

WELLBEING AND ARTS

WELL-BEING AND QUALITY
OF LIFE IN OLD AGE –
THEORETICAL AND
PRACTICAL



Your Mobility Partner

COURSE OVERVIEW

This course provides an in-depth understanding of aging, identifying the main characteristics, needs, and challenges faced by the elderly. It presents practical tools to promote the health and quality of life of older adults through a psychosocial approach. The course is both theoretical and experiential, aimed at developing professional skills and competencies that positively impact the physical, social, psychological, and emotional aspects of the lives of the elderly.

COURSE OBJECTIVES

- Identify the main psychosocial needs of the Elderly.
 - Understand the main characteristics and challenges of the third and fourth ages.
 - Understand the concept of successful aging and the Life-Span Theory.
 - Develop knowledge on health promotion and prevention in old age.
 - Present the cognitive, psychological and emotional needs of the elderly and related activities.
 - Understand and practice activities that promote a sense of belonging and social inclusion.
 - Practice and understand mind-body integration activities, body expression, and movement.
 - Develop, create, and present psychosocial activities for the Elderly.
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LEARNING OUTCOMES

Understand the concepts of prevention and promotion of quality of life and wellbeing in old age, considering continuous human development. Identify the main needs and challenges of older adults in the Young old and fourth ages. Discuss the impact of psychosocial activities on well-being promotion. Develop skills to include older adults in learning processes and opportunities. Enhance competencies in creating activities for older adults. Broaden understanding of the role and impact in professional practice with the elderly. Promote social integration of older adults. Apply theories of aging and well-being in practical activities.

Duration

This is a 5 Day Course, not including weekends.

Price

All expenses can be covered through a Knowledge Acquisition (KA) subsidy within the Erasmus+ initiative. This is a 5-day training course in which Mobility Friends imposes a fee of 350€ per attendee, in courses located in the cities of the continent and Madeira island. The fee for Azores island is 480€ per attendee.

The price includes the training course and a coffee break.

For groups of 5 or more people, please contact us for pricing details.

Language

English

Schedule

The timing of classes, whether in the morning or afternoon, is determined by the provider. The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications

Certificate

A Certificate of Attendance will be awarded to participants who attend a minimum of 80% of the course.

Other Services

Besides providing the training course, Mobility Friends offers various services to participating groups, such as accommodation, cultural visits, and transfers, among others. Contact us to learn how we can assist you with your travel logistics.

COURSE TIMELINE

DAY 1

- Overview of Psychosocial Needs of the Elderly.
- Understanding the distinction between Young Old and Fourth Age.
- Icebreaker: Sharing experiences and perceptions of aging.
- Development of Social Integration Activities.

DAY 2

- Well-Being and Health in the Elderly: Presentation of Psychological, Emotional, Physical Health, Financial Security, Purpose, Social Impact, Leisure, and Enjoyment aspects in old age.
- Group Activity: Designing psychosocial activities to promote social inclusion.

DAY 3

- Discussion on Successful Aging Models and the Life-Span Theory.
- Health Promotion and Prevention in Old Age.
- Practical strategies for Cognitive Development in older adults.
- Warm-Up and Main Activity: Psychosocial stimulation activities focusing on cognitive development through movement.

DAY 4

- The Role of Professionals working with the elderly: Prevention, Promotion, Care, and Maintenance.
- Social Perception of Aging: Prejudices versus the subjective perceptions of older adults about successful aging.
- BodyMind Movement Activities: Practical session on mind-body integration and movement for well-being.
- Discussion and hands-on creation of activities in the Creation Workshop (Theory & Practice).

DAY 5

- Final Project: Develop and present a comprehensive psychosocial activity for elderly well-being.
- Course Evaluation and Feedback session.

*Please note that program content may be subject to change based on input from our trainers.

MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
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