

Development of training programs and manuals/methodologies and providing training on active aging through life story telling methods for seniors and specialists

Interreg VI-A Latvia-Lithuania Programme 2021-2027
project LL-00059 “Promotion of Active and Healthy Aging”/Active Aging

Program “Active Aging” (32 h) for seniors

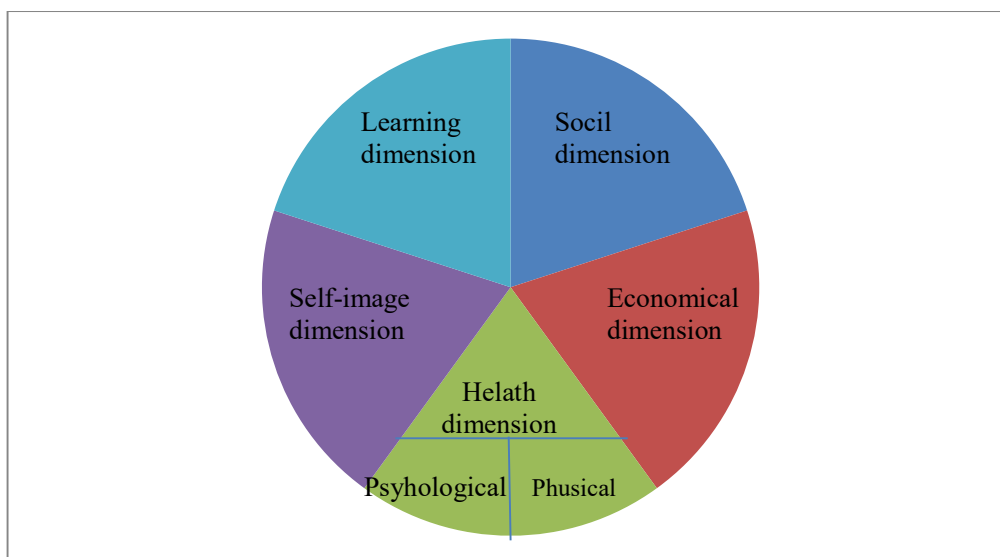
Program goal: Prepare seniors for a better understanding of the possibilities and challenges of active aging by inspiring self-directed understanding of opportunities to improve their quality of life.

Achievable results:

- Understanding the individual psychological and physical characteristics of the aging process;
- Understanding the importance of active aging as a planned and managed process in creating a positive individual experience.

During the program implementation, basic information about the active aging process is provided within 5 dimensions, with the health dimension divided into 2 sub-dimensions (physical and psychological). Within this program, 3 priorities are set for each dimension, which can be changed and adapted to specific individual or group work with seniors in various contexts.

5 Dimensions of Active Aging:



Program content:

No.	Dimension	Priorities
1	Social	social contacts; participation in society; social security
2	Economic	activity level; income level; support measures
3	Health	aging process – chronological, biological, social, psychological; health status; health prevention
3.1	Psychological sub-dimension	quality of mental processes; psychological comfort and discomfort; emotional intelligence
3.2	Physical sub-dimension	mobility opportunities and limitations; physical activities; support opportunities
4	Self-image	senior's self-image; habit analysis; values and time planning
5	Learning	brain training methods; acquiring new skills; sharing experiences

Class schedule:

- Number of training sessions – 8.
- Duration of training sessions – 32 academic hours (1 academic hour – 45 minutes).

Thematic plan of the program sessions:

No.	Topic	Number of hours	Methods	Achievable result
1	Social dimension: social contacts - changes in social roles and new identities; changes in the circle of social contacts; support opportunities; changes in the sense of belonging; changes in family structure and dynamics; participation in society - opportunities for active involvement in society; use of technology to enhance community participation and access to information services; safe and accessible living environment, services, and surroundings; social security - access to quality social services, their adequacy to people's needs; opportunities to influence the quality and offer of services.	3	mini-lecture; discussion; situation and task analysis;	understanding of changes in social contacts, the importance of participation in society, and social security opportunities in senior age
2	Economic dimension: activity level - employment opportunities; opportunities to retrain and obtain	3	mini-lecture; discussion;	understanding of employment opportunities, the

No.	Topic	Number of hours	Methods	Achievable result
	flexible working conditions; income level - financial management and consultation opportunities; financial literacy for economic security; economic participation by engaging in entrepreneurship; social participation - participation in public organizations and groups; support measures - health care financing opportunities; housing availability and suitable solutions; transportation availability to ensure mobility and access to various activities.		situation and task analysis;	importance of financial management and literacy, and the availability of various support measures for seniors
3	Health dimension: aging process – chronological, biological, social, psychological; health status - vision, hearing, digestion, bowel movements, teeth, muscles, bones, joints, nervous and vascular system; health prevention *nutrition - changes in physiology and nutritional needs; principles of healthy eating; oral health; recommendations for health changes; *movements - covered under physical dimension; *medications - reminder to use as per doctor's instructions).	4	mini-lecture; discussion; situation and task analysis;	understanding of the aging process and changes in health status, as well as prevention opportunities for seniors
3.1	Psychological sub-dimension: quality of mental processes - general trends in memory, thinking, perception, emotion, and nerve activity changes; changes in abilities and intellectual activity; benefits and challenges in senior age; differences between normal aging and aging with dementia; - psychological comfort and discomfort – loneliness, sexuality, health problems due to exclusion and social isolation; stress management and behavioral manifestations; the dilemma of life's meaning; - emotional intelligence - awareness and expression of emotions;	7	mini-lecture; discussion; situation and task analysis;	understanding of changes in the quality of mental processes, possibilities to reduce psychological discomfort, and opportunities to enhance emotional intelligence for seniors

No.	Topic	Number of hours	Methods	Achievable result
	opportunities to enhance emotional intelligence.			
3.2	Physical sub-dimension: mobility opportunities and limitations - falls and their prevention, gait disorders; physical activities - daily activities, aerobic activities, strength, flexibility, balance, coordination exercises; support opportunities - promoting independence, self-care; environmental adaptation.	6	mini-lecture; discussion; situation and task analysis; activity tasks	understanding of mobility opportunities and limitations, physical activities, and support opportunities for seniors
4	Self-image dimension: senior's self-image - changes in self-image in senior age; acceptance of new social roles; emotional and psychological support; opportunities to strengthen self-image; habit analysis - analysis of communication, behavior, thinking, and perception; social and emotional habit analysis; values and time planning - dimensions of senior values; interests; daily stability, structure, and flexibility; setting priorities and time allocation for various activities; self-care, rest, personal growth.	6	mini-lecture; discussion; situation and task analysis;	understanding of changes in self-image and opportunities to strengthen it, the impact of various habits on quality of life, and the possibilities of values and time planning for better well-being of seniors
5	Learning dimension: brain training methods - cognitive and digital games and tasks; creative activities; memory training techniques; acquiring new skills - neurobiological basis of skill acquisition; opportunities to develop digital, creative, language, physical, practical, technical, and craft skills; sharing experiences - self-assessment and sense of meaning; cognitive stimulation; social interaction; sense of belonging, significance, and usefulness; types of activity opportunities.	3	mini-lecture; discussion; situation and task analysis; activity tasks	understanding of the importance and opportunities for acquiring new skills, the applicability of brain training methods, and the usefulness of experience-sharing activities in promoting better well-being for seniors

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