



**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 encourage senior women to be confident and have self esteem with others to overcome their alienation and isolation. They could attend the parish and take part of pilgrimages or attend the Red Cross to help people in difficulty.

Another good idea can be using handcraft activities such as :knitting, sewing, cooking cakes, making marmalades, painting and selling them in street markets or to the other housewives. Teaching these old handcraft activities to young people may make them feel more active and independent in their social contest.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

It is important to open their mental spaces avoiding the ignorance and the lack of motivation and let them know that they can use their free time in useful activities and not just for those ones they used to do. Their experience can benefit other people and economically them too. They can use cheap materials and other things easy to get. These activities can take place in the cultural organisations, in the parks, in the streets, in their houses and in the religious communities during the weekends.

POSSIBLE OBSTACLES

An obstacle can be the lack of motivation to be involved in the activities because they are not used to take part of active groups and isolation is part of their lives.

Another obstacle can be their relatives’ intolerance because of the prejudices towards these activities.

ILLUSTRATION

