

# **Team Ageing**

# Improving the life of elderly in their home

**3** GOOD HEALTH AND WELL-BEING





"Come, I need help. I am 86 years old and I am alone at home."

San Lazzaro di Savena, 23 October 2018

#### Who among us can say that their parents are not feeling lonely?



# In Italy, 1.13 million

people over 75 don't meet any friend in the whole year.

ISTAT Multiscopo Survey, 2016

**"My friends are all dead**, I don't want to go out to meet new people. Here people are not that funny."

Giovanna, 82



"Let me **put on lipstick** before taking the photo with you."

Marisa, 78

"Every time you come here to meet Gabriella, she **cooks sweets** for you."

Cristina, Società Dolce



"When I'm alone, I just eat a **piece of bread**. I don't want to **cook** just for me."

Wilma, 86

#### Food is crucial





## What "Magna" is

- What: Meal sharing service
- When: Lunch
- Where: Elderly home close to the University
- Who:
  - Older people
  - University students
  - Cooperatives



## Why lunch?



### Why University students?

- **>80.000 students** over <390.000 city residents
- **Spread** all over the city
- Homesickness
- Easy identity check

"I really miss home when I hear my neighbours having family lunches."

Viviana, 22

#### Why the house of elderly?

"I am scared of going outside because I fear I could fall again."

Esterina, 78



#### **Older people**

"I love to prepare lunch for my family, otherwise I wouldn't know what to do"

Angela, 72

"You shouldn't have come! I cannot offer you anything to eat."

Wilma, 86

### **Older people**



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#### "Cooking is Caring"



"Lunch and Student Delivery"



Homemade meal

**Delivered meal** 

## Apply for Cooking is Caring





## Apply for Lunch and Student Delivery?





## **Booking process**

#### CHOOSE YOUR HOST

CLICK ON THE HOUSE, CHECK THE ELDERLY PROFILE AND CHOOSE THE ONE YOU LIKE BETTER



#### NORA BONELLI



#### DETAILS

ADDRESS: VIA DELLA TORRETTA,	
BOLOGNA	
TEL: 051—123456	
LUNCH AT: 12.45	



### **Confirmation process**

#### LORENZO COTTARELLI



DETAILS

UNIVERSITY: BOLOGNA

BADGE: 0000123456

MAIL: L.C@STUDIO.UNIBO.IT



NONE

GO BAC

#### How to break the ice before the first lunch?

"I need just 10 sec to decide if a person is trustable by hearing his/her **voice**". "I was afraid of going there the first time, but I felt reassured by his voice"

Cecilia, 23

Mario, 78

#### How to have a good experience?



- Frequently Asked Questions
- Magna rules

#### Rewards



### How to monitor without monitoring?

How w	AGGINNE UN PODIO A TANOLA	
	ra's home? *	
Was it tidy? Was		
Did Nora loo	sked in a good shape? *	
	ssed and groomed? le to eat and move easily?	
	use cuttery? Was she able to move around the house?	
Was Nora ab	le to follow the conversation?	

- Condition of the house
- Self-care
- Difficulty in using cutlery or moving around
- Confusion





#### **Future development:**

- Pilot test with users provided by Dozza and CADIAI
- Pilot platform
- Ensure the **safety** of the service
- Collaboration with the Municipality of Bologna
- Youth in action call for Sustainable Development Goals



"I was planning to go to a retirement house. Your service can help me to **stay here**"

Giuseppe, 93

