



**CASA ALBERGO PER ANZIANI “ VILLA FABIOLA”
MONTEROSSO CALABRO
ITALY**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

It would be a good idea to help the people that are ready for retirement to use their freetime in a useful way. The age of retirement may be a difficult age for people but if they feel useful for others it may be less difficult . They should use their time to do charity ,to help others but also to keep in fit , do sports ,take part in competitions,do handcraft activities.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

A necessary condition to do this is the willing to do it because sometimes people that are ready for retirement may fall in depression. If a person never did any of these activities before it can be difficult to begin by himself so some organizations can help him to begin. The material can be the material available in the organisations and the time can be an hour or two a day. They can do lessons for children ,help seniors that are not independent, do voluntary work in hospitals, help doing cooking or gardening.

POSSIBLE OBSTACLES

An obstacle can be not willing to help others because of depression , indifference towards the others' needs and problems , selfishness of depressed people but if they feel useful for others they will feel better and help a lot in the organisation.

ILLUSTRATION

