

Development of Training Programs and Manuals/Methodologies and Provision of Training on Active Aging, Life Stories, and Storytelling Methods for Seniors and Specialists

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

Training program "Active Aging" (32 hours) for social workers and specialists

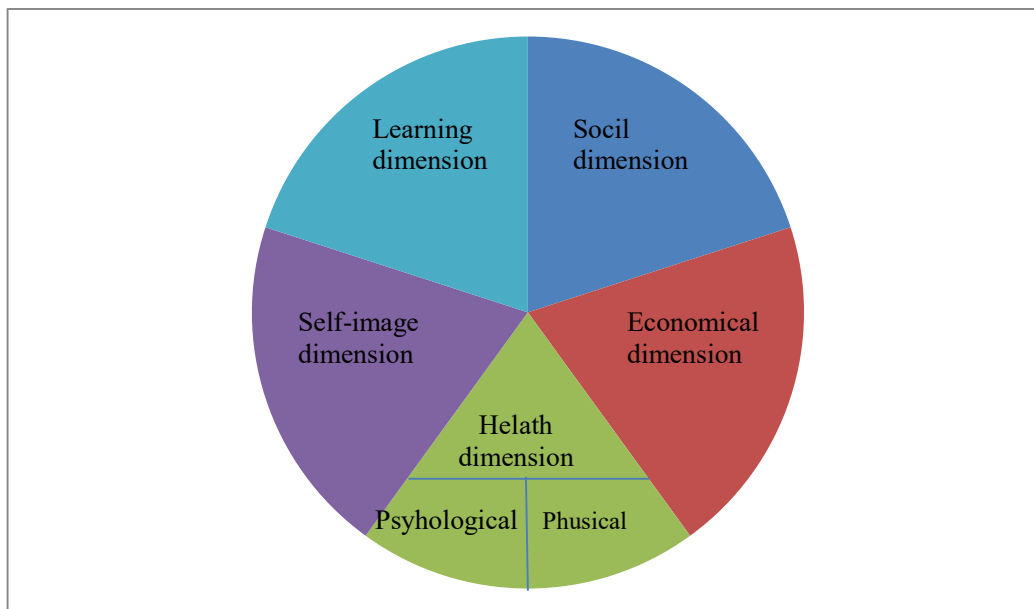
Program Goal: To prepare specialists from various fields for leading sessions on active aging with seniors.

Achievable Results:

- Understanding the aging process, individual psychological, and physical characteristics;
- Understanding the significance of active aging as a planned and managed process in creating a positive experience;
- Understanding how to lead the pedagogical process in working with seniors.

During the implementation of the program, basic information about the active aging process within the framework of five dimensions is provided, with the health dimension divided into two sub-dimensions (physical and psychological) so that specialists working with seniors have both theoretical and practical knowledge for further practice individually or in groups. Within the framework of this program, three priorities are set for each dimension, which can be changed and adapted to the specific individual or group work with seniors in different contexts. The program materials include references to additional information sources to be explored and learned independently. To prepare specialists for educational work with seniors, the program includes a pedagogical methodology topic on designing and conducting educational sessions for seniors.

5 Dimensions of Active Aging:



	Nr.	Dimension	Priorities
Basic program for social workers and specialists	1.	Social	<ul style="list-style-type: none"> - social contacts; - participation in society; - social security
	2.	Economic	<ul style="list-style-type: none"> - activity level; - income level; - support measures
	3.	Health	<ul style="list-style-type: none"> - aging process – chronological, - biological, - social, - psychological; - health status; - health prevention
	3.1.	Psychological sub-dimension	<ul style="list-style-type: none"> - quality of mental processes; - psychological comfort and discomfort; - emotional intelligence.
	3.2.	Physical sub-dimension	<ul style="list-style-type: none"> - mobility opportunities and limitations; - physical activities; - support opportunities.
	4.	Self-image	<ul style="list-style-type: none"> - senior's self-image; - habit analysis; - values and time planning.
	5.	Learning	<ul style="list-style-type: none"> - brain training methods; - acquiring new skills;

			- sharing experiences.
Pedagogical methodology			
Additional topic for specialists		Pedagogical structure of lessons in working with seniors	<ul style="list-style-type: none"> - the specificity of seniors as the target audience for learning; - structure of the lesson; - teaching methods.

Lesson plan:

Number of training sessions - 8.

Duration of the training session – 32 academic hours (1 hour – 45 minutes).

Thematic lesson plan of the program:

No.	Topic	Hours	Methods	Achievable Result
1.	<p>The Pedagogical Structure of Lessons for Working with Seniors:</p> <ul style="list-style-type: none"> - Specifics of seniors as a learning target group – physiological, cognitive, motivational characteristics, use of technology in the learning process; social and emotional context; - Structure of the learning lesson – basic principles of lesson planning; - Teaching methodological techniques – an overview of various interactive teaching methods 	5	mini-lecture, discussion, analysis of situations and tasks	Understanding the basic principles of lesson planning and conducting lessons for seniors
2.	<p>Social Dimension:</p> <ul style="list-style-type: none"> - 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 increase participation in the community and access to information and services; safe and accessible living environment, services, and surroundings; 	3	mini-lecture, discussion, analysis of situations and tasks	Understanding changes in social contacts, the importance of participation in society, and social security opportunities for seniors

	<ul style="list-style-type: none"> - Social security – access to quality social services, their suitability for people's needs; opportunities to influence the quality and availability of services. 			
3.	<p>Economic Dimension:</p> <ul style="list-style-type: none"> - Activity level – employment opportunities; opportunities to retrain and obtain flexible working conditions; - Income level – financial management and consulting opportunities; financial literacy for economic security; economic participation through entrepreneurship; social involvement – participation in public organizations and groups; - Support measures – healthcare financing opportunities; housing availability and suitable solutions; transport accessibility to ensure mobility and access to various activities. 	2	mini-lecture, discussion, analysis of situations and tasks	Understanding employment opportunities, the importance of financial management and literacy, and the availability of various support measures for seniors
4.	<p>Health Dimension:</p> <ul style="list-style-type: none"> • Aging process – chronological, biological; social; psychological; • Health status – vision, hearing, digestion, bowel movements, teeth, muscles, bones, joints, nervous and vascular systems; • Health prevention: <ul style="list-style-type: none"> ○ Nutrition – changes in physiology and nutritional needs; basic principles of healthy eating; oral health; recommendations for health changes; ○ Movement – discussed in the physical dimension; ○ Medications – reminders to use according to the doctor's instructions. 	4	mini-lecture, discussion, analysis of situations and tasks	Understanding the aging process and changes in health status, as well as prevention possibilities for seniors
4.1.	<p>Psychological Interdimension:</p> <ul style="list-style-type: none"> - Quality of mental processes – general trends in memory, thinking, perception, emotions, nervous activity changes; changes 	5	mini-lecture, discussion, analysis of situations and tasks;	Understanding changes in the quality of mental processes, opportunities for reducing psychological

	<p>in abilities and intellectual activity; benefits and challenges in senior age; differences between normal aging and aging with dementia;</p> <ul style="list-style-type: none"> - Psychological comfort and discomfort – loneliness, sexuality, health problem-induced rejection, and social isolation; stress management and behavior expressions; the dilemma of life's meaning; - Emotional intelligence – awareness and expression of emotions; opportunities to improve emotional intelligence. 			discomfort, and opportunities for improving emotional intelligence for seniors
4.2.	<p>Physical Interdimension:</p> <ul style="list-style-type: none"> - Movement possibilities and limitations – falls and their prevention, gait disturbances; - Physical activities – daily activities, aerobic activities, strength, flexibility, balance, coordination exercises; - Support possibilities – promoting independence, self-care; environmental adaptation. 	5	mini-lecture, discussion, analysis of situations and tasks, activity tasks	Understanding movement possibilities and limitations, physical activities, and support possibilities for seniors
5.	<p>Self-image Dimension:</p> <ul style="list-style-type: none"> - Senior self-image – changes in self-image in senior age; acceptance of new social roles; emotional and psychological support; opportunities to strengthen self-image; - Social worker and specialist self-image – formation and impact on collaboration, roles in working with seniors, psychological aspects of communication; - Habit analysis – communication, behavior, thinking, and perception; analysis of social and emotional habits; - Values and time planning – dimensions of senior values; interests; daily stability, structure, and flexibility; priorities and time allocation for various activities; self-care, rest, personal growth. 	5	mini-lecture, discussion, analysis of situations and tasks	Understanding professional self-image and changes in seniors' self-image, opportunities to strengthen self-image, the impact of various habits on quality of life, and time planning possibilities for better well-being in seniors

6.	<p>Self-image Dimension:</p> <ul style="list-style-type: none"> - Senior self-image – changes in self-image in senior age; acceptance of new social roles; emotional and psychological support; opportunities to strengthen self-image; - Social worker and specialist self-image – formation and impact on collaboration, roles in working with seniors, psychological aspects of communication; - Habit analysis – communication, behavior, thinking, and perception; analysis of social and emotional habits; - Values and time planning – dimensions of senior values; interests; daily stability, structure, and flexibility; priorities and time allocation for various activities; self-care, rest, personal growth. 	3	mini-lecture, discussion, analysis of situations and tasks, activity tasks	Understanding the importance and possibilities of learning new skills, the utility of brain training methods and experience-sharing activities to promote better well-being in seniors
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