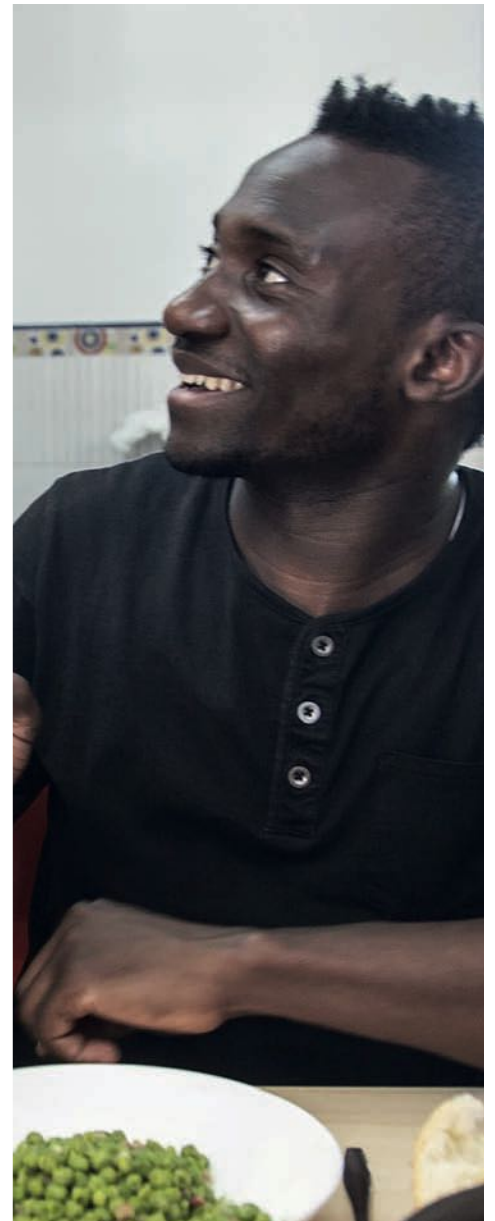


365 DAYS

PERSON BY PERSON



"la Caixa" Foundation

SOCIAL | POVERTY | COOPERATION

115 years with the most vulnerable groups

“la Caixa” Foundation works alongside hundreds of entities and thousands of volunteers to fight poverty and social exclusion, provide everyone with the same opportunities, ensure a healthy life and promote wellbeing in general.



THE ELDERLY



The Elderly, active subjects of their own history

Empowering elderly people as active members of society is the aim of this programme, given the fact of increased life expectancy and improved health conditions.

Ever since its inception, "la Caixa" Foundation has focused on elderly people as one of its target groups. The Elderly programme maximises the possibilities of personal development and enables people to build relationships of support that can help them to develop a full, committed life in the community.

An increasingly heterogeneous old age and an increasingly complex process of ageing call for a change in programmes that seek to accompany people so that they can develop expertise, skills and resources to enable the development of a full life based on respect for their rights and dignity. This ensures free decision-making based on their own values and promotes their contribution to society based on a commitment to encouraging the common good and solidarity with other generations.

The programme also contributes to improving the quality of life of

the elderly by providing them with knowledge and information for both their personal development and the acquisition of healthy habits that improve their daily lives and allow them to live an autonomous, independent life, as well as the development of their life project.

This 2019 also served to consolidate the Always Someone There programme, which addresses a growing challenge: to tackle situations of loneliness from the perspective of each person's abilities and the construction of community support and care networks. Always Someone There is jointly conducted with public administrations and more than 110 entities in Tortosa, Girona, Tàrraga, Santa Coloma de Gramenet, Palma, Logroño, Jerez de la Frontera and Lleida. More than 600 people have benefited from this programme. —



The Always Someone There programme was consolidated in 2019.

Loneliness in the Elderly course

One of the challenges of any advanced society is loneliness. According to data from a survey carried out by the "la Caixa" Foundation Elderly programme, 39.81% of elderly people aged between 65 and 79 present emotional loneliness and 29.14% social loneliness, while among those over 80 years of age, 48% say they suffer from emotional loneliness and 34.83% from social loneliness.

The "la Caixa" Foundation Elderly programme and Spanish Society of Geriatrics and Gerontology (SEGG) have launched the Solitude in the Elderly course with the aim of providing an in-depth analysis of the phenomenon of loneliness and training social and health service technicians in this field. These courses cover everything from the conceptualisation and demography of loneliness to the consequences of loneliness on physical and psychological health, as well as an exhaustive study on various interventions for which there is empirical evidence. The course was held in Barcelona in 2019 and it attracted more than 140 professionals from the social and health fields.

THE ELDERLY

PARTICIPANTS
(2019)

789,038

ACTIVITIES
(2019)

16,838