

# T.A.A.F.E.

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## Towards Alpine Age-Friendly Environment

INTERREG  
Alpine Space Programme

WP Building TAAFE model, delivering TAAFE toolkit

TAAFE Model

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**Interreg**  
**Alpine Space**



European Regional Development Fund

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INTERREG  
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Et. Al.

**Interreg**  
**Alpine Space**



European Regional Development Fund

## AT A GLANCE

A growing ageing population and increasing number of isolated older adults demand new approaches and political commitment. Therefore, the WHO developed the concept of sustainable age-friendly environments (AFE), using an integrative approach to optimize the social and physical environments and promote active, healthy ageing and participation in society. The T.A.A.F.E. project uses this concept to build a participatory framework - T.A.A.F.E. model - for developing an age-friendly environment and an improved delivery of services in the Alpine Space (AS).

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## INTRODUCTION

The TAAFE model was inspired by World Health Organization's (WHO) program Age-friendly communities, which began in 2005 in order to address demographic challenges of an ageing population. Population is ageing everywhere: in local communities, Europe and the rest of the world; there are less young and adult people and more old people. Till 2050 the number of people aged over 60 years will double. In 2100 the number of people aged over 80 years will be seven times bigger than in 2017.

While there is abundance of theoretical knowledge on the topic of age friendly environment, participatory methods and novel tools are being constantly developed on the national and international level, their practical use at political and administration level is still severely lacking. Therefore, the model aims to help to translate theoretical knowledge and tools into practical skills at local level.

Why TAAFE model is particular?

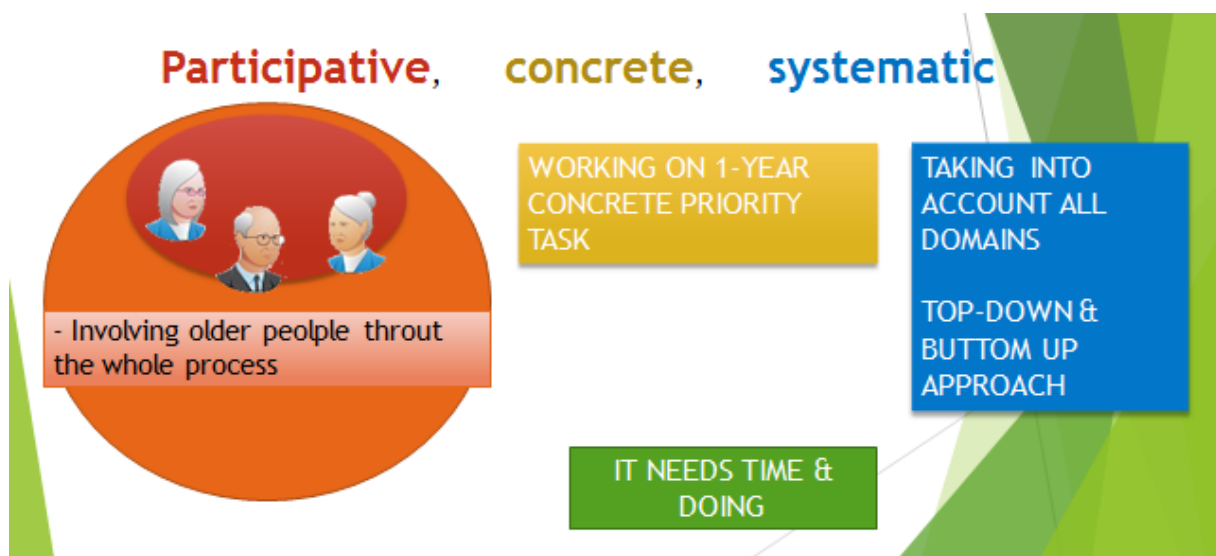
1. Alpine space as an opportunity to compare international variation of co-production methods with older people (the socio-cultural aspect) in international areas with different historical background about taking care of older people
2. It is focused on the whole process (recruitment of people, "co-assessment", "co-decision", "co-planning" and "co-implementation"), not only on the need assessment, what many times happens. Furthermore, already within the project another circle of all these four phases will begin in order to become a regular practice in local community
3. Constraint of time make it more focussed – only one realistic priority task is chosen to be implemented in one-year time, giving place to multi-sectoral perspective and small but real achievements in community.

4. Figure of methodological facilitator and structure called TAAFE trio are two innovations, that help to overbridge current lacking of knowledge and skills in local environments.
5. Since the start, a special attention is given to the “hard to reach older people” with help of older people and formal/informal carers.

First version of the model was developed withing TAAFE project. Draft version was presented at the project’s kick-off meeting in Treviso, improved by input of partners and some international observers and then presented at 1st transnational workshop in Vienna. It was also presented during the Poster Session (selected by a scientific committee) of the 6th REIACTS International conference in Metz, Feb 2020 (<https://reiactis2020.sciencesconf.org/?forward-action=index&forward-controller=index&lang=en>). Comments of researchers there have been also taken into account in final elaboration of the TAAFE model.

## PRINCIPLES AND ELEMENTS OF THE MODEL

TAAFE model builds on following three principles to be implemented in local environments.



1. In local community, challenges of an ageing population should be addressed **SYSTEMATICALLY**

Population ageing brings many changes and challenges in many areas. Therefore, basic orientation is needed. TAAFE model leans on following two systematizations.

Demographic changes face us with four related tasks:

- Long-term care of sick, disabled and fragile old people; today there are on average 4% of population with these needs, in the future they will be 10%;
- Healthy third-generation ageing: the retired generation now makes 20% of all population, but this figure will almost double in the future;



- Economic development, taking in consideration ageing employees - Europe's economic success is a prerequisite for healthy ageing and long-term care;
- Educating the entire population for the new solidarity between generations: for overcoming prejudices about old age, for better coexistence in everyday life and for better cooperation at work.

WHO's program Age-friendly communities suggests eight or nine areas of age-friendliness for concrete actions:

- outdoor spaces and buildings,
- transportation,
- housing,
- social participation,
- respect and social inclusion,
- civic participation and employment,
- communication and information,
- community support and health services,
- security.

## **2. In local community, challenges of the population ageing needs to be tackled TOGETHER**

- Municipal government and management by providing resources, reasonable organization and focus on the benefit of all citizens.
- Professionals and institutions by providing methodological, theoretical and practical knowledge, services and material resources.

- Non-governmental organizations by providing social networks, contacts, the knowledge of real-life situations on the field and by opening new avenues that might later influence local government.
- The main feature and novelty of the world movement for age-friendly communities is the involvement of older people and their potential in all phases of the planning and realization of age friendly environment. Therefore, community starts to build development on the real needs and relies more on its own resources.

This, as a result, increases the interconnectedness and trust in local community as well as strengthens the positive behaviour of people and cooperation between them and the local institutions.

The requirement to work close together, to trust each other is also the basis of the composition of the Trio and of the Action Group, that are key elements in every pilot local community.

**Trio** is composed of older person, methodological facilitator and administration employee. *Older person* defends the voice of older people (with special attention to hard to reach ones) and involve other older people in the process (together with giving his/her contribution in co-creation as well), thus their voice will be heard and they will be invited and motivated to contribute to assessment of needs, choice of priorities, planning and carrying out the actions. *Methodological facilitator* is methodological support for the trio, ensuring the quality of the work done by trios and action group, ensuring that hard-to reach persons are included, facilitating between the action group members. *Municipality employee* is the leader of the action, a bridge between older people and local politics (thanks to him/her bottom-up and top-down approaches are implemented when appropriate).

**Local action group** is a research-advisory-working group that creates and promotes an age-friendly environment in the municipality and builds an age-friendly community. In TAAFE project, the action group supports TRIO in gathering information, in defining strategic goals

and specific priority tasks, participates in the planning and implementation of actions in order to meet the objectives and assists in the evaluation.

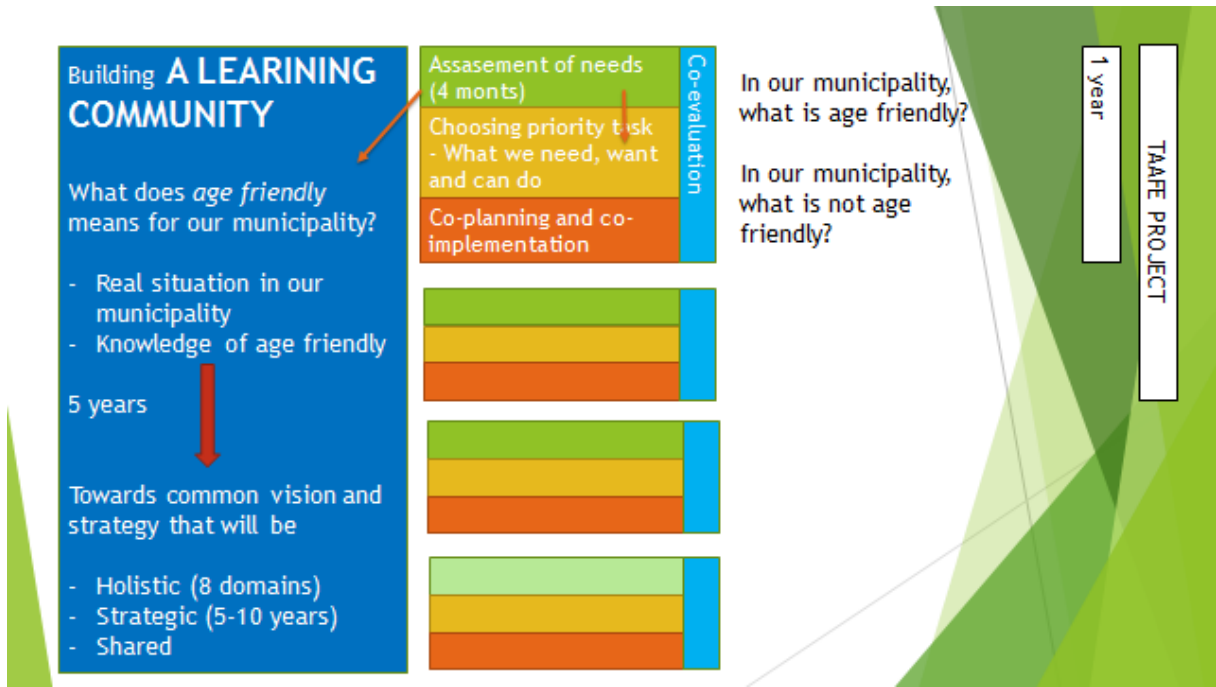
A role of local action group is crucial in each municipality, enabling dissemination of information and news as well as setting of common goals. Its purpose is also to protect against the individual, political or commercial interests outweighing the common good, and to ensure that the assigned tasks would reach sufficient number of older persons.

The local action group has around 15-20 members, to assure variety and that enough active and creative people are involved. All genders, different political backgrounds and professional experiences should be represented.

### **3. The challenge of population ageing needs to be tackled GRADUALLY and CONCRETELY**

WHO proposes a 5-year cycle consisting of four phases: identification of the current situation (engagement and understanding), design and development of the strategy (planning), carrying out the strategy (acting) and evaluation (taking a measure).

TAAFE model takes the same four phases but in a certain tailored way. Already in the first year, all four phases are carried out but on a smaller scale. The assessment of needs is focused on what people like and what they see as a challenge in their community (with desk research as well with participation of different older people), so it can concern all eight domains proposed by WHO. But afterward, instead of making a broad strategy with many action plans, only one priority task is chosen for planning and implementation. This task must be carried out within more or less one year. Right after that, another circle of additional assessment of needs (if needed), priority-choosing, planning, implementation and evaluation starts. The aim of this process is building up a learning community, which has more knowledge and skills with every new circle.

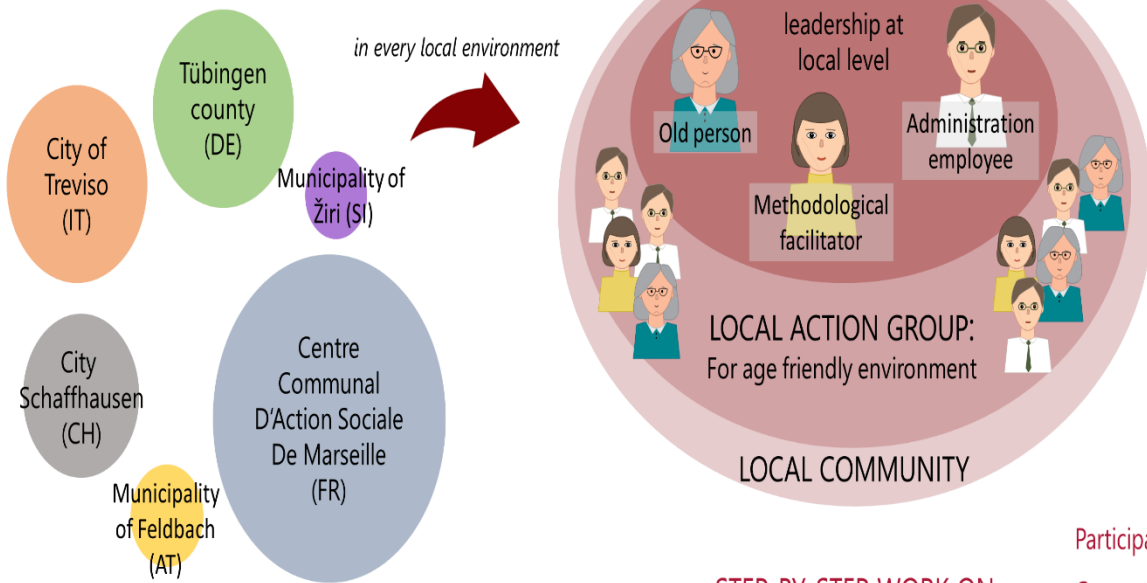


## STRUCTURE

### PROJECT PROPOSAL: TAAFE model

13 PARTNERS FROM 6 COUNTRIES:

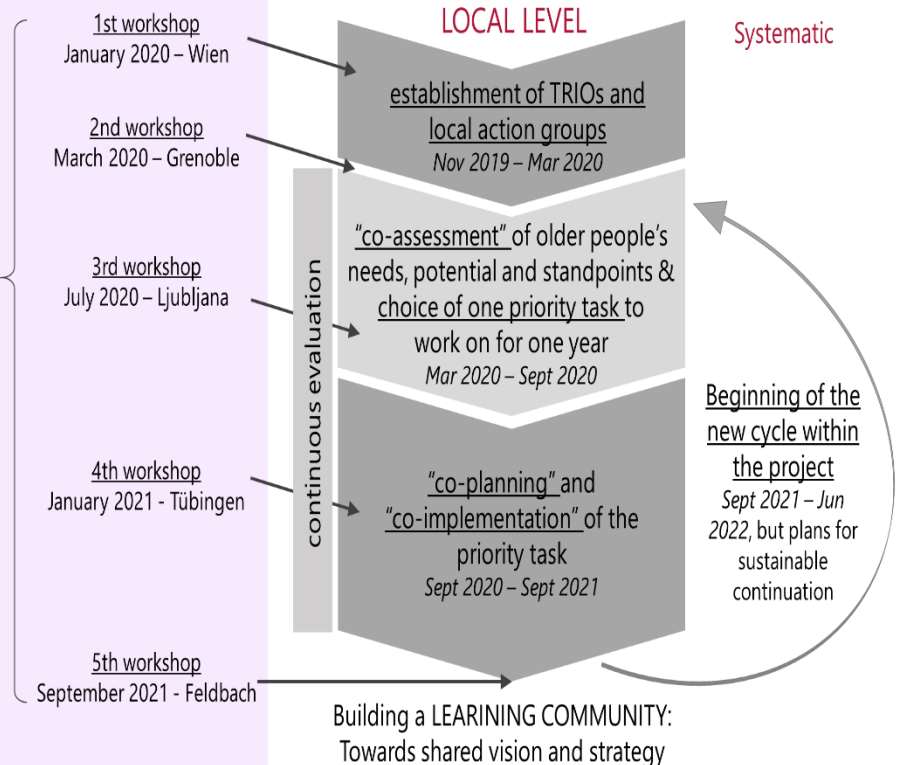
6 local environments + 7 research or service provider organisations



Participatory  
Concrete  
Systematic

### INTERNATIONAL LEVEL

1. TOOLS Preparation:
  - TAAFE toolkit – step-by-step practical guide for TRIOs and Local action group
  - Evaluation tools
2. FIVE TRANSNATIONAL METHODOLOGICAL WORKSHOPS for delivering the tools and developing TRIO-members SKILLS
3. Regular VIDEO CONFERENCE for methodological facilitators
4. EXPERT VISITS in local environments
5. TAAFE Strategy for sustaining achievements
6. TAAFE network and Alpine Space strategy exploring up-scaling possibilities



On international level, the aim of this model is to build an international learning community of seven research / service provider organisations and six local environments from different countries, of different size and structure and to develop a common framework and help each other to implement it in local environments.

Partner in charge of this activity provides step-by-step tools, trainings for learning skills (5 transnational workshops) and possibility for experience exchange (e.g. every two-week on-line meetings of methodological facilitators etc).

At transnational workshops TAAFE TRIOs will be trained on how to implement the TAAFE toolkit (booklets with methodological guidelines for TRIOS and local action group) in their local environment for: awareness rising, engagement and recruitment of older people, relevant stakeholders with multi-sectoral perspective, assessment of needs and recourses, negotiation with stakeholders and choice of priority task, co-planning and co-implementation technics, evaluation.



Sustainability will be provided by TAAFE Strategy for sustaining achievements in pilots, with Alpine Space Strategy for exploring up-scaling possibilities on the regional, national and transnational level and with formation of a trans-national AS-TAAFE-network fostering an age friendly Alpine Space.

Duration of the project is 33 months. Project is founded by European Regional Development Fund through Interreg Alpine Space programme.

# COVID-19 IMPACT & ADAPTATION

The development of the model had to be revised because of the COVID-19 and its consequences (physical and social distancing, older people being the most vulnerable group). Process has been slowed down due to the cancellation of a transnational workshop. The model is now in the process of adaptation, taking into consideration new circumstances. It is work in progress, because the situation is still not certain; step by step, we are introducing new approaches (more meetings on-line, on-line workshop(s), more individual consultations etc.).

