

Fondacio's contribution

Presentation of Fondacio and the impact of the period of lock-down on older people in this movement.

Fondacio develops human and spiritual training and acts of solidarity and accompaniment on the part of young people and adults. Fondacio's aim is to help people in search of discernment and guidance on a personal, family, social and professional level. The objective is that each person can become fully himself in order to be fulfilled in the different dimensions of his life and to participate "in the construction of a more humane and just world".

For senior citizens and retirees, this translates into two types of proposals:

- A proposal for those retiring, of a one-week session or 7-day courses to tackle this new stage of life,
- On a more continuous basis, through participation in sharing groups (fraternities or homes of 5 to 10 people) where everyone is invited to look at things in a positive, confident and hopeful light, whatever their situation (pivotal generation, people living alone, vulnerability in old age, etc.). based on meeting themes chosen by a leader.

During these months of crisis and confinement, most of these sharing groups have been able to continue to function, at least partially thanks to the telephone to get news of each other and thus help to reduce isolation and reduce the anguish linked to this situation.

In the best of cases, the use of digital tools made it possible to maintain virtual meetings. Of course, access to digital tools (zoom, skype, etc.) was not always accepted or possible due to age, lack of adapted equipment or lack of skills.

It is also important to underline the importance for these people of being able to watch or listen (via radio, television, podcasts, YouTube, etc.) to programmes offering times of prayer, meditation (especially during Lent) or interviews on all kinds of concerns.