

## Growing old graciously

Summary report:

At the Europa Forum in Augsburg, new objectives and activities of the Liga für Ältere, a charity providing help and support to elderly people, were presented under the title "Growing old graciously – staying attractive for young members" to around 30 Lions from Belgium, the UK, Ireland, Japan, Switzerland and Turkey who met on Friday, 9 October at 11:30 am in the Mercedes Benz Room.

During the first part of the presentation, PDG Sabine Rappel of 111 BO spoke about our ageing societies and the structural changes that affect different regions differently (rural flight, migration from East to West, etc.). These developments affect of course also our Lions clubs.

In a second lecture, PDG Dr. Hanns-Otto Strumm of 111 MS informed the audience of the envisaged Lia+ research project, developed by the Liga für Ältere along the lines of similar projects devised by us such as Lions Quest for young people. Lia+ aims at training trainers on the ground, which then will assist the clubs in their work for the elderly at local level. In the course of this project, a modular handbook is to be drawn up, which will be made available online to all Lions clubs and other interested parties.

The subsequent contributions from the floor and discussion included contributions from Turkish Lions who have been involved in successful projects for young and old people in nursing homes, and a report from Ireland where Lions clubs help people suffering from dementia.

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