

Latvia – Lithuania

CO-CREATION WORKSHOP ON POSITIVE AGEING HUB VISION

Project “Positive Ageing Hub” (P-AgeHub, LL-00225)

Northern Lithuania College

April 15–16, 2025

Šiauliai

AIM OF WORKSHOP. To ensure target group engagement to meet the needs and preferences of 55+ people

RESULT of WORKSHOP. Collective agreement on Positive Ageing hub for 55+ vision based on HDLB model.

Day 1

Time	
10:00	TOPIC 1. Positive Ageing Hub: Enhancing Social Inclusion & Well-being for 55+: Project highlights and activities. <ul style="list-style-type: none"> • An intro to the organisations involved in the project. • Acknowledgement and introduction of participants. • Welcome activities in pairs and small groups.
	Coffee and snacks
12:00	TOPIC 2. Understanding the Needs and Aspirations of 55 +: key factors, challenges, and opportunities. <ul style="list-style-type: none"> • Engaging lecture. • A short Q&A session.
	<i>Groupwork. Bridging the Gap: Profiling the Diverse Needs and Aspirations of the 55+ Age Group.</i>
14:00	Lunch
14:30	TOPIC 3. Building the 55+ Hub: Designing Supportive Spaces for Older Adults – Global Best Practices and Insights. <ul style="list-style-type: none"> • What is a 55+ Hub? • Exploring different models: physical hubs and virtual hubs. • Key features of a 55+ Hub: Accessibility, inclusivity, wellness programs, educational opportunities, and social engagement. • Good practices.
	<i>Groupwork. Designing the Ideal Hub: understanding the infrastructure needed for meeting the needs of 55+ people (round table discussion and vision board).</i>
	Coffee and snacks
16:30	<ul style="list-style-type: none"> • Presentation of group work. • Q&A session with the project managers: alignment of the vision of Positive Ageing Hub for 55+ people with the project managers.

- Reflection on day activities.

Day 2

8:30	TOPIC 4. Aligning the Hub's vision with the Having-Doing-Loving-Being (HDLB) model. <ul style="list-style-type: none"> • Identifying core values: Empowerment, dignity, participation, well-being. • Aligning the Hub's vision with the Having-Doing-Loving-Being (HDLB) model. • A short Q&A session.
	Coffee and snacks
10:30	TOPIC 5. Vision Mapping: Shaping the Hub Together Co-developing a mission statement for the Hub according Doing-Loving-Being (HDLB) model. <ul style="list-style-type: none"> • <i>Groupwork. Participants visualize their ideal Positive Ageing Hub.</i> • Expert support and facilitation.
12:30	Lunch
13:00	TOPIC 5. Vision Mapping: Shaping the Hub Together Co-developing a mission statement for the Hub according Doing-Loving-Being (HDLB) model. <ul style="list-style-type: none"> • <i>Groupwork. Participants visualize their ideal Positive Ageing Hub.</i> • Expert support and facilitation.
	Coffee and snacks
15:00	<ul style="list-style-type: none"> • Presentation of group results. • Q&A session. • Reflection on the workshop results. • Arrangements for the co-creation workshop in Latvia.

This event is organised with the financial support of the European Union. Its contents are the sole responsibility of and do not necessarily reflect the views of the European Union.

Project partners:

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