



# Friends of Elderly „IBP” Strategy

2023-2025

# Vision of IBP

The Friends of the Elderly Program has been operated by the Volunteer Center Foundation (ÖKA) since 2016 with the professional and financial support of the French organization Petits Frères des Pauvres

In 2022, a new period began both in the life of ÖKA and in the management of the IBP, and work must continue according to new expectations.

**OUR VISION:** A solidary society that accepts and respects the elderly

**OUR MISSION:** To change society's attitude towards the elderly.

**OUR MAIN VALUES:** respect, autonomy, reciprocity, solidarity, cheerfulness, empathy and humility

Our activity: To find elderly people living alone, to whom we provide company and to form volunteer/elderly visitor pairs to relieve isolation.

## **OUR PLANS:**

### **2023-2024:**

To reach all the districts in Budapest and establish cooperation with the municipalities and nursing homes and retirement homes.

### **2024-2025:**

In the countryside, contact local governments and nursing homes and retirement homes and establish cooperation with them.

# Problem and environmental analysis

- **A new social law was developed and accepted, in which the individual is responsible for his life in the first place, the family in the second place, then the civil organizations, then the municipalities and finally the state.**
- It is expected that by 2030, the number of people over the age of 65 will increase appr. to 2.1 million people in Hungary, while the number of people over the age of 75 will be more than 1.1 million people. In these age groups, the need for long-term care and loneliness increases significantly.
- The situation of the elderly in the country is not a priority for the state or local governments. There are pensioner organizations that lobby for increasing pensions and preserving the purchasing power of pensions with more or less success. The pension has become a political tool on the part of the government. However, only a few civil organizations deal with the social situation, mental and health problems of the elderly and they are not present in the everyday life of society.
- In Hungary, 38% of men do not reach retirement age, while women live much longer after reaching retirement age. Therefore, mostly older women suffer from loneliness.
- Those who were married become widows and have to deal with the difficulties of everyday life alone, while they also have to deal with more and more physical illnesses and face problems arising from their financial situation.
- Their children work and have to cope with family life, there is not much time left for elderly parents and grandparents.
- It is a new problem that the young generation leaves the country for a better living and starts a new life elsewhere. Elderly parents and grandparents are left to themselves. Their children may be able to help them financially, but they become lonely and isolated.

# Problem and environmental analysis

- More and more middle-aged people are also going abroad to work for a living and in the hope of a better life.
- The elderly live alone and isolated, there is no one to open the door for them, no one calls them on the phone. It is difficult to get to the doctor and pharmacy, and family doctors rarely see patients anymore. Daily shopping also causes difficulty. Today, there are still few elderly people who can get by on the Internet and can order food for themselves.
- They usually live in a non-accessible environment, and this makes it difficult to move around and get out of the house. They can only move out of the apartment with help.
- Those who live in the city are perhaps even more isolated than those who live in a family house in the countryside or in a village. Maybe people pay more attention to each other there.
- There is no entertainment left, only radio and TV. Newspaper and magazine subscriptions are becoming more and more expensive, they can no longer afford them and there are fewer and fewer of them.

# Strategic goals

## 2023-2024

Expansion primarily in Budapest (Currently there are volunteer groups in only 7 districts, headed by 3 group leaders)

Our goal is to have volunteer groups led by group leaders in as many Budapest districts as possible.

Rural expansion should also start sporadically, mostly in settlements where this demand appears in the settlement.

For example, someone who undertakes the formation of the local group applies (organization or individual)

### Expected results:

- Creation of 5 new groups by the end of 2023
- Creation of 15 new groups by the end of 2024
- By the end of 2025, the goal is to reach 40 volunteer groups across the country, with 3-5 volunteers and visiting seniors per group.

Social effects: reducing loneliness in old age, increasing activity in old age, strengthening human relations and solidarity, spread and development of volunteering

Increasing the expansion by finding targeted locations nationwide