

## **1. Name of the action / entity in charge**

Entity: Panhellenic Society of Geriatrics and Gerontology

Website: <https://giriatriki.org.gr/>

## **2. Objective**

The Panhellenic Society of Geriatrics and Gerontology aims to:

Contribute scientifically to the study and treatment of the problems of ageing.

To inform and educate doctors, health professionals of the elderly and their carers on issues relating to old age and old age.

To develop programmes that investigate the social needs of old age.

To develop proposals to improve the quality of life of older people.

In order to achieve these objectives, the company enters into partnerships with public and private bodies and active citizens aiming to improve the quality of life of elderly people.

It has developed cooperation with competent state and transnational institutions in Greece and the European Union, as well as with associations and institutions interested in addressing problems related to old age. Its collaborations include the European Geriatrics Society, the Regional Governance of Western Greece, the Ministry of Employment and Social Protection, the University of Patras, the Society of Geriatric Oncology, the Red Cross, the Panhellenic Association of Physiotherapists (Regional Section of Achaia – Ilia), the Centres for the Employment of the Elderly (KAPI), the nursing homes of the city such as the Konstantopouleio Foundation, Agia Skepi, Alexandra, all the nursing homes of Southwest Greece and other structures, the volunteer organizations Alma Zois, Agaliazo, SOPsy and the departmental companies that deal with the elderly and the Public Benefit Association for Relief and Care of the Elderly and Disabled – "Frodizo".

## **3. Origin**

The Panhellenic Society of Geriatrics and Gerontology is a non-profit scientific society (NGO) that deals on the one hand with geriatric medicine and on the other hand has a strong social activity and aims to approach and improve the lives of the elderly.

It was founded in 1999 and is based in Patras. The aim of the company is to always be at the side of the elderly and contribute to the improvement of their lifestyle so that they become active members of our society.

The main activity of the company is the information and training of doctors, caregivers of the elderly, their families and the awareness of society in general, to the problems of old age which are largely neglected and not understood.

This information is provided through medical conferences, medical and medico-social workshops and training seminars on how to deal with older people. Geriatrics as a specialty is

not recognized in Greece, unlike in most EU countries, which is why the ultimate goal of the company is to include geriatrics in the curriculum of the medical school. Its experienced and qualified staff, using modern methods, based on the European Union guidelines for active ageing, supports the elderly in their efforts to deal with the problems associated with ageing.

#### **4. Methodology**

Panhellenic Society of Geriatrics and Gerontology consists of scientists, doctors of all specialties, active and non-active, university professors, as well as active and accomplished citizens with sensitivity to the elderly. Professionals of all categories, employees and pensioners are actively involved in the company's activities on issues concerning the elderly.

Its founding members are mainly doctors, who are widely known in the city of Patras, but also active citizens with a special interest in the elderly.

All members of the company and the Board of Directors are volunteers. Membership of the Geriatrics Society is open to anyone who wants to contribute to addressing the problems of active ageing and improving the quality of life of older people. Awareness of the problems of the elderly is a sign of culture and solidarity. The society's working groups include a Social Events Group, a Scientific Events Group, a Public Relations Team and a Voluntary Activities Team.

The actions of the Panhellenic Society of Geriatrics and Gerontology include:

Monitoring the developments in the field of active ageing in Greece and abroad.

Promoting the development and growth of the individual branches of gerontology and geriatrics through research.

Developing programmes on the treatment of ageing and organising and participating in conferences.

Contributing to the training of staff, institutions and services dealing with the elderly.

Organising lectures, conferences and public debates to inform and educate older people and their carers.

#### **5. Characteristics**

The Panhellenic Society of Geriatrics and Gerontology offers the Day House program. The Day House is for all elderly people, who can have a creative activity for free. The Day House operates every Monday - Wednesday - Friday from 17:00 to 20:00 at the building of the Panhellenic Society of Geriatrics and Gerontology at 9, N.E.O. Patras - Athens, where the elderly receive the following services:

Muscle strengthening exercises

Dance lessons

Psychological support

Exercise and physical training Exercise and physical therapy

Computer training Computer classes

Bible study

Hagiography courses

## **6. Recommendations**

- **Recommendations for policy makers**

It is important that the policy makers take into serious consideration the role , function and impact of Associations around and for the elderly especially when their practices are resulting from a mixture of academic knowledge and know how in practice. These practices should also drive the improvements of the system by establishing new trends even in the care system addressing the elderly needs . In this direction the establishment of Geriatrics / Gerontology as a new specification connected to the community needs is critical. Funding and strategic decisions for stable and well operated centers to offer care and education in new mentalities are in the right side of the policy active decision

- **Recommendations for practitioners**

Practitioners in this case are all these persons who are involved in the process of improvement of the quality of life of the elderly in a holistic way. In this meaning, practitioners should also be trained on how to learn to cooperate to each other and how to combine academic knowledge with practical methodology in the best way – especially considering that their intervention is aligned with the change of mentality of the seniors.