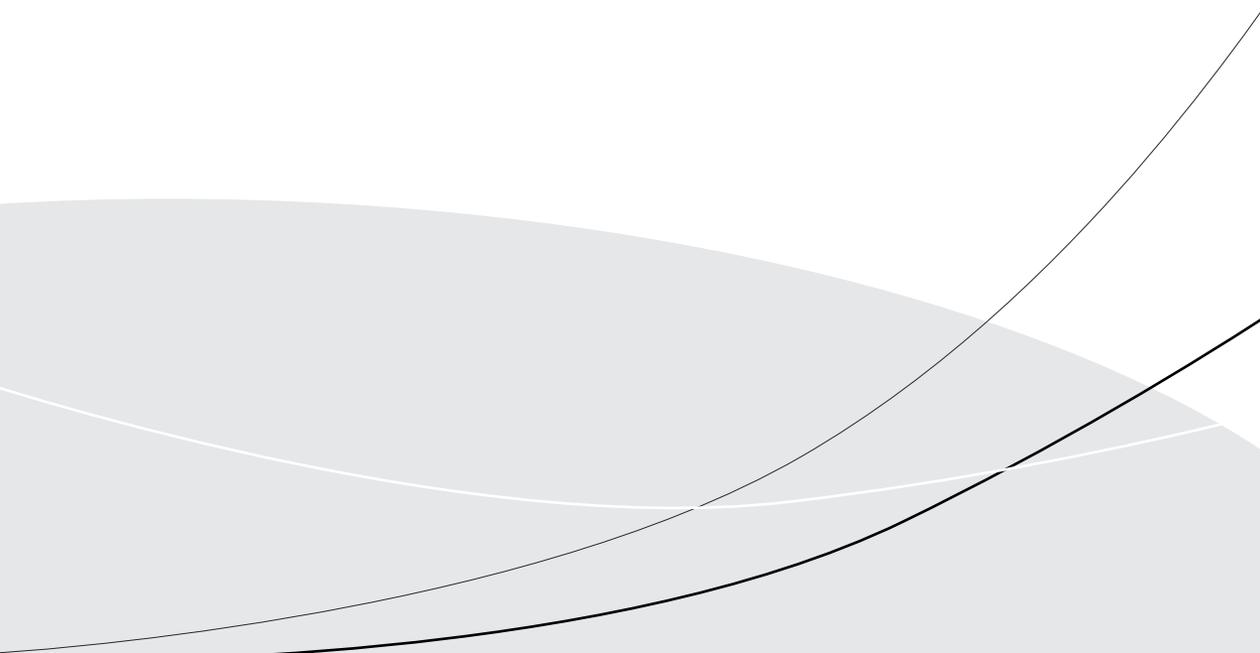


SUMMARY, KEY WORDS AND AUTHORS



AGEING IN SLOVENIA

National survey on the needs, potentials, abilities and standpoints of Slovene population aged 50 years and over

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Abstracts and key words

1. Current interest in ageing, old age and intergenerational coexistence (Jože Ramovš)

The introductory chapter to monograph of results of the first large-scale field survey on the needs, potentials and standpoints of ageing Slovene population shows demographic situation of ageing European and Slovene society. After year 2000 worldwide, European and Slovene policy are increasingly responding to demographic situation with preparing political documents, in science with research on ageing and intergenerational coexistence. In this chapter seven demographic problems are presented: low fertility, difficult integration of young people to social division of labour, too early retirement of middle-aged generation, increasing demand for care for the infirm, poor knowing about each other in different generations, overburdened families in taking care for infirm family member and weak experiencing of the meaning of the old age. These topics are followed by an overview of main policy responses to these tasks, and of some international gerontological studies. At the end of the chapter is a brief overview of gerontological development in Slovenia and the presentation of the principal investigator of this research, a national Anton Trstenjak Institute for gerontology and intergenerational relations.

Key words: ageing, intergenerational relations, demographic situation, policies of ageing and coexistence, research on ageing and coexistence, Anton Trstenjak Institute of gerontology and intergenerational relations

2. Study presentation (Jože Ramovš)

In 2010 Anton Trstenjak Institute conducted large-scale survey on the needs, potentials and standpoints of Slovene population aged 50 years and over. It was carried out with a personal field interview on the representative sample of the population in whole Slovenia. Out of the planned sample of 1,800 people were 1,047 consistent responses.

Needs, potentials and standpoints were the focus of the study, while obtaining authentic information on these three areas is responding to the needs of health, social and other professions, dealing directly with older people; it is responding also to policy needs in planning and responding to challenges of an ageing population; and as much as to the needs of civil society organizations and to all people in daily life within their communities. The starting point of our research was a holistic anthropological image of a man in his physical, mental, spiritual, social, developmental and existential dimension, which calls

for an interdisciplinary research approach and an intersectoral use of results. The extensive questionnaire is including health status, the use of medicines, managing of one's own health care, experiences and attitudes towards health system, mobility and daily tasks performance, housing and its adaptation to old people, relations with the neighbours and care in case of infirmity, mental well-being, spiritual and existential standpoints, ageing, the transfer of life experiences, intergenerational relations and solidarity, living in hometown and relocation, culture and mother tongue, information and communication technology, profession, employment, work, the use of own abilities, retirement and property, children and grandchildren, and a comprehensive set of demographic questions.

This chapter contains the study rationale, its design and conduct. The treatment of the study sample is more detailed: age and gender structure of respondents, structure according to marital status and geographic distribution of Slovene population. Briefly are also presented other demographic data, collected with the study sample, and interviewers' observations. The study was designed in a way that its results are comparable to international studies in this area.

***Key words:** survey 50+, Slovenia, ageing, intergenerational coexistence, needs, potentials, standpoints, holistic anthropology*

3. Intergenerational coexistence and solidarity (Ksenija Ramovš)

Intergenerational coexistence and solidarity between generations are among most frequent current debate issues on ageing. In our large-scale representative survey on *The needs, potentials and standpoints of Slovene population aged 50 years and over*, many questions referred to different aspects of intergenerational relationship. Some are discussed in chapters on elderly care, on living together or alone, happiness, voluntary companionship, financial situation and others. In this chapter the concepts of intergenerational solidarity, intergenerational relations and other related concepts are explained from actual scientific theories' and political point of view. Qualitatively and quantitatively are analyzed the respondents' views on how many nice personal contacts among themselves have young generation, middle generation and pensioners' generation, what connects and what separates them, and on how many of their experiences and knowledge they believe are able to transfer by themselves to younger generation; and the solidarity in the form of neighbourhood assistance. The most often mentioned was the experience that the older and the younger understand each other equally well (40.6%), it is followed by the experience that older people better understand younger

(37.2%), that neither younger nor older people understand each other (18.7%) and that young people better understand old people than vice versa (3.6%). Analysis by gender and by the age groups 50–64, and 65 years and over shows significant differences. The most convinced of their understanding of young people are older women, while younger women are the least convinced of it and meantime it is outstanding their trust in young people's understanding of older people. Notable is also pessimistic experience of younger women that neither younger nor older people understand each other. Possible reasons for the peculiarity of younger women's group are: they are closest to their growing children, they are main caregivers of the elderly, and they belong to the self-realizing baby-boom generation, and are experiencing a midlife crisis. Very encouraging are the findings from standpoint analysis, namely 77.2% of study population agreed with the statement that it would be necessary for older people to learn in special programmes how to understand young people and how to communicate with them; those with a pessimistic experience that neither young nor old people understand each other, do not occupy less than everyone else for training in intergenerational communication. In qualitative analysis of the answers to the questions on how they find out that young and old people understand each other, or not, conversation is in the first place, it is followed by good relationship category, kindness, respect, cooperation, companionship, etc. Categorization of thousands of answers to these two questions gives a comprehensive outline of good and bad intergenerational communication. Answers on the frequency of nice contacts with young generation, middle generation and pensioners' generation have shown that older people in Slovenia have most of their nice contacts with the middle generation, aged from 25 to 60 years (on average 9.3 days ago), and the least with the people aged over 60 years (on average 129 days ago), while a nice contact with young people aged from 15 to 25 years they had on average 26 days ago. Regarding transfer of life experiences and knowledge from them to younger people, half of the respondents feel that there are few young people accepting their life experiences and knowledge, one-tenth of respondents mean that younger people accept nothing, and a good third of respondents mean that young people accept a lot of experiences and knowledge from them. More than 90% respondents would immediately offer help to a neighbour if he/she needed it, and hardly any percent less than 90% of respondents believe that any of their neighbours would do the same to them.

Keywords: *generations, life course, the entirety of life, intergenerational solidarity, intergenerational relations, intergenerational communication, intergenerational conflict, intergenerational exchanges, neighbourhood assistance*

4. Satisfaction with own life in light of life changes (Martina Starc, Mateja Zabukovec)

Satisfaction with own life is an important life force. Half a century ago Trstenjak's extensive research *If I lived once again* stemmed from the fact that we live only once, therefore it is important how we live. The meaning of thinking about what we would change if we lived again is mostly in changing what can be changed and accepting what cannot be. Changing and accepting one's own history, which includes occasional re-evaluation of past deeds and omitted acts is particularly important for quality and healthy ageing. For this reason, and also in order to continue Trstenjak's work at Institute, named after him, several questions regarding satisfaction with own life and wishes for changes, if this was possible, were included in a national survey on *The needs, potentials and standpoints of Slovene population aged 50 years and over*. Two-thirds of elderly population are satisfied with own life so far, very dissatisfied three per cents, while a quarter of them are partially satisfied. The analysis of desired changes showed content categories that are similar to research abroad and partly comparable with Trstenjak's findings. The first place among categories, where participants would most often like their life orientation to be different, takes education, which is followed by work, relationships and their own self. It is also confirmed the finding that people mention acts of omission more than acts of commission; in the middle of both are wishes that they would had committed an act in a different way as they did. However, with the dissatisfaction in life are more associated acts that we would like to change.

Key words: *survey 50+, life satisfaction, life changes, quality of life, acts of omission, acts of commission, Anton Trstenjak*

5. Living together or being a singleton in old age (Maja Rant)

One of the decisive factors of quality of ageing is, with whom old people live in the same house and the same household or if they live alone - for the latter, according to English word *singleton*, a new Slovene word was created: *samovalec*. Insight into the state of the ageing population living together or being single is indispensable for care and nursing planning at local and national level and for the education for intergenerational relations in future decades of the ageing population. These issues are regular research content in the field of demography in Slovenia and throughout the world. In our survey on *The needs, potentials and standpoints of Slovene population aged 50 and over*, were included the questions with whom they live in the same house or residential building and with whom in the same household. The results

of our survey match the results of other similar surveys. Older people most often live with their partner or spouse, this frequency decreases with their age: after the age of 50 there are three quarters of people, who live with their spouse in the same household, by the age of 75 this percentage decreases for few percents only. At the age of 90, still about one third of them live with the spouse or partner. The older people get, more often they live together with their son's or daughter's family. The most substantial rise of living together is in the age over 85, where parents live together with their daughter and her family. One per ten Slovenians aged from 50 to 65 years are singletons, then the share of singletons increases; almost one third of respondents aged from 75 to 80 years live as singletons in household and one fifth of them live in the house with no family members; women live alone more often (22.9%) than men (13.2%). These data imply the following gerontological and political development directions: 1. Training of spouses aged over 50 for quality relations and healthy ageing, and to get basic family care skills; 2. Care assistance and support to middle generation families in care for their aged parents; 3. Development of public and informal caregivers network and of volunteering for quality ageing of the large number of singletons and those, whose family social network is for their age ineffective either for providing care or for human closeness.

Key words: survey 50+, living together, being single in old age, joint households

6. Age-friendly environment in Slovene cities and rural areas (Slavica Valenčak)

World Health Organization is spreading the programmes of Age-Friendly Cities and age-friendly countryside (Age-Friendly Rural and Remote Communities) to help adapt to an ageing population and spreading urbanization. Since these programmes being introduced in Slovenia, in study on The needs, abilities and standpoints of older people in Slovenia we asked residents, aged 50 years and over, also about their experiences on what is in their place age-friendly and what is not, and what are in this case willing to do by themselves. Result analysis shows that they mostly miss companionship and that it means a lot to them a nature and friendly, pleasant and peaceful environment. In the field of social life is of great importance to them companionship and meetings of the elderly, different events, sport activities, cultural events, education and other companionships, devoted to the elderly and the others. In this regard play important role local associations that offer these activities and help the weakest. In this chapter, the answers to the survey questions are classified into eight areas of age-friendly urban and rural environments, as

did it World Health Organization in its manuals for these two programmes. This chapter also shows residents' answers to the questions regarding their contribution to welfare of their place, what they miss the most and what they wish to change in their place.

Key words: Slovenia, survey 50+, age-friendly cities, age-friendly rural communities, community welfare

7. Property status (Ksenija Saražin Klemenčič)

The data of our study show that among Slovene population aged 50 and over there are retired less than two-thirds of men and three-quarters of women; 10.9% of full-time women employees and 20.7% of men. Income data show the same picture: that their monthly income is above 1,200 Euros answered 11% of men and only 4.2% of women, and that it is below 400 Euros answered 32.2% of women and 17% of men. The analysis of other data also leads to the conclusion that older women in Slovenia are very vulnerable to poverty, more than men and their peers in European Union. Data analysis on the share of their income they devote to livelihood support of their family members has shown that this kind of solidarity is practising by more than quarter of respondents. Information on financial situation shows that 27% of respondents are owners of apartments and houses in which they live, 37% of them are co-owners, with of further 18% respondents their spouse is the owner; there is confirming a well-known fact that in Slovenia, apartments and houses are mostly privately-owned. Nearly half of respondents are able to save some of their income for trips, which are followed immediately by charity purposes, than holidays at seaside, emergency reserve savings and savings for visiting spas and for unnecessary purchases.

Key words: socio-economic status of the elderly, employment status, income, property status poverty, older women

8. Early retirement (Ksenija Saražin Klemenčič)

The paper shows results of our research on early retirement. On the question about the type of retirement 774 (74%) respondents answered; among them are 16% early retirees. Their views are compared to all retirees: 24% of early retirees and the same percent of all retirees consider that they are better off than before the retirement, because they have more time. At the question what is worse after retirement, as many as 33% of early and only 24% of all retirees agree that their financial situation is worse. Despite their bad financial

situation, the answers of the respondents show, that they are happy with the retirement, but it should be taken into account that as many as 34% of early and 33% of all retirees have chosen the answer, that retirement means to them escape from intolerable situation at workplace, which shows unfriendly work environment, forcing people to leave labour market earlier.

Key words: early retirees, all retirees, what is better after retirement, what is worse after retirement, intolerable situation at workplace

9. Which material things do they miss? (Mateja Zabukovec)

Personal experience of material deprivation shows the satisfaction of people in a given situation. In the survey of Slovene population aged 50 years and over, 19.2% of respondents agree that they miss some material thing in their everyday life, slightly more women than men, and the age groups are very homogeneous here, only after the age of 80 this feeling is reduced by half. Among respondents with a higher income are less of those who express that they miss something, but also from the richest group are few people who miss some things. The analysis showed a close correlation between the experience of happiness, satisfaction with their life and the fact that they are satisfied with their material situation. It has been proved also a psychotherapeutic knowledge of the pathogenicity of the undefined standpoint: those who consider themselves neither happy nor unhappy and are neither satisfied nor dissatisfied with their life, experience material deprivation as often as the poorest.

Key words: material needs, subjective poverty, happiness, life satisfaction, survey 50 +

10. Voluntary companionship with an old person (Maja Rant)

Voluntary companionship of people in a group or individually is a modern form of satisfying basic needs of interpersonal relationship. This need is particularly alive in old age. Since Anton Trstenjak Institute of gerontology and intergenerational relations has for more than two decades of good experiences with introducing of intergenerational volunteering for quality ageing and intergenerational relations, we have in our survey on the needs, potentials and standpoints of older Slovene people asked about how much they are willing to visit voluntarily older people and how much they would like for themselves in their old age to be attended by a volunteer. Such data allow developing better programmes for training and organizing volunteers. A brief data analysis indicates a great human and social capacity: two-thirds of surveyed population

are willing to visit elderly people; three-quarters would like to be attended by a volunteer in their old age. Further treatment of this domain will show a more detailed older volunteer profile.

Keywords: volunteering, older people, companionship

11. Experiencing happiness (Martina Starc)

Lately, happiness is gaining in importance as an indicator of general social well-being or good society. At the same time it is also an important indicator of quality of life of older people. In our study it has been shown up that there are otherwise few unhappy people among the elderly, but nevertheless there are more elderly people who are neither happy nor unhappy than those who are happy. This paper presents in the first part the quantitative analysis of the relationship among happiness, transfer of experiences and knowledge to younger generations, intergenerational contacts and meaning of life. The transfer of experiences and the meaning of life are related to happiness the most, while the relationship with intergenerational contacts is less pronounced. In the second part of the paper follows qualitative analysis of the views of elderly people on what makes them happy and on what is the meaning of human life. The responses are heterogeneous, but in both cases the majority of respondents bring forward family and health. Meaningful action and the transfer of experiences to younger generations are important for the happiness of the elderly, and this information is also important for various programmes, devoted to the elderly.

Key-words: happiness, meaning of life, intergenerational contacts, transfer of experiences and knowledge

12. Enthusiasm and ageing (Blaž Švab, Mojca Slana, Jože Ramovš)

Enthusiasm is a comprehensive experiential happening in human consciousness, when certain substance gets in the heart of one's inner centre in such a way, that one is positively stirred up, touched, motivated, charmed (fascinated). If such a happening is negative or sick, phenomena like as stupefying fanaticism and blindness that are detrimental to human development and to relations among people, occur. Neuroscientific findings show that enthusiasm is an irreplaceable motivation for successful learning, work and creation of solidarity-based intergenerational relations. From this point of view, enthusiasm is one of the greatest sources of quality ageing and intergenerational relations based on solidarity in the forthcoming years of demographic crisis. The study on The needs, potentials and standpoints of

Slovene population aged 50 and over shows that two thirds of respondents (66.9%) have recently done something with an enthusiasm. These respondents gave descriptive answer about what it had been, while all of them answered, what had been the source of their enthusiasm and joy in their life and it has been proved through their experience that it still fills them with enthusiasm and joy, or for what their life experience has shown that it does not have as high value as they had thought. Qualitative analysis of responses has shown that respondents are mostly enthusiastic about work, their own family and friends, selected hobbies, nature and personal characteristics – their own and of the other people.

Key words: enthusiasm, quality ageing, neuroscience, work, family, hobbies, personal characteristics

13. Wishes of older people in Slovenia for their future (Blaž Podpečan)

In one of the questions the respondents expressed what they wish themselves the most in their future. In accordance with contemporary sociological, philosophical and economic approaches that consider the needs of modern society as wishes at different levels of importance, the aim of this study was to identify the preferences of the respondents as a reflection of their actual needs. Using already established categories of the needs of older people and needs of long-term care users in Slovenia, we classified expressed wishes into categories. We were trying to find out the specialties in selecting wishes regardless of gender, marital status, age and respondents' statistical region, from where they came. The survey results are of utmost importance, because they reflect specific wishes (needs) of older people and can be used in the preparation of national programmes and strategies concerning the ageing population.

Keywords: ageing population, demographic changes, wishes, needs, needs analysis, long-term care

14. Living conditions of older people (Tina Lipar)

Living environment of older people narrows with the increasing age and infirmity, in late old age it often narrows only to a living space. However, suitably furnished and adapted living area is often one of the most important factors determining whether a person can stay at home or has to go to residential care home. In survey on The standpoints, needs and potentials of

Slovene population aged 50 and over, in the field of health and social functioning, people were asked if they have in their apartment hot water, central heating, a bathtub or shower, flushing toilet, a kitchen and balcony or a terrace. Results show that 82.1% of respondents have all the above mentioned elements in their apartment. Among respondents who lack one or more elements in their apartment are most often those (86.1%), who lack balcony or terrace. The percentage of people who lack one or more elements seems small, but when the whole population is taken into account, it is revealed that about 10,000 people aged 50 and over lack hot water in their apartment and 12,000 lack showers or bathtub.

Key words: living environment, living conditions, elderly, comfort, household

15. Independence and the assistance with daily living activities **(Maja Rant)**

In research we also tried to find out about the independency of Slovene population aged 50 years and over, and about the assistance provided to ill and infirm people with their daily living activities. We started from basic labour division (dressing, personal hygiene, use of toilets and bathrooms, eating, getting out of bed, moving around the house) and instrumental daily living activities (cooking and preparing food, cleaning the apartment, laundry and ironing facilities, small repairs in the house, shopping, managing money and finances). Knowing the needs for assistance with daily activities is crucial for planning national and local systems of long-term care.

Almost all of the respondents, aged from 50 to 79 years, are independent in performing basic daily living activities. After, the rate of independence starts to decrease. At the aged over 90 years it drops to half or a little over. After the age of 80 increases the need for various support received mostly from family members and partly from formal care. With regard to assistance with daily living activities, the differences between men and women are negligible.

In carrying out some instrumental daily living activities (cooking and preparing food, cleaning the apartment and washing and ironing clothes), people aged from 50 to 79 years are also in large majority independent, then their autonomy begins to fall; among aged over 90 there are independent less than 20%. In other instrumental daily living activities (small repairs in the house, shopping, managing money and finances) respondents are independent till the age of 74, then their independence decreases, so that among older than 90 years there are independent less than 13%. In carrying out these activities there are considerable gender differences. With carrying out instrumental daily

living activities people therefore need assistance sooner and more often than with the basic activities.

***Key-words:** daily living activities, basic daily living activities, instrumental daily living activities, independence of elderly people, assistance to elderly people, survey 50+*

16. Walking and other physical mobilities - a prerequisite for an independent life in old age (Jože Ramovš)

The analysis of our research data on physical mobility of Slovene population aged 50 years and over, starts from the fact that walking and other kinds of physical mobility are a prerequisite for an independent living and maintaining social network in old age. In this respect, we consider the knowledge of the integral anthropology that of equal importance as physical mobility are the »mobilities« in other human dimensions: mental, spiritual, social, developmental and existential. All form one system whole in a way to reinforce each other, but when, for example, the physical mobility declines, mental, spiritual and social dynamics allow to maintain higher quality of life. Particular research attention was paid to walking aids in people with declined abilities; i.e. to the »extension« of human mobility (McLuhan): apartments equipped for the old age, car driving and preventive strengthening of physical and other kinds of physical mobility, especially walking. As critical barriers for the old age have shown the following: an average of 15 stairs to reach one's apartment, no lift for more than half of people living on the upper floors, half of women have no driver's license. Two most pronounced protective factors to maintain physical mobility in old age are: first, relatively well spread habit of doing regular errands in the neighbourhood with radius of 1 km; and second, regular long distance hiking; those who are able to walk with no problems several kilometres have in last year done on average 2.63 hikes per week with an average duration of 1.91 hours. Those who are accustomed to go by foot to do errands in the neighbourhood of up to 1 km, show significantly higher success also in all other habits of conscious care to strengthen their own health. However, those who usually drive to do errands in the neighbourhood of up to 1 km, more often responded that there is nothing they do consciously to strengthen their health. Walking can be seen as basic form of health promotion and exercises to maintain physical mobility in old age. The analysis confirmed similar research findings on the relationship between regular physical activities and minor forgetfulness, anxiousness, restlessness, sadness, loneliness and the experience, that everything is pointless. Knowing of this relationship is important for the creation

of comprehensive rehabilitation programmes and for maintaining the quality of life for those who due to old age, illness or disability cannot walk and perform physical activities.

Keywords: ageing, physical mobility, walking, driver's licence, independent life, survey 50+, mental mobility, social mobility, spiritual mobility

17. Elderly care (Jože Ramovš, Tina Lipar, Marta Ramovš)

Quality care for the infirm elderly and development of comprehensive national system for long-term care is one of key demographic tasks due to population ageing. In order to provide an insight into the situation and possibilities, the national survey on The needs, potentials and standpoints of Slovene people aged 50 and over includes also a wide range of questions about long-term care. The data were analyzed for all three key parts, determining the scope of care: care recipients, caregivers and care programmes. From the population surveyed 13.5% of infirm people received assistance and care in last six months, while 19.3% of them offered care to the others. From both was for an analysis available a range of quantitative and qualitative data and standpoints on care, care receiving and care programmes. An in-depth qualitative analysis of records on caregivers' nice memories and problems in helping older people and care recipients while receiving care, revealed weaknesses and energy sources for high-quality care for the elderly. Among findings stands out also that solidarity and assistance to the infirm in the family are not in crisis, but only in severe difficulties, which require public and professional support to family caregivers. Since the latter are serving more than two-thirds of the needy old people, it is impossible to imagine a long-term care system without them.

Key words: survey 50+, care, nursing, family caregivers, care recipients, care programmes

18. Violence against the elderly (Ksenija Ramovš)

Elder maltreatment and violence against them and the neglect of their needs in infirmity is in the forefront of European and home research and political interest. In our study on *The needs, abilities and standpoints of Slovene population aged 50 years and over* respondents were asked about their personal experiences of violence in last year, its type and the places where they experienced it, and who had been violent against them. Among a total of 7.4% of the responses that they had experienced violence, the proportion is higher among women, which is in line with the data of the majority of

European research, and among younger (50-64 years), which in our study deviates from most others. Verbal violence is by far predominant (69.3%), followed by physical (13.6%) and economic (11.4%). They mostly suffered at home (57.5%), followed by workplace (20.5%), road and street (13.7%), and the institutions and means of transport. Perpetrators are most often family members (29.5%) and relatives or neighbours who are not family members (10.3%), a person whom victim knows, but is not a relative or close (23.1%), only than follow unknown persons (17.9%), while 10.3% of victims refused to answer the question about the perpetrator. Our research data are in line with European research findings (World Health Organisation) and Anton Trstenjak Institute experiences in conducting programmes for healthy ageing and quality of care for the infirm people, showing that violence prevent in particular: the involvement of older people in social network, support to family caregivers, their training and integration into local community.

***Key words:** elder maltreatment, violence, physical violence, verbal violence, economic violence, protective factors against violence, risk factors for violence*

19. Difficulties and distresses as a challenge to find solutions and new paths (Beata Akerman)

This chapter presents responses analysis of the study on The needs, abilities and standpoints of Slovene population aged 50 years and over, referring to life breaking points. Analysis of empirical material was conducted with qualitative method. The most important breaking points in life have shown those related to marriage, life together and starting a family. Then follows the loss (death of a close person, divorce and partner break up, loss of job and home, (temporary) social network break up, removal, enter and remain in labour market, disease, education and acquiring new skills, dealing with housing issues, retirement, emancipation, making important personal decisions, and traumatic experiences in childhood and wartime experiences. This chapter than continues with more small sets of life breaking points, namely injuries, active life within family and in community, family disputes and burdensome relations, military service, alcoholism in family, taking over the farm, serving a prison sentence, big anniversaries and jubilees, fire and destruction of property , taking care of a distant relative, financial problems and unmet life goals.

***Keywords:** life breaking points, changes, the elderly, resiliency, recovery, post-traumatic growth*

20. Computer literacy and the model for computer learning of elderly (Jože Ramovš)

Today, the computer literacy of older people is a developmental necessity. Slovenia is in use of electronic information and communication technology (ICT) in the upper half of European countries, but in the use of ICT among the elderly is far below European average. In our study stands out the fact that 72% of Slovene population aged 50 years and over, do not know how to use a computer. Of these, 19.3% expressed desire and need to learn this immediately (it means more than 100,000 residents of Slovenia). The younger and the more educated they are the greater proportion of them wants to learn to use a computer. Qualitative responses analysis of the remaining majority, why they do not want to learn how to use a computer, indicates that a large part of their reasons for refusal would probably change if in their environment were a possibility and a positive experience of computer learning for the elderly without significant cost. The response to these research data gives the second part of this chapter, presenting results of a successful model of intergenerational volunteering companionship of a secondary school pupil with a pensioner during computer learning. The programme was created according to the action research method at Anton Trstenjak Institute for gerontology and intergenerational relations, and since 2007 tested in cooperation with more secondary schools. It has been proved to be realistic possibility for fast and mass computer literacy of older people and as an effective way for mutually satisfying voluntary cooperation between pupils and pensioners. Research findings of both studies are complementarily highlighting current need for computer literacy of the elderly and discovering realistic possibilities for its solution.

Key words: survey 50+, Slovenia, ICT, computer literacy of the elderly, intergenerational companionship between pupil and pensioner during computer learning, intergenerational solidarity, volunteering

21. Keeping up to date with media and culture (Blaž Švab)

Since cultural participation is the main pillar of historical identity of Slovene nation and it exists a good chance for such pursuit in third age, we asked in our study on the needs, potentials and standpoints of Slovene population, aged 50 years and over, the questions also on this subject. In this chapter is a brief overview of data on reading newspapers, magazines and books: notable is a large number of newspapers that people read, and the fact that 40% of older people regularly read books, reading increases in proportion to education and income level and decreases with age. More than 70% of the elderly listen to

the radio an average more than 4 hours daily. Television are watching more than 90%, an average 2 hours daily. Theater, concerts, exhibitions, cinema, entertainment and other events attend 46% - all with relatively same frequency, 18% said they would like to attend, but they cannot, while 33% of respondents feel no need to do it.

Keywords: *culture, reading newspapers, reading books, listening to the radio, watching television, attending cultural events, attending entertainment events*

22. Slovene and attitude towards it (Jože Ramovš)

Mother tongue is the main tool for contact or communication among people. This applies to all three modes of verbal communication: entertainment chat, working and personal conversation - especially the last one. Communication quality is one of deciding factors of quality ageing, in particular of relations between generations. In our study of Slovene people aged 50 years and over, more than 95% of respondents express their position that government, education, teaching, research, media, trade organisations and other institutions should effectively safeguard nice and correct Slovene in public domain and should care for its development; this position is represented by a higher percentage of respondents than were born in Slovenia (according to this study 88.4%). Answers to questions with concrete examples of foreign names for products and companies show that the vast majority (over 90%) of population does not understand their meaning. This means that also functionally is not justified mass deployment of these foreign words in Slovene territory. One-third of respondents have often difficulty in reading public information because of too small writing or message format. Increased public concern for beautiful Slovene language as mother tongue of the majority of population is therefore one of important measures in the field of quality ageing and intergenerational relations in Slovenia.

Keywords: *Slovene, attitude towards Slovene, public safeguard of Slovene, language, communication, survey 50 +*

23. Values in life so far and for the old age (Martina Starc)

Values in life of an individual are drivers that act as attractive forces on the basis of which people direct their lives. They are key connecting element between individual motivation at one hand and the society requirements on the other. In lay language, values can also be considered as life slogan or motto, *i.e.* generalized life principles. The values of the elderly are an important social

issue, because they *inter alia* reflect expectations about how in general the society and its regulation should be. At the same time, their values at personal level can be respected while directing our own life as an advice from people, who are, due to their already spent life years, richer for the experience, with which values have proven as being meaningful/being not meaningful. In our survey people of Slovenia, aged 50 and over had to choose out of eleven pre-given answers (with the option to add still another) three most important and one least important value in their life so far and for the old age. As three most important values in life of the elderly so far have shown: health, relationships and home; the least important are physical appearance, spirituality and reputation. When asked about the quality of old age health still gains in importance, relationships are of about equal importance; while higher rankings get the values of well-being and independence. It seems that people expect deterioration of health, well-being and independence, and consequently they attribute a greater value to these factors. Their predictions regarding quality of old age were tested also with a correspondence analysis of values selecting in eight demographic groups on the basis of participants' gender and age. Correspondence analysis is a method for reducing data complexity by shrinking the multi-dimensional space of values, in which groups are distributed according to values selection pattern, reduces to few dimensions that best explain data variability. The result of correspondence analysis can be graphically displayed in biplot where points representing values and groups are presented in a single low dimensional space. Our solution has shown that women more often than men choose values that determine a correct attitude towards others (reputation, quiet conscience), while men choose values determining environmental activity (work, culture). Older women differ from younger women and men mostly by emphasizing the importance of the values of spirituality and health. The relative positions of points representing answers to the question on quality old age however show that the predictions of younger age groups are in line with the values of older women.

Key words: *values, correspondence analysis, biplot, quality old age*

24. Religiosity of the elderly and its support to a quality of life in old age (Vinko Potočnik)

Analysis of religiosity of the older part of Slovene population (aged over 50) shows a wide presence of religious phenomenon in their life. The majority of population express their affiliation to any of religious communities (predominantly to Catholic), nearly one-fifth only declares that they are not religious or have no religious affiliation. Analysis shows (non) religious affiliation according

to basic sociological variables. Declared affiliation is the framework of more or less regular practicing religion, from participation in ceremonies of own community to more individual as well as in family and friendship forms, for example prayer, meditation and celebration of different religious holidays. This engagement - especially after retirement, when involvement in the world of work and associated relationships and activities reduce significantly - form an important part of the whole activity not only of religious people, but also of the majority of older generation. The analysis further shows, for how much and for which part of the older population is religiosity/nonreligiosity the source of help or hinder to better quality of ageing.

Keywords: quality ageing, religiosity of the elderly, religious affiliation, practicing religion, celebration, social capital

25. Spiritual needs and abilities in light of ageing and coexistence (Jože Ramovš, Marta Ramovš)

Spirituality is promising human ability for quality ageing. Experiences from cultures and modern knowledge (e.g. from Viktor E. Frankl) show that with ageing spiritual abilities can even strengthen, while physical and mental decline. Spiritual needs and abilities are in modern society in the background of attention and the concept of spiritual is vague. Therefore, the first part of the chapter, which is more extensive than research data analysis in the second part, seeks to clarify and define the concept of spiritual and its importance for ageing. In this context it stops at mental and spiritual aspects of health. It displays extensively anthropological knowledge about spiritual and places spiritual dimension in the whole of human development in addition to activities and coexistence. There are also presented modern research findings on spirituality in relation to ageing; after year 2000 these findings rapidly multiply. Then follows an analysis of our research data on standpoints of Slovene population aged 50 years and over, to human spiritual needs and abilities: 54.2% of respondents believe that a man has these needs, 30.9% do not occupy with the question whether a man has spiritual needs and abilities, 4.4% of respondents find this question disturbing, but they have neither affirmative nor negative answer, and 2.1% of them believe that man has no spiritual needs and abilities. The proportion of those who agree with spiritual needs and abilities increases with education level - the exact opposite of religiosity. Also this share is growing in parallel with the experience of happiness. Qualitative analysis of major spiritual needs and abilities, that respondents mentioned, showed that the most common personalistic concept of spirituality is in traditional Christian form, quantitatively close to it is anthropological concept in terms of realization of

own personality and ethics, where is greater dispersion into different categories than it is in personalistic concept, while the smallest is the group of categories that fall within cosmological-agnostic concept of spirituality. In programmes for quality, healthy and dignified ageing when taking care for the infirm elderly people and strengthening intergenerational solidarity, it is therefore necessary to take into account the spiritual needs and abilities of people. Modern neuroscientific findings show that the right cerebral hemisphere processes man's spiritual strength, peace, happiness, sympathetic compassion, connectedness with people and nature, and related processes. These findings are consistent with a thousand-year experience of all cultures, that systematic development of these abilities for sustainable development is as important as exercising left brain hemisphere functions, which processes the knowledge and own assertiveness.

***Keywords:** spiritual, ethical, transcendental, neuroscience and spiritual, spirituality, programmes for quality ageing, study of Slovenians 50 +*