

KUOPIO

**Heartful co-operation
towards healthier
future**

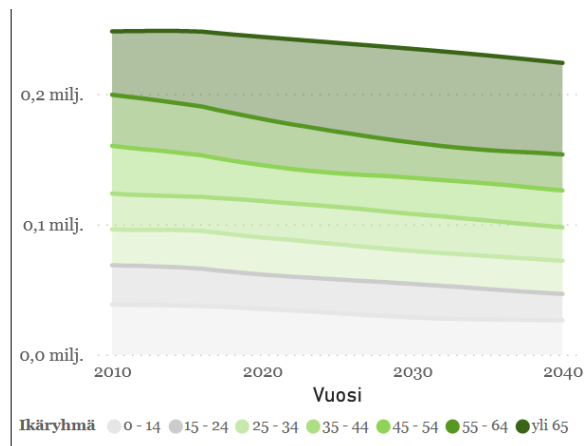
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Increasing number of population over 65 years in Northern Savo

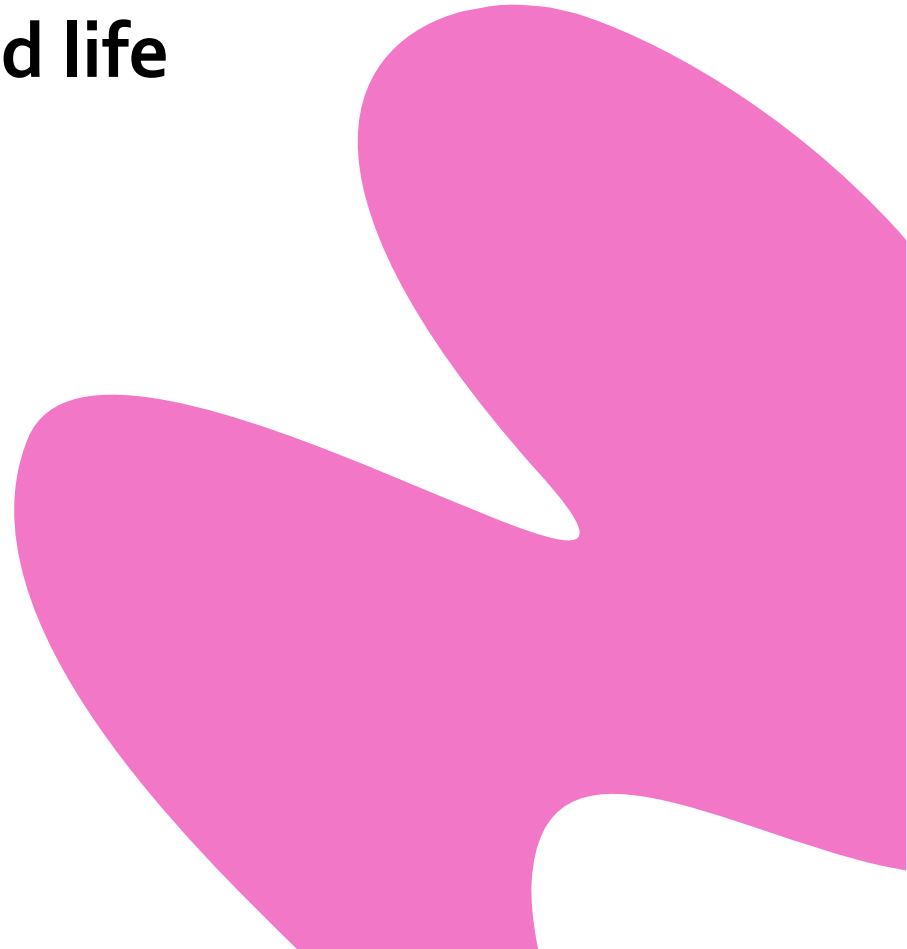


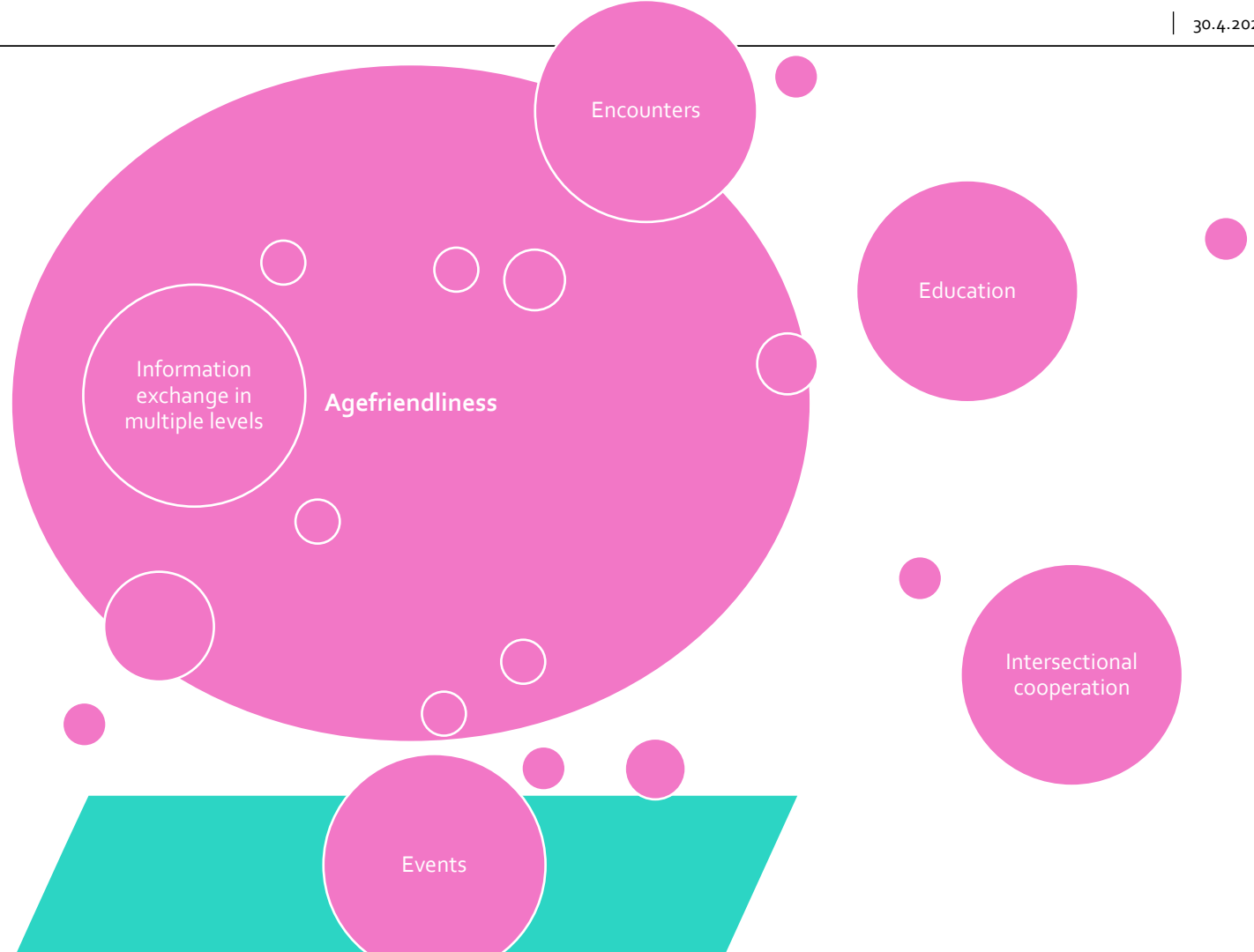
Ikäryhmä	2018	2040	+/-	%
0 - 14	36 373	26 276	-10 097	-28 %
15 - 24	27 168	20 320	-6 848	-25 %
25 - 34	28 630	25 353	-3 277	-11 %
35 - 44	27 289	25 701	-1 588	-6 %
45 - 54	29 278	28 286	-992	-3 %
55 - 64	36 613	27 622	-8 991	-25 %
yli 65	60 251	70 221	9 970	17 %
Yhteensä	245 602	223 779	-21 823	-9 %

Voit katsoa ennusteen vuosittaiset luvut kunnittain taustaraaportin liitteistä.

Kuopio - the capital of good life

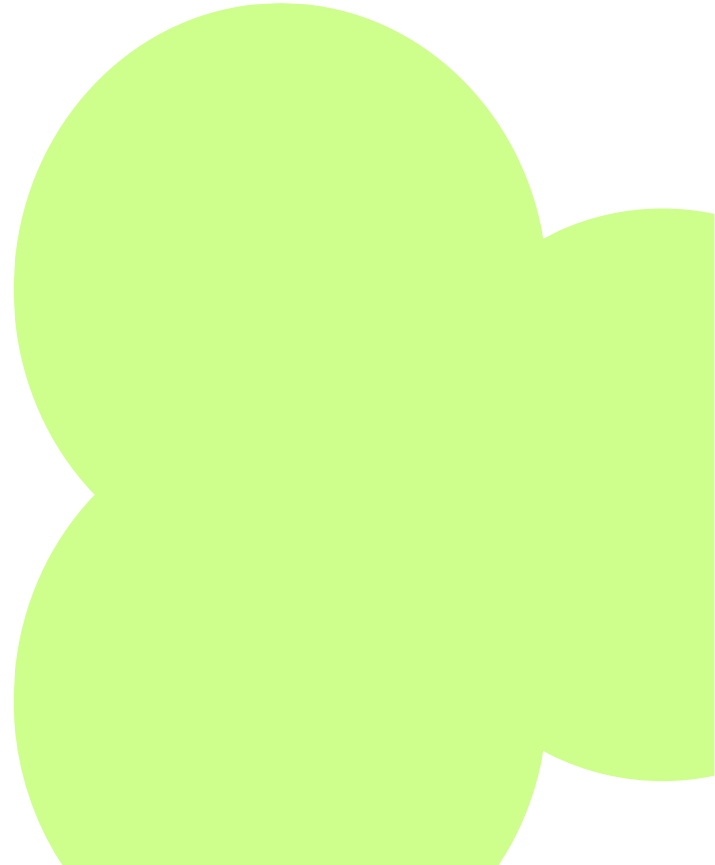
- Kuopio aims to be the capital of good life by the year 2030.
- Good life consists of e.g. vitality, participation and meaningfulness.
- Kuopio community college offers possibilities to enhance participation and prevent isolation of the citizens.
- The focus in different stages of life varies and therefore services of Kuopio community college are adapted to senior citizens' needs





Network

- City of Kuopio:
 - Kuopio Community College
 - Leisure and welfare services (community houses, cultural designers, sports instructors)
 - Services for the elderly (memory co-ordinator, activity centres)
 - Council for the Elderly
- Local educational institutions:
 - Savonia University of Applied Sciences
 - SnellmanEDU
- Associations:
 - ICT Association for senior citizens
 - Family Caregivers of Northern Savo
 - Memory Association
 - Finnish Red Cross
 - Heart Association
- Voluntary work
- National cooperation:
 - The Finnish Association for the Welfare of Older People
 - Age Institute



Events

- Couple of events/year. e.g.
 - Senior citizens' week (October)
 - Brain health week (March)
 - Mental health week (November)
 - Spring event (May)
- The events include also digital material and possibility to participate online

Linkki Kuopion YouTube-sivuilta

Benefits and strengths

- Social capital for both participants and organizers
- Seniors' active role in making their life more meaningful
- Empowering and heartfelt connections for both participants and organizers
- Senior citizens are appreciated and their voices are heard
- Wide range of senior citizens are reached and activated
- Voluntary workers and experts develop good life for senior citizens as equal participants

KUOPIO

Thank you!

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