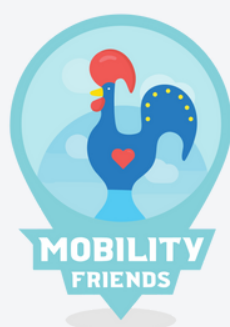


WELL-BEING AND  
MENTAL HEALTH

---

# WELL-BEING AND QUALITY OF LIFE IN OLDER AGE

---



*Your Mobility Partner*

## **COURSE OVERVIEW**

This course offers a comprehensive and practical approach to improving well-being and quality of life for older adults. It covers key aspects of healthy aging, including physical health, cognitive stimulation, emotional expression, social engagement, nutrition, and technology use. Participants will gain valuable skills and knowledge to promote autonomy, resilience, and a fulfilling lifestyle. The course emphasizes active participation, reflective learning, and community connection, empowering older adults to take charge of their health and happiness.

## **TARGET AUDIENCE**

This course is designed for seniors who wish to enhance their quality of life through practical strategies focused on physical health, mental well-being, social connection, and personal empowerment. It is also suitable for caregivers and professionals working with older adults who seek to understand and support active and healthy aging.

## **REQUIREMENTS**

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

## **COURSE OBJECTIVES**

The objectives of the course are:

- Understand the multidimensional aspects of healthy aging.
- Apply practical strategies to maintain and improve physical health and mobility.
- Use cognitive exercises to stimulate and preserve mental function.
- Engage in creative activities that promote emotional well-being.
- Foster social connections and community participation.
- Adopt healthy nutritional habits suited for older adults.
- Utilize technology to enhance autonomy and social interaction.
- Develop personalized plans to support a healthy and active lifestyle.

## **CONTACTS AND REGISTRATION**

For registrations, additional information, or budget requests, please contact our team by email at [trainingcourses@mobilityfriends.org](mailto:trainingcourses@mobilityfriends.org) or visit our website at [www.mobilityfriends.org](http://www.mobilityfriends.org).

## LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Explain the physical, mental, and social dimensions of healthy aging.
2. Perform adapted physical exercises to improve mobility and balance.
3. Practice cognitive activities that enhance memory and concentration.
4. Participate in creative and therapeutic expression activities.
5. Communicate effectively and build supportive social relationships.
6. Plan and maintain a balanced and nutritious diet.
7. Use basic digital tools for communication and health management.
8. Create a personalized well-being plan with achievable goals.

## METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

## ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

## DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

## PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

## LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

## CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

## OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

# **COURSE CONTENTS**

## **MODULE 1: ACTIVE AND MULTIDIMENSIONAL AGING**

- Key concepts of healthy aging: physical, mental, and social dimensions.
- Factors influencing quality of life in older adulthood.
- Reflection on social perceptions, stereotypes, and the importance of a positive attitude.
- Strategies to promote autonomy and active participation.

## **MODULE 2: MOVEMENT AND ADAPTED PHYSICAL HEALTH**

- Functional exercises for mobility, balance, and muscle strength.
- Relaxation techniques, mindful breathing, and body awareness.
- Benefits of regular physical activity for overall well-being.

## **MODULE 3: COGNITIVE STIMULATION AND MENTAL HEALTH**

- Practices to maintain an active and healthy mind
- Cognitive games, challenges, and memory techniques
- Managing stress, anxiety, and promoting restorative sleep

## **MODULE 4: THERAPEUTIC EXPRESSION AND CREATIVITY**

- Collaborate with young people from other European countries on joint projects.
- Improve intercultural communication and teamwork.
- Organize online campaigns to raise awareness.

## **MODULE 5: HEALTHY NUTRITION AND LIFESTYLE**

- Principles of balanced nutrition tailored to older adults.
- Practical tips for a nutritious and accessible diet.
- Hydration, supplementation, and prevention of common health issues.

# **COURSE CONTENTS**

## **MODULE 6: SOCIAL RELATIONSHIPS AND COMMUNITY CONNECTION**

- The importance of social interaction for emotional health.
- Techniques to improve communication and develop empathy.
- Active participation in social groups, clubs, and volunteer activities.

## **MODULE 7: TECHNOLOGY FOR INCLUSION AND AUTONOMY**

- Basic and safe use of smartphones, tablets, and the internet.
- Practical apps for health, communication, and entertainment.
- Digital security and privacy protection.

## **MODULE 8: HEALTHY AND SUSTAINABLE LIFE PLANNING**

- Setting personal goals and motivation for an active life.
- Organizing daily routines with a balance of activity and rest.
- Reflecting on progress, learning, and future objectives.

## **MODULE 9: FINAL PROJECT - WELL-BEING DIAGNOSIS AND STRATEGIC PLAN**

- Detailed assessment of personal and group well-being.
- Identifying key challenges and opportunities for improvement.
- Developing a strategic plan with clear goals and success indicators.
- Presenting the plan for discussion, sharing, and collective inspiration.

# MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General  
for Employment and Labor Relations

[www.mobilityfriends.org](http://www.mobilityfriends.org)



[TRAININGCOURSES@MOBILITYFRIENDS.ORG](mailto:TRAININGCOURSES@MOBILITYFRIENDS.ORG)



+351 253 144 226 / +351 960 285 416



[/MOBILITYFRIENDS](https://www.facebook.com/MOBILITYFRIENDS)



[@MOBILITYFRIENDSOFFICIAL](https://www.instagram.com/MOBILITYFRIENDSOFFICIAL)



[MOBILITY FRIENDS](https://www.linkedin.com/company/MOBILITYFRIENDS)

