

Středoevropské a pobaltské  
perspektivy v koordinované péči

# DŮSTOJNÉ STÁRNUTÍ: Výzvy a řešení pro budoucnost

11. 6. 2025  
9:00-15:30

Fortna - Klášter Hradčany Řádu bosých karmelitánů,  
Hradčanské nám. 3/184,  
118 00 Praha 1

11. 6. 2025  
Praha



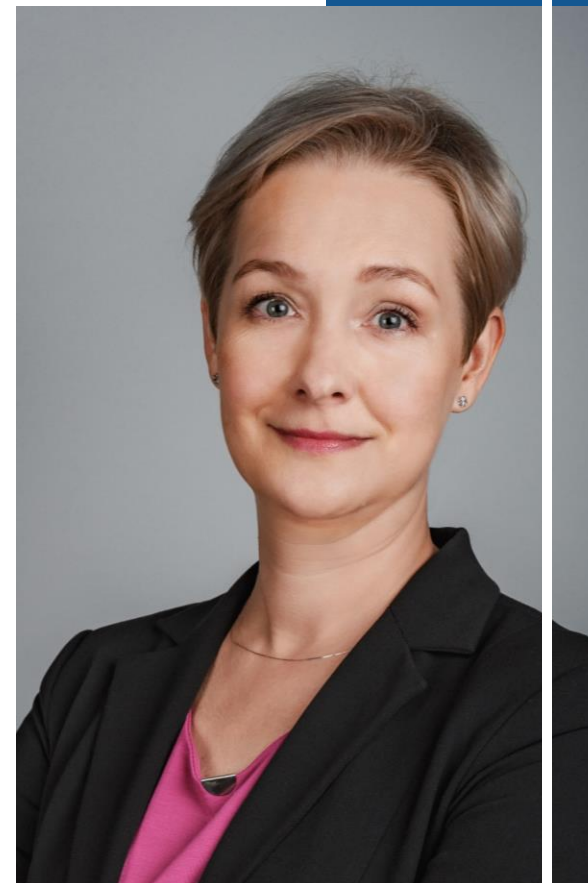
PHILIP MORRIS ČR



# Good Practices in Collaboration Between NGO and Aid Institutions Dedicated to Older Adults

## BARBARA BORYCZKA

President of mali bracia Ubogich assosation





# Brief history of the Organisation



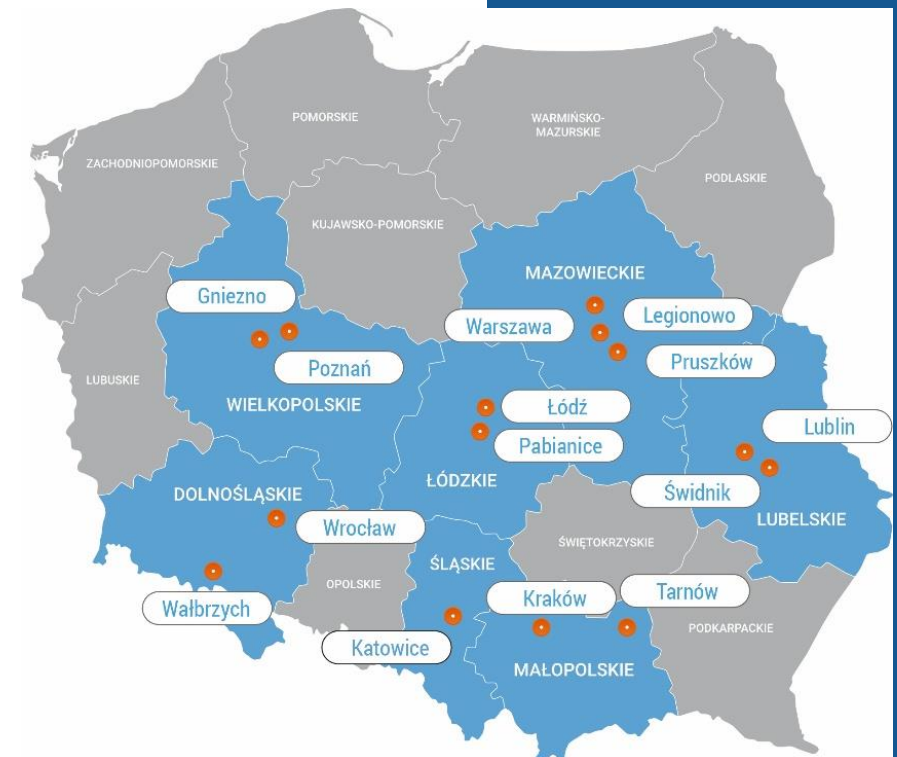
The international association "les petits frères des Pauvres" (little brothers of the Poor) was founded in 1946 by Armand Marquiset and at that time gathered all age people ready to help the needest older adults.



The Polish **Stowarzyszenie mali bracia Ubogich** was founded on December 1, 2002. Now active in 14 Polish cities.


In May 2006 Stowarzyszenie mali bracia Ubogich received Public Profit Organization status. *Public benefit organizations are required to follow stricter rules (related to transparency of operations) than other non-governmental organizations.*

The Polish Stowarzyszenie mali bracia Ubogich is a member of The International Federation of the little brothers of the Poor from 2006. The international federation promotes mobilization of citizens against the social isolation of the older adults.



# Social issue and scale of problem addressed

- Stowarzyszenie mali bracia Ubogich counteracts marginalization of the elderly people, breaks stereotypes about long-standing age and alerts the society about the difficult situation of older adults in Poland.
- The goal of the Stowarzyszenie mali bracia Ubogich is to improve the quality of life of older adults by preventing their isolation and social alienation.
- Stowarzyszenie mali bracia Ubogich believes to be a response to the deepening loneliness in society, in particular the loneliness of older people.
- **Based on the market research** report „Loneliness among people aged 80+” prepared by Pollster for Stowarzyszenie mali bracia Ubogich **in 2023, 430 000 lonely and isolated older adults (80+ years old) were living in Poland.**



**73%** live alone  
**62%** experience isolation  
**48%** lack companionship  
**32%** feel unnecessary  
**13%** never leave the house

# About Programme

The "Your Presence Helps Me Live" program is a structured companionship volunteer initiative where volunteers are paired with lonely older adult. These volunteers commit to regular home visits, typically once a week for at least two hours, engaging in conversations, shared activities, and providing emotional support. The goal is to build long-term, trust-based relationships that alleviate feelings of isolation among the elderly.



# Collaboration with Care Institutions:

**Stowarzyszenie mali bracia Ubogich** collaborates closely with aid institutions, including social welfare centers, municipal social assistance centers, and senior centers.

- 1. Łódź – Partnership with MOPS**, the association cooperates with the Municipal Social Welfare Center (MOPS) under the "Presence" Program. In Łódź, over 65 volunteer-senior pairs have already been formed and meet regularly.
- 2. Legionowo** – the association partnered with the **local OPS** to expand the "Presence" Program to this city. The program coordinator encourages residents to get involved in volunteering, emphasizing its importance for enhancing seniors' quality of life.
- 3. Wałbrzych – Agreement with MOPS** The association signed an agreement with the Municipal Social Welfare Center as part of the **Senior Support Corps Program**. The goal is to counteract the social isolation of elderly people by building lasting intergenerational relationships.
- 4. Wielkopolskie Lubelskie, and Mazowieckie voivodeships (provinces):** Participation in **Expert Teams on Senior Policy appointed by the Provincial Governors**. All three teams are part of a nationwide strategy to improve the quality of life of older adults, supported by the Ministry of Senior Policy. Their work aims to tailor regional policies to the challenges posed by an aging population.

# Collaboration with Social Welfare Homes

**Stowarzyszenie mali bracia Ubogich** actively collaborates with Social Welfare Homes (Domy Pomocy Społecznej – DPS), implementing projects aimed at supporting lonely elderly individuals.

- **Warsaw.** In 2018, mbU, in cooperation with the Cultura Memoriae Foundation, carried out the “For the Veteran” project at the Social Welfare Home for Veterans in Warsaw.  
As part of the initiative, 21 residents received support from volunteers and participated in on-site film screenings.
- **Warsaw.** Group activities (trainings, handcraft, celebration) for Social Welfare Home residents.
- **Gniezno:** Partnership with local Social Welfare Home to promote volunteering for this institution. Open day in preparation.
- **All social welfare homes:**  
Cooperation with the Social Welfare Homes to provide and promote the “Presence” program.

# Impact

**Enhanced Well-being of older adults:** Regular interactions with volunteers have been shown to improve the mental and emotional health of participating seniors, reducing feelings of loneliness and depression.

**Community Building:** The program fosters intergenerational connections and strengthens community ties by involving volunteers of various ages and backgrounds.

**Scalability:** Operating in multiple cities across Poland, including Warsaw, Poznań, Lublin, Wrocław, Kraków, Łódź, Katowice and 7 smaller cities, the program demonstrates a scalable model for addressing older adults isolation nationwide.

**Mobilization:** mobilising society around the everyday issues faced by older adults through the initiation of social campaigns and the development of institutional partnerships and collaborations with other NGOs.

**Encouraging volunteerism** by launching social and recruitment campaigns. The "What Difference Does It Make? You" campaign received numerous awards and recognitions. Dozens of volunteers joined the program thanks to this campaign.



# THANK YOU FOR YOUR ATTENTION

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ANY QUESTIONS?

