Volunteering – a meaningful occupation in retirement.

ENOTHE Conference, Vilnius October 2012

Victoria Nolan & Amy Parnell, Coventry University UK
Will you stay active in later life?

Year of active aging & solidarity between generations
By 2050 one in three people will be aged over 60 or above (UN 2010)

In the UK 29% men & 60% women over age 75 live alone (Andonian & MacRae 2011)

Importance of retired people engaging in meaningful occupations to promote health & well being (Pettican & Prior 2011)

Retirement – complex process & vital occupational transition (Kielhofner 2008)
"B-connected is dedicated to keeping our community active, confident & in touch"

(B-inspired 2012)
Partnership.....

- B-connected part of B-inspired (Leicestershire UK)
- Community development - Empowers local residents to be a part of community
- Supports local residents through informal learning to engage actively in volunteering
- Partnership with Coventry University (UK) placements & research

Year of active aging & solidarity between generations
The Importance of Volunteering

- Volunteering is defined as ‘any activity which involves spending time, unpaid, doing something which aims to benefit someone (individuals or groups).’ (The Cabinet Office 2007:10)

- In the UK between 2009/10, 40% of adults volunteered formally and 54% had volunteered informally at least once in the last year (Harker 2011)

- At present the UK Government are implementing the Big Society Agenda which campaigns volunteering as a way of facing and solving difficulties within communities (Cabinet Office 2010).

- Mike Locke, director of policy at Volunteering England, about London 2012, said "It has really raised the profile and sense of excitement about volunteering” (Third Sector 2012)
Form

“directly observable aspects” (Larson, Wood and Clark, 2003:16)
Volunteers from Food Share...

Year of active aging & solidarity between generations
Year of active aging & solidarity between generations
Garage Sale....

Year of active aging & solidarity between generations
Function

“purpose or intended outcome when participating in the occupation” (Russell, 2008:90)
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Year of active aging & solidarity between generations
Meaning

“having symbolic or explicit significance” (Christiansen and Townsend 2011:419)

I feel part of the community
It makes me feel good
I enjoy doing it and the day goes quicker

Year of active aging & solidarity between generations
Meaning
“having symbolic or explicit significance” (Christiansen and Townsend 2011:419)

Year of active aging & solidarity between generations
B-connected & OT.....

- Community development (Labonte 2007, Lauckner et al 2007)
- Sustainability (Laverack & Labonte 2000)
- Empowerment (Fisher & Hotchkiss 2008)
- Community cohesiveness (Gilchrist 2004)
- Maintain occupational roles, health & well being in later years (Andonian & MacRae 2011)

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Community development...

◦ ‘the process of organizing and/or supporting community groups in their identification of important concerns and issues’

(Labonte 2007:90)
Community development

- “Community consultation, deliberation and action to promote individual, family, and community-wide responsibility for self-sustaining development, health & well-being.”

(Wilcock 1998:238)
B-connected & OT....

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Getting creative...

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Getting creative...
A royal display...

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Ready to celebrate?...

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Let’s celebrate!

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Kawa Model...

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Kawa Model...

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Year of active aging & solidarity between generations
A health promotion role within B-Connected

- **Health promotion** ‘is the process of enabling people to increase control over, and to improve, their health’ (World Health Organization 1986:1).

- Health promotion can be broken down into three areas: *Primary, Secondary and Tertiary* (Scriven and Atwal 2004:425).

- Mountain (2008) reports about health promotion and benefits to the profession.
To conclude....growing up is optional....

- How did you decide you were going to stay young in later life?
- Well here are a few ways....
- DJ Hip op – growing up is optional!
References

- Andonian & MacRae (2011) Well older adults within an urban context: strategies to create and maintain social participation. *British Journal of Occupational Therapy* 74 (1) 2-10.


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References


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References


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