

ProAge

PREPARATION FOR ACTIVE AGEING

2018-1-HU01-KA204-047707

The 2nd international Partner Meeting

The Slovenian partner organized (A.L.P. Peca d.o.o) the 2nd international meeting in Slovenia, Ravne na Koroškem. The mayor of the small town, dr.Tomaž Rožen in his welcoming address introduced the town, which among others holds the “Eldely friendly town” award. The number of people over 65 is constantly increasing, so they attend to the elderly special attention. Local NGOs organize many and varied programs for elderly. During the meeting the partners further discussed the issues of the curriculum and its modules and exchanged ideas about the intellectual outputs.



Participants of the international meeting - Ravne na Koroškem

Short insights from the Hungarian modules

Alzheimer and Demencia

The main aim of writing the curriculum about dementia was to assist people in connection with the other 3 modules, not just the aging generation, to consciously get prepared for their old age and maintain their physical and mental condition, which is necessary to live an active way of life.

Dementia is incurable, it is a progressive disease, and the early detection of it is essential. If we can start the medication in time, the course of the disease can be slowed down and behavioral problems can be reduced as well. The patient's quality of life can be improved and the personal autonomy can be prolonged. Dementia affects not only



the patient, also the patient's immediate environment and their relatives. Prospective reader will have a basic understanding of how to recognize, treat, and understand dementia-related behavioral disorders. Those, who detect the symptoms can get answers, as how to live a full life with the disease, how to plan for their future, how and where to get help, and what they can do to maintain their condition.

The curriculum is divided for seven chapters. It introduces the tasks from the recognition of disease to the arrival of developed stage, and as a consequence how to change the everyday life, and what kind of role and daily routine we need to apply in the new situation. It deals with the theme "the problematic dement", the possibilities for communities, for example the Alzheimer cafés, and gives advice to the family members for various processing techniques. Finally, the last chapter deals with end-of-life issues.
(Katonáné Jordáki Ildikó-Budapest district XV.)

Let's Net!

Today, the structure of society has changed considerably; as the number of older people has increased, the adult learning activity affects more and more in older generations. In this changed context, the care of elderly will be in focus, in family, social and economic level as well. The intergenerational relationships are becoming more valuable, posing new challenges not only for professionals but the whole society. The biggest challenge for the elderly is living in the information society. The information technology has become a part of life of people very quickly, especially in developed countries. Computer technology is part of work, industry, transport, health and entertainment, etc.



IT training in the Autumn Light Elderly Home in Alsómocsolád

Part of the human relationships exists in virtual space nowadays, extending to almost every segment of everyday life. At the same time, the information society - beyond its integrating impacts- has created new gaps as well between different groups of society. Digital literacy has become a basic necessity, a kind of competence for the individuals. If it is missing it hinders the involvement in community life and personal development. If people are with inadequate ICT skills, they can be in disadvantaged position in the labor market, or as a consumer or even as an average citizen, eg. time spent in traditional (offline) administration, in terms of money.

It's never too late to learn! No matter how old we are, we can be 20, 30 or 70 years old as well, we can acquire the knowledge what is necessary in the everyday life and we can utilize it. If we can only observe as an outsider how our children, grandchildren or great-grandchildren immerse in the virtual world (seemingly symbolic), then we will be far from them. Take a deep breath, let's find our courage and we can do it! We need to know how we can use these tools. We have learned much more complicated things in our life. This world has thousands of wonders and opportunities for us. All we have to do is to explore it like a porridge mountain, even if it seems impossible at first, we can do it together, step by step!

Beyond fun and reducing the generation gap, the process will bring us many benefits! Among other things, it can bring many information about health, or financial issues in no time from home. We can read newspaper, book or can watch theatre performances, football games during the time when we are sitting on the couch.

We can manage official business without queuing and traveling, we can save time and money through this! It's a very good way how people can learn new foreign languages. We can devote to our hobby, eg. learning new DIY techniques, which not only have a description, but we can also check the process on video. We can expand our recipe collection and make our flower garden more colorful, because we

don't rely only the tricks of the neighbor anymore. Let's get to know the world! We can visit many exotic landscapes, climb the Mount Everest, or dive deep into the sea to discover the wonderful, colorful wildlife. We can do this when we want, anytime. We can expand and make our relationships more lively with the help of internet, the distant family, the friends will be available but we can make new friends as well. The active relationships reduce the stress and depression, contribute to psychological well-being and improve overall health. This is underpinned by many scientific studies.

In short, we can only benefit from it! What do we need to do? We need to leave our prejudices and overcome our fears! We have to believe that this world is our world, too. If we don't regret our time and energy to know it, we can live in it as comfortable as the anyone else.

Let's get to gain this knowledge and help those who are interested in the virtual world.

What do we need to acquire to this? We need to know how the smart tools and their basic functions work and also their practical usage. We also need to know how to surf on the web and how to orientate in this new world. How we can find information, contacts, news and entertainment what can be important for us. How we can manage our official things from home from our armchair, how we can shop safely and according to the rules of this special world (Balogh Anikó – Municipality of Alsómocsolád)

News

Forthcoming interesting conference in Pécs Hungary

Art of Ageing – International and Professional Training Conference for Active Seniors

<http://english.etk.pte.hu/hirek/faculty-news/art-of-ageing>

22 AUGUST 2019 Hírek Faculty news

The Institute of Transdisciplinary Research of the University of Pécs, in cooperation with the Faculty of Health Sciences, is again organizing the Art of Ageing Conference and Festival, the purpose of which is to recognize and celebrate the culture and research of our University, and to establish interactive cooperation – beyond demanding and understandable science communication – both within and outside the University.

The topic of this year's Hungarian and English language international conference and art festival – just like that of the last year's event – is “**Art of Ageing**”, which is not only interpreted as a biological process, but also as a general and universal process that indicates the passing of time. The series of events will be held between 2 and 5 October, 2019 at several venues in Pécs, including also the Faculty of Health Sciences of the University of Pécs.

Purpose of the Conference:

Focusing on active ageing, the conference will address issues of vital importance to the health and quality of life of the elderly that will help to maintain a good quality of life as long as possible. The lecturers will give a national and international insight partly into the organized support opportunities available to active ageing, and will present specific sub-areas, such as: fallibility syndrome, generation problems, exercise programs, nutrition, etc. Because of the wide, interdisciplinary character of the lectures, the

lecturers provide an interesting experience both for the university students and the “civilian” population.

Date of the Conference: 3 October, 2019 (Thursday)

Venue of the Conference: University of Pécs, Faculty of Health Sciences, Building ‘A’ (H-7621 Pécs, Vörösmarty u. 4.), conference room and classrooms.

Pre-registration: due to the capacity of the hall, pre-registration is required for the event, the deadline of which is: 10 September, 2019. After the receipt of participation requests, we will provide e-mail information about the opportunity to attend the event. Please [click here](#) for the **data protection information**.

Language of the congress: English and Hungarian. Simultaneous interpretation will be provided during the English presentations made during the plenary session. When registering for the conference, you will be able to indicate your need for interpretation.

Planned program of the conference

8:00	Registration
9:00	Opening event
9:10	Plenary session (in English - with interpretation), with a coffee break, and discussion / Q&A session at the end
12:45	Lunch
14:00	Section meetings
18:00	Discussion / questions

(The detailed program will be published later on)

Planned section meetings

(The detailed program of each section meeting will be published on an ongoing basis.)

- **Interdisciplinary section (English)**
- **Active Ageing section (English / Hungarian)**
- **Professional Training Conference for Active Seniors (Hungarian)**
- **Poster section (English / Hungarian)**

Deadline for uploading abstracts: 10 September, 2019. The organizer will send the decision of the Assessment Committee by e-mail within 5 working days.

The language of the poster section is Hungarian and English.

Fees payable

The participants of the conference can attend the plenary session of the conference, the section meetings, the coffee breaks and the lunch free of charge. Prerequisite for participation: pre-registration by 10 September, 2019. Pre-registration is required due to the limited capacity of the room. The organizers will send an e-mail notification about your actual participation (or a rejection notice) by 17 September, 2019.

Further information:

konferencia@etk.pte.hu

+36/72 513-674

website: <http://etk.pte.hu/artofageing/>

Pre-registration: <http://etk.pte.hu/idosekert>

Interesting and useful

In connection to the topic of active ageing, an international conference was organized in Alsómocsolád in the fall of 2016, under the Norway Grant 'Pilot Project for Quality Ageing'. The conference material was published in the electronic journal 'Knowledge Management' University of Pécs. In the edited volume there are interesting national and international studies and cases concerning active ageing.

https://btk.pte.hu/sites/kpvk.pte.hu/files/files/EKONYVEK/xvii2kulonszam_2016.pdf

Publisher: Municipality of Alsómocsolád

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<http://alsomocsolad.hu/>