

Older People

We support them in undertaking new activities, such as teaching, learning, helping and bringing their values to society as a whole

Carmen's history

Carmen. 82 years old. Barcelona
"All this gives you a bit more life."

My name is Carme Vila. I'm 82 years old. I was born in Barcelona and I've always lived in Barcelona. I got married and had 5 children... which is very satisfying for me. It is what fulfils me. Otherwise, I'm alone, my husband died many years ago, and it is sad to be completely alone. At least I've still got the pleasure of my children and brothers and sisters. Then this from "la Caixa" came up.....and I'm very pleased, because, like it or not, it helps you to lead a more active life and to see things from another point of view. And I take full advantage of it because it forces you to be more active, to go out more, to want to go out more. I think that it's something absolutely necessary for us elderly people. I am happy to come here because it always helps, seeing other people because really, in the neighbourhood and at home you shut yourself in a lot. You already know these people and when you go out in the street, you meet them and chat a bit and all this gives you a bit more life because I've lived in this area for many years, but being able to get out more to see it's important not to shut yourself away at home