



Ageing Well

Positive Ageing Toolkit



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AGEING WELL

Ageing Well: Science based habits of people who age well

Project No. : 2023-1-FR01-KA220-ADU-000153350

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Introduction

Welcome to the Positive Ageing Toolkit, a comprehensive and empowering resource designed to equip adults over 65 and their caregivers with essential skills and knowledge to enhance well-being and resilience in later life. This toolkit is a part of the “Ageing well” project that overall aims to improve the well-being of older adults from 65 and above. The objectives of this project include enhancing the skills and competencies of older adults to boost their well-being and active participation in their communities, equipping adult educators and caregivers with the necessary tools to better support elderly well-being and active ageing.

As part of this initiative, the Positive Ageing toolkit has been developed from extensive research in France, Cyprus, Greece, Belgium, Spain and Czech Republic that includes: 1) desk research and 2) field research, focus groups with elderly and questionnaire with caregivers.

Desk research - key findings:

- Countries have been developing policies that address the needs of older adults integrating social services and financial support systems.
- Improvements in healthcare systems include better access to mental health services and training for healthcare providers in the needs of elderly
- Financial security is essential, where efforts have been made including the pension reforms, subsidies for healthcare and housing.
- Community centers, social clubs and support groups provide spaces to connect with others and participate in social activities and promote lifelong learning

Focus groups with older adults - key findings:

- Seniors do engage in a variety of daily activities such as physical exercise, household chores, socializing and cultural pursuits.
- Perceptions of ageing vary – many seniors express a positive outlook on life with happiness, health and independence as important factors
- The level of optimism often correlates with the availability and quality of support systems, health status and societal attitudes towards ageing
- Challenges are similar across different cultures: health issues, mobility limitations, adapting to technological advancements, emotional distress, loss of loved ones and financial concerns.



Several recommendations emerge from the field research of this project. One of the common needs of is improving technological literacy as digital skills are increasingly necessary for accessing information and services. Furthermore, enhancing community and family support structures and providing better healthcare access. One of the main recommendations is that policymakers should develop age-friendly infrastructures and implement policies that reduce social isolation and financial insecurity among seniors.

Questionnaire with caregivers - key findings:

- Caregivers struggle to balance duties with personal and professional responsibilities leading to emotional stress
- Lack of sufficient financial assistant and formal recognition of caregiving efforts
- ➔ Expand respite care services and improve awareness and access to digital tools that can aid caregiving skills
- ➔ Implement support systems, peer support groups and community partnerships to reduce isolation

The Positive Ageing toolkit addresses the unique challenges and opportunities associated with ageing, offering valuable resources to help older adults navigate the ageing process more effectively. By promoting a positive and active approach to ageing, we aim to foster a more fulfilling and resilient experience for all involved.

This toolkit is divided into five key modules, each focusing on a critical aspect of well-being and resilience:

1. **Introduction to Well-being and Resilience:** This module introduces the core concepts of well-being and resilience, explaining their importance in the context of ageing. It covers the physical, emotional, social, and psychological dimensions of well-being, providing self-reflection activities for well-being and resilience.

2. **Positive and Active Ageing, well-being and resilience:** This module explores the benefits of staying physically, mentally, and socially active. It provides strategies for maintaining an active lifestyle, including tips on physical exercise, cognitive activities, and social engagement, all crucial for promoting a vibrant and healthy life in older age.
3. **Examples and case studies through Positive Psychology practices:** Highlighting real-life stories, this module showcases how individuals have experienced positive transformations through the application of Positive Psychology practices. It offers practices and strategies that contributed to these successes, in addition to tips for caregivers.
4. **Best practices from other countries who have good social welfare systems:** This module examines exemplary social welfare systems from around the world, providing a comparative analysis of different approaches to supporting the elderly. It offers lessons and best practices that can be adapted to various contexts, helping to enhance local social welfare strategies.
5. **Practical tips for well-being and resilience in the elderly and caregivers:** The final module offers simple, actionable tips for enhancing well-being and resilience for both older adults and their caregivers. It includes advice on physical, mental, and emotional health, stress management, and self-care practices, ensuring a holistic approach to ageing well.

Caregivers and adult educators will also find valuable resources to improve their well-being and resilience, helping them build stronger, more positive relationships with the elderly they support. The toolkit's open-source nature ensures broad accessibility, aiming to benefit a wide audience and make a cost-effective impact on local communities. We invite you to explore the contents and discover the many ways this toolkit can contribute to a more fulfilling and resilient experience of ageing.