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## Invitation for seniors' activity – age friendly city

DOI 10.24917/24500232.131.8

**Key words:** age-friendly city, senior citizens' activity, public and private space, healthy ageing

### **Abstract**

Human's life space usually decreases along with their age. Thanks to certain global and local solutions it may remain broader and serve healthy ageing and maintaining quality of life.

Life space of the seniors is a crucial issue of the social gerontology. This article refers to the problems of the city space that may stimulate or devitalise active, healthy lives of older people and their propitious old age. According to the agreements of the World Health Organisation a hospitable city for old people is the city that takes care of the following for its seniors: public space, transportation, accommodation, social participation, integration, employment, communication and information, support of the environment and health care. A serious threat for the quality of life of the growing urban population is shrinking of the public space and growing of the private space. The city space should not favour any of the age groups as everybody ages, irrespective of their age. The space must support building the relations between generations. In Poland many cities try to join the global network of the places open for older people. In 2016 Poznań: joined this network. This is a very prestigious distinction but also a liability for the city.

### **City space – contemporary trends**

The space as a scientific category has recently become an important and frequently undertaken subject by the specialists of various areas, including social gerontologists. In particular, public and private space have been discussed, relations between

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them and social and communicative meaning of the space, but there are also other perspectives of its overview.

Stella Grotowska fitting into the discussion concerning the place for today's seniors in social life (a defined space), referring to various sources, stresses out after Yi-Fu Tuan that the space differs from the place associated with freedom. The place is a closed and limited space, a safe shelter for the established values. It is very important to distinguish public and private space. Private space, as S. Grotowska emphasizes, is in charge of an individual, whereas public space should be accessible and open to everyone, although today it does not always fulfil the criteria (Grotowska, 2011, p. 31–34)<sup>2</sup>.

Considering problems of ageing and old people in the context of space seems to be fully justified as with age, the space: physical, public, social and even private one where people function, often decreases. Declining vital forces limit possibilities to remain active and mobile and thus the last years of life may lead to limit the space only to the private space, a flat or even one room, sometimes shared with other people. Then a doubt arises whether such space or a place, as it was called before, still is a safe, free and satisfactory one for old people.

Yet it is worth to add that apart from the specified spaces that may shrink along with ageing, although they would not have to, the space of an old person's spirit life may remain broad, free and unlimited.

It may even grow. The theory of gerotranscendence of Lars Tornstam (Erikson, 2012, p. 145–152; Malec, 2012)<sup>3</sup> shows the exemplification of this phenomena.

This paper refers to spaces of cities, communities, and particularly of the city of Poznań, which according to the assumptions of the idea of the age-friendly city fostering life of all citizens, has realized concrete practices in the area for last few years.

In 2009 the United Nations informed that for the first time in the world's history, the number of urban dwellers exceeded the number of rural dwellers and they underlined that it will be a strongly growing tendency. More and more cities are expanding, creating metropolises and thus they are absorbing villages and towns around them increasing their physical space. That way, the character of the village, the place of living of the people who used to be engaged in farming, is changing. Physical space of the village is absorbed by the cities that transmit their lifestyle and other habits and ideas for professional and private activity to the rural inhabitants. The problems of contemporary cities are varied but for the further part of this article some of them, particularly those of social-cultural aspect brought up by sociologists, have to be mentioned.

An important part of the city is its social space that, according to Bohdan Jałowicki and Marek Szczepański, must be understood in few ways:

2 S. Grotowska, in her original work presents the role of the seniors in the space of communities, associations and catholic movements (Grotowska, 2011).

3 A person's internal, spiritual space is not a subject of this article and thus, despite the author's opinion that the issue ought to be at least mentioned in the discussion on old people's space, the problem was not elaborated on in this text.

- physical dispersion of people of defined features in a specified area (e.g. better and worse districts by their inhabitants' wealthiness)
- space created by a person, that its shaped by natural, social and cultural factors and in the process of their creation people are connected by specific relations of power and exchange
- social space is characterized by specific kinds of peoples' activities that create spaces: work, leisure, consumption
- space constitutes a specific value for people: economic, symbolic (Jałowiecki, Szczepański, 2009, p. 316–319, after: Szatan, 2012, p. 92–93).

For the city dwellers, its important part is a public space that is a space that belongs to all citizens. It is composed of: streets, squares, parks, etc. (Jałowiecki, Szczepański, 2009, p. 316–319, after: Szatan 2012, p. 93). The public space serves to make contacts between people and to build further relations between them. Unfortunately, nowadays it is becoming narrower due to its privatization, and sometimes is disappears completely which may adversely affect its communicative function. Communicative function of the public space is realized through: possibility of meetings and exchange of opinions, to express identity, communicate certain content, disperse elements of space (physical barriers- walls, gates or lack of them), to transform the space for its inhabitants which creates possibilities for social dialogue (Miciukiewicz, 2006, p. 213–232).

The public space requires its inclusive design. Marek Wysocki following Ron Mace, lists his seven rules: usefulness for people of differing abilities, flexibility in use, simple and intuitive usage, clear information, tolerance for mistakes, comfortable usage without effort, size and space suitable for access and usage. By invoking other authors and United Nations Convent, M. Wysocki also adds the rule of equality perception which allows for feeling in the space the same as all other inhabitants (Wysocki, 2017).

Similar criteria of inclusive streets design are promoted by Elizabeth Burton and Lynne Mitchell: familiarity- urban buildings should be intuitive for older people, distinctiveness- unique character of particular streets, facilitating their localization, safety and comfort- feeling the space as attractive, accessibility- satisfactory usage of streets regardless of physical, sensual or mental limitations of specific users, legibility- supporting special orientation using proper guidance (A. Bujacz, N. Skrzypka, A.M. Zielińska, 2012<sup>4</sup>, Frysztański, 2005, p. 151–158).

Besides its physical and material dimension, the public space should also have, as mentioned above, its social character, that is it should be socially accepted and provide the feeling of physical and emotional safety. For older people very often many places become inaccessible due to organization of the space that does not meet the criteria listed above.

4 A. Bujacz, N. Skrzypka, A.M. Zielińska, 2012, *Public urban space towards seniors' needs. Example of city of Poznań*, „Gerontologia Polska”, 2012, volume 20, no 2. The authors of this article, on the basis of the specified criteria, developed and carried out surveys among the citizens of Poznań.

M. Wysocki underlines one more important issue as regards basic principles of the policy towards old people, related to the space - the principle of locality that is "ageing in place". It means life in local community considering individual needs of older people. Only in such community, the real needs of its inhabitants may be determined and on their basis it is possible to establish goals leading to integration of community and actions to increase their activity, cooperation of all groups of inhabitants as locality is the key for social participation (M. Wysocki, 2017). Surely it is an important challenge as leaving seniors in their life environment as long as possible (preferably to the end of their lives), both private one that is the flat and social, allows to fulfil the needs of: intimacy, safety, belonging and participating in the group.

### **Why is it worth to be an active senior?**

Human's activity is their psychic property (Gurycka 1977, p. 97). It is the way to learn about the reality that surrounds us and it expresses in physical and intellectual activities determined by personality factors (Zych 2001, p. 19). Antonina Gurycka similarly specifies, personality determinants originating from the individual themselves (limitations- health condition, level of physical fitness; mental- attitude, expectations, system of own values, conviction that the actions taken are purposeful), but also suprapersonal- (social- related to personal interactions; physical surrounding- climate, season of the year, air temperature (Gurycka 1977, p. 18–23). Life activity is something daily and natural and thanks to this activity people satisfy their needs and realize themselves in social roles.

The activity is shared into various areas but in the discussions on activity of older people, the following are specified most often: educational, social, cultural, professional, in the area of new technologies (Fabiś, Wawrzyniak, Chabior, 2015, p. 171–139; Szarota, 2010, p. 127–165; Fabiś (eds.), 2008). Professional activity and using the newest technologies belong to "the youngest" spaces of activity in older age, although professional activity has been shared by a small number of old people for long time but it depended on the work nature and its conditions. XXI century has intensified actions promoting seniors' activity. Since 2012, the European Year of Active Ageing and Solidarity Between Generations, it may be assumed that active ageing has become a special value. Specialists working on old age and ageing, in particular gerontologists and geriatricians foster to remain active, in various forms, as long as possible. There may be many justifications for motivating to be active but the basic ones seem to be: increasing life expectancy, dynamically growing population of older people, necessity to find seniors' own place in the changing world. It is important to stay fit, self-sufficient and engaged as long as possible. Nowadays these are the qualities promoted from the early age. However, their level may decrease with age as a result of natural lowering of vitality or unexpected disease. Everyone desires to maintain life independence as long as possible. But one needs to realize that it may be lost at any moment of life

and at the same time one would be forced to learn to accept help. In adult life we give help more often and thus accepting help is one of the challenges that is of particular importance with age. Many barriers occur in accepting help and according to Robert Hill they arise from few convictions: you should not accept help from strangers, it is better to give than to take, you should count on yourself and cope with life. Such attitude is a barrier in positive ageing that does not exclude regressive changes that are possible in late adulthood, but it assumes their acceptance and adjustment to them (Hill, 2008, p. 96). The price for increasing life expectancy often is a need to receive help and support from others. So activity is a value but it requires flexible reaction to the changes in the activity itself that may occur with age. It is worth to be active but in a reasonable, wise way suitable to health condition, possibilities and stage of life. Old peoples' activity is important not only for them but also for other age groups. It allows for being competent in changing life, according to the competence theory that was popularized in Poland in social gerontology by Jerzy Halicki (Halicki, 2000, p. 9–21).

Older people's activity that may seem to be an expression of competences but also lead to them, is inseparably linked with gerontological prevention. Social policy in Poland as regards seniors, was realized in a reactive, interventionist way for a quite long time. It is a definitely better idea to have a proactive<sup>5</sup> approach. Possibility of preventive actions concerning physiological ageing were described in the dynamic model of gerontological prevention by Zbigniew Woźniak. In this model it is crucial to take care of: health and lifestyle (eating, activity, shape, condition), cognitive activity (memory, problems solving, education, strategies), social support (personal bonds, informal support, formal support, social activity), mental health (identity, emotions, self-respect, life satisfaction), seeking meanings (spirituality, religiousness, life goals), future planning (expenses, assets management, adaptation to lifestyle, personal issues, management of own time and life) (Woźniak, 2011). All areas of preventive activities aim to slow down ageing processes and to counteract pathological ageing. They need mobilization of the subject, activation in those areas to maintain psychosocial and health condition as long as possible.

In the discussion concerning activity in older age, it needs to be taken under consideration that activity of the Polish seniors in the measurements of several years ago, took the 27th place compared to other European countries. The following four areas were analysed back then: employment, social activity, independence and health and safety in life, readiness and preparation of the surrounding to use broadly understood resources of the ageing society<sup>6</sup>. Jolanta Perek-Białas and Elżbieta Mysińska carried out similar analyses in Poland, using the same domains but with the division of Poland into

5 For information see: The Strategy of Social Policy for Greater Poland Province until 2020; <http://rops.poznan.pl/wp-content/uploads/2016/01/strategia-polityki-spoleczenej.pdf> [20.03.2017].

6 For information see: <http://www1.unece.org/stat/platform/display/AAI/Active+Ageing+Index+Home>.

provinces. That way a rank of 16 Polish areas occurred. Further part of this article refers to age- friendly city. Poznań has been recognized as an age-friendly city and that is why it is worth here to recall results concerning the province, whose capital city is Poznań. In the area of employment the province took 9th place, when social activity came on 8<sup>th</sup> place, independence, health and safety took the second place and it was the best result among the domains. Ability and readiness of the surrounding to use the potential of the ageing society took distant 11<sup>th</sup> place in the rank (Perek-Białas, Mysińska, 2013; Pawlina, 2015). Polish research show that resources of all Greater Poland province, apart from independence, health and safety are still not very impressive for the realization of the idea of active ageing. Nevertheless, poor results is a great motivation to improve.

To sum up the discussion regarding activity of the older people it may be concluded that it is a value itself for seniors, but it is also very important for functioning of all society. Taking care of older people's activity is an investment in the future that may be longer, healthier and fuller then. The gerontological prevention, activity for old people, successful or positive ageing, are the categories that are not identical but they share the consciousness of choices made by older people. These choices refer mainly to their lifestyles that aim to: remain independent as long as possible, to deal with problems and challenges, to react to changes flexibly, that are framed in the process of ageing and old age.

## **Age-friendly city – good practices of Poznań**

Big cities have this advantage over villages or small towns that people in big cities live longer. The reports concerning distribution of people worldwide show that now more people live in cities, that is 54% than in villages and the trend is growing, as according to the estimations in 2050 two thirds of the world population shall be living in cities. In XXI century cities have become the area of researches and the lifestyle of cities appeared to be favourite one not only for the citizens themselves but also for inhabitants of small towns or villages visiting them. The example here may be visits at shopping centres, entertainment parks, sports centres, multiplexes, restaurants or cultural institutions.

Life in the cities, especially in metropolises is exposed to a number of occurrences that may be inconvenient for older people. Some of them have been already mentioned before but it is needed to stress the ones usually referred to by the specialists.

They include: expansion of cities, depopulation of downtown, modern architecture, that creates the distance, mutual observation of the people creating illusive closeness, yet leading to isolation, degradation of public space- closed housing estates, spaces cut off people, culture of fear of strangers, processes of gentrification, disappearance of neighbourhoods, commercialization of space, moving around by cars that results in fewer opportunities to establish interpersonal contacts, crowding and noise, pollution or, recently increasing threat of terrorism.

Various organizations and associations, and the local authorities themselves try to mitigate and solve the city life problems mentioned above. For example, attempts to cope with the negative processes of life in metropolises have been taken by: WHO Healthy Cities Network (Healthy Cities)<sup>7</sup>, slow cities network (Slow Cities)<sup>8</sup>, or programs for ecology of cities (Urban Ecology), or important for this article net of age-friendly cities and communities, that are also friendly for all citizens, irrespective of their age (Age-friendly Cities and Communities). Requirements for age-friendly cities and communities have been established on the basis of the surveys carried out among seniors in 33 countries of the world and they include 8 areas described in the special guide that was also translated into Polish: Age-friendly cities. A guide. (Żakowska (eds.), 2016; Wysocki, 2015).

A space of a city may stimulate or weaken healthy functioning of the seniors. According to the findings of the WHO a city that is considered to be friendly for the seniors and also for other generations takes care of: outdoor spaces and buildings, transportation, housing, social and civic participation, integration, employment, communication and information, community support and health care. The space should not favour any of the age group and it must support building intergeneration relations. Many cities in Poland are trying to join the global network of the places open for older people. On 18 July Poznań joined this network<sup>9</sup>. The first Polish city that joined the network was Gdynia and in 2017, the third city – Ostrów Wielkopolski that has received this great distinction.

Accession of Poznań to the network of ca. 360 age-friendly cities worldwide is a great honour for Poznań but also a great responsibility. How does the Poznań metropolis discharge of its task? This question made the author of this text to review the situation, in particular in the city of Poznań.

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7 The Program of Healthy Cities came to Poland at the beginning of the 90-ties of XX century. The Healthy Cities Network was founded in Łódź in 1991, followed by the Polish Healthy Cities Association with its seat in Łódź. Healthy City should seek to ensure its citizens: clean, safe environment, significant share in taking and controlling decisions regarding the citizens, their health and good well-being, possibilities to provide basic needs of life (safe food and water, accommodation, work, safety), instant access to health care at proper level, conditions to improve physical and mental fitness, mutual support and peaceful life. Poznań joined the Network of Healthy Cities in 1993 and has been realizing the successive phases of the project. <http://www.poznan.pl/mim/ezdrowie/miedzynarodowa-siec-zdrowych-miast-swiatowej-organizacji-zdrowia-who,p,16623,16625,17035.html>; [http://uml.lodz.pl/miasto/zdrowie/zdrowe\\_miasto/idea/](http://uml.lodz.pl/miasto/zdrowie/zdrowe_miasto/idea/).

8 The International Association of Cities Cittaslow is a non-profit organization. Its aim is to promote cultural and traditional variety of local products, protection of environment and improvement of life. <http://www.twojaeuropa.pl/3950/slow-city-powolne-miasta>.

9 For details see: <http://www.gazetasenior.pl/wp-content/uploads/2016/08/Gazeta-Senior-Pozna%C5%84-sie-wrze-2016.pdf> [access 17.01.2017].

Number of Poznań citizens now equals about 540 thousand. For last few years the population of the citizens in their retirement age has grown significantly and now it numbers about 26% of all citizens.

The possibility to be and to remain active as long as possible should be strongly supported by the closest family of the older person, but also by the solutions arising from the seniors policy of a local and global range.

What solutions does Poznań propose to its citizens for good ageing?

**1. Age-friendly outdoor spaces and buildings.** A healthy city is the one that has an access to rivers, lakes and water reservoirs, that is free of pollutions, green, properly distanced from the industrial spheres. Location by the Warta river has resulted in an interesting development of the river and its bed through adjusting it to the recreation needs of the citizens. 5 lakes of Poznań agglomeration, including 3 in the city of Poznań itself has been used in a similar way. Places for walks, relax, meetings and banquets have appeared along the river banks and the lakes have gained nicer beaches and opportunities to do water sports. Moreover, there are more and more places to do exercise, outdoor gyms often together with playgrounds for children. Another example is using the big square of the city hall for summer theatrical meetings, concerts and similar events. Many actions have been also taken to improve safety of the citizens. Directly in the places of residence, districts, housing estates, meetings of the police with the seniors are carried out in order to inform about threats and ways to react to them. In the city centre a Strefa Tempo (Tempo zone) has been introduced which is a speed limit for the vehicles and the traffic lights have been turned off and as a result the drivers are forced to drive more carefully. Also old, uneven pavements are being changed gradually for bike routes, although in this area there is still a lot to do. Number of toilets in the public places have increased and the seat on bus stops are being changed. In some shopping centres wheel chairs are available and in shops there are mixed-age teams that may match to serve the clients at different ages in a better way.

**2. Transportation.** Poznań together with neighbouring localities constitute a broad metropolis and that is why the integrated public transport is so important. Timetables are scheduled the way the passengers can coordinate the time of travel. Persons over 65 can buy yearly tickets for seniors for 50 zlotys and over 70 they can travel for free. Some cities and communities of metropolises have introduced their own benefits for seniors. In the city there are already a few easy access tram stops and yet another investments are planned. Some of the public transport vehicles are low floor ones. Also city bikes are available to hire. Parking spaces on pavements is still a problem as they obstruct walking.

**3. Housing.** The problem of creating a proper personal space, that is a place of living is equally important as others, however with progressing ageing and regressive changes in development accompanying old age, it seems to be one of the most critical ones. Along with age, the time spent at own home increases. Adjusting flats, houses to be active in them is a challenge for the city. The basic question is availability of

flats, low rent and possibility of modernization of current flats for seniors as well as building new flats without barriers. In 2009, 79 1–2 room flats and a new community centre were released for use of seniors. In plans there are other similar investments. In Poznań there are 5 24-hour care homes and more than ten day-care centres. Many private institutions of support and care for older people have been opened in recent years. At housing estates, ramps are built in old buildings and the persons who want to modernize their flats without barriers can apply for co-financing for modernization. It needs to be stressed that applications for such co-financing are worded very simply, they are easy to read, enriched with pictures. Housing still remains a serious challenge.

**4. Social participation.** For seniors in Poznań who are interested in social activity there is a broad offer of possibilities to realize it. For the participant the important things are: costs, location and information about the activities<sup>10</sup>. There are numerous ideas for activation as in the city we have: 3 Universities of the Third Age, 50 Senior's Clubs, 19 Pensioner's Clubs. Over 10 years ago, the first Polish Senior Citizens City Council was created in Poznań and a bit later, the Centre for Senior Citizens Initiatives that coordinate and moderate activation but also influence senior policy of the city. There are also many offers of social participation, engagement in voluntary work of older people. In the recent years, special care of places for physical activity has been taken. Among many projects brought to Poznań Civil Budget in 2017, the first place was taken by free sports activities: Housing Estate Trainer and Senior Trainer.

**5. Respect and social inclusion.** Current strong generation differences, especially between generations of Baby boomers and X (older ones) and between generation Y and Z (younger ones) may weaken or even eliminate intergeneration relations. (Dostatnia 2014, p. 36; Appelt, Wojciechowska 2016, p. 115). Inclusive actions directed to older people in life of cities and creating proper space for meetings with other generations are extremely important. Good practices include for example reading fairy tales to the youngest ones, in the recently opened Centre of Family Initiatives. There are also special phone numbers that seniors can call when they want to propose a civil initiative. Local TV and radio stations as well as the press promote older people's activity. Most spectacular example of the engagement of seniors in the city life is the aforementioned The Senior Citizens City Council.<sup>11</sup>

**6. Civic participation and employment.** Employment does not always have to associate with professional activity, it may be replaced by voluntary works. The Centre for Senior Citizens Initiatives runs various types of voluntary works for the people 60+ but also younger ones. One can participate in voluntary works: competence (offering their own competences to others, teaching them, e.g. work with computer), informative (en-

10 Utterance of Zdzisław Szkutnik, Chairman of the Senior Citizens City Council in Poznań <https://www.mixcloud.com/ZdachuPoznania/zdzislaw-szkutnik-i-damian-dubina-25072016-audycja-z-dachu-poznania/law-szkutnik-i-damian-dubina-25072016-audycja-z-dachu-poznania/>.

11 <http://mrs.poznan.pl/>.

gement in getting to bigger and bigger number of seniors in the city and invite them to activities), artistic (inviting seniors to activities in literacy, painting, photography and others allowing for self-expression and that give joy to others), counselling (legal advice and in particular psychological), operational (help in organization of the Fairs Active 50+, Senior ones and similar cyclic and incidental events).<sup>12</sup> One can become a senior voluntary worker in many other parts of the city. Another important issue is a labour market for people who are 50+. Employment offices offer special trainings, activation and age management programs.

**7. Communication and information.** Creating age-friendly virtual space, in the era of the abundance of information, is a very important task and the skill of seeking the information is nowadays a crucial competency. Not all seniors joined the informative society. It is also good to use traditional means of information, invitations directly delivered so it is important to take care of readable bulletins, updated and delivered directly to older people. Such efforts are noticeable in the city.

**8. Community support and health care.** Health care system in Poland, particularly towards older people is not satisfactory. There are still not enough geriatricians, properly prepared nurses, units for special care over seniors, not suitable time of a medical visit for older people. These problems are discussed in Poznań during various conferences and they are lobbied by the Senior Citizens City Council on the meetings of the city and province authorities. Health, the primary value, in the ageing society, is left outside the area that above all should be supported by the prophylaxis. White Saturdays organized by the students of the Medical University in Poznań is one of many of those valuable practices and there should be more of them.

## The city for everyone – challenges for Poznań

There are more and more new places of recreation, and even in the old parts of the city the amount of greenery is growing. The city centre is becoming a place for pedestrians, cyclists and urban transport, traffic, noise and pollution have been reduced. Until half 2017, almost 40 places were recognized as senior-friendly gaining a certificate of confirmation. But the city still lacks many actions that would allow all citizens for healthy, safe and satisfactory life. Described, selected good practices is just the beginning of changes that may lead to the comfort of life, regardless of age. In my opinion, the idea of social participation is the one that is best realized in Poznań. There are many offers for activation of seniors: physical, recreational, social, intellectual, artistic, etc. Yet, there is still a problem of seniors' participation. In the activating programs „younger seniors” prevail as are able to find offers addressed to them. Thus it is so important not to activate only those who already are active. Definitely the group of less active or even passive people is still more numerous. Comfort of life is above all connected with health and this is why it is important to intensify the

12 <https://www.google.pl/#q=centrum+inicjatyw+senioralnych&spf=1496864275544>.

actions aiming to get an access to health and care services, specialists and therapists. Despite good result obtained by Greater Poland province in the area of researches on activity, health prevention and medical services in Poland are not the strong side of supporting older people. It needs to be taken under consideration that the senior is not only an active, smiley, well-groomed person who has a problem what else they can choose to be more active and maybe even overactive. This model of activity is shaped as one of many (especially by media) and realized by some seniors who gave in to this persistent pressure of fighting to cheat their own time in at least two ways: strong “rejuvenating”, constant rush and life in continuous lack of time to keep pace with everything, not to lose a thing, as it was in other periods of their lives. Another challenge for the city is organization of its space the way to prevent processes of gentrification. Modern constructions are unavailable for many older people due to economical barrier. The space also may be discouraging with its futuristic solutions. In big shopping centres, restaurants, banks and offices there are still mostly young people. It is another challenge that does not only refer to organization of the space itself but also an offer, services, age and competences of the staff. Specialists of market research pay attention to the fact that older clients prefer older staff who understand their needs and use the same language etiquette. Another challenge is safety of seniors. Poznań is considered to be rather a peaceful and safe city however education on threats is still a task to realize but in a way so as not to create an excessive fear that would stop older people from leaving their houses.

At the end it is needed to specify the most difficult and most needed, in my opinion, challenge for age-friendly city that is taking care of the oldest seniors, often called people of the „fourth age”. In the area of supporting ageing there is also a senior who is sick, inactive, in need of help. Poznań tries to see also those citizens but surely, solution of the problems of this group of seniors is still far from their needs and expectations. It requires local and system solutions. An example of these attempts is a project of telecare for 100 citizens proposed to Poznań Civil Budget for 2018. The essence of the age-friendly city is also caring for possibilities to leave its citizens in their own flats as long as possible, preferably to the end of their lives so as they do not have to spend their last days in care homes or other care institutions. Using telecare, telemedicine in bringing help to the oldest citizens is becoming an important task. However if there is a need to put a senior away in one of aid institutions, the age-friendly city is obliged to create the best possible conditions also in care homes.

Surely it is worth to create more proposals joining generations, building a space for everyone, that is a space which wants to avoid separation, ghettoization of older people or even positive discrimination, based on laudable goals<sup>13</sup> but still discrimination.

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13 It is worth to underline that positive discrimination is needed as temporary support for disadvantaged people who face worse treatment because of their: sex, race, age, religion, features, etc.

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Tłumaczenie tekstu: Joanna Karpińska