



Improving Care for Lonely Seniors

Policy Brief Czechia

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Improving care for lonely seniors

“Support for lonely senior women in the areas of dignified living, housing, services, and social contacts”

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Executive Summary

Women in Czechia live on average six years longer than men, resulting in a growing proportion of elderly women living alone, which has significant social implications. For innovative women, this situation represents the need for assurance that they will be cared for after leaving active business. This issue also affects innovative women who are responsible for both childcare and caregiving for elderly parents. Additionally, it represents a significant public and private business sector that requires innovative approaches from service providers (many of whom are women). Elderly care includes all activities that aim to ensure the physical, psychological and social well-being of an ageing person. This care can take place in the home, within nursing services or in facilities such as nursing homes. The key aim of care is to maintain the dignity, self-sufficiency and quality of life of the elderly for as long as possible. The focus is not only on basic care, such as retirement homes, but also on comprehensive rehabilitation, as well as cultural, educational, and recreational activities.

The Challenge

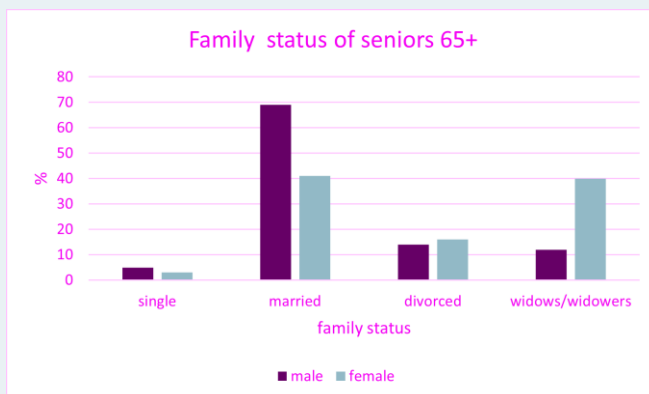
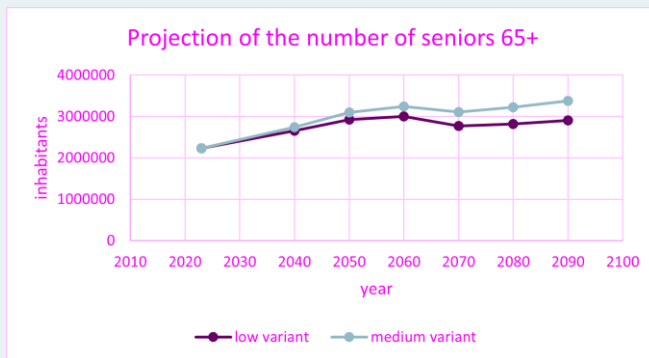
- As the population ages, the number of seniors is rapidly increasing. At the same time, multi-generational housing and therefore direct family care for the elderly are gradually disappearing.
- In 2023, there were 35,700 beds in houses for seniors and 60,200 unsatisfied requests
- Because the probability of survival is significantly higher for women, most of them are single women, widows, and also women who have been divorced or never married
- Previous state policy has focused mainly on the amount of pensions, which are usually low for these women due to their lower salaries in the past.
- However, in addition to material security, these women primarily need the opportunity for social life and the interest of society

- In addition to social importance, care for seniors could be an important economic sector in rural areas that could offer innovative opportunities to other women.

Policy Solutions

- The Ministry of Labour and Social Affairs will further develop and implement measures to support healthy and active ageing.
- Regions, municipalities and their associations will strive for the availability and quality of services for seniors
- Municipalities will support volunteering and associations in relation to ageing at the community level
- Care for the elderly is regulated by the Act on Social Services 108/2006 Coll.

Supporting Evidence & Best Practices



It is clear that the number of seniors over 65 will continue to be high in the future. Moreover, the proportion of older seniors will increase. It is also clear that lonely women statistically represent 59% of female seniors (the corresponding proportion for men is only 31%).



Conclusion & Call to Action

Due to the irreversible trend of aging, the number of seniors will increase rapidly. This development needs to be addressed both for social reasons and because it is a promising economic sector for the future.

CALL TO ACTION:

- 🏠 Municipalities (association of municipalities, local action groups) will assess the situation of seniors and adopt a concept for working with seniors
- 🏠 Non-governmental organizations will address the issue of the social status of lonely senior women
- 🏠 Entrepreneurs, including agricultural holdings, will develop an optimal range of services for seniors, which municipalities will support, for example, by providing advantageous premises
- 🏠 The Ministry of Labour and Social Affairs will prepare an update of the Strategic Framework for the Preparation for Societal Ageing
- 🏠 Universities will continually develop concepts of lifelong learning for seniors
- 🏠 The Ministry of Health will develop geriatric care facilities with an emphasis on prevention in rural regions

Further Reading

<https://zenodo.org/records/14045390>

About FLIARA

The project is on a mission to create a more sustainable future by highlighting the role of women in agriculture and rural areas. FLIARA will boost understanding of the needs and challenges facing women leading innovative environmental and rural development practices in EU farming and rural areas.

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