

University of Applied Sciences and Arts of Southern Switzerland
Department of Business Economics, Health and Social Care
Centre of competence on aging



SUPSI

AGE-INT

Cluster Inclusione Sociale

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ACTIVE-it – Workshop

Lugano – 20 dicembre 2022

AGE-INT

AGE-INT è il più grande **progetto di ricerca nazionale** (SEFRI) che affronta le sfide e le opportunità del cambiamento demografico in modo pratico e con un team **trans-** e **interdisciplinare**. Il progetto mira a identificare esempi di **conoscenze** e **buone pratiche (BP)** in aree prioritarie selezionate, sia a livello **nazionale** che **internazionale**, e a renderle visibili e accessibili a un **vasto pubblico** e ai **decision-makers**.

Istituzione principale: **OST St. Gallen**

Responsabile del progetto: **Prof.ssa Sabina Misoch** (OST)

4 cluster:

- Tecnologia (OST & UniGE)
- Demenza (OST & UniGE)
- Occupazione in età pensionabile (BFH)
- **Inclusione sociale (SUPSI – Cavalli, Pusterla, Cereghetti)**

Cluster Inclusione Sociale

Obiettivo principale

Aumentare la conoscenza dell'esclusione sociale tra gli anziani in Svizzera e sviluppare nuove soluzioni per promuovere l'inclusione sociale.

Obiettivi specifici

1. **Descrivere** l'attuale situazione di isolamento sociale, solitudine e partecipazione sociale nell'anzianità.
2. **Identificare** i fattori di rischio per l'esclusione sociale.
3. **Effettuare un inventario** delle buone pratiche a livello nazionale per prevenire l'esclusione sociale degli anziani.
4. **Proporre** nuove strategie per promuovere l'inclusione sociale delle persone anziane.

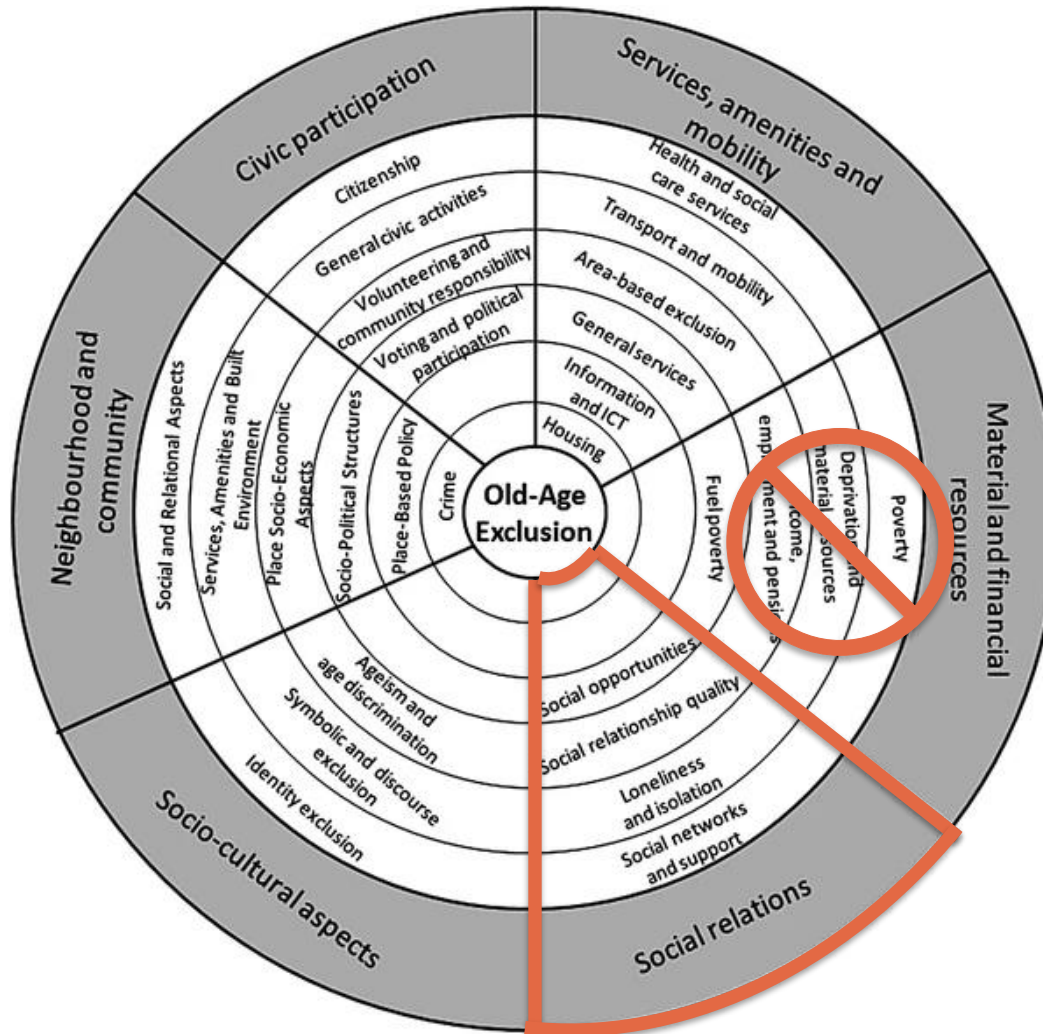
Concetti (i)

‘L'**esclusione sociale** si riferisce all'incapacità di partecipare efficacemente alla vita economica, sociale, politica e culturale, all'alienazione e all'allontanamento dalla società in generale' (tradotto da **Duffy**, 1995).

‘L'**esclusione sociale** si riferisce alla separazione di individui e gruppi dal *mainstream* della società' (tradotto da **Walsh et al.**, 2017).

‘L'**esclusione sociale** delle persone anziane è un processo complesso che comporta la mancanza o la negazione di risorse, diritti, beni e servizi man mano che le persone invecchiano e l'incapacità di partecipare a relazioni e attività normali, accessibili alla maggior parte delle persone nei vari e molteplici ambiti della società.’ (tradotto e adattato da **Levitas et al.**, 2007 in **Walsh**, 2017).

Concetti (ii)



(Walsh et al., 2017)

Concetti (iii)

Isolamento sociale

- Un concetto piuttosto **oggettivo**.
- L'isolamento sociale può essere definito come: 'uno stato oggettivo che comporta un minimo di contatto e interazione con gli altri e un livello generalmente basso di coinvolgimento nella vita della comunità' (tradotto da **Howat et al.** 2004).

Concetti (iv)

Solitudine (→ *Loneliness* ≠ *Solitude* in inglese)

- Un concetto prevalentemente **soggettivo**.
- ‘La **solitudine** è un'esperienza spiacevole. [...] Si verifica quando c'è una significativa discrepanza tra le relazioni sociali effettive di una persona e le relazioni sociali a lei necessarie o da lei desiderate.’ (tradotto da **Perlman and Peplau**, 1998).

Obiettivo 1 – ‘Situazione in Svizzera’

- **Difficile confrontare** i diversi **dati**.
- Una **minoranza** degli anziani sono socialmente isolati o si sentono soli.
- Fenomeni più presenti nella ‘**quarta età**’ che non nella ‘terza età’.
- ‘Giovani anziani’ (65-74 anni) non hanno maggiori probabilità di sentirsi soli rispetto ai **giovani**.
- Tuttavia, la solitudine assume **forme diverse nel corso della vita**.
- Quali l’evoluzione e l’impatto nel tempo della pandemia da **COVID-19**?

Di conseguenza

Obiettivo 2

Identificare i fattori di rischio.

Obiettivi 3-4

Realizzare un inventario delle buone pratiche.

Proporre nuove strategie per promuovere l'inclusione sociale.

Metodi

- **Inventario delle buone pratiche** (piattaforma online degli **interventi**).
- Presentazioni pubbliche e dibattiti in diverse regioni della Svizzera.
- Proposta di nuove strategie.

Interventi

Una pluralità di attori (a livello locale, nazionale e internazionale) sottolinea l'importanza di affrontare questi fenomeni sociali.

- **OMS** (Advocacy brief luglio 2021)
- **UE** (Joint Research Centre della Commissione Europea)
- **Governi nazionali** (ministeri della solitudine nel Regno Unito e in Giappone)
- **Le parti interessate** (Associazioni come Pro Senectute Svizzera)
- **Amministrazioni locali** (cantoni/comuni)

Una specifica missione del Cluster è quindi di **mappare** le buone pratiche esistenti a livello locale e nazionale, nonché di costituire un **inventario** correlato di queste pratiche...

Stato dell'inventario

Cronologia



1. Estate 2021 – **Inizio** realizzazione inventario
2. Estate/autunno 2021 – Definizione **metodologia**
3. Inverno 2021-2 – Definizione **criteri di inclusione**
4. Estate 2021 → Autunno 2022 – Realizzazione supporto **Excel**
5. Estate 2021 → Autunno 2022 – Raccolta dati **BP (ca. 134)**
6. **Attività e sfide attuali** (e.g. **questionario**) e **future** (e.g. **piattaforma**)

...3. Definizione dei Criteri di Inclusione

Definizione dei **4 criteri** di inclusione dei BP.

1. **Tempistica:** BP coeva all'inventario.
2. **Nazionalità:** BP svizzera (o all'interno dei confini svizzeri).
3. **Formalità:** status ufficiale della BP.
4. **Target:** Focus su anziani e inclusione sociale.
 - 4 Target Sotto-dimensioni: (i) Evidenza; (ii) Essenzialità; (iii) Finalità; (iv) Modalità.
 - 1 Sottodimensione 'sfidante': Funzionalità (composto da consapevolezza, coerenza ed efficienza).

...4. Supporto Excel

Elenco di informazioni sulle buone pratiche con criteri di inclusione

D26		Study in view of the implementation of subsequent social inclusion initiatives also addressed to secondary.																												
CATEGORIE		INFORMAZIONE SUI PROGETTI																		SERVIZIO DI IMPLEMENTAZIONE										
Number	Title	Objectives	Start	Description	Original	Subsidized	Target	Geographical context	Local	Central	Regional	National	International	Private	Public	Mixed	Year of creation	Status	Name	Type				Geography						
																				Private enterprise	Civil society organization	Coop public corporation	Public agency	Supranational entity	Local	Regional				
1	Un'Alleanza di Imprenditori e Professionisti per creare coesione	The highest priority project is an initiative of the Sicilian Chamber that has the purpose of identifying and supporting small and medium-sized enterprises in the areas of research and innovation, with a particular focus on the digital transition and the green transition.		Entrepreneurs and professionals in Sicily are facing a complex situation due to the economic and social challenges they are facing. The initiative aims to support them in their efforts to overcome these challenges and create a more resilient and inclusive economy.	Entrepreneurs and professionals in Sicily are facing a complex situation due to the economic and social challenges they are facing. The initiative aims to support them in their efforts to overcome these challenges and create a more resilient and inclusive economy.		Other adults	Regional	0	0	0	1	0	0	0	0	0	2018	Planning	Pro Siciliana Sicilian Chamber						0	0	0	0	0
2	Mensù and Team-Block	Mensù and Team-Block is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Mensù and Team-Block is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Mensù and Team-Block is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults	Central of Sicily	0	1	0	0	0	0	0	0	0	2018	Planning	Mensù and Team-Block						0	1	0	0	0
3	Mensù	Mensù is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Mensù is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Mensù is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults	Central of Sicily	0	1	0	0	0	0	0	0	0	2018	Planning	Mensù Mensù Sicily						0	1	0	0	0
4		Alleanza dei Padri (Alliance of Fathers)		Alleanza dei Padri (Alliance of Fathers) is a project that aims to support fathers in their efforts to overcome the challenges of the labor market and the digital transition.	Alleanza dei Padri (Alliance of Fathers) is a project that aims to support fathers in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to fathers in the areas of digital skills, entrepreneurship, and social skills.		Other adults	Central of Sicily	0	1	0	0	0	0	0	0	0	2018	Planning	Alleanza dei Padri (Alliance of Fathers)						0	1	0	0	0
5	Beaure et Regard (Beaure et Regard)	Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults	Regional	0	0	0	0	0	0	0	0	0	2018	Planning	Beaure et Regard						0	0	0	0	0
6	Beaure et Regard (Beaure et Regard)	Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Beaure et Regard is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		All ages and adults	Regional	1	0	0	0	0	0	0	0	0	2018	Planning	Beaure et Regard et Coesione						0	0	0	0	0
7	Quartieri e Villaggi (Quartieri e Villaggi)	Quartieri e Villaggi is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Quartieri e Villaggi is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Quartieri e Villaggi is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults, Municipality of Sicily	Central of Sicily	0	0	0	0	0	0	0	0	0	2018	Planning	Pro Siciliana Sicilian Chamber						0	0	0	0	0
8	Service Areas (Servizi Area)	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		The adult and adults	Regional	0	0	0	0	0	0	0	0	0	2018	Planning	ORA di Messina						0	0	0	0	0
9	Service Areas (Servizi Area)	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults (Municipality of Sicily)	Regional	0	0	0	0	0	0	0	0	0	2018	Planning	Comune di Licata						0	0	0	0	0
10	Service Areas (Servizi Area)	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Service Areas is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		The adult and adults	Central of Sicily	0	0	0	0	0	0	0	0	0	2018	Planning	Comune di Githra di Sicily						0	0	0	0	0
11	Empowerment (Empowerment)	Empowerment is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Empowerment is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Empowerment is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		All ages	Regional	0	0	0	0	0	0	0	0	0	2018	Planning	Beaure et Regard et Coesione (Beaure et Regard et Coesione)						0	0	0	0	0
12	Workshops (Workshops)	Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults	Central of Sicily	0	1	0	0	0	0	0	0	0	2018	Planning	Conferenza di coesione sociale (Coesione Sociale Sicily)						0	1	0	0	0
13	CAF (CAF)	CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults (Municipality of Sicily)	Central of Sicily	0	0	0	0	0	0	0	0	0	2018	Planning	Alleanza dei Padri (Alliance of Fathers)						0	0	0	0	0
14	CAF (CAF)	CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	CAF is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		Other adults (Municipality of Sicily)	Central of Sicily	0	0	0	0	0	0	0	0	0	2018	Planning	Alleanza dei Padri (Alliance of Fathers)						0	0	0	0	0
15	Workshops (Workshops)	Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition.		Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.	Workshops is a project that aims to support young people in their efforts to overcome the challenges of the labor market and the digital transition. The project provides training and support to young people in the areas of digital skills, entrepreneurship, and social skills.		All ages (Municipality of Sicily)	Regional	0	0	0	0	0	0	0	0	0	2018	Planning	Mensù						0	0	0	0	0

...4. Supporto Excel (esempi)

1. Visite e criteri

INIZIATIVA	LUOGO	ATTIVITÀ	VISITA	CRITERI			
							
RECIF	Neuchâtel (NE)	Minoranze	2022	✓	✓	✓	✓
SAS	Mendrisio (TI)	Polizia	2022	✓	✓	✓	✓
Gruppo Auto-Aiuto VSA	Lugano (TI)	Group	2022	✓	✓	✓	✓

2. Prossime visite

	Data	Lingua			Taglia cantone			Taglia iniziativa		Particolarità		
		I	F	T	Piccola	Media	Grande	Piccola	Grande			
Quartier solidaires (VD)	feb.23		1				1		1	Inclusive Spaces		
1h/m2 (GE)	feb.23		1				1		1	50+ Landlords	Intergenerationality	Shared accomodation
TrotzDem Café (SG)	mar.23			1				1	1	Individuals with Dementia	Group Activity	
Meiðklösi (AI)	mar.23			1	1				1	Nursing Home Residents	Mobility	
Un tour en tuk-tuk (FR)	apr.23		1	1		1		1	1	Intergenerationality	Mobility	
Malreden (BE)	apr.23			1					1	Older adults	Technology	
Mensch und Tier im Glück (ZH)	apr.23			1					1	Older adults	Pets	
Treffpunkt (UR)	apr.23			1	1				1	All generations	Group Activity	

...6. Attività e sfide attuali

Raccolta dati tramite questionario/i

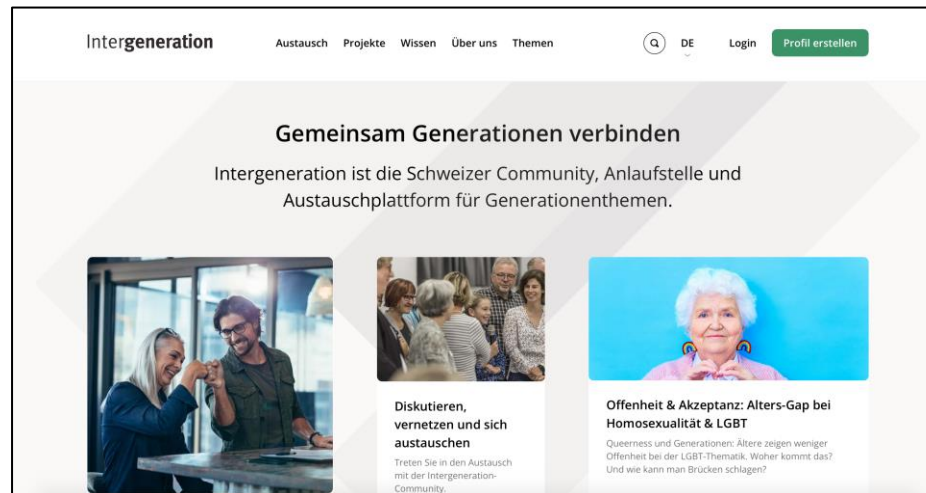
1. Schede inventario

2. Analisi scientifiche

- Selezione dei **temi** di interesse
 - Motivazione
 - Soddifazione
 - Importanza di solitudine e isolamento sociale
 - Fattori di rischio
 - Sostegno
 - ...

...6. **A**ttività e sfide future

1. Pubblicazione/disseminazione dell'inventario
2. Progettazione **sito internet**



(Cf. intergeneration.ch)

AGE-INT – Ulteriori risultati

Partecipazione a Conferenze/Eventi

1. 2022: ESA (SC); A&SC (EP); ECLRN (EP)
2. 2023: TBA

Pubblicazioni

1. Cereghetti, Pusterla, Zaccaria, Cavalli; 'The relationship between loneliness and social isolation among people aged 50 and older'; almost completed draft.
2. Pusterla, Cereghetti, Cavalli; 'Challenges for Public Policy Interventions on Social Isolation and Loneliness'; to be submitted.
3. Pusterla, Cereghetti, Cavalli; 'Foundations of Political Interest in Loneliness and Social Isolation'; preliminary draft.

Grazie dell'attenzione!