



LNOB Social Mapping Report

Municipality of Mat

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Report on LNOB Social Mapping in Municipality of Mat



Social Mapping Results Report
LNOB social mapping and evidence-based policymaking in the Municipality of Mat with a focus on Day-care Center Services for Elderly

Mat Municipality / Gender Alliance for Development Center

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Executive Summary

This report examines the situation of elderly men and women in the municipality of Mat through LNOB social mapping and evidence-based policymaking, with a focus on daycare center services for elderly people. “Special Attention is given to the women within this group. The overall aim of this report is to contribute towards the social inclusion of disadvantaged groups, improving the quality of life as well as fostering social cohesion at a local level by promoting the localization of Agenda 2030 and its objectives, in particular, the Leave no One Behind – LNOB principle at the municipal level.

In the municipality of Mat, there are 4,638 elderly people supported by social pension, of which 2,746 are women and 1,892 are men. The estimated annual value in ALL is 1,102,476,504.00 ALL, provided by the Social Insurance Institute.

In order to analyze the situation of this target group, 270 elderly people divided equally by gender were interviewed in face-to-face meetings in Mat municipality. The interviews were conducted in eight administrative units of the municipality of Mat: Burrel, Baz, Derjan, Rukaj, Macukull, Komsj, Lis and Ulëz.

Based on the preliminary data of Mat Municipality, a relatively small number of elderly people benefit from economic assistance, with a total of 102 beneficiaries, consisting of 46 women and 56 men. Also, in this demographic, 30 elderly people have disabilities, of which 14 are women and 16 are men. Financial assistance for persons with disabilities is provided by the Social Insurance Institute through the Social Insurance Fund.

In Mat municipality there is only one Day Center dedicated to the elderly. This institution has daily visits from 91 elderly people, who receive help from a staff of two people. The center serves primarily as a space for socialization, offering amenities such as coffee, water and a daily newspaper, along with areas where seniors can gather and engage in board games. Notably, all those present at this center are men and there are no women among them. Due to limited resources, technology and innovation are not used in service delivery, as there is no access to the Internet or TV. The center's services lack concrete projects involving technology.

Meanwhile, among the elderly who are registered as homeless in this municipality, 25 individuals have submitted applications for social housing and 45 elderly live alone. In Mat, there is an apparent lack of supplementary services tailored to the needs of the elderly, having the existing service, such as the Day Center, as the only option for the elderly.

The daily service for the elderly has been set up through the cooperation of the Municipality with the Albanian Red Cross. The annual operating cost is 1,080,000 ALL and is covered by the municipality of Mat with 40,000 ALL per month and the Red Cross in the amount of 50,000 ALL per month.



Major health challenges facing seniors include limited reimbursement for drugs not covered by health insurance, financial constraints, and addressing specific health issues. Efforts are made to match drug prescriptions to financial means and to provide appropriate assistance to financially disadvantaged individuals.

Overall, while there are few existing services and collaborations, the municipality aims to increase its support for the senior community through expanded programs, improved feedback mechanisms and increased community engagement.

Currently, the municipality does not offer specific social or cultural programs for the elderly, with the exception of the events of October 1 and June 15. However, seniors are invited to participate in daily activities.

The Red Cross does not have dedicated social or cultural programs for the elderly due to financial constraints. While there is potential for senior volunteering through the Red Cross, few active seniors engage in volunteer work.

- Out of 270 elderly people, 160 live in areas with isolated houses (12 of them), 70 in residential areas with several houses (up to 100 families), 70 elderly people from villages (up to 500 inhabitants), while 110 people elderly people were interviewed in residential areas with more than 500 inhabitants. The age of the interviewees ranges from 60 to 103 years old.
- About a third of the respondents, who are represented by men (34.1%) and women (31.9%), claim that they do not engage in paid work due to fatigue and health, although they need more income.
- About 29.3% of respondents, including 31.3% of men and 27.4% of women, report that they had no income during the past month.
- In the income category of 10,000 - 20,000 ALL, 55.2% of respondents are represented, with 43.0% being men and 67.4% being women.
- About 68% of respondents estimate that their budget does not meet basic needs, of which 96 are women and 90 are men.
- Regarding the availability of electronic devices at home such as a computer, tablet or laptop, it turns out that 70% of respondents reported that they did not have any of these devices.
- Only 12 elderly people in Mat municipality can afford to hire someone to take care of them, of which 5 are women and 7 are men.
- Only 40.7% of respondents have the opportunity to buy their own or a relative's medicine, of which 55 are women and 61 are men.
- About 73.3% of men have faced financial challenges in the last 12 months to make repairs at home, as have about 68% of women.
- About 34.8% of respondents rate their health condition as bad, with small differences between men (35.6%) and women (34.1%).
- Overall, the sense of security is widespread among respondents, with a significant percentage reporting medium level of security. Differences in the sense of security between the sexes are not very significant.
- Based on an analysis of data on physical or mental illnesses reported by elderly, the percentage of those who expect their illness to continue for the next six months or a lifetime is similar for both men and



women. Approximately 44.8% of women and 44.4% of men fall into this category.

- For the majority of respondents, the percentage of those who move less due to their health condition and need help is similar for men and women, reaching about 40.7% of both sexes.
- There are about 53% of all respondents who need to visit the doctor almost every month, of which 54.8% are women and 50.4% are men.
- There is a lack of specialized doctors such as Cardiologist, ENT, Ophthalmologist, Rheumatologist, etc.
- In general, most respondents walk to get to different places, with 37.8% being men and 40.7% being women.
- Most of the interviewees, with 47% of the total (69 are men who answer this category compared to 58 women) would like to have someone to visit them when they need help at home.
- The majority of respondents, 70.4%, do not receive personal assistance services.
- 63.0% of men and 69.6% of women expressed that they do not know about the existence of socialization clubs in the municipality.
- 60.4% of elderly people, without any substantial difference between genders, reported that there is no transport service organized by the municipality.
- The largest majority of respondents, 64.4% of men and 60% of women, stated that they did not use the services of institutions for shelter and care.
- 21.5% of women compared to 3% of men reported that they never followed political developments in the country.
- About 32% of women and 35% of men report that local policies have not been approved in the municipality of Mat in the last three years.
- 269 out of 270 respondents had never sent a letter to the municipality to advocate for their rights or participated in any protest. Meanwhile, none of the 270 people surveyed have signed any petition to advocate for their rights.
- About 73.3% of all respondents have confidence in the police, without any significant difference between genders.
- When asked if they felt protected in situations where they could be denied rights because of age, 46.4% of women and 68.8% of men felt protected. However, elderly people in Mat municipality lack information about institutions that can protect them from discrimination, such as the institution of the Commissioner for Protection from Discrimination.
- The pandemic has significantly impacted the financial situation of the interviewees, and they continue to suffer its consequences today. Additionally, pensions are insufficient to cope with such circumstances. 91.5% of all respondents did not have savings at that time to manage the situation, and they still lack savings today, in case of a recurrence of such a situation.



- During the pandemic, 59.3% of elderly individuals (56.3% women and 62.2% men) borrowed money, and some of them are still repaying the debts they incurred.
- Only 34% of the respondents admitted that their children visit them but it is not enough for them to feel safe and they want someone to stay with them all the time. Here women dominate with 36.3% compared to men 31.9%.
- All 270 elderly people interviewed in Mat municipality were also asked how they would react in the event of a natural disaster (earthquake, flood, fire, etc.). 92.2% of respondents, more men than women by 2.2 percentage points, reported that they could address children.

1. Target group(s) of the Social Mapping

When talking about leaving no one behind, it includes at the same time the vulnerable groups who face a higher risk of poverty, social exclusion, discrimination, and violence compared to the general population. These groups include, but are not limited to, ethnic minorities, migrants, disabled individuals, the elderly, and isolated children. Vulnerability to discrimination and marginalization arises from various social, cultural, economic, and political factors. Female and girls within these groups often experience multiple forms of discrimination and gender-based violence, and they may encounter challenges in accessing protection, support, and remedies when their rights are violated. The target group of this report are Elderly People, a group chosen by Municipality of Mat because of all the obstacles that they face.

1.1. Explanation why the targeted population(s) is LNOB group

In the Municipality of Mat, there are several challenges faced by this target group, which are identified as follows:

- **Poverty:** Most of the elderly individuals in Mat municipality struggle with poverty, as they lack the ability to generate income or possess productive resources, property, and capital, sometimes including housing.
- **Social Isolation:** Elderly individuals often experience social exclusion, which encompasses the inability to access various services or engage in social interactions.
- **Healthcare Challenges:** The elderly frequently suffers from multiple chronic diseases, and access to medication is financially burdensome. They often rely on reimbursed medications due to cost constraints, which affect their overall well-being.
- **Abandonment and Loneliness:** A high percentage of elderly individuals in Mat (especially in rural administrative units) face abandonment by their families or live alone. Weakening family ties and the emigration of children contribute to this problem.
- **Cultural and Recreational Exclusion:** The elderly has limited access to entertainment, rehabilitative programs, and cultural services, which is part of the cultural dimension of exclusion.



- **Ethical and Human Dimension:** This dimension highlights the isolation experienced by the elderly, leading to their detachment from society and feeling forgotten.
- **Healthcare and Infrastructure:** Inadequate infrastructure for services and healthcare facilities further hinders the full participation of the elderly in society.
- **Demographic Shift:** The aging population in Mat is increasing, which necessitates greater attention and support for the elderly population.

The Municipality of Mat has formulated the Social Plan for the years 2023-2025¹, in which it has identified various challenges confronting the local government in addressing the needs of the target group, among other important considerations.

- While the Needs Assessment and Case Referral Unit has been established, there is a shortage of personnel.
- Near this municipality, there is only one day care centre with 91 elderly male attendees, assisted by a very limited staff.
- There are no integrated services.
- There are not enough budgets.
- The cost of the Draft Social Plan is calculated, but its budgeting is still unclear.
- Although the legislation defines several forms of service provision, 'home services' are still in the design phase.

To address issues of Elderly the Government of Albania from three years now has approved the National Aging Plan², spanning from 2020 to 2024. The responsibility for executing this decision has been assigned to various government institutions, including the Ministry of Health and Social Protection, the Ministry of Finance and Economy, the Ministry of Education, Sports and Youth, the Ministry of the Interior, and local self-government units.

Challenges should be addressed to offer:

- Protection and social inclusion for the elderly.
- Integrated Social and Health Services for the elderly.
- Promotion of health, well-being of the elderly, and awareness of society on aging.
- Monitoring and Accountability.

The Agenda for Sustainable Development serves a reminder of the commitment to building an inclusive world where no one is left behind. The Agenda recognizes the diverse range of people whose needs should be at the forefront of all the efforts. In the context of the Leave No One Behind (LNOB) principle, social mapping considers several crucial risk factors for elderly people living in Mat municipality:

- **LNOB factor - Geographic Isolation:** Looking at the geographical extent of Mat municipality, which is mostly dominated by rural areas, a high percentage of elderly people may be isolated (living in deep rural areas, far from the city),

¹ Reference by Municipality of Mat, the plan is not published yet.

² National Action Plan: https://extranet.who.int/ncdccs/Data/ALB_B27_s21_PLANI-KOMB%C3%8BTAR-I-VEPRIMIT-shq.pdf



making it difficult for access to social and/or health services and full inclusion in society.

- **LNOB factor - Socio-economic Status:** Financial insecurity, poverty, and inadequate retirement benefits can leave older adults vulnerable to social exclusion and economic hardship.
- **LNOB factor - Vulnerability to Shocks:** This target group is more susceptible to economic, environmental, or social shocks that can worsen their existing disadvantages. Adding here also the impact of pandemics.
- **LNOB factor Discrimination:** Discrimination based on age leads to exclusion from various aspects of life. Ageism is a significant barrier to inclusion for the elderly.
- **LNOB factor - Governance at Central and Local Levels:** We appreciate efforts to improve the effectiveness of governance structures, including legal and institutional frameworks, in addressing the unique needs of marginalized groups. However, the involvement of the elderly is very low.

1.2. Summary of the consultations with the municipal officials and other stakeholders

To elaborate on this study, a series of significant collaborations have been established with a wide range of individuals and institutions in the municipality of Mat. This includes representatives from local Social Services, healthcare institutions, day care centers, the Red Cross, etc. The purpose of these interviews was to explore the range of services available for this specific group, particularly those provided by public institutions and day care centers. During these interviews, the services and challenges faced by the elderly and the institutions were identified, along with the gaps in services and the need for additional training or resources.

Interviews conducted with various stakeholders in the municipality of Mati reveal several issues and deficiencies in the services and support available for the elderly in this area.

Key findings during interviews and consultations with municipal officials and other stakeholders.

Mat Municipality collaborates with the Red Cross to provide day services and healthcare for the elderly, conducts home visits when necessary, and assists with documentation. Additionally, the municipality offers psycho-social assessments and provides food parcels, especially for isolated and low-income seniors.

- The municipality also collaborates with organizations such as the Branch of the Organization of Pensioners in Mat to enhance social programs. However, this collaboration primarily occurs during commemorative days, where the municipality participates in meetings and presentations.
- Currently, the municipality does not offer specific social or cultural programs for the elderly, except for events on October 1 and June 15. However, seniors are encouraged to participate in daily activities.



- Economic assistance and social support are provided to elderly individuals in need, particularly those without pensions and family support. Assessment visits are conducted twice a year to evaluate their living conditions and provide necessary documentation.
- Health promotion and education activities are conducted in cooperation with the Local Health Care Unit, focusing on diseases such as diabetes and hypertension. However, information programs specifically for the elderly target the third age group.
- During emergencies such as the COVID-19 pandemic, the municipality assists isolated elderly individuals with the purchase of medicines and food packages. Additionally, an emergency plan is being developed to address the increasing healthcare needs of the elderly.
- The municipality utilizes technology for administrative purposes, directing inquiries to relevant organizations when necessary. Collaboration with the local community includes creating inclusive environments and addressing the needs of senior citizens.
- Future plans for improving social services include collecting data to better understand current needs and expanding services, including the possibility of home care services, despite logistical challenges.
- Mat Municipality aspires to involve day center staff in professional seminars for the elderly to share experiences and contribute to the education of younger generations.

Overall, while there are few existing services and collaborations, the municipality aims to increase its support for the senior community through expanded programs, improved feedback mechanisms and increased community engagement.

The Mat branch of the Red Cross collaborates with the Municipality to offer specific services near the day center for the elderly, such as coffee, tea, table games and daily newspapers. However, there are no dedicated programs aimed at providing care and support to the elderly in the community. Other key findings include:

- The Red Cross provides assistance during emergencies or special circumstances when isolated seniors require medication or food. Occasional special assistance is offered to physically disabled seniors, although it is not part of the regular program.
- Due to financial constraints, the Red Cross does not have dedicated social or cultural programs for the elderly.
- The Red Cross conducts training programs, especially for youth volunteers, to provide first aid during emergencies. There is a need to establish a physiotherapy room for the elderly beneficiaries of the center.
- While there is potential for senior volunteering through the Red Cross, few active seniors engage in volunteer work. Organized activities for the senior community include fairs, excursions, literary and artistic afternoons, and awareness open days related to health.
- The Red Cross provides information and counseling through the distribution of leaflets, group meetings, and training sessions for the elderly and their families.



- Although some elder individuals use basic smartphone applications, there are no specific initiatives to encourage the use of technology for their benefit. Additionally, there are no initiatives to promote the use of technology among the elderly.

In general, Red Cross services for the elderly are limited due to financial constraints, but efforts are being made to provide essential assistance and organize community activities to improve their well-being. There is potential for improvement in the use of technology and dedicated programs for the benefit of the elderly.

Day Care Center:

The day center provides basic activities and services for seniors, including coffee, tea, and newspaper reading. Efforts are underway to address prevailing gender stereotypes by creating a special day care center for women. Currently, the center is attended only by men.

- The center offers educational programs and health care services, such as blood pressure and glucose level monitoring, occasional visits by nurses and doctors, and outdoor safety training to prevent accidents.
- Young volunteers from schools engage in discussions with elders to promote intergenerational dialogue and inclusion. Daily supplies, such as coffee, tea, and newspapers, are provided through cooperation with local organizations, especially the Red Cross. Pensioners' associations facilitate meetings to address the concerns of the elderly and advocate for improved retirement conditions.
- In emergencies, the manager provides transportation to hospitals or ambulances using personal resources and offers first aid services, including blood pressure and glucose level monitoring.
- Feedback from seniors is generally positive, with requests for additional services such as TV, Internet access, and hot meals for lonely and low-income seniors. However, there are no specific initiatives for developing services according to the needs and expectations of the elderly.
- Due to limited resources, technology and innovation are not utilized in service delivery, as there is no access to the Internet or TV. Concrete projects involving technology are lacking in the center's services.
- The involvement of families in the care of the elderly is evident, with close relationships and regular visits to the external environment of the center. A larger space is needed to accommodate more services, especially for older women, along with sponsorship for field trips, activities, or fairs.

Major needs include a larger facility, tailored services for older women, more sponsorships for field trips and activities or fairs.

In general, the center strives to offer comprehensive services and actively engage the elderly community, despite facing challenges related to resource constraints and the specific needs of the elderly population. Unfortunately, elderly women near this municipality remain excluded from accessing this center.

Health Services:

Primary health services offered to the elderly encompass blood pressure and glucose measurement, general check-ups, home delivery of medications for those unable to visit hospitals, and provision of educational materials on various health topics.

- Seniors participate in health information programs, receiving family counseling on dementia, depression, and fall prevention, as well as guidance on medication usage and promotion of healthy eating habits.
- Regular access to healthcare services is available to the elderly (although specialized doctors are missing), including medication management and consultations with family doctors for various health concerns. A pilot initiative in two health centers, Mat and Komsi, involves regular home visits by family doctors for monitoring and prompt problem identification.
- Collaboration with the municipality and organizations such as "New Hope" provides financial and logistical support for activities and offers rapid response services for the elderly.
- Major health challenges facing seniors include limited reimbursement for drugs not covered by health insurance, financial constraints, and addressing specific health issues. Efforts are made to align drug prescriptions with financial means and provide appropriate assistance to financially disadvantaged individuals.
- Elderly feedback is collected through general assessments and utilized to enhance services. Future plans entail expanding home care services and improving doctor-patient interaction by allocating more time and space for consultations.
- Emergency assistance is accessible through the national emergency telephone line (127), family doctors, and ambulance services.
- Care planning initiatives aim to align home care services with patients' needs, ensure timely medication intake, and facilitate doctor-patient communication.

Challenges include the limited availability of physicians, particularly psychiatrists, neurologists, and ophthalmologists, as well as the need to enhance mental health care protocols. Financially disadvantaged and socially isolated individuals require increased support and assistance to access essential healthcare services

Overall, efforts are being made to address the diverse health care needs of the aging population, improve access to services, and provide personalized care to overcome various challenges and limitations.

1.3. Summary of Secondary Data Analysis

Target group: Elderly people with a focus on Day Care Centers

Based on the information provided by the municipality of Mat, some data about the target group can be found below:



In the municipality of Mat, there are 4,638 elderly people supported by social pension, of which 2,746 are women and 1,892 are men. The estimated annual value in Lek is 1,102,476,504.00 ALL provided by the Social Insurance Institute.

Based on the preliminary data of Mat Municipality, a relatively small number of elderly people receive economic assistance, with a total of 102 beneficiaries, consisting of 46 women and 56 men. Also, in this demographic, 30 elderly people have disabilities, of which 14 are women and 16 are men. Financial assistance for persons with disabilities is provided by the Social Insurance Institute through the Social Insurance Fund.

In the municipality of Mat, there is only one Day Care Center dedicated to the elderly. This institution has daily visits from 91 elderly people, who receive help from a staff of two people. The center serves primarily as a space for socialization, offering amenities such as coffee, water and a daily newspaper, along with areas where seniors can gather and engage in table games. **Notably, all those present at this center are men and there are no women among them.**

Meanwhile, among the elderly who are registered as homeless near this municipality are 25 individuals who have submitted applications for social housing and 45 elderlies are living alone.

In Mat, there is an apparent lack of supplementary services tailored to the needs of the elderly, leaving the existing service, such as the Day Center, as the only option for the elderly.

Below is their demographic breakdown according to the 8 administrative units of this municipality.

Table no. 1 The number of elderly people and the pension fund

Number of Elderly in Mat Municipality - Social Pension				
No.	Administrative Unit	Women	Men	Total amount in ALL for 2023
1	Burrel	1,490.00	948.00	673,143,360.00
2	Baz	190.00	150.00	67,384,536.00
3	Derjan	154.00	126.00	59,605,284.00
4	Rukaj	193.00	132.00	62,753,628.00
5	Macukull	97.00	77.00	31,999,056.00
6	Komsi	275.00	197.00	89,408,640.00
7	Lis	223.00	157.00	71,818,740.00
8	Ulez	124.00	105.00	46,363,260.00
Total		2,746.00	1,892.00	1,102,476,504.00

Source: Mat Municipality



2. Brief information about Municipality of Mat and policies at local level

Region: Dibër

Municipality: Mat

City: Burrel

Surface area: 493.5km²

Population: 27,260 inhabitants

Administrative Units: Burrel, Baz, Derjan, Rukaj, Macukull, Komsj, Lis and Ulëz.

Geographical area: Mati is bordered to the north by the municipality of Mirdita, to the west by the municipality of Kurbin, to the south-west by the municipality of Krujë, to the south by the municipality of Klos and to the east by the municipality of Dibër. The center of this municipality is the city of Burrel.³

Population: According to the 2011 Census, it has a population of 27,260 inhabitants. Meanwhile, according to the Civil Registry, this municipality has 38,615 inhabitants. The new municipality has an area of 493.5 km². Based on census data, the population density is 55.23 inhabitants/km², while based on the civil registry, the density is 78.24 inhabitants/km².

This municipality consists of 8 administrative units, which are: Burrel, Baz, Derjan, Rukaj, Macukull, Komsj, Lis and Ulëz. All administrative units are currently part of the municipality of Mati and the region of Dibra. The new municipality has a city and 46 villages under its administration.

The new municipality of Mat encompasses nearly the same territory as the ethnographic province of Mat and features hilly and mountainous terrain. Situated on both sides of the Mat River, the area is predominantly covered by forests.⁴

However, the utilization of forests for the wood industry is currently limited due to severe damage caused by indiscriminate logging. Much of the forested area is in the process of regeneration. Additionally, the new municipality includes the Ulëz regional natural park, along with two artificial lakes—Ulëza and Shkopeti—constructed for electricity production.

The relief and relatively favorable Mediterranean climate, characterized by hot, dry summers with ample sunshine and relatively mild winters in the Mati valley, create highly favorable conditions for agriculture, fruit cultivation, and animal husbandry. Agriculture and livestock serve as the main sources of economic and financial generation

³ Mat municipality official website: <https://bashkiamat.gov.al/>

⁴ IBID



The town of Burrel was established in conjunction with the chrome beneficiation industry, which is currently undergoing reactivation. However, this industry is unable to become a significant source of employment for the city, which currently boasts approximately 11 thousand inhabitants. In recent years, the Mati area has drawn a modest number of adventure and hiking tourists due to its highly appealing mountain topography.

Out of 11,648 families, 6,085 families live in urban areas (52.24% of families) and 5,563 families live in rural areas (47.76% of families). If compared the number of the population living in the urban area against the rural area, it is concluded that the families in the rural area have a higher number of members than in the urban area.

According to the data of the Municipality, 49 Roma families live in this territory (0.42% of the families are Roma) and 138 Egyptian families (1.18% of the families are Egyptian).

There are 185 families headed by single parents who receive economic assistance, comprising 10% of all families receiving such support. The highest concentration of single-parent families receiving assistance is found in the administrative units of Burrel (80 families), Ulëz (30 families), and Komsî (25 families).⁵

45 lonely elderly individuals, constituting 0.3% of households headed by elderly individuals living alone, receive economic assistance.

The daily service for the elderly has been established through cooperation between the Municipality and the Albanian Red Cross. Currently, 91 elderly individuals benefit from this service, which is supported by a very limited staff consisting of 2 employees. The annual operating cost amounts to 1,080,000 ALL, with the Municipality of Mat contributing 40,000 ALL per month and the Red Cross contributing 50,000 ALL per month towards covering the expenses.

Mat Municipality has drawn up the Local General Plan⁶ which was approved in 2018, the Urban Plan⁷ as well as the Sustainable Development Strategy Plan 2012-2030.⁸

On 3.1.2024, the Prefecture of Dibër District approved the budget of the municipality of Mat for the year 2024⁹ which does not have any special item regarding the support or addition of programs for the elderly in this municipality.

⁵ Source: Social Services Directory of Mat Municipality

⁶ Local General Plan, Mat Municipality: <https://planifikimi.gov.al/index.php?id=732>

⁷ Urban Plan: <https://bashkiamat.gov.al/plani-urbanistik/>

⁸ Strategic Plan: <https://bashkiamat.gov.al/plani-strategjik/>

⁹ Mat Municipality Budget 2024: <https://bashkiamat.gov.al/buxheti-2024/>



3. Social Mapping Objectives

The overall aim is to contribute towards the social inclusion of disadvantaged groups in the Municipality of Mat with a focus on Day-care Center services for the Elderly with special attention to women as a part of this group of citizens, improving the quality of life as well as fostering social cohesion at a local level by promoting the localization of Agenda 2030 and its objectives, in particular, the Leave no One Behind – LNOB principle at the municipal level.

Specific Objectives

- Contribute towards better design of local social protection policies for vulnerable groups in harmonization with national development plans
- Support the Municipality of Mat in implementing LNOB social mapping methodology in coordination with the local government staff. The methodology is elaborated within the NALAS e-Learning course “LNOB Social Mapping and Evidence-based Policy Making”.
- Support the Municipality of Mat in the development of policy recommendations based on social mapping findings and in line with priority SDGs and respective targets.
- Support the Municipality of Mat in the integration of the policy recommendations within the respective social protection program.

Some of the research questions:

- What are the primary day-to-day challenges that the elderly, especially women in Mat municipality typically experience when it comes to their social interactions, financial well-being, and health?
- What are the barriers for the elderly in accessing healthcare services in Mat, and how can these barriers be overcome to improve their health outcomes?
- How do social networks and community involvement contribute to the well-being and social inclusion of the elderly in Mat, and what strategies can be implemented to strengthen these connections?
- What are the economic empowerment opportunities for elderly women in Mat, and how can they be encouraged to participate in income-generating activities that contribute to their financial independence?
- How do housing conditions and neighbourhood environments impact the daily lives and safety of the elderly in Mat, and what improvements can be made?
- What mental health and emotional well-being challenges do elderly women in Mat face, and how can mental health support services be enhanced to address these issues effectively?
- How can the Municipality of Mat collaborate with local/national NGOs and community organizations to create a comprehensive support system for elderly women, encompassing social, healthcare, and economic aspects, thereby enhancing their overall quality of life and social inclusion?



- What are the unique needs of the elderly especially women in Mat municipality in terms of Day Care Center services, and how can these services be tailored to meet those needs effectively?
- What are the primary reasons that elderly women in Mat may not utilize Day Care Center services, and how can barriers to access be addressed?
- How can Day Care Center services contribute to improving the quality of life and social inclusion of elderly women in Mat, particularly those from disadvantaged backgrounds?
- What is the current level of awareness and knowledge among elderly women in Mat about the existence and benefits of Day Care Center services?
- How can we measure the impact of the implemented policy recommendations on the lives and social inclusion of elderly women in Mat municipality over time?
- What collaborative efforts can be initiated with local community organizations and support networks to enhance the services and support available to elderly women through Day Care Centers in Mat?

4. Methodology

Social mapping in the municipality of Mati was carried out in the period October - December 2023, targeting the predetermined group of elderly people in this municipality using the face-to-face survey method. Social mapping was carried out in all administrative units of Mat municipality (8 in total).

Methods for carrying out social mapping for the elderly in the municipality of Mati:

- **Target group:** Elderly People
- **Field Survey** – The selection of pollsters was finalized in a collaborative effort with the Mat Municipality. Their training was prepared after the concept form was finalized, incorporating comments. Subsequently, they received one-day training on the provided questionnaire, which was translated into the Albanian language. The pollsters were trained to conduct face-to-face interviews with elderly (women and men), utilizing qualitative analysis in addition to quantitative analysis. They then presented the personal experiences of the group or those individuals who are most marginalized to the GADC team. 270 elderly people (135 women and 135 men) were interviewed in all administrative units of the municipality of Mat.
- **Focus groups discussions** - for the evidence of living conditions, behaviors and perceptions of elderly people. – After the presented survey, 4 focus group discussions were organized, each involving eight to ten participants from the target group of elderly people. These discussions took place in informal settings, aiming at a calm and favorable atmosphere for open dialogue. GADC collaborated with the Municipality of Mati and for these meetings a cozy hall near the municipality was chosen that was familiar to the group, encouraging an exploratory and mostly qualitative approach. In addition to four focus group discussions involving elderly people, 1 additional focus group was organized



where relevant stakeholders were engaged. A total of 5 focus discussion groups.

- **In-depth interviews** - Around 10 in-depth interviews were carried out with a wide range of people who are directly involved with this target group, including representatives from the Municipality, health care professionals, the Red Cross, social workers, psychologists, etc. even the elderly themselves. These interviews served not only to check the previously collected data, but also to validate the results obtained through data analysis. Moreover, these interviews provided an opportunity to gain new insights and alternative perspectives for analyzing the data, drawing on the knowledge and experiences shared by the respondents.
- **Desk research and secondary data analysis** – Secondary data analysis included the use of information obtained from Mat Municipality. These data also included existing data held by the municipality as well as data derived from literature reviews and various reports generated within 3 years of the implementation of the National Action Plan on Aging, especially for the elderly in Mat Municipality.
- **Sample:** 270 elderly people living in 8 administrative units of Mat municipality were interviewed.
- **Questionnaire:** During the social mapping in the municipality of Mat, the questionnaire used was detailed and some adjustments were made based on national legislation as well as local needs, a total of 110 questions.
- **List of indicators:** 1. Socio-economic condition - as a risk factor; 2. Geography – as a risk factor; 3. Assessment of needs for elderly people (Assessment of needs based on health status; Assessment of needs for services at home; Assessment of needs for social services in the local community) 4. Governance – as a risk factor; 5. Discrimination - as a risk factor; 6. Vulnerability to shocks – as a risk factor.
- **Pilot test:** 10 test interviews were conducted in Mat municipality. According to field monitoring, the average time to conduct the interview was 40 - 50 minutes. The questionnaire was revised during the training and there were no problems.
- **Response rate:** 100%
- **Data processing, cleaning and preparation program:** LimeSurvey and SPSS
- **Data analysis methods:** Descriptive statistics
- **Restrictions:** None

5. Social Mapping results

This chapter is based on the findings obtained in the framework of the interviews conducted in the territory of Mat Municipality. The results are presented for older people according to the structure of the survey. Each questionnaire was composed of several chapters aimed at examining risks and vulnerability in accordance with the LNOB factors. The questionnaire consisted of 110 questions divided into categories such as risk factors as follows:



- Socio-economic status
- Geography
- Assessing the needs of the elderly
- Governance
- Discrimination
- Vulnerability

The main findings for each category are explained in detail with the relevant data presented in chapter 5.2.

5.1 Analysis of Geo-Tagging of Available Socio-Economic Resources

The municipality of Mat is committed to ensuring a dignified and barrier-free life for all citizens, especially for the elderly. According to the data of the municipality of Mat, several initiatives have been undertaken for the integration and inclusion of this target group, but the number of services and their quality is not sufficient. The drafting of the 2023-2025 Social Plan, reflecting local needs and specifics, is a very important step and with the Social Mapping, some emergency interventions in budget planning and local activities will be specified.

In the municipality of Mat, there are 4,638 elderly people supported by social pension, of which 2,746 are women and 1,892 are men. The estimated annual value in Lekë is 1,102,476,504.00 Lekë provided by the Social Insurance Institute.

Based on the preliminary data of Mat Municipality, a relatively small number of elderly people receive economic assistance, with a total of 102 beneficiaries, consisting of 46 women and 56 men. Also, in this demographic, 30 elderly people have disabilities, of which 14 are women and 16 are men. Financial assistance for persons with disabilities is provided by the Social Insurance Institute through the Social Insurance Fund.

In the municipality of Mat, there is only one Day Care Center dedicated to the elderly. This institution has daily visits from 91 elderly people, who receive help from a staff of two people. The center serves primarily as a space for socialization, offering amenities such as coffee, water and a daily newspaper, along with areas where seniors can gather and engage in board games. Notably, all those present at this center are men and there are no women among them.

The daily service for the elderly has been set up through the cooperation of the Municipality with the Albanian Red Cross, and 91 elderly people receive service there, who are assisted by a very limited staff (2 employees). The annual operating cost is 1,080,000 ALL and is covered by the municipality of Mat with 40,000 ALL per month and the Red Cross in the amount of 50,000 ALL per month.

Meanwhile, among the elderly who are registered as homeless near this municipality are 25 individuals who have submitted applications for social housing and 45 elderly are lonely.

In general, the infrastructure in the institutions has not undergone intervention in recent years, and there are health institutions or even administrative units that do not provide the appropriate logistics for elderly people who have disabilities.



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Picture 1. Health Center, A.U. Macukull, Mat



Picture 2. Administrative Unit Derjan

For the Map of public institutions near the municipality of Mat **click [here!](#)**

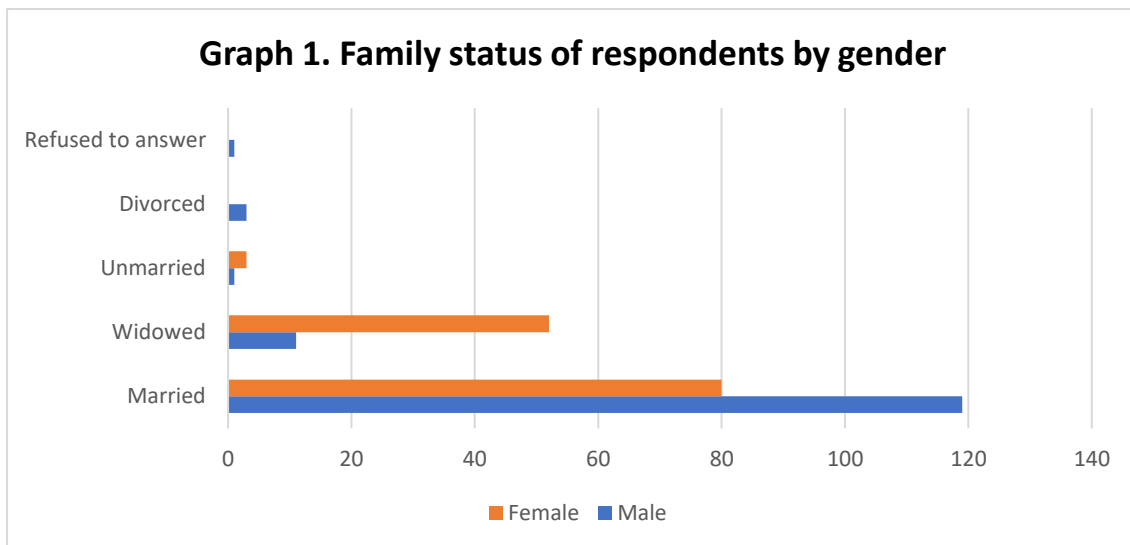
5.2. LNOB Group – Elderly People

In the municipality of Mat, 270 elderly people, equally divided by gender, were interviewed in face-to-face meetings. The interviews were conducted in the eight administrative units of the municipality of Mat: Burrel, Baz, Derjan, Rukaj, Macukull, Komsj, Lis and Ulëz.

5.2.1 Demography and Socio-Economic Status

In total, 160 elderly people who were interviewed live in areas with isolated houses (12 of them), 70 in residential areas with several houses (up to 100 families), 70 elderly people live in villages (up to 500 inhabitants). While 110 elderly people were interviewed in residential areas with more than 500 inhabitants. The age of the interviewees ranges from 60 to 103 years old (1 interviewee).

From the analysis of the data collected in the field during the interviews of 270 elderly people, differences between men and women are evident. About 88% of men are married compared to about 59% of women with the same marital status. About 38.5% of women report that they are widowed compared to only 8% of men. While in terms of divorce, there are no women who belong to this group and only 2.2% of men have reported that they are divorced. These differences in family structure and family status reflect changes in their family life experience and can provide important perspectives for inclusion programs and policies for elderly people at the local level in the municipality of Mat.

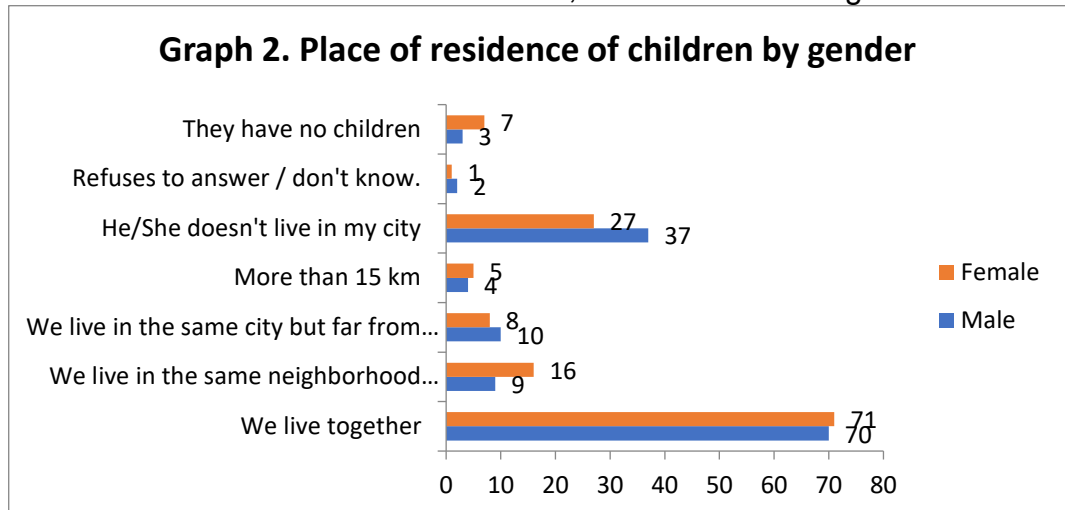


Respondents were also asked whether or not they had children, and there is little difference between the genders. 96.3% of respondents are parents, of which 97.8% are elderly men with children and 94.8% are women. Meanwhile, only 2.2% of men reported that they do not have children compared to 5.2% of women belonging to this category.

When analyzing the data on the location of children in the context of the age and gender of the elderly, differences in the distance of children from their home are observed:

- From a group represented by 70 elderly men, 51.9% of them report that they live together with their children, while for 71 women of this age, this percentage is 52.6%.
- 27.4% of elderly men and 20.0% of elderly women state that their children do not live in their town.

Regarding the children's distance from their home, differences are significant. For example, 6.7% of elderly men and 11.9% of elderly women report that their children live in the same



neighborhood (no farther than 2 km). Meanwhile for the majority, the distance is greater, as shown in the data for each category in the following graph.

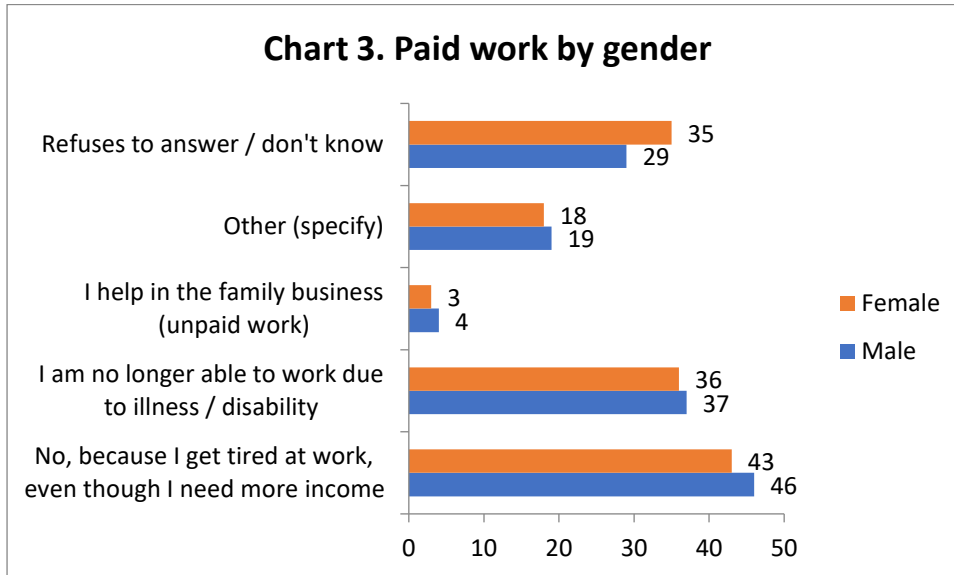
When analyzing the data on children's help in the daily activities of elderly people, in relation to gender, interesting differences are observed: A group represented by 52 elderly men report that children help them in their daily activities, saying that they have everything they need, while 49 or 36.3% of elderly women affirm the same status. Meanwhile, a similar percentage of elderly men and women, about 40%, report that their children help them, but not enough and that they need more help. In smaller percentages, some men and women claim that their children do not help them at all, or that they need more help because of their distance. There are 10% of all interviewees whose children are far away and visit them very rarely, these elderly people are living in rural area and their children have emigrated abroad.

The analysis of the data on the economic status of elderly people shows that 93.3% of elderly men and 88.9% of elderly women report that they are pensioners, following with the other categories below:

- **Economic Assistance:** 90.7% of elderly men and 92.6% of elderly women do not receive economic assistance.
- **Close to Retirement:** 3.7% of elderly men and 5.2% of elderly women are close to retirement.
- **Exercises the right to financial assistance from social protection:** Only a small percentage of respondents (about 1.5%) assert that they exercise this right.
- **Unemployed, Registered with the Employment Agency:** 100% of elderly men and women are not employed and/or registered with the Employment Agency.
- **Employed:** About 3.3% of all respondents state they are employed, of which 5 elderly women and 4 elderly men.

The analysis of the data presented in the graph below shows the situations when elderly people perform paid work until they gain the right to pension. About a third of the respondents, who are represented by men (34.1%) and women (31.9%), state that

they do not engage in paid work due to work fatigue, although they need more income. Meanwhile, a significant percentage, around 27%, report that they are no longer able to work due to illness or disability, in both gender categories. On the other hand, a small number, about 2.6%, contribute to the family business without being paid. Meanwhile, about 23.7% of all respondents refuse to answer or do not know how to answer, reflecting a situation of uncertainty in the decision to reveal employment information or not.



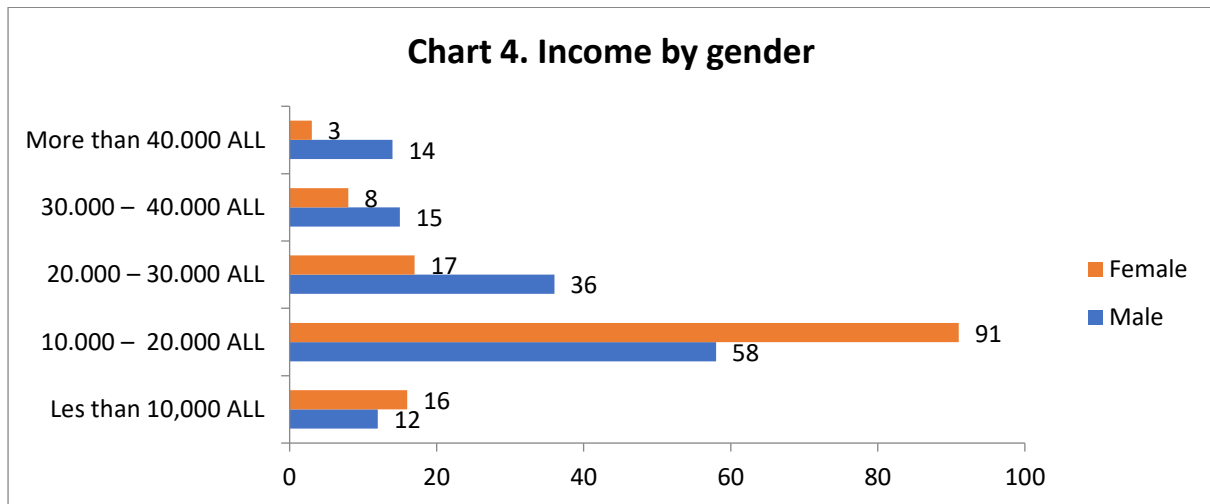
About 29.3% of respondents, including 31.3% of men and 27.4% of women, report that they had no income during the past month.

The analysis of data on the source of income for several different categories included in the survey conducted with 270 men and women in the municipality of Mat, reveals that:

- Regarding the social right to assistance, it turns out that only a percentage of about 11.5% had income from this source, of which 17 women and 14 men.
- Regarding income from work, about 95.2% of respondents, including 94.1% of men and 96.3% of women, report that they had no income from this source during the past month.
- Regarding retirement pension, 90.7% of respondents, including 93.3% of men and 88.1% of women, report that they had income from this source.
- Regarding income from unemployment compensation, about 99.3% of respondents, in both gender categories, report that they did not have income from this source.
- 100% of the respondents affirmed that they had no income from other sources during the last month.

Respondents were also asked about the amount of their monthly income, where substantial differences between the genders are observed. About 10.4% of respondents, including 8.9% of men and 11.9% of women, report that their monthly income is less than 10,000 ALL, and they are mostly elder people who benefit from the social pension of the cooperative. In the category of income 10,000 - 20,000 ALL,

there are 55.2% of respondents, where 43.0% are men and 67.4% are women. The smallest percentage of income, about 19.6%, includes people who have an income of 20,000 - 30,000 Lek per month. In this category, 26.7% are men and 12.6% are women.



Next, about 22.9% of respondents assess that their budget meets only basic needs. This shows their focus on meeting basic needs, such as food, shelter, and clothing. Meanwhile, about 68% of respondents assess that their budget does not meet basic needs, of whom 96 are women and 90 are men. This is an important indicator of the economic insufficiency of elderly people in the municipality of Mat and reveals the financial challenges and problems they experience. Among the respondents, a small percentage report that they manage to save something (about 2.2%) or have a comfortable life without being able to save money (about 6.3%).

The following analysis shows the financial support that elderly people in the Mat municipality receive from different sources.

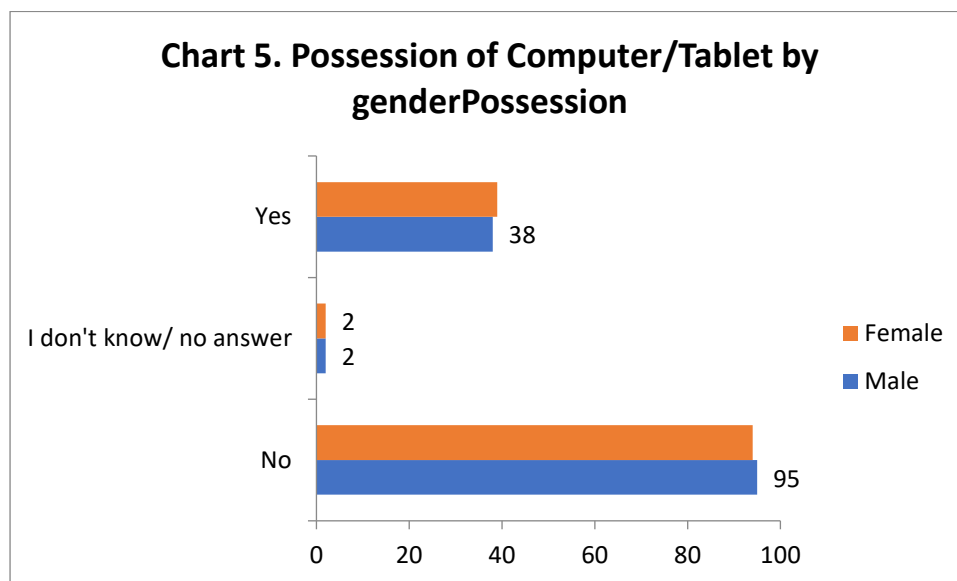
- **Financial support from husband/wife:** About 43% of respondents (116 of them) report receiving financial support from their husband or wife, of whom about 48% are men and 37.8% are women.
- **Financial support from siblings/children:** 61.1% of respondents (165 of them) report receiving financial support from their siblings or children, with about 70% of them being women.
- **Financial support from cousins:** In this category, 2.2% of respondents (6 of them) report receiving financial support from cousins, while 97.8% (264 of them) do not.
- **Financial Support from Neighbors/Friends:** Only 1.9% of respondents (5 of them) report receiving financial support from neighbors/friends, while 98.1% (265 of them) do not.

In the last month, most respondents, about 91.5% of them, reported that they had enough drinking water at home. When analyzing the gender of the respondents, it turns out that 92.6% of men and 90.4% of women reported that they had enough

drinking water, while 7.4% of men and 9.6% of women declared that they did not, they are living in rural areas and using water wells.

In the last month, most of the respondents, namely 87.8% of them, reported that they had not had any occasion when they did not have anything to eat. In contrast, a smaller proportion, about 12.2%, stated they had times when they had nothing to eat, including those who reported once (3.7%) and those who reported several times (7%). This category includes elderly people who have been abandoned by their families and only the municipality tries to help with some food packages. The gender breakdown shows that 85.2% of men and 90.4% of women had no occasion when they did not have anything to eat. On the other hand, 14.8% of men and 9.6% of women reported that they had experienced such situations, once or several times.

Regarding the availability of electronic devices at home such as a computer, tablet or laptop, the data show that 70% of respondents reported that they did not have any of these devices. While 28.5% of respondents confirmed that they had a computer or similar device at home. The gender analysis of the respondents shows that 70.4% of men and 69.6% of women did not have any of the aforementioned devices, while 28% of men and about 29% of women stated that they had one of them.



Regarding Internet access, 56.3% of respondents use the Internet, while 30.4% would like to have it, but cannot pay for it. Meanwhile, about 7% of respondents do not want or need it at the moment. The gender analysis shows that 57% of men and 55.6% of women use the internet, while 28.1% of men and 32.6% of women would like to have it, but cannot afford it.

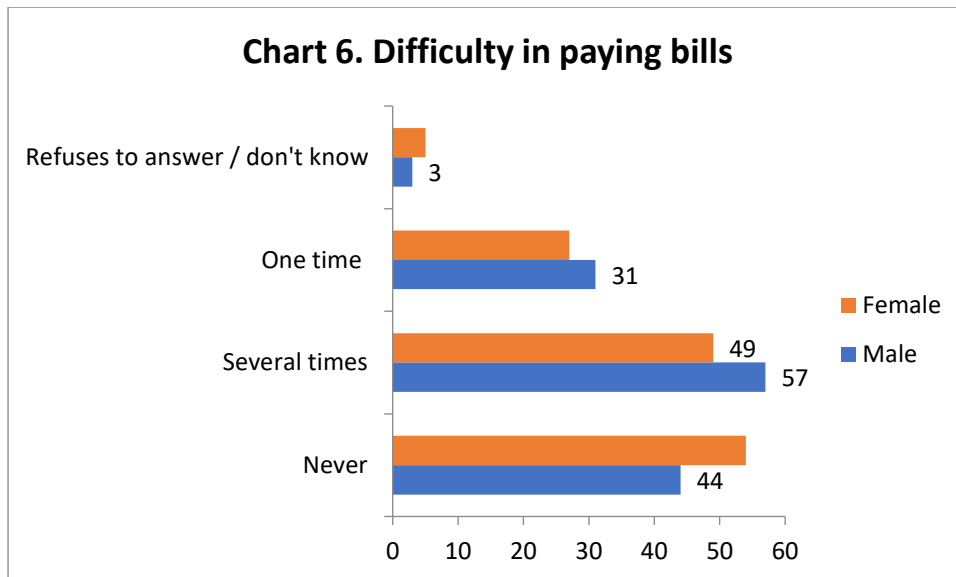
Regarding the availability of television with suitable channels, it turns out that 55.9% (59.3% of men and 52.6% of women) of respondents have a television and are satisfied. Whereas, 13.3% of them report that their TV is old and does not work well. Next, 29.6% of the respondents have a television, but with few channels. Only a small proportion, 1.1%, do not have a television and cannot afford to buy one.



Elderly people in Mat municipality were also asked whether they can afford certain expenses of different categories. Below is a detailed analysis with a gender breakdown:

- **Adequate heating at home:** 34 elderly people or 12.6% of all respondents cannot afford heating expenses, of whom 13 are women. Electricity is expensive for elderly people who are retired, and in this area most residents heat with firewood. This category includes the elderly who have no one to help them to provide firewood.
- **One-week vacation away from home:** 233 elderly people or 86.3% of all people surveyed cannot afford such a vacation, of whom 117 are women and 116 are men.
- **Eating meat or its vegetarian equivalent:** 38.5% of respondents admit that they can cover this expense, compared to 49.3% of elderly people who cannot afford this expense. There are about 33 elderly people or 12.2% who refused to give an answer to this question. There is a higher number of elderly women than men with a difference of almost 10% who cannot afford this expense. The income is very low compared to the prices of this product which currently varies from 1,200 - 1,600 ALL/kg.
- **Hiring someone to take care of you:** Only 12 elderly people in the municipality of Mat can afford this service, of whom 5 are women and 7 are men.
- **Payment of unexpected or necessary expenses in the amount of 300 to 500 euros:** About 90% of respondents with an equal division between men and women cannot afford such an expense.
- **Paying loan or rent, utility bills or other expenses:** About 66% of the surveyed elderly people cannot afford such an expense, of whom 92 are women and 86 are men.
- **Buying your own medications or those of other family members:** Only 40.7% of respondents are able to cover this expense, of whom 55 women and 61 men.

Elderly people in Mat were also asked about some specific challenges that may have made their lives more difficult. The survey showed that at least 56.3% of women and 65.2% of men had difficulty paying bills such as electricity, water, telephone, etc. one or more times.

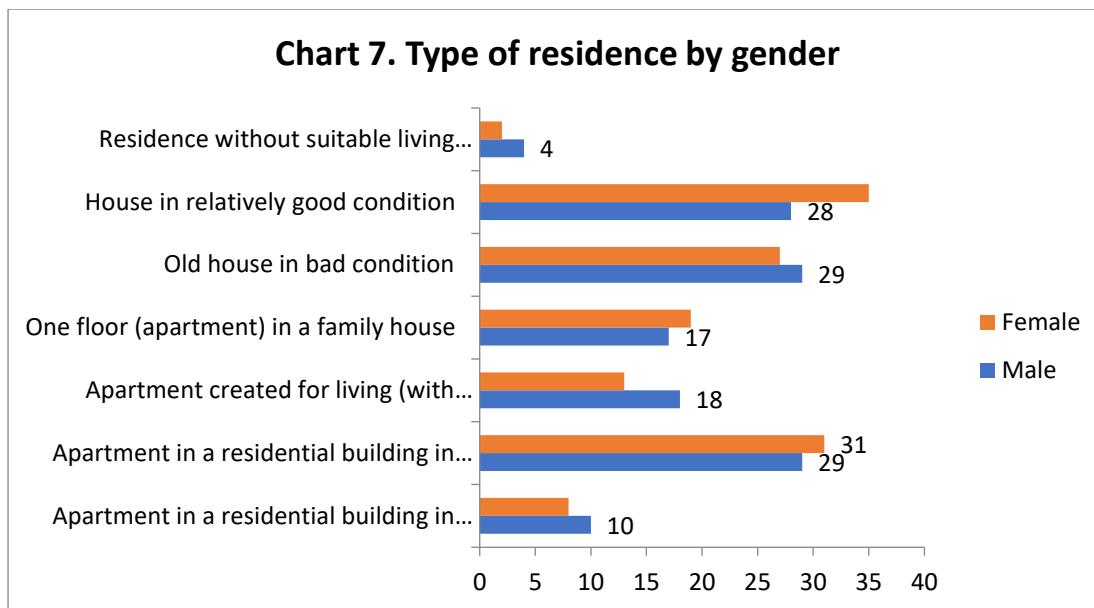


About 73.3% of men have faced financial challenges in the last 12 months in making repairs at home, and so have about 68% of women. While 23% of women and 25.2% of men have encountered financial challenges one or more times in securing food in the last 12 months. Next, about 49% of women have encountered financial difficulties one or more times during the last 12 months in buying medicine, and so have 46% of men.

5.2.2 Geography - risk factor

The graph below shows the gender breakdown of type of residence and shows some interesting differences by gender.

- The percentage of men living in apartments in residential buildings in poor conditions is 7.4%, while for women it is 5.9%, which is a small difference.
- The proportion of male residents who live in housing designed for living, such as housing with services such as electricity, water, toilet, telephone, etc., is higher compared to women, with 13.3% for men versus 9.6% for women.
- In a floor (apartment) in a family houses, the percentage of women is higher compared to men (14.1% for women vs. 12.6% for men), which shows a tendency that women prefer this type of housing structure more than men.
- In general, the percentage of women living at home in relatively good conditions is higher than for men (25.9% for women versus 20.7% for men).



For the majority of the elderly in the municipality of Mat, their residences meet the necessary living conditions. In total, 61.5% of the respondents state that their apartment meets living conditions. Among them, 58.5% of men and 64.4% of women confirm this fact. While a relatively small proportion of respondents (7.4%) report that their housing does not meet living conditions, the percentage of women who fall into this category is higher than that of men (5.9% men vs. 8.9% women). Also, a significant part of the respondents (31.1%) report that their apartment partially meets living conditions. In this respect, the percentage of men is higher than the percentage of women (35.6% versus 26.7%).

The analysis of the data regarding the floors of their apartment shows that most of the respondents (41.5%) live on the first floor with an equal division for both genders. The overall percentage of those living on the ground floor is 27%. In this category, 29.6% of men and 24.4% of women report that they live on the ground floor. If we compare these two categories with the number of elderly people living on the second and third floors, it seems that a smaller part of the respondents prefer to live on the higher floors of a building. This may reflect personal preferences, space availability, or other factors that affect their location in the building, such as inability to climb stairs or the like.

The elderly were also asked if their building had an elevator for those living on the first floor (above the ground floor). 31.5% of the respondents report that there is no elevator on the first floor of the apartment and the conditions are not suitable for the elderly, with the gender distribution being almost the same.

Regarding the accessibility that the residence provides for wheelchairs, 57% of the total respondents reported that none of the houses had such access, and about 32% of them answered this question positively. There are about 11% of respondents who refused to answer this question.

The analysis of home ownership data divided by gender yields some interesting assessments:

- Of all respondents, 78.9% report that they are the owners of their home. Among them, 93.3% are men and 64.4% are women.



- Only a small part of respondents (2.6%) report that their house is owned by their relatives, but they do not live with them.
- A low percentage of respondents (2.2%) indicate that the house is owned by a person with whom they have no family relationship. This figure is the same for both genders.
- None of the male respondents report that the home is a collective housing, while for women this number is 2.2%.
- 15.2% of respondents refuse to answer or do not know the ownership status of their house. This number is much higher for women (28.1%) compared to men (2.2%).

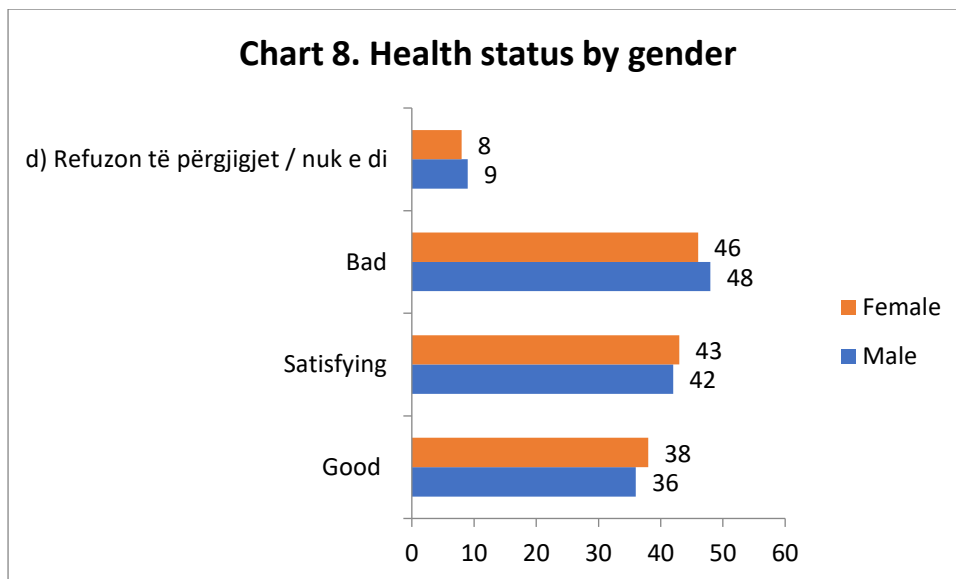
The elderly in Mat municipality were also asked about some properties of the house they live in:

- **Kitchen (inside the house):** 85.6% of respondents report that their house has a kitchen, while 14.4% say they do not. In detail, 85.9% of men and 85.2% of women report that their home has a kitchen, while for both genders the percentage of negative responses is around 14%.
- **Water (plumbing connection in the home):** About 77.8% of respondents have water in their home, while 22.2% do not. Among them, 77% are men who have water, compared to 78.5% of women. The percentage of respondents who do not have water is similar for both genders, around 23%.
- **Bathroom and shower (inside the house):** 76.3% of respondents report that their house has a bathroom and shower, while 23.7% say they do not have them. In terms of gender, there is no big difference between men and women regarding the availability of bathroom and shower at home. This category includes people who live in rural areas and have built their houses many years ago, and at that time the bathrooms were built outside the house.
- **Electrical installations:** Approximately 93% of respondents have electrical installations in their home, while 7% do not. A higher percentage of women (94.1%) have electrical installations compared to men (91.9%).

5.2.3 Assessing the needs of elderly people

The analysis of the data on the health status of the respondents shows that a large part of them assess their health condition as good or decent, while a significant percentage of them assess it as bad.

About 27.4% of respondents report that their health condition is good, without significant differences between men (26.7%) and women (28.1%). For 31.5% of respondents, their health condition is satisfactory, with a similar percentage between men (31.1%) and women (31.9%). About 34.8% of respondents rate their health condition as bad, with small differences between men (35.6%) and women (34.1%).

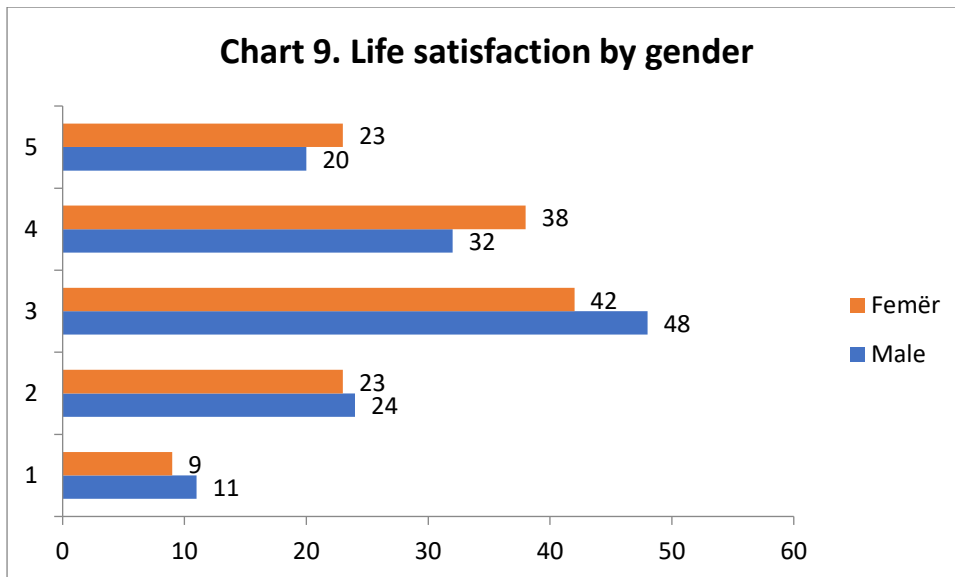


As for personal relationships with other people, the survey shows that 40.4% of all respondents have very good relationships, rating them maximally on a rating scale from 1 to 5, where 1 is the lowest and 5 the highest rating. While 29.6% of them report a lower level of satisfaction, with 32.6% of elderly women choosing this rating compared to 26.7% of men.

Meanwhile, a smaller percentage of respondents report lower ratings for personal relationships (rating 1 and 2), reaching 11.5% of respondents for rating 1 and 6.7% for rating 2.

Asked about their perception of safety, on a scale of 1 to 5: In total, a significant percentage of respondents (29.3%) report feeling very safe (rating 5), while a smaller percentage report the lowest safety level (rating 1) with 3.3%. About 35.2% of respondents feel somewhat safe. Overall, the sense of safety is widespread among respondents, with a significant percentage reporting medium safety levels. Differences in the sense of safety between genders are not very notable.

Regarding the level of satisfaction with their life, on a scale from 1 to 5: The majority of respondents (33.3%) report an average level of satisfaction, voting for a rating of 3. A significant percentage of respondents also feel satisfied, but not very highly, giving a rating of 4 (25.9%) and 5 (15.9%). A smaller percentage of respondents report lower levels of satisfaction (ratings 1 and 2).



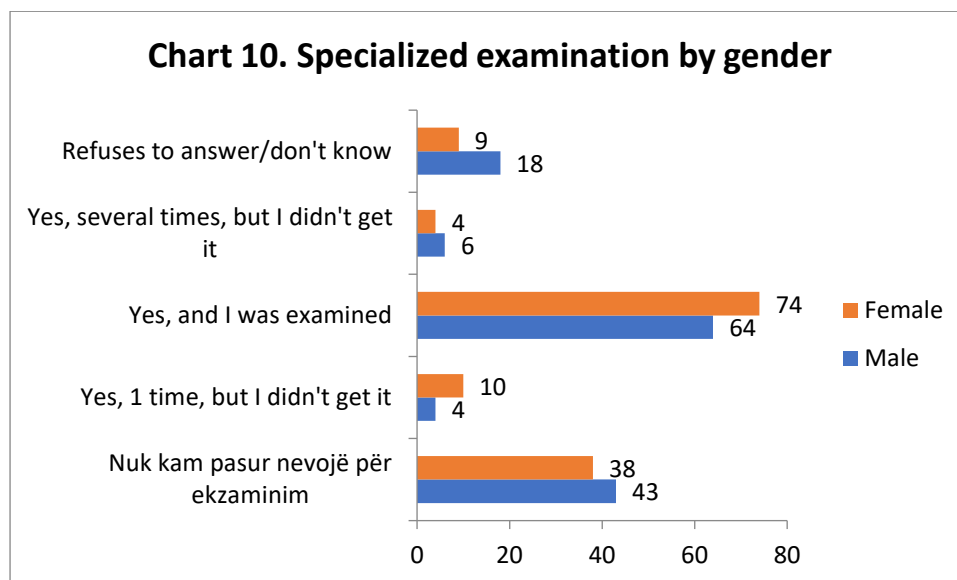
When asked if they feel forgotten by the community, on a scale of 1 to 5: The majority of respondents (32.6%) report a medium level of feeling forgotten by the community, giving a rating of 3, of which about 34% are women and 31% are men belonging to this category. A significant percentage of respondents feel forgotten by the community, giving ratings of 2 (17.0%) and 1 (17.8%). Mostly are people who do not have family or relatives near the area where they live. In total, about 32.6% of the respondents expressed that they do not feel forgotten by the community, without any significant difference between elderly men and women in the municipality of Mat.

Based on an analysis of data on physical or mental illnesses reported by elderly people, the percentage of those who report having a physical or mental illness and expect it to continue for the next six months or a lifetime is similar for both men and women, with about 44.8% of women and 44.4% of men falling into this category. On the other hand, the percentage of those who do not have any such diseases is lower for women (28.1%) compared to men (37.8%). However, there are differences in the percentage of those who refuse to answer or do not know their health status, with a higher percentage among women (26.7%) compared to men (17.8%).

To continue, the percentage of the elderly who needed general medical examinations in the last 12 months is similar for both men and women, reaching about 65.6% for both genders. On the other hand, regarding those who did not need examinations, the percentage is lower for women (14.8%) compared to men (20%). There are differences in the percentage of those who needed 1 examination but did not receive it, with a higher percentage among women (8.9%) compared to men (5.9%). In this category, the percentage of those who needed examinations several times, but did not receive them, is higher among women (5.9%) compared to men (1.5%). Women of this age, since these services are not offered near their residential areas, find it more difficult to travel to distant areas to receive medical care compared to men. That's why there is a difference between the two sexes, since men travel more easily.

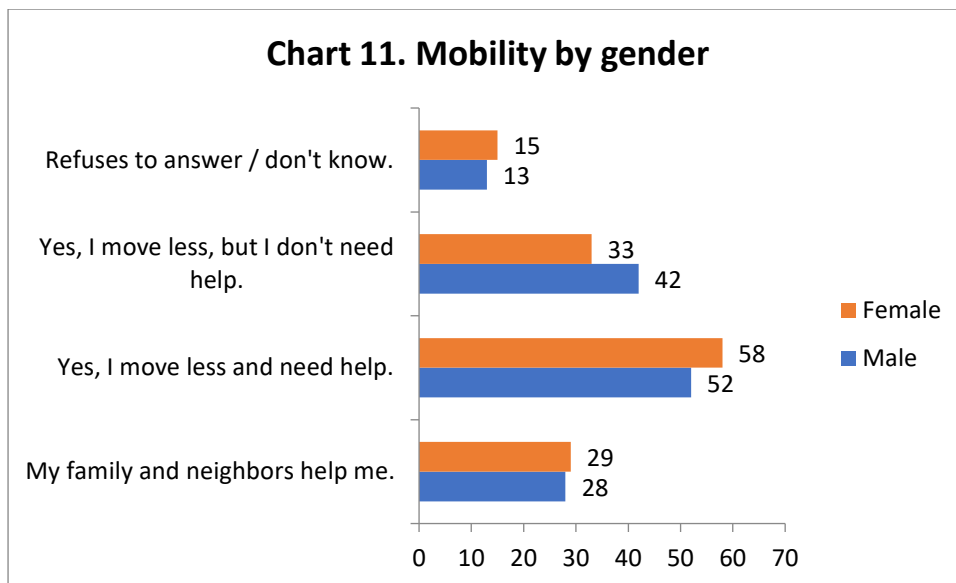
Based on the analysis of data collected in the field in interviews with elderly people, the percentage of those who needed specialized health examinations in the last 12 months is different between men (47.4%) and women (54.8%), reaching about 51.1%

of both genders. On the other hand, regarding those who did not need examinations, the percentage is lower for women (28.1%) compared to men (31.9%). There are small differences in the proportion of those who needed examinations but did not receive them, with a higher proportion among men (7.4%) compared to women (3.0%). In this category, the percentage of those who needed examinations several times, but did not receive them, is higher among men (4.4%) compared to women (3%). However, there is considerable variation in the proportion of those who refuse to answer or do not know, with a higher proportion among men (13.3%) compared to women (6.7%).



The elderly women and men of the municipality of Mat were also asked about receiving examinations or health services when they needed them, resulting in the fact that 90% of them, without any significant difference between the genders, received these services. While 5.2% of men and 7.4% of women report that they did not receive these services when they needed them. It's the same situation as per the general examination, men travel more to receive their health services compared to women. There is minimal difference in the proportion of those who refuse to answer or do not know, with an equal percentage of men (3.7%) and women (3.7%). This analysis shows a high concordance in receiving health examinations or services in case of need between men and women.

Based on the analysis of the data obtained from field interviews, for the majority of respondents, the percentage of those who move less due to their health condition and need assistance is similar for men and women, reaching about 40.7% for both genders. Meanwhile, as for people who move less but do not need help, the percentage is higher for men (31.1%) compared to women (24.4%). The percentage of those who refuse to answer or do not know is higher for women (11.1%) compared to men (9.6%).



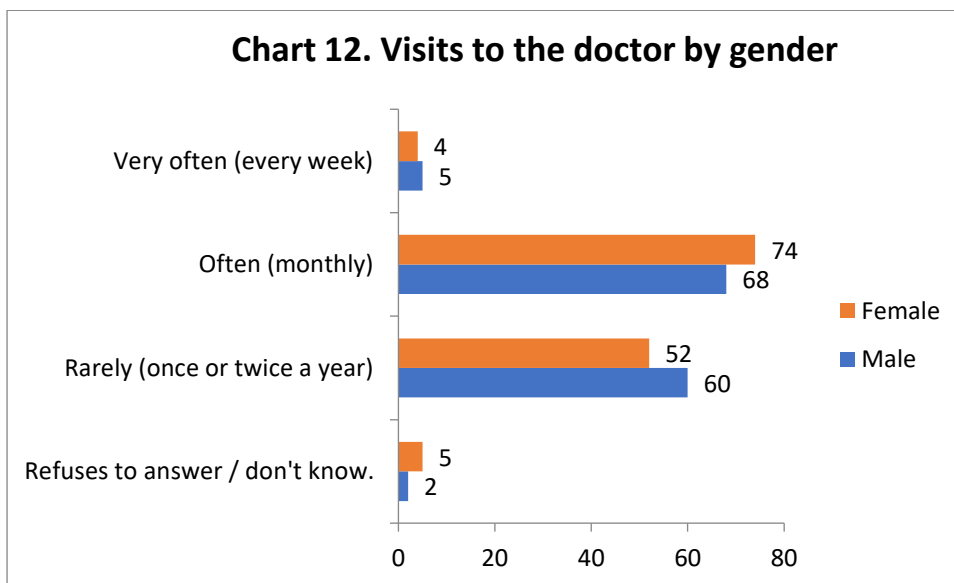
The percentage of elderly people who regularly take more than 4 medicines a day and need help is slightly higher for men (26.7%) compared to women (22.2%). For that group of elderly people who take less than 4 medicines a day and need help, the percentage is higher for women (31.9%) compared to men (28.1%). Meanwhile, 24.4% of the respondents reported that they are helped by family members and neighbors to take the medicine regularly, with a difference of 5 percentage points between the two genders. It is worth analyzing the lack of response by almost 20% of all respondents who refused to respond or did not know how to respond.

Next, the respondents were also asked about the existence of some institutions that provide health services as well as about their distance from their place of residence. The data are presented below:

- **Ambulance:** In total, 56.7% of participants report that ambulances are available at a distance of less than 2km, while 42.2% report that they are available at a distance of more than 2km. There are no significant differences between men and women.
- **Hospital:** About 31.1% of the participants report that hospitals are available at a distance of less than 2km, while 66.7% report that they are available at a distance of more than 2km, and this reporting is mostly found in the interviews carried out with elderly people in the rural areas of Mat municipality. There are no significant differences between men and women. In both categories, most of them report that hospitals are available at a distance of more than 2km.
- **Private clinic:** About 55.6% of participants report that private clinics are available at a distance of more than 2km, with no significant differences between men and women in the distance to private clinics.
- **Physiotherapy services:** About 37.0% of participants report that physiotherapy services are available at a distance of more than 2km, with more women (40%) than men (34.1%) reporting this statement.

- **Ophthalmologist:** About 70.4% of participants report that ophthalmologists are available at a distance of more than 2 km with a difference of 1.5 percentage points between men and women.
- **Center for people with disabilities:** Although there is no center for people with disabilities in Mat municipality, about 30.7% of the participants report that these centers are available at a distance of more than 2km. This comes from taking into account existing centers that may be in adjacent municipalities.
- **Center for adults with Down syndrome:** About 58.9% of participants report that centers for adults with Down syndrome are available at a distance of more than 2km and there are no significant differences between men and women.
- **Gynecologist, Urologist, Dermatologist:** In general, most participants report that these services are available at a distance of more than 2km, with no significant differences between men and women in the distance to these services.

There are about 53% of all respondents who need to visit a doctor almost every month, of whom 54.8% are women and 50.4% are men. While about 42% of them report that they need to be visited by a doctor at least 1-2 times a year, of whom about 44% are men and 38.5% are women who belong to this category. Only 3.3% of all respondents need to see a doctor every week, without any significant difference between men and women.



Based on the gathered data, elderly people's receiving of patronage services by medical personnel is represented in different ways by the survey participants. From a total of 270 participants, 28.5% reported that they have never received patronage services, while 33.7% are not informed about this type of service. On the other hand, 35.2% of the participants reported that they received patronage services. Only a small percentage, 2.6%, refused to answer or do not know if they received this type of service. Regarding the difference between genders, there are no significant differences, as the distribution between men and women is almost similar.

Regarding this service, the respondents were also asked about the quality of the service scored from 1 to 5, where 1 corresponds to 'not



satisfied at all' and 5 corresponds to 'very satisfied'. In total, 64.8% of the participants refused to answer or were not sure about the assessment of this support. While about 18% of them gave the highest score to the provision of this service.

Respondents were also asked if they needed this service (patronage) and 75.2% of them refused to answer, leaving only 17% of elderly men and women in Mat who asserted the need for this service, where 17.8% of women and 16.3% of men state that they are encountering more and more difficulties each day in going personally to the doctor, and is this category that needs the most the patronage service.

According to field interviews, the majority of survey participants (82.6%) say that they receive all necessary health services, of which 83.7% are women and 81.5% are men who affirm this fact.

Next, the respondents were asked which health services were missing, and their responses here highlight the lack of information that this category has regarding the services provided, where 94.8% of them (for both women and men) did not answer this question. While the rest identified some deficiencies in services such as: Cardiologist, ENT, Ophthalmologist, Rheumatologist, etc. It is interesting that 2.6% of them reported that there are no specialized doctors in Mat.

Based on the survey, the needs of this target group in order to make their lives easier are also listed, divided by gender.

Based on the data provided, we can draw conclusions about the influence of gender on the need for health devices and aids. Here are some conclusions:

There are about 84% of the men and 76% of the women interviewed who assert the need for a blood pressure monitor. While a small percentage (3% men and 5.2% women) expressed the need for a toilet wheelchair. Regarding the need for reading magnifying glasses, 37.8% of women and 35.6% of men had this need at the time of the interview.

From the data provided by the field interviews, a significant majority of respondents would like to be able to call someone for help in some activities. 65.6% of women and 66.7% of men expressed the desire to be able to call someone for help.

5.2.4 Assessment of home service needs

Based on the data provided, about 15.6% of the respondents used a hearing aid every day, of whom about 18% of all women affirm this fact compared to 13.3% of men. 21.5% of all respondents use crutches, with a two-percentage-point difference between the genders, where the largest proportion are women. About 8% of them use wheelchairs. While about 45% of all respondents receive services from other people in their daily life, of whom 46% are women and 44% are men.

Respondents were also asked if they could do certain activities on their own without the help of someone else. The analysis shows that:

- **Maintaining personal hygiene:** Women have a higher degree of ability to do this on their own (about 86.7%), while men have a lower degree (about 71.9%).



- **Meal preparation:** Women have a higher ability to perform meal preparation actions (around 77.8%), while men have a much lower percentage (around 28.1%).
- **Moving around the house:** Most of the respondents, both men (about 94.1%) and women (about 95.6%), can do these actions on their own.

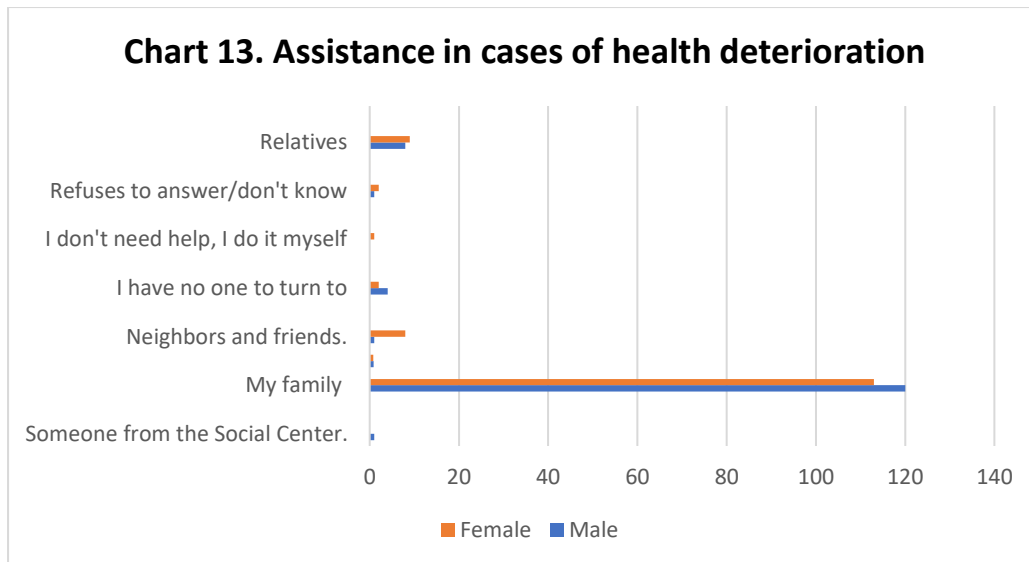
As for the main helper, the husband or wife is the main one for both genders, but the percentage is higher among men (41.5%) compared to women (14.8%). In general, family members provide relatively little help, but the percentage is lower among women (6.7%) compared to men (10.4%). While children provide the greatest help for both genders, the percentage is much higher among women (66.7%) compared to men (39.3%). In general, neighbors provide little help and this is more common among women (3.7%) compared to men (0.0%). There is a similar percentage for both genders, who do not need help in fulfilling their own needs.

The following analysis shows how elderly people (men and women) of Mat municipality usually go to different places. In general, most of the respondents move on foot to go to different places, where 37.8% are men and 40.7% are women. Meanwhile, the percentages of movements by car and public transport are lower compared to movement on foot, and this tendency applies to both genders (19.3% men and 15.6% women). Public transport is used by about 12% of surveyed men and 11% of women. There are about 17.4% of respondents who drive a car, with a difference of 3.7% percentage points more for men who use this means of transport.

Meanwhile, the time needed to arrive at different destinations varies from 5 minutes for 10.4% of all interviewees where men dominate with 3 percentage points more than women. 20.4% of all interviewees need about 10 minutes to arrive at different destinations and about 14.4% of them need about 90 minutes to get different services.

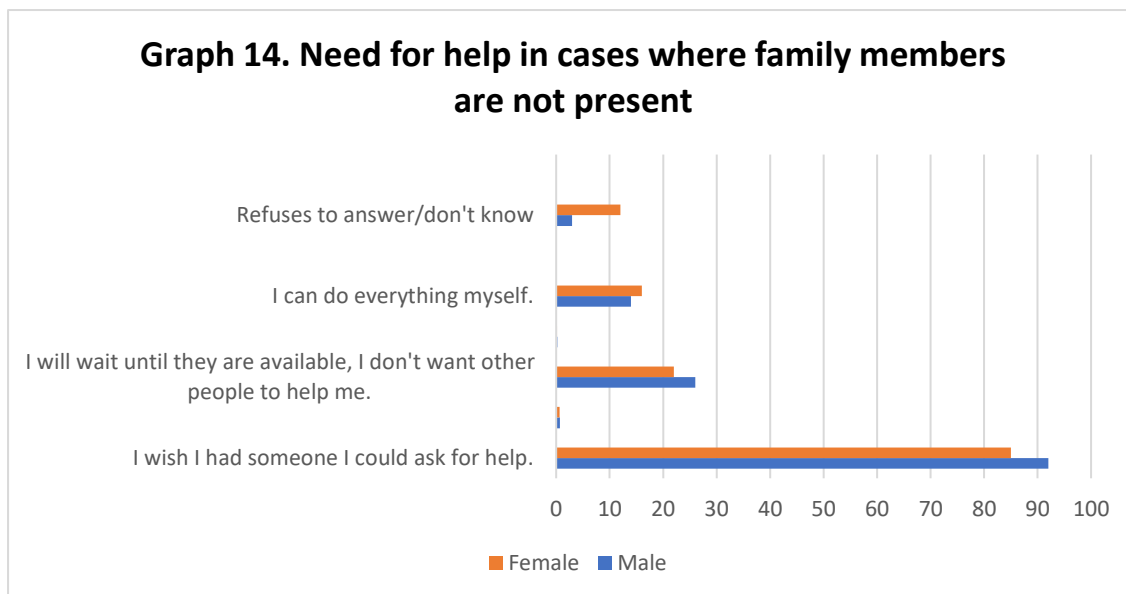
Respondents were also asked about preferences for help with home repairs, by gender. The vast majority, 219 respondents (81.1%) prefer to seek help from their family members, without any significant difference between men and women. While a smaller number of about 7% prefer to turn to their relatives for help. Church/Mosque or Social Centers represent a small part of the interviewees' preferences with only 2.3% of all interviewees choosing these institutions to seek help in cases of need for home repairs.

From the analysis of answers given regarding the need for help in cases of bad or deteriorating health, it seems that the main preference for seeking help is the family for both genders, including 86.3% (about 90% men and 83.7% women) of all participants. On the other hand, a smaller part of respondents prefers to turn to neighbors and friends for help, with a percentage of 3.3%.



The same reaction came from the participants in this study when they were asked who they talk to in case of health or family challenges. 227 (84.1%) out of 270 interviewees reported that they turn to the family, of whom about 86% of women and 82% of men.

The graph below shows that the majority of respondents, 65.6% of the total, prefer to have someone else they can ask for help when the people who usually help them are not present. Meanwhile, a smaller percentage of participants, 17.8%, prefer to wait until they are available and do not want to ask other people for help. There is also a low percentage of participants who prefer to do everything on their own, at 11.1%.

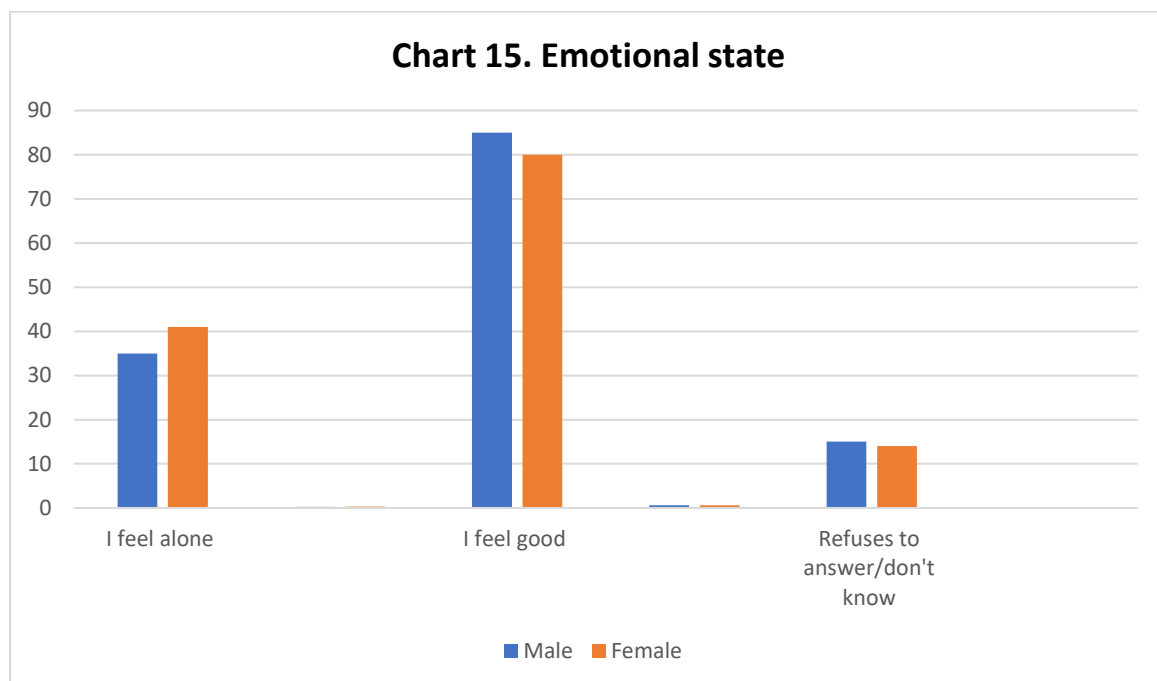


Respondents were also asked if they needed home care and if they would like someone to visit them. The analysis of the answers shows that the majority of interviewees, 47% of the total, (69 are men who belong to this category compared to 58 women) would like to have someone to visit them when they need help at home. A smaller percentage of participants, 25.9%, say that the help they receive from relatives is enough and they do not need additional help. In between, a medium percentage of participants, 20%, say they do not need help, of whom 31 are women and 23 are men.

While a small percentage of participants refuse to answer or do not know, reaching 7%.

Based on the field data on the participants' preferences regarding sharing their residence with a person who would help them with daily activities, we discovered some differences between the preferences of men and women. For the men interviewed, the highest percentage, 38.5%, prefer not to share their home with others, while 20.7% do not consider sharing their residence as an option for daily help but only in cases where they might need it. A smaller percentage of men, 17%, are open to sharing their house with someone who would assist them in daily activities, while 23.7% refuse to give an answer or were unsure. On the other hand, for women, preferences differ. A smaller percentage, 16.3%, do not consider sharing their residence as an option for daily assistance, while 41.5% prefer not to share their home with others. However, a larger percentage of women, 21.5%, are open to sharing their home with someone who would assist them in daily activities, while 20.7% refuse to give an answer or do not know.

Based on the data on participants' feelings most of the time, it turns out that a majority of 61.1% (80 women and 85 men) of all participants feel good. While a smaller percentage, 28.1%, feel lonely, of whom 41 are women and 34 are men. On the other hand, a small percentage, 10.7%, refuse to give an answer or at the time of the interview were not sure how they felt.

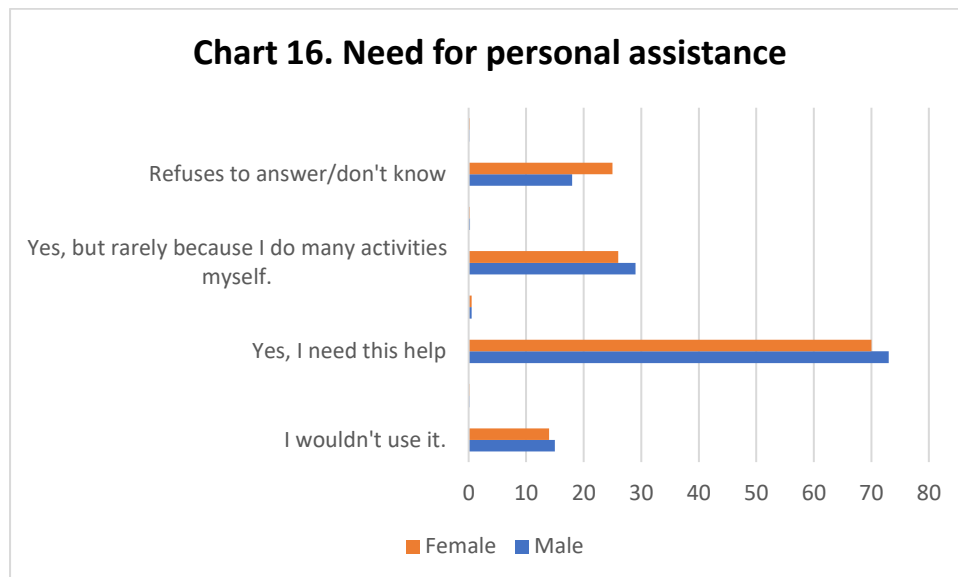


Based on the data on the need for a security system with an "alarm" to call the services in case the interviewees feel unwell, it turns out that a large part of the participants, with 42.2% of the total (48 women and 66 men), see it as a need at their age. Meanwhile, a smaller percentage, 27.8%, would not like to have such a system at home, and even here there are more women (41) who do not want this service compared to 34 men. While a medium percentage of participants, 30.0%, refuse to give an answer or do not know if they would need such a system.

The interviewees were also asked about receiving help and care services at home. The data show that 88.9% of the total do not receive these services. A smaller percentage, 4.8%, admit to receiving help and social services at home. While a small percentage of participants, 6.3%, refuse to give a clear answer or do not know if they receive these services. The 13 participants in the survey (4.8%) who admitted that they received such services at home, listed the municipality, state institutions and social services as providers of these services.

Next, the survey participants were also asked if they received personal assistance services that include help and support to enable independent living and independent participation in the community, as well as carrying out daily activities. Based on the responses of the respondents, most of them, 70.4% of the total, do not receive personal assistance services. A group of 17 participants, or 6.3% of the total, are not informed about this type of service. A group of 42 participants, or 15.6% of the total, do not receive this service, referring to the age over 65 years. A smaller percentage of participants, 5.2% of the total, admit to receiving this personal assistance service. There is no significant difference between men and women in the above responses.

Since most of the interviewees did not receive personal assistance, but also based on the official data of the municipality of Mat that this service is not offered, the participants in the survey were also asked if they would use this service if it were possible. 10.7% of participants would not use personal assistance. 53.0% of participants indicated that they would use personal assistance, as they need such a service. 20.4% of participants said they would use personal assistance, but rarely, as they can do most activities by themselves.

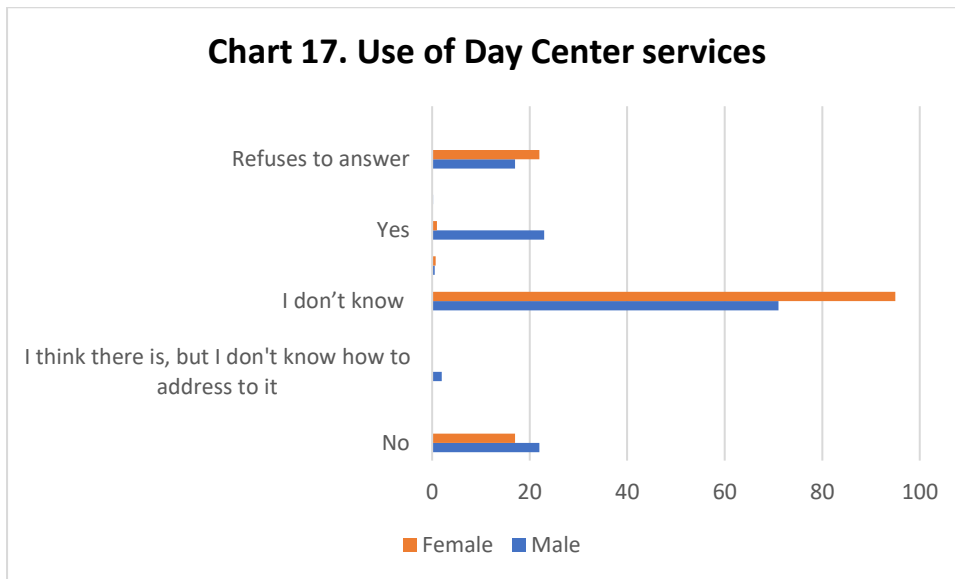


5.2.5 Assessment of the needs for social services in the local community

Survey participants were also asked if there were any places/day centers in the municipality they could go to. Based on the answers of the participants, their percentage is as follows: Only 0.7% of the participants think

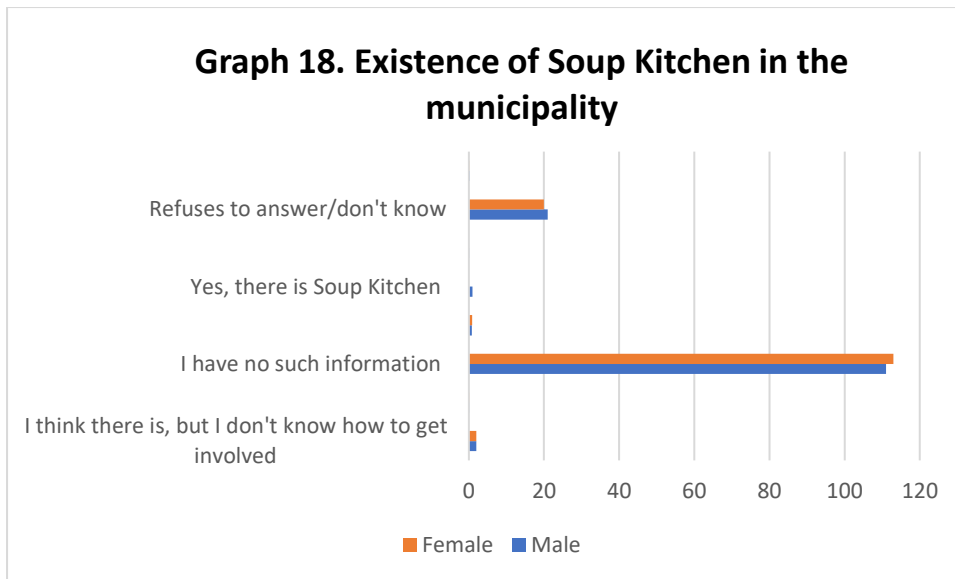
that there is such a place, but they do not know how to address it. Most of them, or 61.5% of the participants, have no information about the existence of such a place in the municipality. 23.3% of the participants confirm that they have a day center where they can stay for a short time, of whom 45 are men and 18 are women who affirm the existence of this center. 14.4% of participants refuse to give a clear answer or do not know if they have such a place in the municipality.

They were also asked if they had ever used the services offered by this center in the municipality of Mat. Based on their responses, only 8.9% of them had used these services. While 61.5% had no idea that such a center existed.

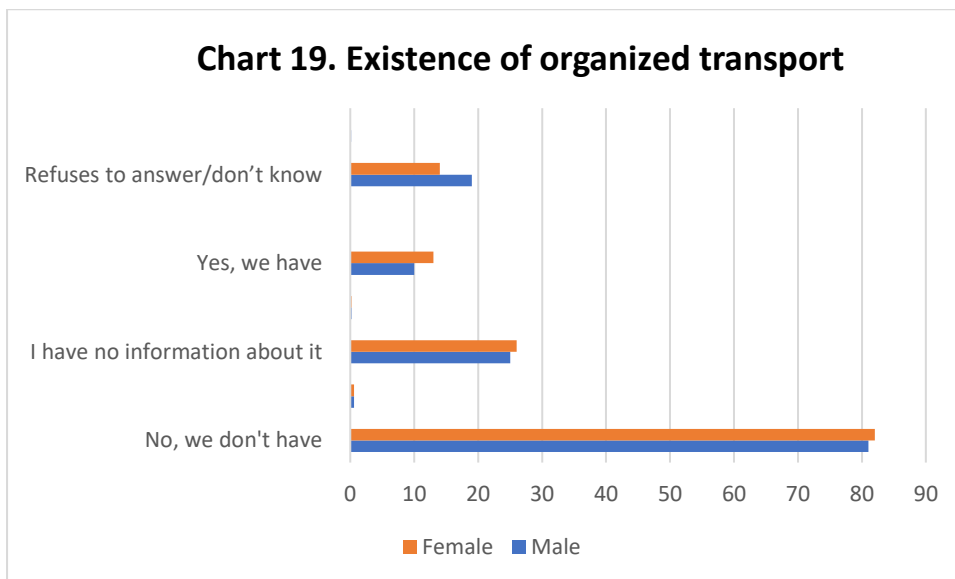


Regarding the question of whether there are clubs in the municipality that provide socialization, entertainment and recreation for the elderly in their free time, the results of the survey show a different distribution of answers according to the gender of the respondents. In terms of percentage, 23.7% of men and 19.3% of women answered positively, even though Mat municipality has officially informed that there are no such clubs. Meanwhile, 63.0% of men and 69.6% of women stated that they do not know about the existence of such clubs in the municipality. Interestingly, when they were asked if they would use the services of these clubs if they existed, 95.9% of them are not sure if they would use them because they refused to answer.

Asked if there is a soup kitchen in Mat municipality where food is served and brought to vulnerable categories of citizens or elderly and feeble people, 83% of the interviewees had no information about the existence of such a place, without any significant difference between men and women who participated in the survey. Officially, in this municipality there is no such institution that can provide meals for people in need.



Elderly people in the municipality of Mat were also asked about the existence of organized transportation by the municipality to ambulances, care centers or clubs/associations for the elderly, or to other community centers. 60.4% of them, without any essential differences between genders, reported that there was no such service from the municipality. 18.9% of them had no information and 8.5% of the interviewees stated that such a service exists.



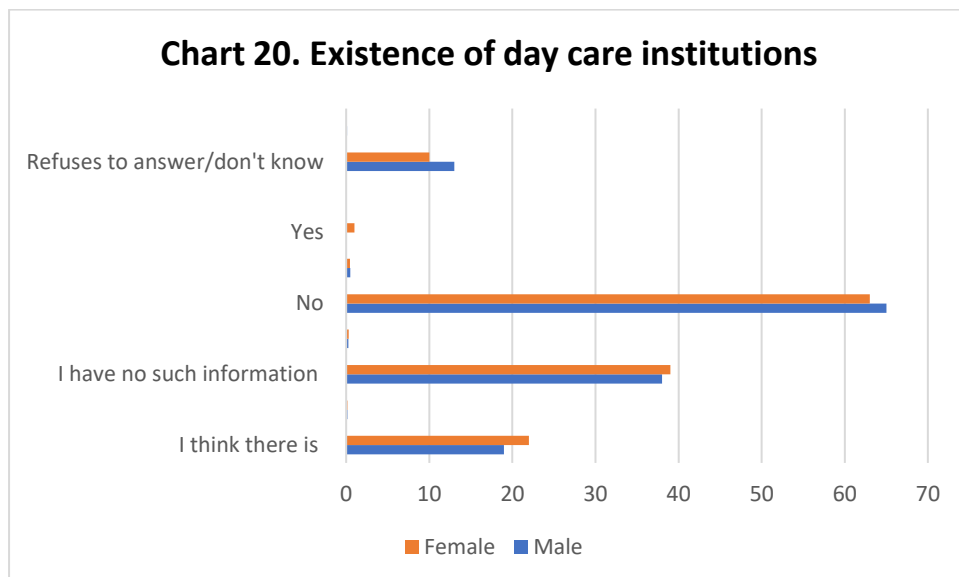
Regarding the need for organized transportation to get to several different destinations, respondents' answers differ depending on their gender.

- About going to the ambulance or to the doctor's office, 10.4% of men and 9.6% of women said yes. On the other hand, a large majority, 60.0% of men and 60.7% of women, stated that no, they do not need organized transportation.
- About going to the hospital, an almost similar percentage of men (10.4%) and women (11.9%) said yes to the need for organized transport. Again, the great

majority of respondents, about 60%, did not express the need for this type of transport.

- About going to other destinations such as: the market, the Red Cross, the bank, or different activities, the percentages of positive answers differ between genders, but the majority of respondents in both genders still declare that they do not need organized transport for go to these destinations.

Asked about the availability of institutions in the municipality that provide day care for the elderly and feeble, the answers of the respondents differ according to their gender. 48.1% of men and 46.7% of women report that there are no such institutions in the municipality. While a smaller percentage, 14.1% of men and 16.3% of women, said that they think there are such institutions. Meanwhile, a significant number of respondents, 28.1% of men and 28.9% of women, said that they are not informed about the existence of these institutions. There are also some respondents who refuse to answer or do not know, but this is a smaller percentage compared to others. There are few elderly people who identify the Day Center as one of these institutions (only 1 person out of 270 respondents).

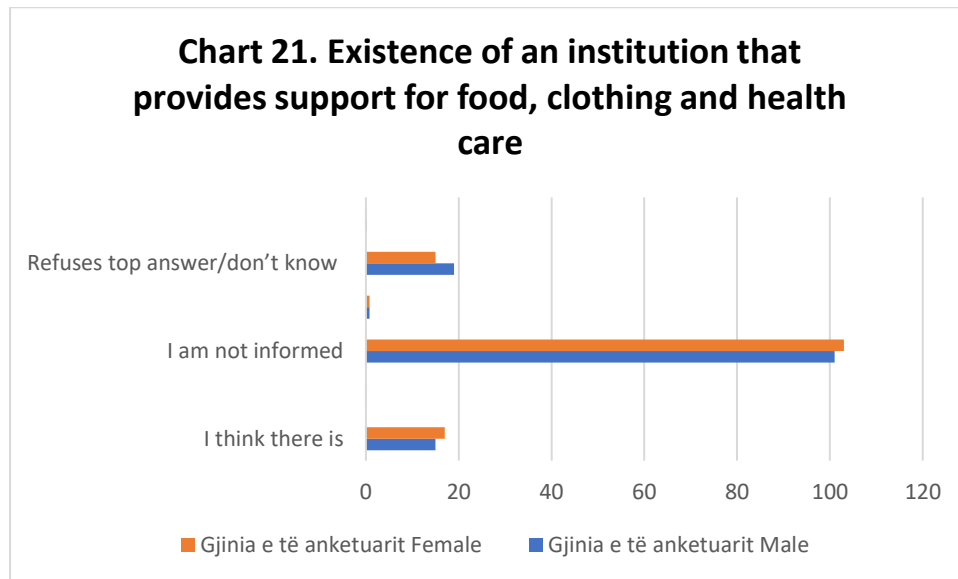


Regarding the availability of institutions in the municipality that provide temporary residence for the elderly, the respondents' answers do not have any substantial differences depending on their gender. A significant percentage of the respondents, 51.1% of men and 50.4% of women, said that there are no such institutions in Mat municipality. While a considerable number, 31.1% of men and 30.4% of women, said that they are not informed about the existence of these institutions. Meanwhile, a smaller but still important percentage, 10.4% of men and 12.6% of women, have expressed the opinion that there are such institutions.

They were also asked whether they would want to use these institutions if they existed. Interestingly, about 76.3% of them (73.3% of men and 79.3% of women) refused to answer this very important question, or did not know how to

answer. Meanwhile, there are about 23.7% who think they would use these services, where the largest number is represented by men who answered positively to this question.

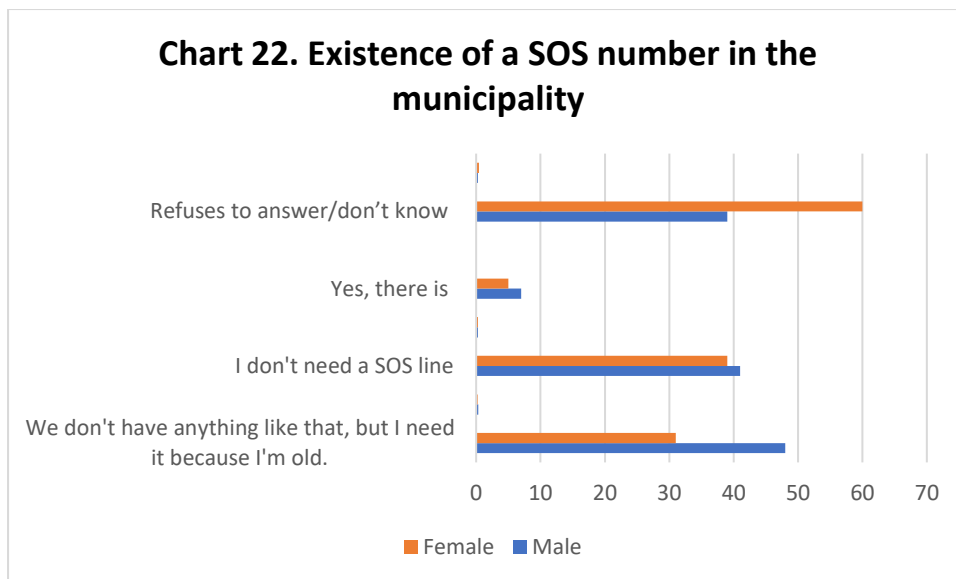
The 270 elderly men and women of Mat municipality who participated in this survey were also asked about the existence of any institutions that provide professional support for nutrition, clothing and health care if a person does not have the conditions for independent living. 75.6% of them, without any significant differences between the genders, indicate that they are not informed about the existence of such an institution, while 11.9% of them think that such an institution exists in the municipality of Mat.



If this type of institution existed, about 64% of the interviewees admitted that they would use it as a service compared to 8.1% of those who would not use it and about 27.8% of the interviewees who were not sure whether they would use it or not.

Regarding whether they have been asked for financial compensation for accommodation and care in institutions for the elderly, the answers of the respondents differ by about 4.4 percentage points according to gender. The largest majority of respondents, 64.4% of men and 60% of women, stated that they did not use the services of institutions for accommodation and care. A smaller percentage, 5.2% of men and 3.7% of women, said that they were not accepted because their pension is small. A small number, 6.7% of men and 7.4% of women, said yes, the services are paid. Meanwhile, a significant percentage, 23.7% of men and 28.9% of women, have refused to answer or do not know what their status is in this regard.

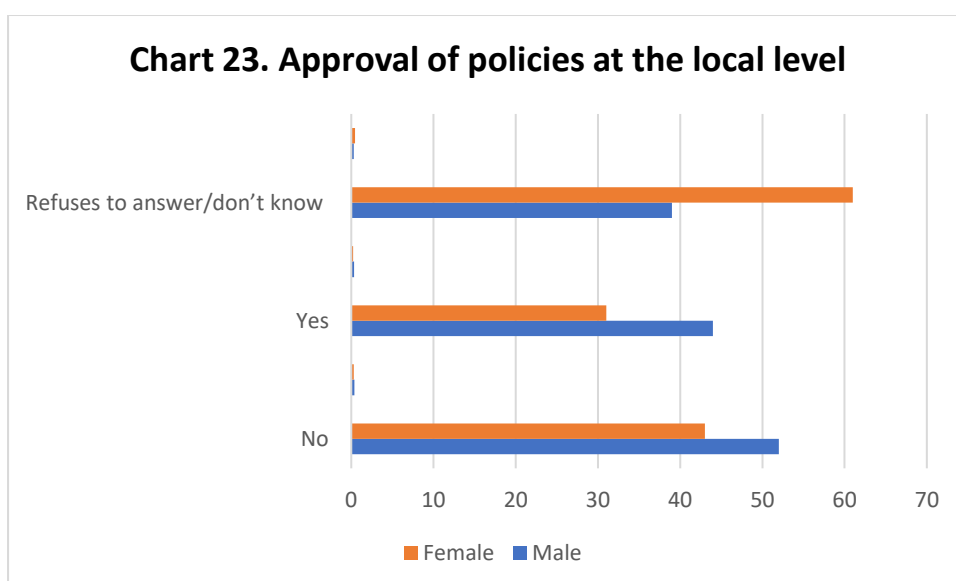
Asked about the availability of an active phone number in the municipality (SOS line), the respondents' answers differ according to their gender. 35.6% of men and 23% of women stated that they do not have an SOS line in the municipality, but they need it because they are elderly. A significant number, 30.4% of men and 28.9% of women, said that they did not need an SOS line.



5.2.6 Governance – Risk Factor

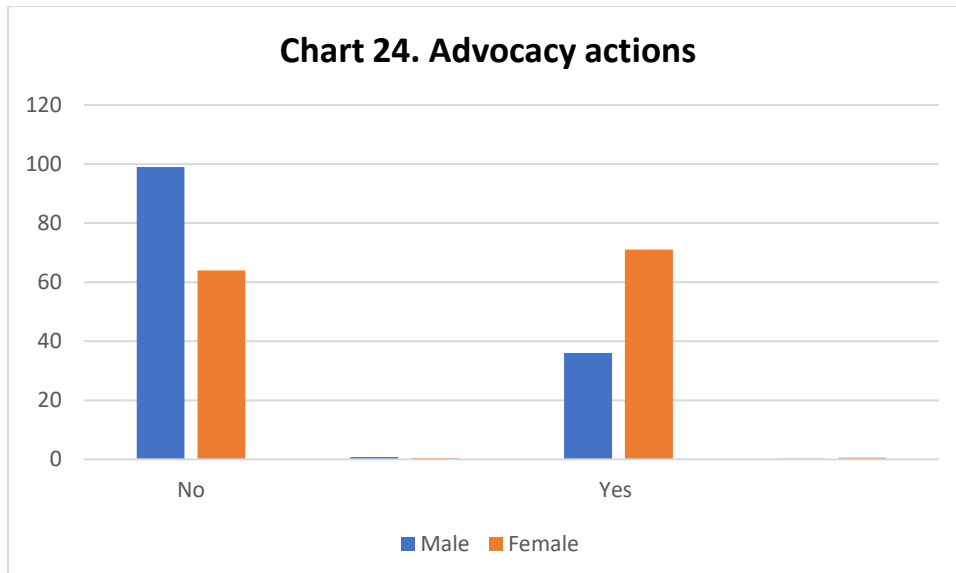
Elderly people in the municipality of Mat were also asked if they followed the latest political developments in the country, and respondents' answers differed by gender. 21.5% of women compared to 3% of men reported that they never followed political developments in the country. Meanwhile, similarly more men (54.8%) than women (22.2%) reported that they follow political developments in the country.

Asked if they were aware of the adoption of policies at the local level in the last three years which were of interest to them as pensioners and/or elderly people, it turns out that 27.8% of the interviewees were aware of these new policies. Among them, 23% of women and 32.6% of men answered this question positively. Meanwhile, there are about 32% of women and 35% of men who report that such policies have not been adopted in the municipality of Mat in the last three years.



Regarding the actions taken (meetings with representatives of various institutions) to speak and protect their interests, women have a higher

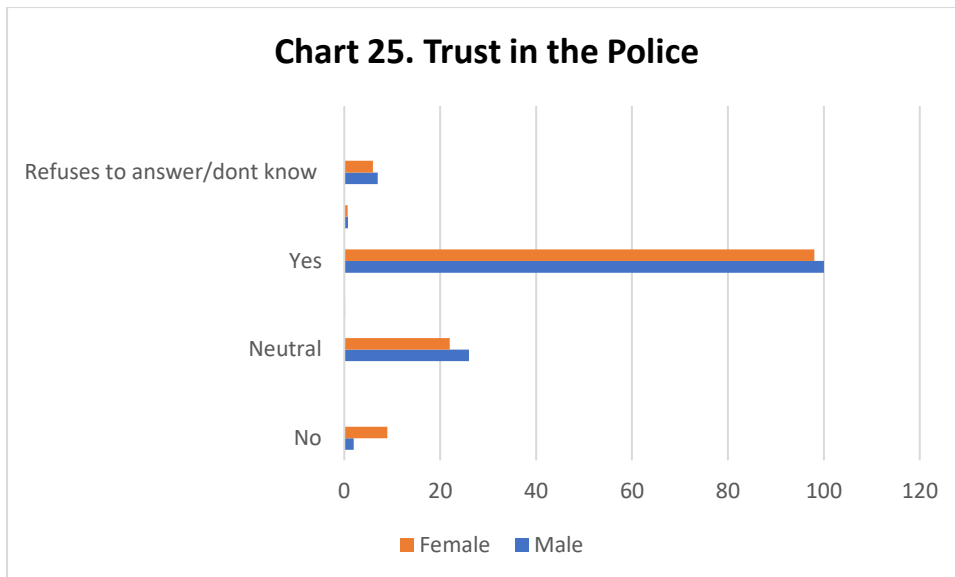
tendency not to meet with the deputies of the area compared to men (88.9% against 70.4%). Even in the meetings with members of the municipal council of Mat, 65.9% of men and 85.9% of women report that they have never carried them out. The tendency seems to be the same for meetings with the mayor. There are about 47.4% of men and 73.3% of women who have not taken any action to speak or defend their rights.



269 out of 270 respondents had never sent a letter to the municipality to advocate for their rights or participated in any protest. Meanwhile, none of the 270 people surveyed have signed any petition to advocate for their rights.

Next, elderly people in the municipality of Mat were also asked about their trust in various institutions. 47% of respondents had trusted the institution of the President, but women have a higher percentage of distrust in this institution compared to men (18.5% versus 9.6%) While 59.3% of respondents trusted the Government, here too women have a higher percentage of mistrust compared to men, specifically 15.6% versus 7.4%.

About 81% of respondents trusted the Mayor of Mat, of whom 74.8% women and 87.4% men in total. 61.9% of respondents trust Public Institutions of local self-government, where women show a lower percentage of trust with 70.4% compared to 53.3% of men. About 73.3% of all respondents trust the police, without any significant difference between genders.



5.2.7 Discrimination - Risk Factor

Regarding the perception of whether the rights of elderly people are respected in the country, the data show that only 39.6% of men and 53.6% of women believe that these rights are respected.

When asked if they had felt discriminated against in the past 12 months, around 18% of women and 7% of men admitted that they had felt some form of discrimination, but could not explain it further. One of the reasons for this difference in perceived discrimination between men and women is the women's lack of access to the services of the day center. However, most of the elderly people feel discriminated against when using intercity public transport. Apart from community communications, none of the elderly who had experienced discrimination at least once had reported it.

Elderly women in the municipality of Mat feel excluded in relation to the use of the services of the day center, since these services only benefit men.

When asked if they felt protected in situations where they could be denied rights because of age, 46.4% of women and 68.8% of men felt protected. Elderly people in the municipality of Mat had no information about the existence of institutions that can protect them from discrimination, such as the institution of the Commissioner for Protection from Discrimination.

5.2.8 Vulnerability to Shocks – Risk Factor

Regarding the impact of the appearance of the new virus on daily activity, the results show that a majority of 88.9% of respondents (87.4% men and 90.4% women) agree that the appearance of the virus affected their daily activities and isolated them in their homes. About 35.9% of respondents (without any significant difference between genders) also lost contact with family members and this affected them in the long term. The pandemic has significantly affected the financial side of the interviewees, the consequences of which they are still suffering today, and also the pension was not enough to cope with such a situation. 91.5% of all



respondents did not have savings at that time to cope with the situation and do not have savings even today, if such a situation were to return.

59.3% of them (56.3% women and 62.2% men) borrowed money during the pandemic, and some of them continue to pay those debts.

The interviewees in Mat municipality were also asked about their perceptions of security in their place of residence. Analyzing the data shows that 20% of the respondents live alone and are afraid of someone breaking into their home, of whom about 20% are women and 14% are men who belong to this category.

86.7% of respondents, without any essential difference between genders, admit that their neighborhood is safe and they are not afraid to live there. Meanwhile, about 38.9% of respondents (37% men and 40.7% women) need some additional security equipment (cameras, locks, sensor lights, alarms, etc.) to feel safer.

Next, 47.4% of the interviewees report that there has never been a theft in their residential neighborhood (52% men and 43% women), while about 27% of them have admitted that there have been thefts in their residential neighborhood before. About 12% of men and 8% of women indicated that their friends have been attacked by a burglar who broke into their home.

Only 34% of the respondents admitted that their children visit them but it is not enough for them to feel safe and they want someone to stay with them all the time. Here women dominate with 36.3% compared to men with 31.9%. While there are 51.5% of the respondents who report that the children do not visit them to make them feel safer. According to the interviewees, the police should patrol the area more often (about 62% of respondents, without any significant difference between genders).

All 270 elderly people interviewed in Mat municipality were also asked how they would react in the event of a natural disaster (earthquake, flood, fire, etc.). 92.2% of respondents, more men than women by 2.2 percentage points, reported that they could address children. About 74% of them (71.9% men and 76.3% women) reported that they could also turn to friends. However, there are about 23%, regardless of gender, who reported that they had no one to turn to and expect the municipality to help them. Meanwhile, there are about 23% of those interviewed (25.2% men and 21.5% women) who hope that in the event of a natural disaster it will be the Red Cross that can help them.

6. Analysis of Focus Groups - Elderly Persons

During focus group meetings with the elderly, a sense of pessimism was expressed about their living conditions, despite occasional visits from their children. Many of them live alone or with their spouses.

They unanimously agreed that pensions are insufficient, especially given the rising cost of living. Their social life is limited and dull due to the lack of activities for the



elderly. They expressed that the municipality lacks services for the elderly, except for the day care center, for which they were grateful but wanted additional benefits.

The women present expressed the need for a special environment where they could spend their time during the day. The day center is not frequented by women due to its small space and the presence of men throughout the day. They would prefer a separate environment for women so that they are not prejudiced by the surrounding mentality.

Home health care services were consistently requested by all participants, as many of them are alone and without income. Those who live alone without children nearby have different needs, as they often struggle with activities such as grocery shopping or cleaning the house, especially those with limited mobility, making social life seem out of reach.

Another need highlighted during the meeting was to provide a free meal where many elderly people, especially those living alone and without income, can benefit and feel appreciated. Many of them are still active, despite being retired, but lack engagement, leading to feelings of loneliness and emptiness, which reduce the quality of life. They want the municipality to engage them in various activities to feel useful.

All the participants, especially the women, enthusiastically remembered the "Crafts Fair" activity, where the grandmothers were engaged in handicrafts and were awarded prizes, leaving them with a positive feeling. Recreational activities, walks or trips, basic health care services and other services that can be provided by a volunteer organization from the municipality are the main requirements of elderly people in the municipality of Mat.

Main demand: *Implementing gender-specific daily activities for women in the day center, providing opportunities for craft fairs and exhibitions, improving health services and increasing pensions and financial assistance.*

7. Conclusions and Recommendations

Based on the extensive information provided above, the main conclusions and recommendations for the Municipality of Mati are presented below:

Improving the socio-economic status and working environment for the elderly:

- Municipality of Mat should interact with the regional employment office to create new employment opportunities for the elderly in need and able to work, thus improving their economic situation.
- The Mat municipality could provide additional financial assistance for the elderly with the lowest income, including exemption from municipal taxes.



Improving social and health services for the elderly:

- The establishment and expansion of social and health services, including an integrated package of services for the elderly in need, is essential to address their specific needs.
- The capacities and quality of health and social services must be improved to ensure access and appropriate care for the elderly, including the possibility of residential service for those who cannot move easily.

Increasing social and economic inclusion:

- The organization of social and cultural activities for the elderly and their involvement in decision-making processes and similar activities are important to increase the sense of inclusion and improve their social life.
- Measures to combat discrimination and awareness of environmental hazards are essential to ensure a fair and protected environment for the elderly, especially those living in rural areas.

Improvement of governance and local structures:

- Mat Municipality should engage in improving the capacities of the staff and the services offered in the day center, as well as promote cooperation with local actors to guarantee effective support for the elderly, especially for elderly women.
- It is important to ensure a special focus on improving the infrastructure of health and social support for the elderly in rural areas, guaranteeing easy access and high quality of services for this population group.

Key detailed recommendations

Recommendations for improving socio-economic status (LNOB – risk factor)

- The municipality of Mat should interact with the regional labor office in order to look at the possibility of engaging in work those elderly people who have not reached the retirement age and are able to work, thus increasing the economic income of the family.
- Integration of social services for all elderly people living in Mat municipality, especially for elderly people living in remote areas.
- The Government of Albania should continue the review of the calculation of the old age pension for the elderly who benefit from this status.
- Expanding the basket of social services, offering an integrated package of services for the elderly, especially for the category of the elderly who also have disabilities.
- Mat municipality should develop special programs to provide economic assistance to elderly people in need. These programs may include assistance with medical expenses, rental bonus assistance, or assistance with purchasing food and essential items for those elderly people who live alone and are at the poverty line.



- Designing a comprehensive basic health care package tailored to the specific needs of the elderly and ensuring that personnel are adequately trained in its use, including the provision of specialized physician services.
- Providing mobile service to support the elderly in cases where they need to receive specialized health services far from the residential area.
- Providing health services at home for people who cannot move to go to a health center or hospital.
- Mat Municipality should improve the access and quality of health and social services for the elderly, such as investments in the health infrastructure, improving health centers and providing additional services for the elderly in need.

Recommendations related to geography (LNOB – risk factor)

- Administrative units in cooperation with health centers and social services should act in identifying the needs of elderly people in rural and isolated areas.
- Mobile outreach services can be designed, which visit rural areas once or twice a week, in order to improve the access of rural elderly people to such services.
- The municipality should ensure that psycho-social services for the elderly with disabilities in rural areas are functioning well.
- Mat Municipality should organize education and awareness campaigns for the elderly regarding environmental hazards in rural areas and ways to protect themselves from those hazards.

Recommendations regarding governance (LNOB – risk factor)

- The organization of fairs or similar social activities and the involvement of the elderly in the organization and participation.
- The Municipality of Mat should look at the possibility of engaging elderly women in the production of handicrafts (weaving and the like) and the possibility of selling them in the surrounding areas.
- Mat Municipality should take measures to organize the Day Center in a friendly and suitable environment for men and women.
- Increasing the number of staff and the number and quality of services currently offered at the Day Center.
- Increasing the capacities of the day center staff in the service of the elderly.
- Providing various social, health and educational services for elderly women at the day care center.
- Ensuring that health and public institutions are equipped with logistics and accessible facilities for elderly people who also have disabilities.
- Increasing the capacities of municipal staff (including social administrators in administrative units and Needs Assessment Units) for the design, implementation and monitoring of programs for the elderly.
- Increasing the capacities of the Municipality's structures, in areas that include the administration and monitoring of the Economic Assistance scheme for the elderly.
- The institutionalization of the cooperation of the Municipality of Mat with providers and local actors that focus on disability.



- Providing training and information for the responsible staff of the local government to increase their professional capacities in the service of elderly people who also have disabilities;
- Continuous training of social and health workers on how to treat elderly people.
- Psycho-social support for elderly people who also have disabilities or the first signs of dementia;

Recommendations regarding discrimination (LNOB – risk factor)

- Implementation of anti-discrimination policies and awareness campaigns to fight stigma and for the inclusion of elderly people, especially older women, in social and cultural life.
- Organization of social activities for the elderly for their socialization and integration into society.
- Increased attention to the inclusion of elderly people from rural areas in the social life of the Mat municipality.
- Establishing support programs for elderly people who also have disabilities.

Recommendations regarding vulnerability to shocks (LNOB – risk factor)

- Effective disaster or pandemic preparedness plans for older persons and support mechanisms to address their unique needs.
- Mat Municipality with the support and cooperation of Health Centers should develop programs for monitoring health conditions in rural areas and identifying potential risks for the elderly.
- Mat Municipality must take measures and continue the implementation of the National Civil Emergency Plan for the protection of the elderly in cases of natural disasters.

Recommendations for the day care center

- Adaptation of the day care center in friendlier environments and with appropriate conditions (heating, air conditioning, material base, logistics for the elderly with disabilities, television with channels suitable for the elderly, computer and internet)
- Adaptation of the day center in separate premises between men and women.
- Adaptation of the services of the day care center according to the needs of elderly people, including the increase of visits by specialized doctors at this center.
- Specific programs and services delivered by the day care center for the elderly could include regular health screenings for blood pressure, glucose levels, etc.;
- Support groups and educational sessions for chronic diseases;
- Mental stimulation activities such as games, exercises, or book clubs; social and recreational activities such as arts and crafts trainings;
- One-on-one and group psychological counselling services; as well as collaboration with local schools to organize visits from youth groups.
- Increasing the number of day center employees and their relevant training according to the areas they cover.



- The training of the staff of the day care center must be continuous and in accordance with the needs of the elderly people who attend the center.

7.1 Plan for communicating the conclusions and recommendations of the Social Mapping

The Gender Alliance for Development Center in cooperation with the Association for Local Autonomy has been in constant communication with the Mat municipality throughout the Social Mapping process. Also, the primary findings from this mapping have been presented at various meetings.

Following the Social Mapping Report, several meetings are planned with representatives not only of Mat municipality as an institution, but also with other interested actors to present the results of this report and to advocate for the inclusion of some of them in the budgets of Mat municipality. A presentation will also be carried out in one of the meetings of the Municipal Council at this municipality.

The cooperation established with the municipality of Mat for the development of this project has been very good and positive, so it will be advocated for the inclusion of some recommendations in the social plan for the revision of the budget for their financial coverage during the planning for the 2025 budget.

Special focus will be on the development of the Day Center and the provision of services for the elderly women of Mat municipality, who currently do not benefit from any services from this center.



8. Recommendations in line with the SDGs (Sustainable Development Goals)

Identification of problems	SDG ¹⁰	Effect (medium; low; high)	Specific target	Indicator	Key institutions
<p>Elderly people in the Mat municipality, especially those who live in rural areas, have great socio-economic difficulties. More than half of the people surveyed live with an income base of 10,000-20,000 ALL, which is even lower than the legal minimum wage. Many of the elderly do not benefit from economic assistance or other support from the local government. The burden of paying for non-reimbursable medicines as well as traveling to receive specialized health services in cities far from their place of residence adds</p>	<p>SDG 1 No poverty – End poverty in all its forms everywhere.</p>				
	<p>Recommendation 1. Increasing economic assistance: The Municipality of Mat should improve economic assistance programs and policies for the elderly in need, including financial aid and food packages to cover the basic needs of the elderly with low income.</p>	High	<p>Target 1.3: Implement nationally appropriate social protection systems and measures for all, including floors, and by 2030 achieve substantial coverage of the poor and the vulnerable.</p>	Percentage of elderly people who benefit from economic assistance	Mat Municipality
	<p>Recommendation 2. Reimbursement of transportation from the</p>	Medium		Percentage of elderly people who benefit	Mat Municipality

¹⁰Këtu ju lutemi specifikoni se cili OZHQ është prioritet. Përfshini 3 deri në 5 OZHQ prioritare të cilat vënë në dukje fushat përkatëse të politikave ku jepen rekomandimet dhe sipas grupit LNOB.



<p>significantly to their financial struggles.</p>	<p>municipality for the elderly who travel to other cities to receive specialized health services.</p>			<p>from the transportation reimbursement program.</p>	
	<p>Recommendation 3. Reviewing and continuing the increase of retirement pensions</p>	<p>High</p>		<p>Increase of elderly people's quality of life.</p>	<p>Albanian Government</p>
<p>The elderly of Mat municipality suffer the consequences of a lack of specialized doctors in this municipality. This leads to deterioration of their health or in the best cases, heavy financial burdens to travel to other municipalities to receive these services. The elderly of Mat municipality who have disabilities do not have any specialized service that can help them in their daily life. Elderly people in this municipality need medical assistance at home due to inability to move.</p>	<p>SDG 3. Good health and well-being – Ensure healthy lives and promote well-being for all at all ages.</p>				
	<p>Recommendation 1. Increasing medical personnel at the Burrel Hospital, with the necessary specializations for elderly people.</p>	<p>High</p>	<p>Target 3.8: Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential</p>	<p>Increase of specialized services at the Mat municipality hospital and consequently, increase of services for elderly people.</p>	<p>Albanian Government Ministry of Health and Social Protection.</p>



			medicines and vaccines for all.		
	<p>Recommendation 2. Putting into operation the moving service and home visits for elderly people who are not able to go to hospitals.</p>	High		Increased number of elderly people who benefit from specialized medical services, consequently better health for this target group.	<p>Mat Municipality Hospital,</p> <p>Mat Municipality</p> <p>Ministry of Health and Social Protection</p>
<p>The elderly of Mat municipality, especially women and people living in rural areas, have little or no access to social and cultural services in order to be integrated into society. The day center of this municipality does not offer comprehensive services, due to limited capacities in funds and people. This center is not frequented by elderly women.</p>	<p>SDG 10. Reduced inequalities – Reduce inequality within and among countries.</p>				
	<p>Recommendation 1. The Municipality of Mat should invest in increasing the capacities and services offered by the Day Center for the Elderly. This includes increasing funding to provide more appropriate services for the elderly, including</p>	High	<p>Target 10.2: By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin,</p>		<p>Mat Municipality</p> <p>Ministry of Finance and Economy</p> <p>Ministry of Health and Social Protection</p>



	social programs, cultural activities and/or periodic medical check-ups.		religion or economic or other status.		Various donors
	Recommendation 2. Develop training programs for day center staff to learn new ways to involve and support elderly people, especially elderly women and people living in rural areas.	High			
	Recommendation 3. The municipality should organize awareness campaigns for the elderly, especially elderly women and people living in rural areas, regarding the importance of social and cultural participation in society.	High			