

O4O

Older People for Older People
independent living ♦ active communities ♦ flexible services



O4O means Older People for Older People.

O4O helps communities meet the service and support needs of their older citizens.

O4O works with older residents to create services and social organisations that will help sustain remote community life.

It's pronounced 'Oh for Oh'...

Our Principles

Help older people remain in their own homes and communities as long as possible.

Promote older people as a positive force, bringing generations together.



O4O : Older People for Older People
independent living ♦ active communities ♦ flexible services



**Northern
Periphery
Programme**
2007-2013



European Union
European Regional Development Fund

*Innovatively investing in Europe's Northern Periphery
for a sustainable and prosperous future*

O4O

*what's
happening?*

www.o4os.eu

Where?

O4O is in action in **remote and rural communities in Finland, Greenland, Northern Ireland, Scotland and Sweden.**



What services?

Transport ♦ Volunteering ♦ Helping/Friendship schemes
History & culture projects ♦ Community owned supported housing



Luleå, Sweden

- IT training for older people by young people
- Developing volunteering

Highlands, Scotland

- History/Wellbeing project producing DVDs
- Finding out about community owned housing
- Community transport scheme
- Community helping scheme

Northern Ireland

- Working with Age Concern for support services

Karelia, Finland

- Social meeting spaces
- Befriending circles
- Developing volunteering

Dumfries & Galloway, Scotland

- Assessing older peoples' needs
- Extending coverage of social enterprise for older people

Sermersooq, Greenland

- Survey into older peoples' activities and needs across East Greenland

For updates on O4O activity go to www.o4os.eu

O4O

Toolkit

So how can we do this
in **other** communities?

You can use the
O4O Toolkit!

Across

- 1 How can O4Os be sustained?
- 7 What impact do O4Os have on the community?
- 8 How can O4Os contribute to the sustainability of the community?
- 9 How does a social organisation work in a small community?
- 10 What barriers and promoters do O4Os meet?

Down

- 1 How can O4O organisations be replicated?
- 2 How does O4O link to a community's social, economic and political context?
- 3 What does a community need to set up an O4O?
- 4 How can communities work in an entrepreneurial way?



ANSWERS

The O4O toolkit is designed to help communities set up their own O4Os through guidance and examples. Users will be able to look at organisational models which may suit their community. The toolkit is being refined as the O4O project continues. The resource will guide communities through the different ways of setting up their own O4O organisations:

- How to find information for starting your O4O
- General guidance on the process for establishing an O4O
- Different organisational models and their successes in different contexts
- Taking your O4O idea forward

As the toolkit develops, it will appear on our website at: www.o4os.eu

For updates on O4O activity go to www.o4os.eu

Where now?

O4O sees older people as a positive force.

It's about developing the services and backup that will help older people to help each other in their rural communities.

O4O works with communities to establish social organisations, social enterprises and volunteering.

To find out more, visit www.o4os.eu

Contacts

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The Centre for Rural Health is based in Inverness and is funded by the University of Aberdeen and UHI Millennium Institute. The CRH mission is to advance knowledge of health and health services in rural and remote communities. CRH is carrying out relevant primary research; developing collaborative research with social scientists, geographers and policy researchers; and bringing an international perspective through collaborations. We work to question, analyse and evaluate policy proposals and our studies have informed policy for rural areas by providing new evidence for community members, politicians, service providers and health professionals.

To find out more about our work, publications and seminars, visit: www.abdn.ac.uk/crh