Multipurpose center for active aging in the rural environment
“La Bodega – Allo”
Our Main Goal

...for this project is to provide the elderly of The Bodega with the appropriate resources to enable them to participate as autonomously and independently as possible in their communities.

PROVIDING THE ACQUISITION OF:

- Skills.
- Strengthening their personal resources.
- Rehabilitation and maintenance of their functional capacities.
- Training personal autonomy.
- Support for their social and family environment to make life easier for everyone.
- Create a strong sense of community.
Projected Outcome:

- Prevent and delay deterioration in the elderly in order to avoid institutionalization.
- Offer proximity services oriented to respond to the desire of the elderly to remain in their homes.
- Strengthen community ties.
- Advocate the maintenance of the autonomy and social relations to alleviate states of loneliness.
- Increment leisure activities that promote healthy lifestyles.
- Support the family in caregiving tasks as well as in self-care.

The project seeks the parameterization and scalability of different actions linked to the improvement of the quality of life of the elderly with a flexible, adaptive approach in services, solutions, and proximity.
**First project phase**

- In the first phase, an exhaustive socio-demographic analysis of the area was carried out and an ambitious citizen participation process was launched to detect the demands and needs in the Allo area related to active aging.

**Second phase**

- In the second phase, the activities to be carried out at the Center were prioritized.

- In order to prioritize the activities to be developed, a computer tool was created, which allowed us to organize the information, have a global vision and make decisions.

- This software didn't design the plan or make the decisions. What it has done is structure the information about the area, the opinions of the experts and the preferences of the citizens. After the input of all the parameters and details, the program produced a structured action plan.

- Due to the outstanding positive result of the application used, we have made it available on our website the Observatory of Social Reality www.observatoriorealidadsocial.es for easy access by other municipalities that want to implement similar projects.
Third phase

✔ The building was repaired and cleaned, then the basic services like gas, water and other installations were put into operation.

✔ Until now Allo’s Socical Services offices were located in very small and deteriorated offices in the Town Hall. Now, they have moved their headquarters to a part of the restored Bodega.

✔ The fact that social services is located in the same building will facilitate synergies when developing activities in the center.

✔ A gymnasium has also been installed, specially equipped for the elderly, including physical-motor and cognitive stimulation activities.

✔ In the near future a laundry service for the elderly will also be implemented to ensure quality of life.

✔ Furthermore, a community urban vegetable garden will be planted in the exterior of the building.

Fourth phase

✔ Scalability and replicability, are two aspects we are currently working on.

✔ Many municipalities in rural Navarre have infrastructures with similar characteristics (empty infrastructures or unfinished multipurpose spaces that could develop projects like The Bodega. The objective is that once validated, the methodology of needs assessment and implementation of this project will be an example to follow in different municipalities of rural Navarre and Spain.
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