

ProAge

Preparation for Active Ageing

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Short summary about 4th international meeting

In less than two months, on 31 of January, the curriculum of ProAge Erasmus+ project will be available online. In the project (ProAge-Preparation for Active Aging), four partners prepared four curricula with different topics. These volumes can help to get prepared for active aging, not just for the elderly age group, but also for the younger generation. During the international meeting, the partners discussed already about the finalization of curricula, formal elements, and dissemination, promotion efforts for the next three quarters of the year in Alsómocsolád. In the focus of 2020 will be the promotion of curricula through local, regional and international meetings. The partners inform the interested parties about the content, practice and availability of the four different on these meetings. If anyone interested about Alzheimer and Dementia or senior volunteering, or one may want to live with physically active time and healthy diet, or get to know the world of IT, computers, mobile phones, etc., it will be worthwhile to click on these curricula, which are written in plain language and easily understood by non-professionals.



Participants of the 4th international meeting



Balogh Anikó's presentation about the project methodology and the experiences of the test teaching

Foretaste from the Slovenian documents

Slovenian partner of the project ProAge, A. L. P. Peca d.o.o., has written a curriculum, intended for people engaging with seniors and promoting a healthy lifestyle. The second target group, for which it is also especially suitable, are the seniors themselves, those who want to learn about active ageing and improve their own lifestyle with practical exercises and easy-to-follow advice.

The curriculum explains the basic definitions of technical terms used in the text, emphasizes the importance of a healthy lifestyle and reiterates the assurance, that it is never too late to start improving the quality of living. Expert opinions and national surveys are summarized and included in addition to our own field observations and analysis of questionnaires that we conducted with participants and widely distributed among various institutions. By adding simple exercises to every day routine, opting for more nutritional food, and expanding the social circle, e. g. attending group workouts, actively participating or visiting intergenerational centers, anyone can quickly and with no problem due to the financial aspect increase their level of life satisfaction.

The curriculum explains, why being a promoter of physical activity for seniors is an opportunity, how to get started and how to transform ideas into reality. The most popular types of physical activities are described and evaluated in terms of what is appropriate for whom and what is not, what to look out for when choosing an activity. Some examples of activity logs are detailed, good practice examples given, and some smart tools for monitoring physical activity presented.

The activities, that we have carried out with participants in the field, are presented with detailed descriptions and photographs. We have developed a relationship with the members of the society Javornik School of Health, and have been cooperating with them almost since their establishment in March 2019. Members are, it seems as a rule, women, pensioners, who meet every day (except during the weekend) for a morning exercise. Men, however, have proven to be less persistent so far. When organizing the activities, we took into account the physical abilities of the participants, how they felt, what would be interesting to them and what would complement their usual program. We have always talked to them about this before and after our joint activities.

Their morning routine was thus, on one occasion, enriched with a hike to a nearby lake, where they then did their exercises. For many, it would be a short 15-minute walk, but due to various medical conditions of the participants, the whole group gathered at the finish line after more than half an hour. After the half-hour exercising, we returned to the starting point. In the spirit of intergenerational integration, we organized a joint event for our group and the Kindergarten in Ravne - a morning exercise that connected

three generations: the youngest, ie. the kindergarten children, the middle, ie. educators who actively participated in the morning exercise, and the seniors, ie. our participants, mostly retirees. They performed exercises for agility and strength, ending with a song.

Promoting the same intergenerational values and alternative forms of mobility, we organized a Bike day, where we were joined by 25 cyclists of all ages, from high school students to seniors, for a symbolic cycling tour from Ravne to Prevalje.

Due to the increasingly recognized beneficial effects of yoga, we invited a certified yoga teacher to demonstrate some simple techniques. Despite the limitations that the training was conducted in nature, and that the participants were 65-80 years old, an interesting workshop of standing asanas and face yoga was successfully conducted. Asanas were performed by emphasizing breathing, inhalation and exhalation and explicitly focusing attention on specific muscles that need to contract in a particular position. At the same time, participants learned the importance of activating the facial muscles, as there are as many as 57 of them and they are too often neglected. Face yoga, which is not as easy as it sounds, improves blood circulation throughout the skull, leading to positive effects throughout the body.

It is also worth mentioning that the curriculum describes in detail many of the recommended exercises, so we tested them with a 77-year-old volunteer and added pictures of this workshop to the descriptions.

To conclude, the curriculum is a straightforward, useful and user-friendly tool for the target audience and also a fun read for all individuals, that are interested in this topic. Graphically and stylistically, it is playfully designed and tips or challenges are added for inspiration and motivation. And since it will be freely available on the Internet, it has numerous links to free videos with educational or entertaining content.



Alenka and Julija are consulting during the meeting

Short news about the the test teaching

Budapest XV. district

In October-November, we conducted a test teaching from the curriculum of S.O.S DEMENTIA. The experiences of test teaching have been incorporated into the final curriculum and methodology. The meetings were in a good mood. At the end of each training day, participants had the opportunity to discuss and process the emotions they experienced on that day.



Presentation from Katonáné Jordáki Ildikó for the elderly about the completed curriculum

Alsómocsolád

The Autumn Light Elderly Home was given place for the test teaching. The authors of the intellectual output have learned an important lesson from testing. For example, we need different timeline in curriculum teaching, the participants needed more time to grasp the knowledge, that's why they changed the schedule of the teaching to 18 times. The notes and professional expressions were built into the curriculum but the participants during the practice requested that definitions should be easily found, so a glossary was created at the end of the output. The group exercises were good because anyone who missed a lesson could make up for it. At times they could concentrate for 6x45 minutes, but there were also occasions when 2x1,5 hours were too much. It is important that participants do the exercises when there is no teaching. Eg. mailing, trying to send mails to each other. The „most dangerous” topic was the getting to know the social media portals. Messenger, facebook post etc. There were differences in the target groups' knowledge of IT, some of whom had knowledge already. It was difficult to persuade them to acquire the basic knowledge. Individual speeds were different. We could involve the very advanced practitioners as helpers and mentors.



Other news

Alzheimer Café, XV. district of Budapest

The Alzheimer Café is organized on the last Thursday of every month at Pajtás Restaurant (1157 Budapest Zsókavár u. 26). In 31 of October there was the presentation with the topic of Szedlacsek/ Stiblar HANGPANCSI method. Hangpancsi is a new sound therapy method that integrates several existing methodologies and disciplines based on relaxation, so it can be used well as part of music therapy for people with dementia. The speaker was Tabi Tímea therapist.



In November, the activities of the Relatives Group of those people living with Alzheimer and dementia was presented in the **Alzheimer Café in the district. (November 28, 2019)**

Speaker: Kiss Ilona, mental health practitioner who spoke about the Relatives' group, which aims to help and make life easier for families with Alzheimer and Dementia.



Other news

Dr. Sütő Teréz, President of the European House Foundation for the Elderly has organized the 22nd Sopron Aging Conference from 12 to 15 October 2019. The topic was CURRENT ISSUES OF AGING. Co-organizers were the Hungarian Gerontological and Geriatric Society and the Hungarian Society for Social Policy, in addition to the local organizers.

They wanted to get answers for many questions, including:

- After 20 years of the International Year of Elderly in 1999, what are the contemporary challenges in the elderly policy, - what are the answers of the politicians and health/social care professionals to those challenges.
- WHAT is the role of municipalities in elderly issues? So far, 110 municipalities got the title of Elderly Friendly Local Government!
- Parliament approved the National Aging Strategy 10 years ago. Where are we now in the implementation of this strategy?
- Dr. Benedek Attila Deputy State Secretary for Family Policy had a presentation talked about the drafting of the national dementia strategy.
- Dr. Horváth Anikó and Hulák Zsuzsanna gave lectures on the governmental measures taken to preserve the quality of life of the elderly, on the creation and promotion of the Walking Club Network, and on the role of the pension in influencing the quality of life.
- There were several speakers on the current issues of aging, with speakers from the Hungarian Society of Gerontology and Geriatrics playing a key role.
- An important issue was the rights of the elderly, the dilemma of guardianship for people with dementia. Dr. Egervári Ágnes gave a lecture on the INDA 2 and DIO programs for the training of professionals.

- Marc Berthel, professor of geriatrics held a presentation about the effectivenesses of Alzheimer Cafes. These cafes are already present for 5 years in Hungary and help family members who care their family members living with dementia.
- Several speakers, including Alzheimer's, spoke about sharing good practices and sharing experiences.

In conclusion, the lectures emphasized the importance of prevention, the enhancement of joyful ageing instead of loneliness in old age, and the possibility of learning over the age of 65.

The documents of the conference are available here: www.soszi.sopron.hu



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