Ageing Well
Training Programme

This training programme provided a comprehensive framework designed to enhance the well-being of older adults while supporting caregivers in their demanding roles. By focusing on key areas such as **communication, social engagement, physical and mental health, as well as the basic needs of older adults**, we tried to think beyond the basics of caregiving. We aimed to create a well-rounded, proactive approach to caregiving.

As a standout aspect of this programme, we tried to emphasise person-centred care, which lies at the heart of every module. The training modules stress that caregiving is not just about ticking boxes and completing tasks; it is about truly engaging with older adults to meet their unique emotional, psychological, and physical needs. In Module 4 (Effective ways to communicate with the elders), for example, effective communication is explored in-depth, offering caregivers practical advice on how to interact with older adults in ways that foster trust, empathy, and mutual respect. The focus is not just on conveying information, but on **listening carefully, understanding non-verbal cues, and being mindful of how older adults process and react to communication**.

Awareness of age discrimination is vital for recognising and valuing the unique role that older adults play in our communities (Module 1 - Awareness of age discrimination/stereotypes). By understanding and addressing age-related biases, caregivers and educators can create an environment where older adults feel respected, included, and valued. This awareness not only helps dismantle harmful stereotypes but also fosters a culture that celebrates the contributions and wisdom older adults bring. Recognising their experience and insights allows us to build stronger intergenerational connections, ensuring that their significance is truly appreciated within society.

The training also tries to encourage caregivers to build meaningful relationships and avoid becoming purely task-oriented in their work, which is a common challenge in caregiving.

The aim is to foster a more emotionally supportive and trust-driven environment, benefiting both the caregiver and the person in their care.

Another crucial element we explored in this training is assessing and addressing the basic needs of older adults (Module 2 - Mapping of Elderly's Basic Needs). Not only do we have to acknowledge that older adults require more than just physical care, but, consequently, that holistic care must also consider social, emotional, and psychological well-being. That is why we wanted caregivers to be provided with practical tools such as checklists and structured assessments to ensure that no aspect of an individual's needs is overlooked. By ensuring that all aspects of an older adult's life are considered, from nutrition and medical care to social interactions and mental health, caregivers are supported to adopt a more wholesome approach to care.

Against this background, Module 5 (How to encourage the elderly to make positive changes and stay active) explores the concept of encouraging older adults to remain active, both physically and mentally, and the role caregivers play in this. **Keeping adults engaged in social and community activities, encouraging participation in physical exercise, and stimulating mental activities are all vital strategies for maintaining independence and improving quality of life**. Hopefully, through this training, caregivers will be motivated to keep older adults involved in meaningful activities and set personal goals, while also respecting their limits. These small steps can make an enormous difference in reducing feelings of isolation, improving mental health, and boosting physical well-being. Module 3 is all about well-being and well-being practices can **increase and sustain motivation in the older adults**. Physical activity and a proper physical environment is key, but we can't forget about the **emotional and psychological well-being of elderly individuals**, promoting independence and autonomy. Maintaining social connections, a consistent daily routine and encouraging memory-stimulating and creative expression activities are some of the strategies mentioned in this training programme.

With our training also touching on technology in caregiving, we tried to address how digital tools can be used to support older adults in staying connected with family, accessing medical services, and even learning new skills. This contemporary approach to caregiving highlights the role of technology not only as a convenience but also as a means of fostering independence and social engagement. **Digital literacy, therefore, is becoming an essential component of caregiving, especially as older adults increasingly interact with online services and communication tools.**

Not wanting to forget about the caregivers themselves, we also dedicated one module to the **self-care of those providing care**. For this, Module 6 (Compassion Fatigue and the importance of self-care for caregivers of elderly) delves into the often-overlooked issue of compassion fatigue—a condition that affects many caregivers as they navigate the emotional toll of caring for others. The module offers **practical self-care strategies and techniques,** acknowledging caregiver well-being as a crucial element of this programme and recognising that a caregiver's health is inseparable from the quality of care they provide.

We hope that our training programme will equip caregivers and educators with a wide range of practical skills and insights that address the key challenges of supporting older adults.

In summary, the core themes explored in the modules include:

- Person-centred care: Moving beyond task-oriented caregiving to a relationship-focused approach.
- Holistic needs assessment: Addressing not just physical needs, but also social, emotional, and psychological aspects.
- Promoting active ageing: Encouraging older adults to remain engaged in physical, mental, and social activities.
- Integrating technology: Using digital tools to support independence and social connectedness for older adults.
- Caregiver well-being: Offering tools and strategies to manage compassion fatigue and maintain personal resilience.

By offering more than just theoretical knowledge, we created a practical roadmap for improving the quality of life for older adults and ensuring that caregivers have the tools and support necessary to continue their important work sustainably. By going through these modules, you can learn new techniques that can build the foundation for a more empathetic, responsive, and effective caregiving practice.

The Ageing Well training programme challenges both caregivers and educators to rethink their approach to ageing. It reminds us that ageing should not be seen purely as a decline to be managed, but as a stage of life where older adults can continue to thrive, with the right support. This training equips professionals to deliver that support, fostering both active and healthy ageing, while also caring for the caregivers who make it all possible.

Ageing Well: Science based habits of people who age well

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

This work is published under the responsibility of the Ageing Well Project consortium. The opinions and arguments employed herein do not necessarily reflect the official views of the European Commission.

**Co-funded by
the European Union**