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Tell us more about yourself and how you got to where you are.

I work in non-government organization, which supports citizen's engagement and citizen's self-organization . I advise in the law area, finance and participation of citizens and organizations. I also support social entities and the process of creating jobs in social entities.

Are you familiar with the IKIGAI principles?

I don't know much about IKIGAI, I used that tool once or twice in my workshops with groups and I appreciate its value, but i have no experience in using it.

How do you think older adults can find or rediscover their purpose through active citizenship?

I think, older adults can find their purpose by sharing their experience and reflection, and also they can give their free time to support other people in many activities. I suppose, their memories can be valuable for different groups of people.

How can we create opportunities that allow older adults to contribute to society in ways that align with what they love, are good at, and what the community needs?

In my opinion, it's important to create them spaces where older adults can contribute to society- for example- spaces of meetings, spaces of activity in many areas (artistic, discussion, knowledge) and meetings spaces where meet different social groups.

What are your thoughts on the European Union's current policies for the older adults community?

I think that the policy of the European Union responds to the needs of older adults, especially in areas at risk of exclusion, non-discrimination, lifelong learning and inclusion.

Are there any specific policies or initiatives from Poland that could serve as models for other European countries?

In Poland are being provided inclusion programmes, for example Senior Council or microgrants programs for older adults (to increase social engagement and activity). Social services and deinstitutionalization of these services are developing. There is development Universities of the Third Age. On the other hand, i suppose in Poland there isn't good programs of flexible job and enhancing employability.

Many older adults feel that they are underrepresented, or that their opinion isn't taken into account. How can we ensure that their voices and opinions are heard and matter?

It is necessary to take this group of people seriously, take their comments into account, and listen to their opinions. This is what senior councils and consultation processes are for. But now, these processes have many barriers.

What are the major key points to be considered when thinking of Citizenship, not only for older adults but for ageing throughout life?

The major keys are: commitment, civic competences, knowledge, awareness of the common good and a sense of influence.

A lot of older adults face social and/or physical isolation. How can communities encourage older adults to break their routines and engage more actively in society?

The role of local and neighbourhood communities, a circle of friends and neighbours who meet for specific activities is important, for example for growing plants or handicraft classes, or acting and theatre workshops.

What type of programs or initiatives could parish councils or institutions do to support more older adults?

I answered above.

Limited accessibility is a big struggle for older adults. What actions could be taken to ensure that public spaces and infrastructures are accessible for seniors?

A huge role in this area for public and national authorities in creating public policies and supporting authorities in these areas. Equally important is the education of various groups of stakeholders of local life.

How can Urban Planning for Seniors support older adults in staying connected and improving their ageing? What solutions and processes should be considered when thinking about improving (or alternate) public transport for older adults?

Urban planning should take into account the needs of the elderly by planning spaces that are not too large, shaded, with a large number of seats, benches, accessible toilets, without stairs, cars and other vehicles. Such places should be available near the place of residence. It would also be worth ensuring that shops, cafes, libraries, and meeting places are available in closer proximity.

Do you have anything you'd like to add to what has been mentioned?

That's all what I had to say. Thank you.