



Ageing in Finland: African experiences in Helsinki

Jade-project, Kantti ry
Combating Elder Abuse,
DIAK 29.1.2014



Introduction

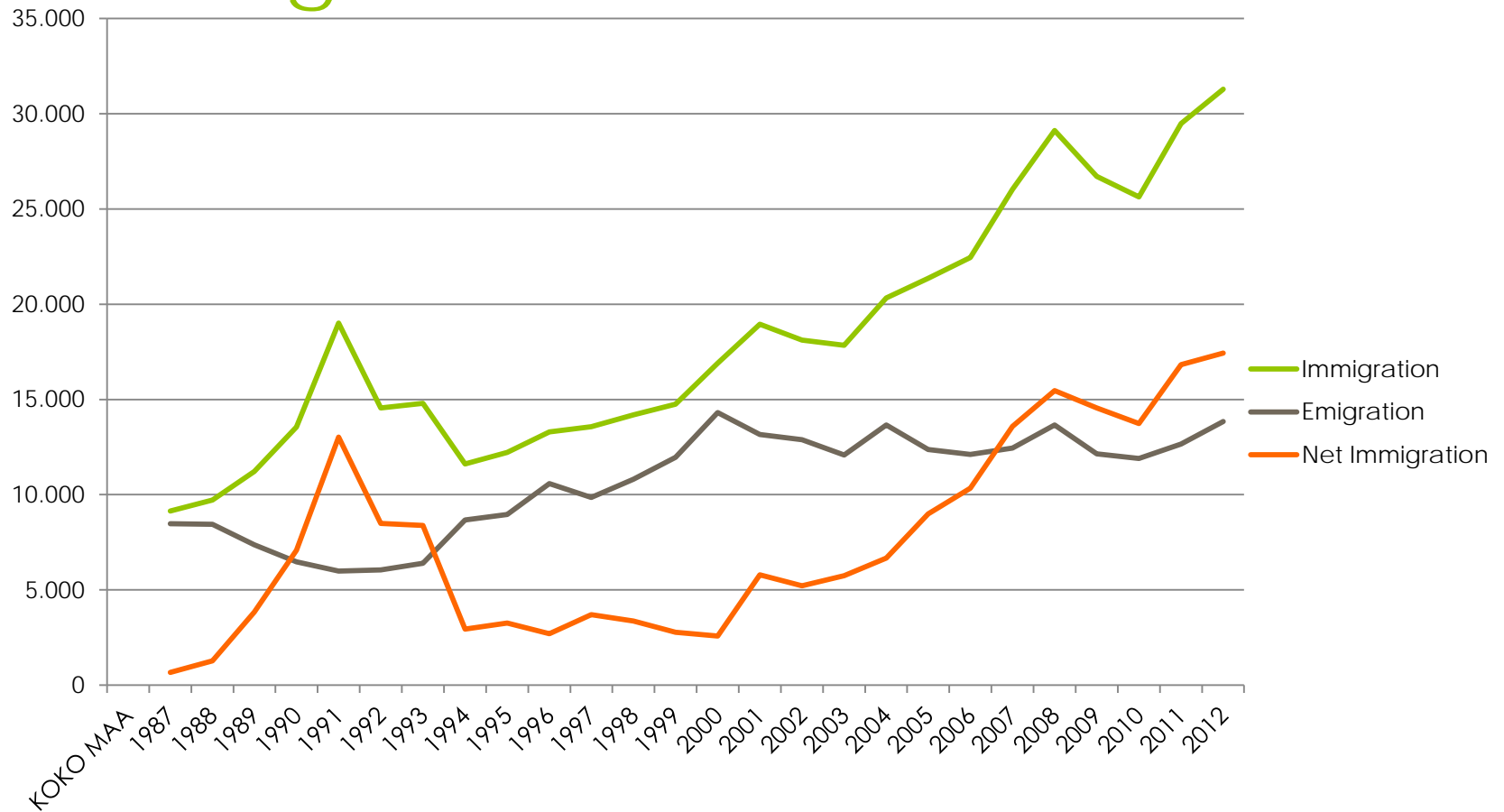
- Immigration in Finland
- Jade: Wellbeing for Ageing African Women
- Issues concerning ageing immigrant population: Somali perspective



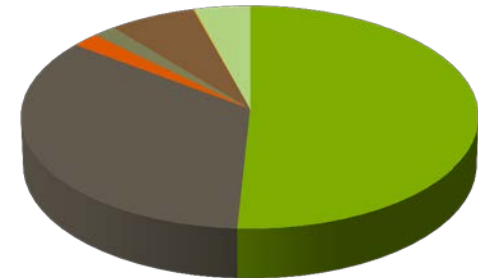
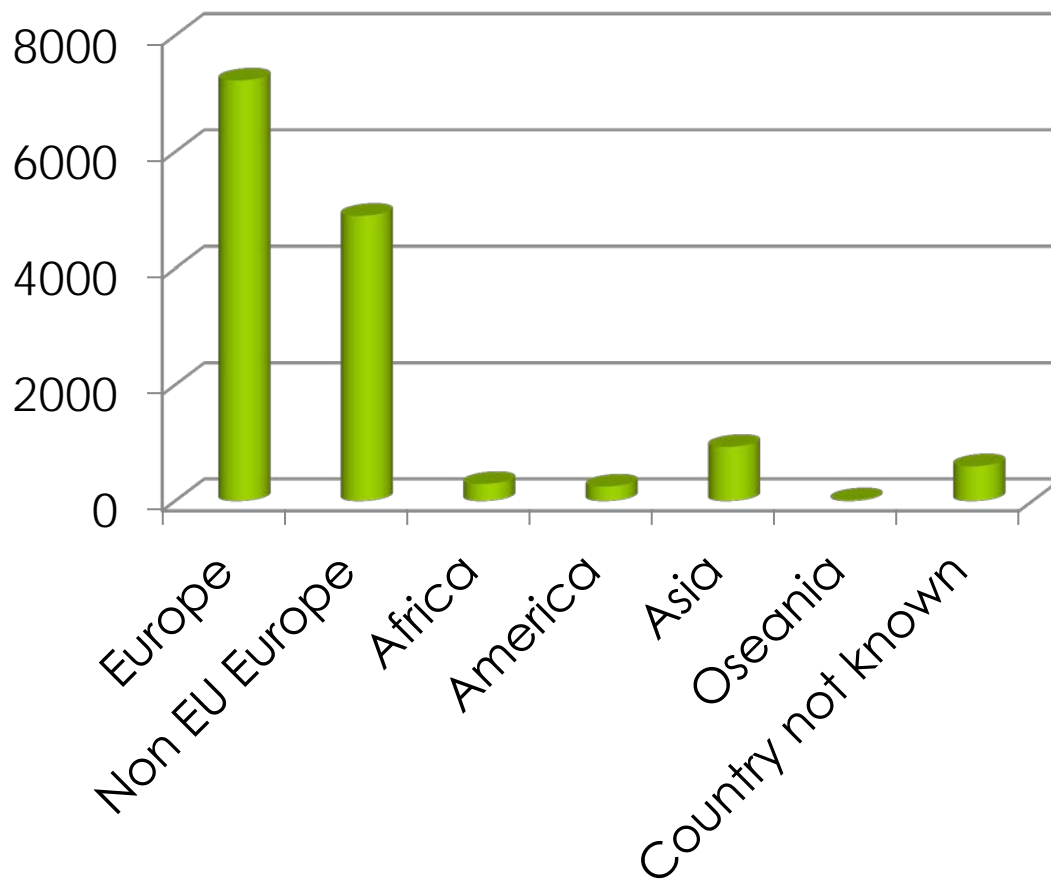
Immigration in Finland



Immigration in Finland

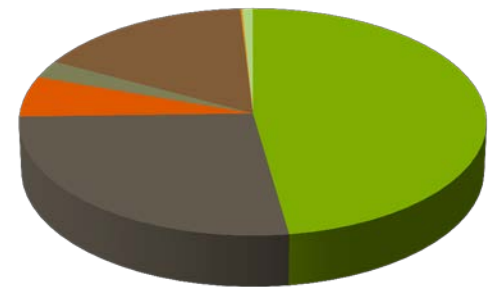
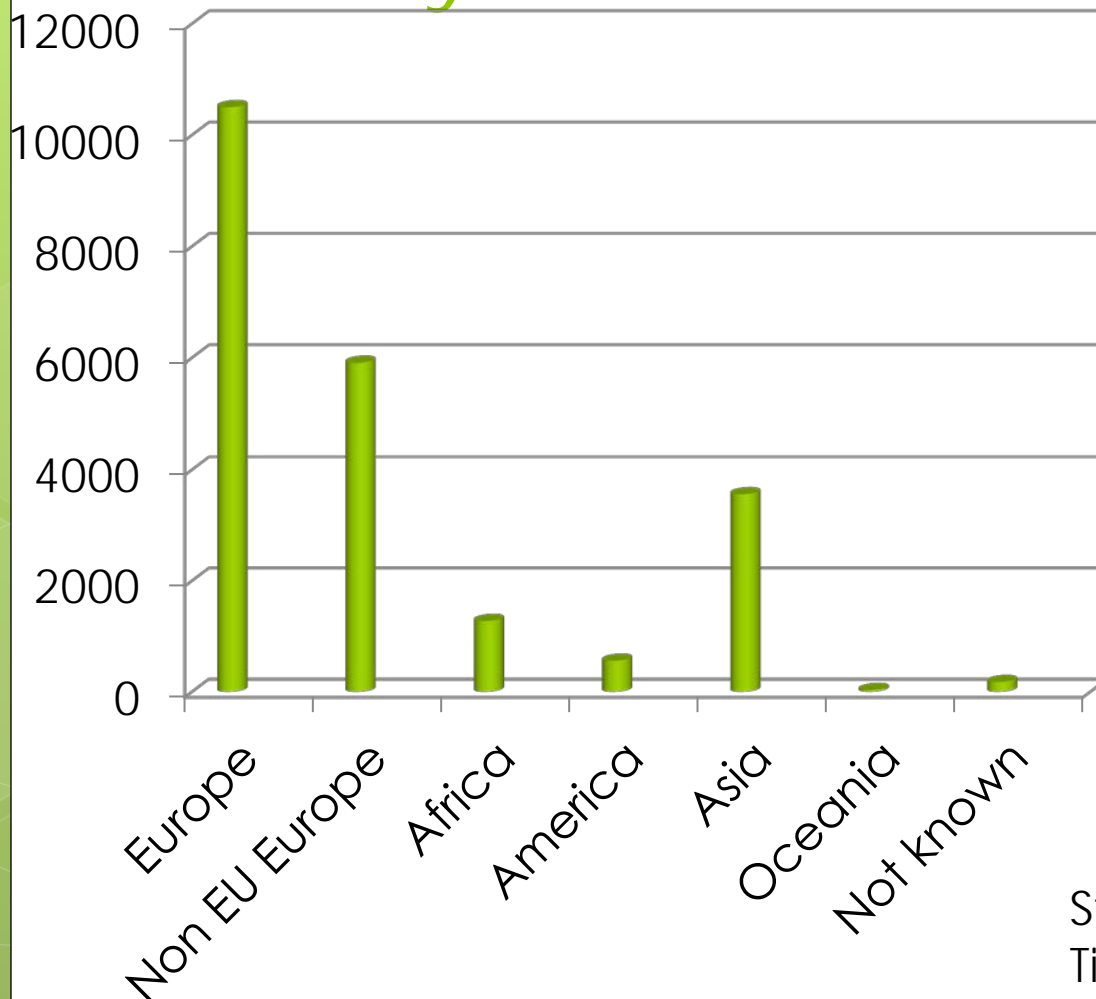


Statistics Finland: Uusimaa, 55+ women



Statistics Finland 2013 /
Tilastokeskus www.stat.fi

Statistics Finland: Uusimaa, 40-54 year-old women



Jade: Wellbeing for Ageing African Women

Background – Kantti ry

- Koto project (RAY) and Kantti's Wellbeing for the Elderly
- Tuki toimii (RAY 2009–2011)
- Active Age – Never Mind the Years Programme (RAY 2012–2017)
 - Good everyday life



What Is Jade?



- Finnish Slot Machine Association (RAY) 2013–2015
 - 4 employees
 - Volunteers
- Target group: African women 55+ years of age
 - Little knowledge
 - Ageing in a new home country

What Is Jade?

- 46 participants
 - Somalia
 - Average age 57
- Customer-driven



Weekly activities

Time	Monday	Tuesday	Wednesday	Thursday
11-12				Free access to gym
12-13	Service guidance			Somali conversation & wellbeing group
13-14	Exercise group	Workshops on Health (January-February)		
14-15	Exercise group			Finnish Language
15-16		Mathematics		

Project Aims



Active Age / RAY

- Integration – feeling at home
- Wellbeing and good everyday life
- Mapping the needs of the elderly
- Construction of knowledge about the needs of the elderly

Issues concerning ageing immigrant population: Somali perspective

Ageing in Finland and Everyday Life

- Language barriers
 - Illiteracy
 - Dependency
- Legal status
 - Lack of inclusiveness
 - Disruption of social networks



Ageing in Finland and Everyday Life



- Employment and retirement
- Cultural barriers
 - Femininity & old age
 - Shifting expectations

Ageing in Finland and Everyday Life

● Health

- Somatic symptoms
- Traumatic past experiences
- Reduced access to services

● Social services

- Frequent users
- Friction vs cooperation



Thank you!



Jade – project /
Kantti ry
Humalistonkatu 4
00250 Helsinki
Finland

www.jadeprojekti.fi

fb: Jade projekti
@Jadeprojekti