



Winter in age- friendly communities

Examples from Finland

Nordic Welfare Centre

- An institution under the Nordic Council of Ministers.
- Our mission is to contribute to the development of welfare initiatives in the Nordic region by compiling and disseminating knowledge.
- Older adults, dementia and welfare technology are some of our key areas.



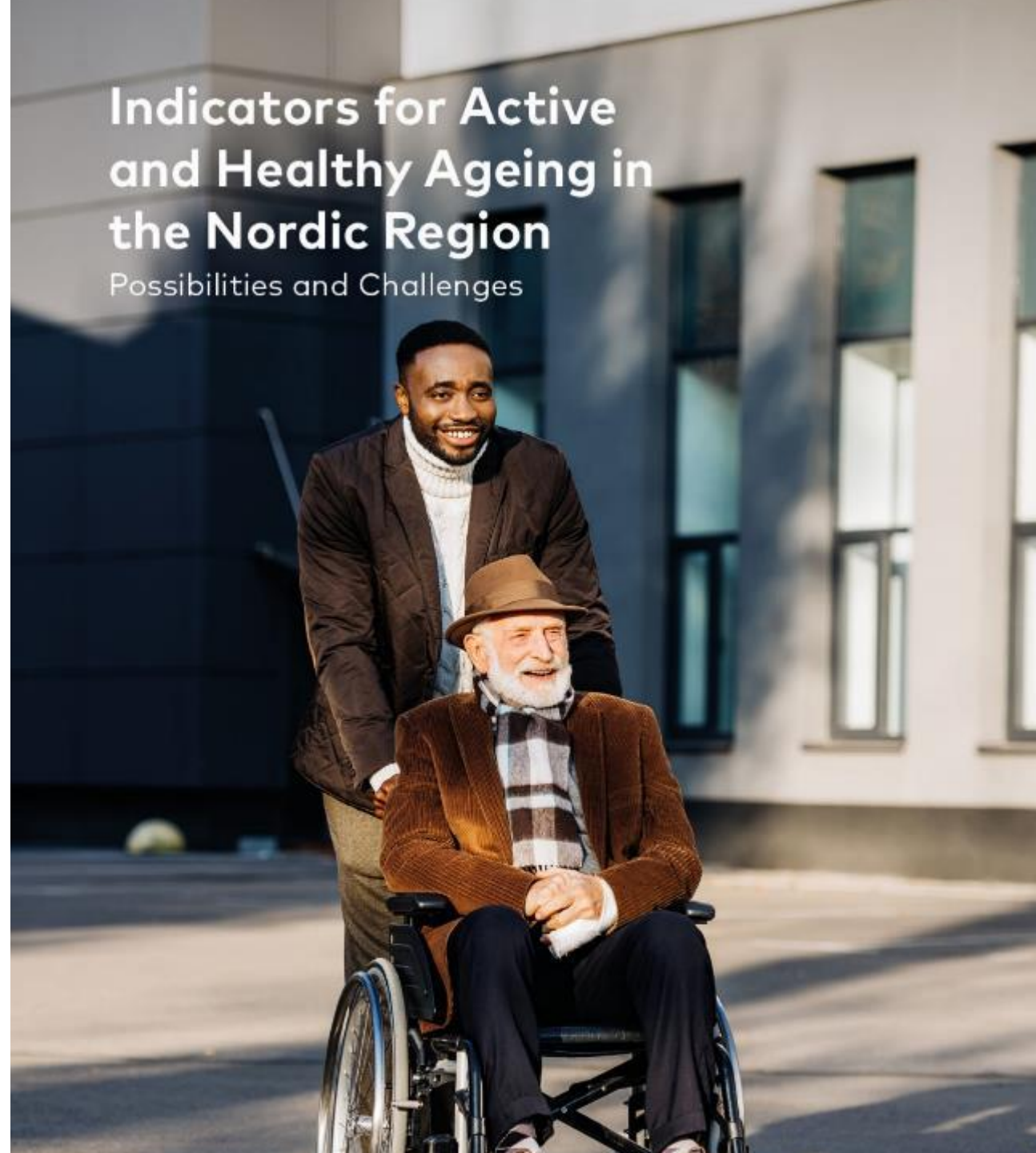
Indicators for Active and Healthy Ageing

— This publication studies relevant indicators for both active and healthy ageing and welfare technology for older adults in the Nordic region



 Scan to read more

Indicators for Active
and Healthy Ageing in
the Nordic Region
Possibilities and Challenges

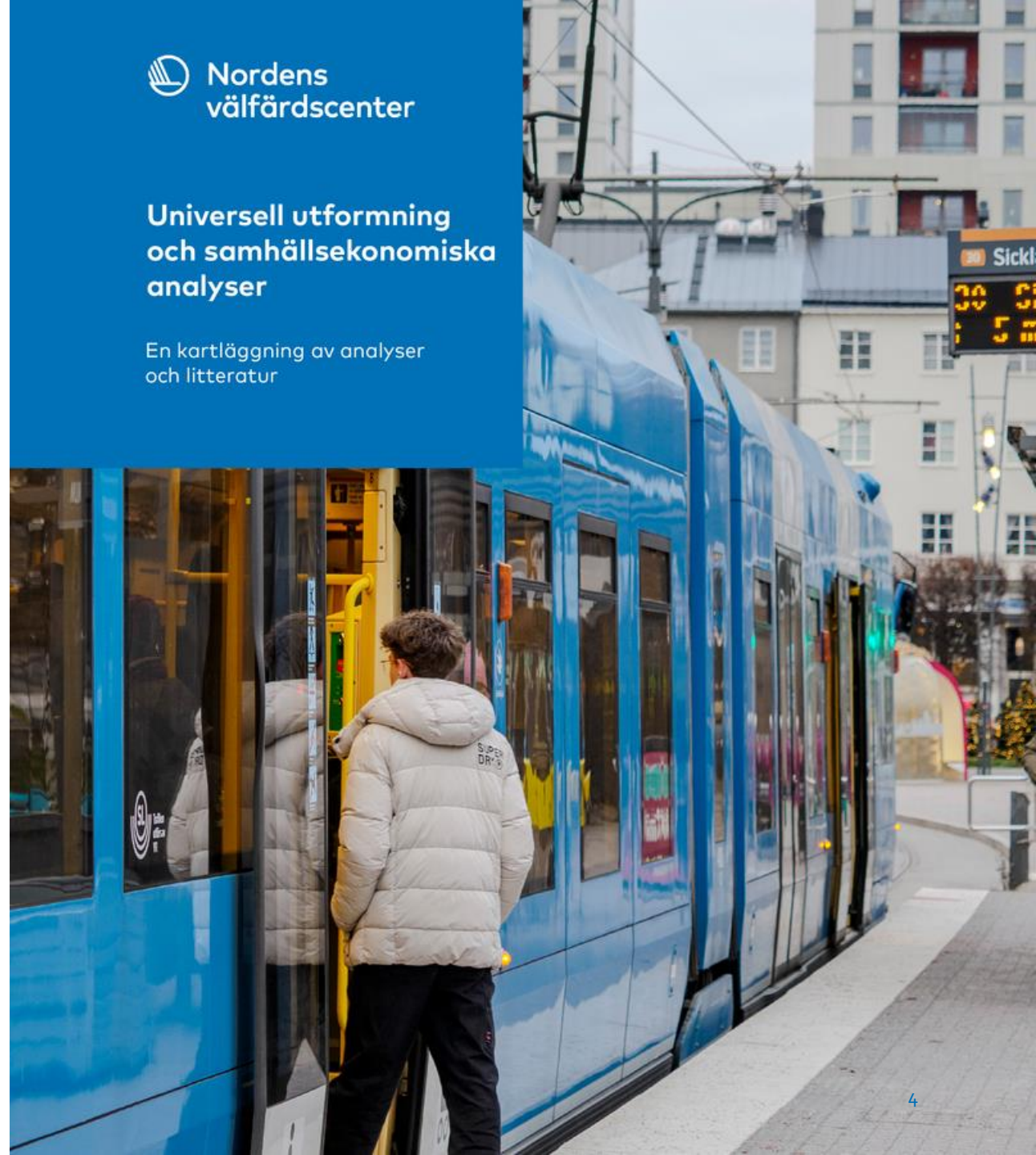


Universal design and socioeconomic benefits and costs analysis

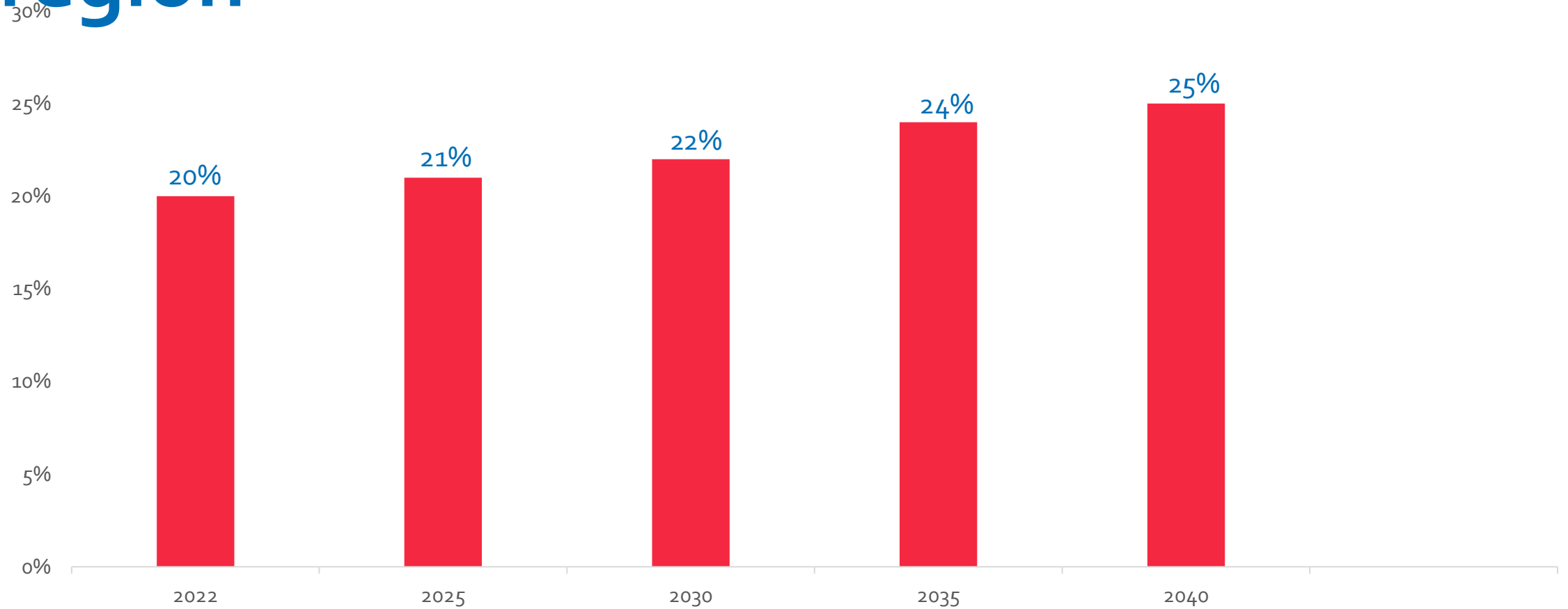
- Mapping of Nordic and international analyses and literature.
- Summary and appendix in English on page 104–138.



← Scan to read more



Population forecast 65+ in the Nordic region



Nordic network for age-friendly cities

- Coordinated by the Nordic Welfare Centre since 2017
- 20 cities across Sweden, Norway, Denmark, Finland and Iceland as well as Centre for an Age-friendly Norway.



← Scan to read more



Save the dates! November 25-26 2025: Nordic Age-friendly Cities Conference, Copenhagen

- Collaboration with WHO Regional Office Europe
- Sharing best practices and newest knowledge on how to develop and support age-friendly societies.



Read more: [Nordic cities strengthen their work for age-friendly cities](#) and [Age-friendly communities help us stay healthy and active](#)




Age-friendly winter- initiatives in Finland



Supporting older adults during winter in Finland

- Older adults can take sand from the municipal sand bin in their own container/bucket to apply in their own yards.
- Distribution of anti-slip devices for shoes free of charge at e.g. the library or municipal house.



- “Outdoor friends” volunteers support older people being able to maintain outdoor activity during winter.
- The Age Institute organizes training for local professionals who in turn organize training for outdoor friends.
- Annual national campaign, “Go out with older people” promotes outdoor exercise with safe company in every season.
- Walking groups are organized in safe places:
 - Inside in a shopping mall
 - Inside in a sports or football arena
 -  Outside on a heated football field.



The city of Vaasa

— Examples:

- Village handyman services
- Eldercare assistants



Village handyman service

- Nationally, village handyman services are available in many residential areas, typically organized by resident associations.
- Started in Vaasa in 2006
- Vaasa's goal: 90% of people over 75 should live at home.



Who organizes and pays for the village handyman service?

- The funding comes from employment funds in the municipality.
- Typically a person who has been long-term unemployed.
Serving as a handyman is often a good way to re-enter the workforce.
- Residents book directly by phone.
- Clients usually pay between €0–6 per hour, depending on the association.
- The payment is tax deductible.



Homecare assistant

- First of its kind in Finland
- Collaboration btw homecare and employment services
- Two-fold gain:
 - Older people get more support, that they choose themselves.
 - A long-term unemployed person get's educated as care assistant.



What can an homecare assistant help with?

— Some examples:

- Smaller tasks in the home
- Walks and gymnastics
- Accompany on local errands; to shops, the pharmacy, doctors.



Overview of 2023

- **Older people's** sense of loneliness reduces, increased possibility to take part in and influence preferred activities, and they get out more – also during winter.
- **For the assistants,** 70 % are working or studying 6 months after end of employment, breaking a cycle of unemployment with a meaningful job, better physical and mental health.



The city of Vantaa

— Examples:

- Study: Possibilities for going outside during winter
- Senior league's walking and gaming tournaments
- Walking buddies



Study in 2022

- Older people's possibilities to get around outside during wintertime
- the two most important barriers in the surroundings:
 - Snow and ice 52%
 - Lack of places to rest 15%



Senior league's walking and gaming tournaments

- November 2023: Weekly game and walking tours in two different locations
- A temporary dome hall offers shelter and the possibility to meet and move during winter.



Walking buddy – outdoor friend

- Volunteers as 'walking buddies' help mitigate fear of falling
- Targeting dog owners, "shoes & paws"
- Joint effort btw. the municipality and the welfare area of Vantaa Kerava.
- Next: Elderly walking together weekly for company and safety.



Thank you!

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