

# Ageing Well

An ERASMUS+ Project

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## Ageing well - how?

**Physical Health:** Ageing well involves staying active and taking care of our bodies through regular exercise, balanced nutrition, and preventive healthcare measures. It's about managing chronic conditions effectively and adapting to changes in our bodies over time.

**Mental Well-being:** Ageing well means maintaining cognitive function, emotional resilience, and a positive outlook on life. It involves staying mentally stimulated through lifelong learning, engaging in meaningful activities, and seeking support when needed to address mental health challenges.

**Social Engagement:** Ageing well includes staying connected with others and participating in social activities that bring joy and fulfilment. It's about building strong relationships, contributing to our communities, and feeling valued and supported by those around us.



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## The Project

AgeingWell is a collaborative project focused on improving the quality of care services for the elderly. Through research, innovation, and partnerships, we aim to address the evolving needs of older adults and support caregivers like you in delivering exceptional care.

Ageing Well focuses on promoting healthy ageing through comprehensive healthcare services, community support, and educational resources. We aim to empower seniors to live independently and actively.



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## Our Social Media

### Website

<https://eaea.org/project/ageing-well/>

### LinkedIn

<https://be.linkedin.com/showcase/ageingwell/>

### Facebook

<https://www.facebook.com/profile.php?id=61558462526241>

## Key objectives:

- **Supporting Caregivers:** Focusing on caregivers' wellbeing with needs research, a comprehensive toolkit, and professional training.
- **Building Community:** Creating a supportive community for sharing experiences and solutions.
- **Educational Resources:** Providing valuable training and information for caregivers.
- **Innovative Approaches:** Developing strategies to address challenges faced by seniors and caregivers.
- **Advocacy:** Promoting policies that support healthy ageing and caregiver needs.

## Our Approach

Research: Investigating best practices and innovative solutions in elder care.

Innovation: Developing new tools, technologies, and methodologies to enhance care services.

Collaboration: Engaging with caregivers, organizations, and policymakers to drive positive change.

Empowerment: Empowering caregivers with knowledge, skills, and support to deliver high-quality care.



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