

THE MATERIALS  
FOR THE LEARNERS  
THE PARTICIPANTS OF THE MOBILITY  
IN POLAND  
OCTOBER 2018



## THE WORKSHOP – THE DEMOGRAPHIC SITUATION IN THE PARTNERS' COUNTRIES

The aims: the analysis of the demographic situation and population in Europe and the impact for society, the situation of old people, the dependence between situation of old people and violence.

During the workshop we compare the age of the population in the partners' countries since 1995-2015. It will be the topic of discussion how it change during the 10 years. We try to find the reasons of the situation. We discuss about the impact for society, relations between people, the situation of the seniors.

We discuss why all should focus on the seniors just now. The results of the workshop can be the conclusions and recommendations.

### Total people

*LIFE EXPECTANCY  
IN YEARS BY SEX -  
TOTAL*

COUNTRY	1995	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
<i>World</i>	<b>66,3</b>	<b>67,7</b>	<b>68,0</b>	<b>68,2</b>	<b>68,5</b>	<b>68,9</b>	<b>69,1</b>	<b>69,5</b>	<b>69,8</b>	<b>70,1</b>	<b>70,4</b>	<b>70,7</b>	<b>71,0</b>	<b>71,2</b>	<b>71,5</b>	<b>71,7</b>	<b>71,9</b>
<i>Belgium</i>	77,0	77,9	78,1	78,2	78,3	79,0	79,1	79,5	79,9	79,8	80,2	80,3	80,7	80,5	80,7	81,4	81,1
<i>Finland</i>	76,7	77,8	78,2	78,3	78,6	79,0	79,1	79,5	79,6	79,9	80,1	80,2	80,6	80,7	81,1	81,3	81,6
<i>Poland</i>	<b>72,0</b>	<b>73,8</b>	<b>74,2</b>	<b>74,5</b>	<b>74,7</b>	74,9	75,0	75,3	75,4	75,6	75,9	76,4	76,8	76,9	77,1	77,8	77,5
<i>Romania</i>	69,3	71,2	71,1	70,9	71,0	71,4	71,9	72,5	73,1	73,5	73,7	73,7	74,4	74,4	75,1	75,0	75,0
<i>Italy</i>	78,3	79,9	80,3	80,4	80,1	80,9	80,9	81,4	81,6	81,7	81,8	82,2	82,4	82,4	82,9	83,2	82,7

Source :

Eurostat

World Bank Data

[demo\\_mlexpec](#)

<http://databank.worldbank.org/data/reports.aspx?source=world-development-indicators>

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## The women

### LIFE EXPECTANCY IN YEARS BY SEX - FEMALES

COUNTRY	1995	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
<i>World</i>	68,7	69,9	70,2	70,5	70,7	71,0	71,3	71,6	72,0	72,3	72,6	72,9	73,2	73,4	73,7	73,9	74,1
<i>Belgium</i>	80,4	81,0	81,2	81,2	81,1	81,9	81,9	82,3	82,6	82,6	82,8	83,0	83,3	83,1	83,2	83,9	83,4
<i>Finland</i>	80,4	81,2	81,7	81,6	81,9	82,5	82,5	83,1	83,1	83,3	83,5	83,5	83,8	83,7	84,1	84,1	84,4
<i>Poland</i>	76,4	78,0	78,4	78,8	78,8	79,2	79,3	79,7	79,8	80,0	80,1	80,7	81,1	81,1	81,2	81,7	81,6
<i>Romania</i>	73,5	74,8	74,9	74,6	74,8	75,1	75,4	76,1	76,8	77,5	77,7	77,7	78,2	78,1	78,7	78,7	78,7
<i>Italy</i>	81,5	82,8	83,2	83,2	82,8	83,7	83,6	84,1	84,2	84,2	84,3	84,7	84,8	84,8	85,2	85,6	84,9

Source :

Eurostat

[demo\\_mlexpec](#)

World Bank Data

<http://databank.worldbank.org/data/reports.aspx?source=world-development-indicators>

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## The men

### LIFE EXPECTANCY IN YEARS BY SEX - MALES

COUNTRY	1995	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
<i>World</i>	64,1	65,6	65,9	66,2	66,5	66,8	67,1	67,5	67,8	68,1	68,4	68,6	68,9	69,2	69,4	69,6	69,8
<i>Belgium</i>	73,5	74,6	74,9	75,1	75,3	76,0	76,2	76,6	77,1	76,9	77,4	77,5	78,0	77,8	78,1	78,8	78,7
<i>Finland</i>	72,8	74,2	74,6	74,9	75,1	75,4	75,6	75,9	76,0	76,5	76,6	76,9	77,3	77,7	78,0	78,4	78,7
<i>Poland</i>	67,7	69,6	70,0	70,3	70,5	70,6	70,8	70,9	71,0	71,3	71,5	72,2	72,5	72,6	73,0	73,7	73,5
<i>Romania</i>	65,5	67,7	67,5	67,3	67,4	67,8	68,4	69,0	69,5	69,7	69,8	70,0	70,8	70,9	71,6	71,4	71,5
<i>Italy</i>	75,0	76,9	77,2	77,4	77,3	78,0	78,1	78,6	78,8	78,9	79,1	79,5	79,7	79,8	80,3	80,7	80,3

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## THE WORKSHOP – How to recognize the victim or potential victim of violence?

This is the short questionnaire, it help to answer for the question: “Are you a victim of violence”?

Does your partner/child/protector ever:

1. belittle you, or put you down?
2. blame you for the abuse or arguments?
3. deny that abuse is happening, or play it down?
4. isolate you from your family and friends?
5. stop you going outside (to doctors, walk, church)?
6. make unreasonable demands for your attention?
7. accuses you of treason, conspiracy, plotting?
8. tell you what to wear, who to see, where to go, and what to think?
9. control your money, or not give you enough to buy food or other essential things?

The answers help recognize a violence.

It's a few kind of violence. Here you have some examples, are you agree with the list? Do you want add something?

### The forms of violence

psychical violence

coercion, threats, humiliation, criticizing, scaring, blackmailing, neglecting

physical violence

poking, pushing, jerking, spanking, striking, strangling, restraining movements, throwing objects and destroying them

sexual violence

forcing sexual behaviors, forcing a partner to unacceptable practices, commenting and evaluating the appearance, comparing, mocking

economic violence

deliberate destruction of property, deprivation of money, secretion or taking of money, lack of money for food or clothing

Do you know how to react? Give some examples.

## REMEMBER

*Victims of an abusive relationship may experience some of the following emotions and behaviors:*

- *Agitation, anxiety and chronic apprehension*
- *Constant state of alertness that makes it difficult for them to relax or sleep*
- *A sense of hopelessness, helplessness or despair because the victim believes they will never escape the control of their abuser*
- *Fear that one cannot protect oneself or one's children. This person will turn down the assistance offered by relatives, friends or professionals.*
- *Feeling paralyzed by fear to make decisions or protect oneself*
- *A belief that one deserves the abuse*
- *A belief that one is responsible for the abuse*
- *Flashbacks, recurrent thoughts and memories of the violence and nightmares of the violence*
- *Emotional reactions to reminders of domestic violence*

### *Physical Symptoms*

*Victims of domestic violence can also have physical symptoms that aren't directly caused by physical abuse. These symptoms are instead caused by the constant stress and tension of living in an abusive relationship. These symptoms include:*

- *Headaches*
- *Asthma*
- *Gastrointestinal symptoms*
- *Chronic pain*
- *Restless sleep or inability to sleep*
- *Genital soreness*
- *Pelvic pain*
- *Back pain*

## THE WORKSHOP – The factors of elder abuse (violence against old people) and the prevention

Analyze the factors of risk of violence against old people.

The violence has many factors. The factors depends of the old person, the protectors, the family).

The analysis the factors, reasons let to find a way how to protect a violence.

Sometimes the reason is an old person.

The factor – old people	The effects, results	The prevention of violence
Bad communication between senior and the members of family		
Earlier violence in the family (exchange the roles)		
physical and economic dependence on a member of family		
Bad condition of old person (for example: problems with memory, urinary incontinence, etc.)		
Living in one small house or flat with others members of family		
tendency to self-blame ( I was a bad father/mother)		
low self-esteem of old person (I'm nobody, I didn't do anything in my life, etc.)		

Sometimes the reason of violence is the situation of member of family

The factor – the protector	The effects, results	The prevention of violence
No experience in care of old, sick people		
The protector has to be responsible of others people (children, grandparents, sick persons, etc.)		
The protector was a victim of violence in childhood		
The protector is in bad condition (has the problems with health, is sick, etc.)		
The protector has the problems with job, with wife/husband, has a lot of stress		

Sometimes the reason of violence is the situation of family

The factor – the family	The effects, results	The prevention of violence
No support of local community		
No knowledge about the institutions of help		
Small, tiny house/flat		
The conflicts in family		
The family with the problems of law (ex-prisoners, perpetrators of violence, etc.)		
Shame (nobody should knows about old person, the problems of family)		

## WHAT WE NEED TO PREVENT VIOLENCE AGAINST OLD PEOPLE?

KNOWLEDGE	SKILLS	COOPERATION



### THE WORKSHOP- how to build the network for the victims and potential victims?

Discuss in the group how to help the potential victims, analyze the advices, if you think that you can add something, do it and show others group. Translate the advices for your language.

There are some ways how to support someone you know who has told you they are experiencing or have experienced violence:

English	Belgian	Italian	Polish	Romanian
believe the person				
make sure the person understand it is not his/her fault				
help the person get advice and support by calling or visiting the website of the organizations and the institutions which helps the victims				
be supportive, encouraging, open and honest				
ask if he needs help from a support service and discuss the options				
offer to go with the person if they meet with a support service				
keep in touch with the person to see how they are going.				
<i>(add something if you think it's important)</i>				

women can call men can call children can call				
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Now, you can enough information to prepare the booklet, letter, poster, advertisement and disseminate it in your local environment. Ask about help your friends, the institutions, the organizations.