. As the project aims at the elderly being engaged also in creating the programme, after each meeting the participants could assess the usefulness and structure of the meeting programme. In the course of the project some topics proved more interesting and worth elaborating on. Some participants' suggestions were implemented instantly, and some were taken account of while planning the second edition of The Academy of the Elderly. Evaluation was conducted mostly by an adult education teacher, Ms Monika Zlakowska, who has over a ten years' experience in managing trainings and workshops. All conclusions and suggestions made from evaluation were discussed with co-organisers, by for that moment the evaluation results weren't collected yet.

15. Has there been an outcome or impact evaluation? Who conducted the evaluation (internally or externally?), which data and evaluation method where used and what were the main results? (**Max. 300 words**) - *for more information on outcome or impact evaluation, see EUCPN Toolbox No.3, p.7-9 & part 2 - section 2A*

After the project there were all participants' recommendations and conclusions collected. An evaluation survey was distributed internally during the course. Also, Ms Bogusława Trapp responsible for contacting the elderly gathered feedback in different clubs for the elderly. The survey feedback showed that dynamic form of meetings and inviting specialists from different fields were pointed as the greatest advantage. The elderly appreciated a possibility of exchanging experience and

developing some practical skills, eg. first aid and self-defence.

III. The project shall, as far as possible, be innovative, involving new methods or new approaches.

16. How is the project innovative in its methods and/or approaches? (**Max. 150 words**)

First and foremost, the project reflects a complex approach, because it resulted from cooperation of several environments: County Police Station in Chojnice-responsible staff aspirant, Dariusz Piekarski, Culture Centre in Chojnice – Bogusia Trapp (coordinator of The Elderly Club activation) and Monika Zlakowska (business coach, adult education teacher). The programme includes presentation of topics by using modern tools of teaching adults. These were eg.: lecture with moderator, mini-workshops, case analysis, discussions, debates, source analysis. Every meeting is led by a different expert in a given field, assisted by an adult education teacher, who supervises learning so it runs smooth and dynamic. The project is implemented in tight cooperation with beneficiaries. The elderly have a real influence on the shape of the Academy, mostly it is them who decides about the topics of the meetings.

IV. The project shall be based on cooperation between partners, where possible.

18. Which partners or stakeholders were involved in the project and what was their involvement? (**Max. 200 words**)

Culture Centre in Chojnice: Bogusia Trapp(coordinator of The Elderly Club activation) - contact person for the elderly, recruiting the elderly, evaluating the activities in The Elderly Club, County Police Station in Chojnice, staff aspirant Dariusz Piekarski: winning local partners, prevention and threats consulting, Monika Zlakowska: business coach, adult education teacher, other partners: Orsmed, Special Emergency Unit in Chojnice.

V. The project shall be capable of replication in other Member States.

19. How and by whom is the project funded? (**Max. 150 words**)

The project was fully financed from external sources ("Skiba" meat processing plant, Carrefour Chojnice, Culture Centre in Chojnice, Gate of Pomerania Trade Centre, Chojnice Region Promotion.

20. What were the costs of the project in terms of finances, material and human resources? (**Max. 150 words**)

From the beginning the project was planned as nonprofit. All staff and partners involved worked as volunteers. The Culture Centre in Chojnice and County Police Station in Chojnice provided venues and their employees worked for free in the project. Ms Monika Zlakowska, adult education teacher, didn't obtain salary, coming once a month from Warsaw to Chojnice for her own cost. Neither of other experts earned in the project. Throughout the implementation of the project, cakes and prizes for the participants were provided by local entrepreneurs. As the project functioned as a network of partners, it is difficult to estimate the project budget.

21. Has a cost-benefit analysis been carried out? If so, describe the analysis, including how and by whom it was carried out and list the main findings of the analysis. (**Max. 150 words**)

The project was based on nonprofit activities, so no stiff budget was created. Thanks to generosity of local entrepreneurs, every participant received gifts from related to a given topic, eg. Reflective gadgets, first aid kits, etc.

22. Are there adjustments to be made to the project to ensure a successful replication in another Member State?

The project doesn't need special adjustments. It can be implemented in every environment in any Member State. We don't think alterations to the project are required. In order to make the project successful in another country, one has to take a systemic approach. The initiative wouldn't make sense without cooperation between local environments. Another important issue is active involvement of the elderly in preparing the project (public consultation). The more participants are engaged in preparing topics, the more committed to the course they are.

23. How is the project relevant for other Member States? Please explain the European dimension of your project.

Taking a changing generation structure into account, one needs to indicate that a scale of aging of society, especially in developed countries, has considerably increased. The birth rate has decreased and the number of the elderly has risen. This resulted from longer lifespan, civilisation progress and improvement of life quality. What is alarming isn't just a bigger number of the elderly itself, but the growth of this age group in comparison to youngest age groups. Aging in everyday life related with the more often presence of the elderly in all fields of social activity has also a negative connection, often showed by media. This influences a negative perception of the elderly by other social groups and worse life quality of the elderly. This creates a false, but popular image of old people. An elderly person is seen as somebody ill, disabled, dependant and demanding

care, so in consequence a person being a target of services and needing support. Thus elderly people are sometimes ignored as a target group. Growing population of the elderly in Europe require solutions facilitating their existence in society as well as creating a new offer designed for this age group. A sound and safe living of the elderly is mostly built by common care and joint action of public institutions, NGO's and particular organisations.

Please provide a short general description of the project (abstract for inclusion in the conference booklet – **max. 150 words**).

The project "Academy for the Safe Elderly" was launched as an idea of a few environments. The meetings were based on methods related to active methods of teaching adults, such as lectures with moderators, mini-workshops, case analysis, discussions, debates.

The main objectives of the Academy are:

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