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**Authorized Voluntary Elderly Care  
AVEC**

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**Oulu**

- 6th largest city in Finland
- 130 000 inhabitants
  - 5% over 75 years old
  - 12% over 65 years old

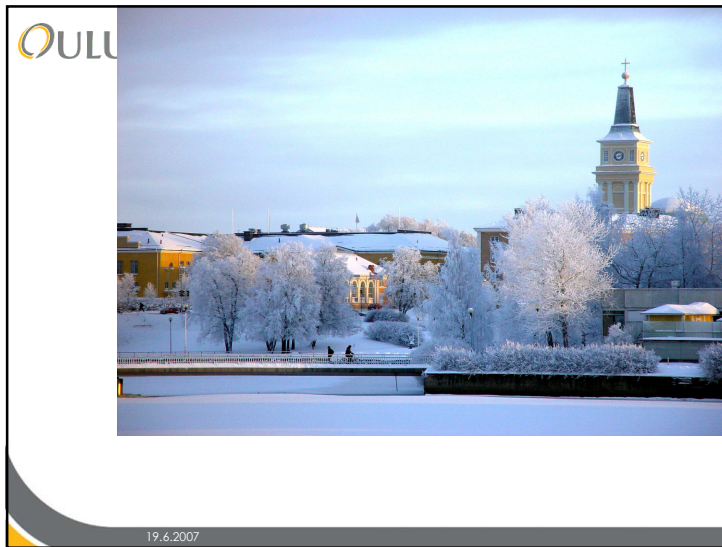
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### Authorized Voluntary Elderly Care AVEC (2005-2007) <sup>6</sup>


- AVEC is a development project which operates in Oulu region (Oulu, Oulunsalo, Kempele, Kiiminki)
- The goals of the project:
  - To **create a new way** for public and voluntary sectors to cooperate to improve wellbeing of elderly people
  - To **create an effective model** to organize volunteer work with the elderly and to engage and support volunteers
  - To have volunteerism as a part of the **permanent** elderly care activities in Oulu region
  - To **research** conditions of well organized volunteer work and to assess impacts of volunteer work with the elderly

### Basic principles of AVEC voluntary work (1/2) <sup>7</sup>

- The main target group is elderly people **over 80 years old who live on their own**
  - Persons with memory disabilities
  - Persons who take care of their spouses at home (informal care)
  - Persons without sufficient social network
- Work of AVEC volunteers **does not compensate public** home care services but is another means of support for clients' daily life
  - Social support, practical help
  - A volunteer and the public home care may cooperate

### Basic principles of AVEC voluntary work (2/2) <sup>8</sup>

- Voluntary care is always **individually planned**: social support is the main concept
- A volunteer gives his/her time
  - Listening, conversations
  - Escort for shopping, bank, library, theatre etc.
  - Walking outside
  - Reading newspapers and magazines, games, small tasks at home together with a client
- Volunteers do not handle matters related to money or medication / health care
- Volunteers do not provide services such as house cleaning or cooking
- Volunteer help is **free-of-charge**
- Volunteers **do not get paid**




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### Support for the volunteers

- **Training** for all volunteers
  - Basic course before participating
  - Lectures on various topics
  - First Aid etc. if needed
- **Support and discussion** are very important factors
  - Volunteers need to have someone to contact in case there is any problems
  - Peer group meetings
- **Activities:** culture, trips etc.

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### Research carried out in AVEC project

- **Assessment of the process and the model**
  - Volunteers' point of view
  - Opinions of the clients (and their relatives)
  - Employees of the public home care
- **Impacts in long term**
  - Assessment of impacts on wellbeing of the clients (social wellbeing, mental / physical activity etc.)
  - Can volunteer help have effect on public spending on health and social services?
  - What should be the main target group for volunteer help, who would benefit the most?

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### Prospects in future

- Activities accomplished in the AVEC project have been **well received** in Oulu region
  - Meaningful to the clients as well as the volunteers
  - Cooperation with the public home care has began well
- Organization of AVEC volunteer work in future part of **Volunteer Centre** in Oulu City
- **Appreciating** the contribution of volunteers and the impact of volunteer work

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### More information

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<http://www.ouka.fi/sote/english/index.html>

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**THANK YOU!**