

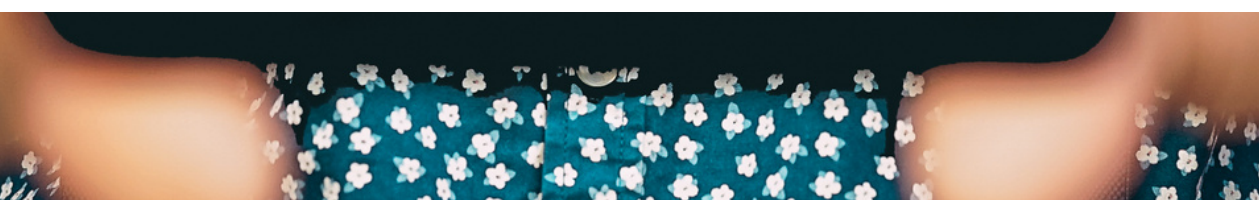


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2.2. Active ageing: definition and strategies for promoting active ageing

MODULE 2 - What you should know about working with seniors





2. ACTIVE AGEING: DEFINITION AND STRATEGIES FOR PROMOTING ACTIVE AGEING

- Objectives of this section:
 - Improved understanding of active ageing
 - Explore the benefits of staying healthy and active
 - Recognise active aging as a result of interaction individual-environment
 - Relevance of adopting long-term plan to promote healthy and active ageing.

2. a. ACTIVE AGEING: DEFINITION AND PRINCIPLES



- WHO: "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age"





2. b. ACTIVE AGEING: A PRIORITY ACROSS EUROPE

- Keys to active ageing:
 - Promotion of physical activity.
 - Promotion of lifelong learning. "Central role in promoting well-being and a good quality of life in old age"



2. C. CONCLUSION AND TIPS

- Ageing (greying) of Europe provides challenges and opportunities.
- Active and healthy ageing play a major role in meeting challenges.
- Active ageing involves several sectors: labour market, social, and healthcare.
- Lifelong learning serves as a catalyst for a healthier and more socially engaged life, by:
 - Improving physical and psychological wellbeing.
 - Acquiring new knowledge and skills.
 - Enhance inter-generational relations.
- Some tips:
 - Help seniors understand better their social well-being, health and civic participation
 - Promoting interaction with other people.
 - Help them develop new interest.
 - Recognize their skills and knowledge.