

THE THERAPY PROJECT—COUNSELING FOR ELDERLY PEOPLE WHO FEEL DEPRESSED AFTER RETIREMENT

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- Old age comes from outside
Manlio Sgalambro

When a man Arrived to fifty or sixty years it's
Time to start another type of therapy: the cure of
ideas

- James Hillman



The retirement



During life-span, retirement is a crucial moment often associated with negative aspects such as social role crisis, economic power decrease, psycho-physical decay. the retirement may cause in many cases, a crisis: as a matter of fact a constant differentiation, between those who recently withdraw from work and the others, stands out. Profession, educational qualification and gender seem to affect, positively or negatively, adaptation and coping with this life-time stage.

The retirement



- Different cultures tend to give different meanings to phenomena of the retirement. On the other hand, a social phenomenon takes many different meanings according to the historical phase which refers or at its change with the times. Retirement faces in our day has a strong and contradictory vocation. One hand can 'change the subject how to consume in society. The other consists of a drastic change of the social status and the role of the people in the society. This moment is also a ritual with many different prefigurations, remains, however, much more a personal, private, a limited (and often very little) social relevance with no political project.
- In the retirement people can remain alone.

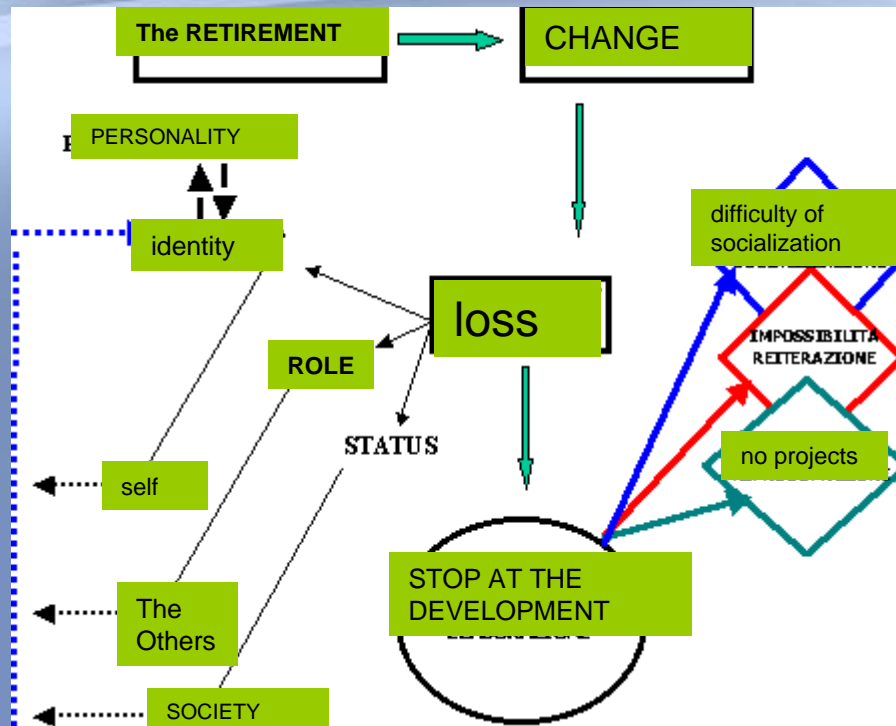


- In Italy, companies and public opinion have taken a very little attention to the problem of transition to retirement and no reflection or systematic social project have been made
- This situation has forgotten the use of the assets represented by the considerable skills of the people who retire, they have still many experience, many skills that can be forgotten and not used any more
- Many opportunities are lost as the positive initiatives that are based on volunteer, and by increasing their skills in social, cultural and professional, which could offer new opportunities for retirees in new excellent social activity and new projects to life.

The retirement as a change



- Aging is embedded in the concept of "senility" and the latter is linked directly to the retirement
- Our target is to show the characteristics of a process of the retirement, the contents of which are complex and articulated and, not being adequately treated.
- The retirement is not the senility





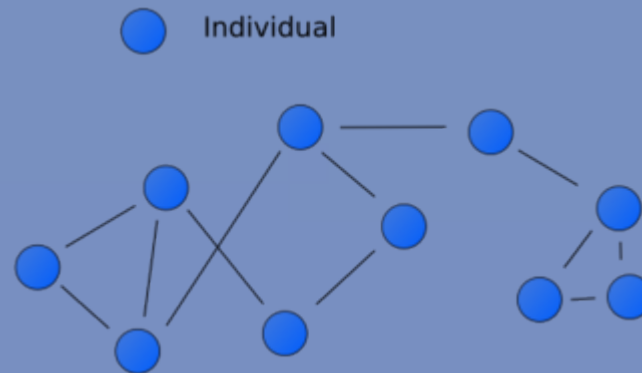
- The problem of adaptation and the retirement age and is closely linked to the existence of a "status" and the new roles that are clearly and positively defined, through which people can find a replacement for their previous activities and interests

To improve the rite of passage of the retirement of elderly people



we must study the situation of

- THE RELATIONSHIP SPACE INTEGRATION
- THE RELATIONSHIP OF TEMPORAL INTEGRATION
- THE RELATIONSHIP OF SOCIAL INTEGRATION



The Project – Research for elderly people who feel depressed after the retirement in a little city (casalbuttano italy)



For many people, especially men, retirement can be an element of personal crisis from which psycho-educational supporting intervention can be needed.

general practitioners
and the social services



a community therapy
project has been developed





- An individual counseling desk was created
- elderly people were listened to by a professional educator and helped in the working-through process of their retirement



Counseling Desk

emotional states which came
out during the counseling
(anxiety, fear of being alone,
anxiety connected to spare
time)



a net treatment
project has been
developed in
addition to the
counseling desk

the
project
team

professional
educator of the
day care center,
social worker and
general
practitioners

a course in preparation for retirement has been developed



in order to inform depressed elderly people about psycho-physical stimulation and personal risk areas on which you can work in order to preserve an active ageing process and develop awareness of one's own social responsibility about his own community



The subjects of the course were the rite of passage retirement, the psychosocial aspects of old age, the senile dementia, some concepts of music therapy, the health in old elderly, geriatrics and modern services alternative to hospitalization and the self-esteem and depression in the elderly



Two important issues were volunteering and self-promotion in order to support awareness and to foster the creation of a volunteering group which could help, for example, other elderly people in the same village who could be in need

Materials and methods



in three years time, three projects has been carried out (2006, 2007, 2008) for people who were going to retire (the counseling desk and three courses in preparation for retirement). Each participant has received a satisfaction questionnaire and a mood evaluation scale (Geriatric Depression Scale/GDS). Later on, as described below, some elderly people created a volunteering group; a satisfaction questionnaire has been given to their parents and relatives as well

RESULTS



Results