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Ageing Well

WP3/ A1- Activity 2

Module C: Basic Foundations of Wellbeing/Monitor and  
Support the Elderly as They Engage in Wellbeing Practices

SEM WELL

Lesson Plan 1: Introduction to Well-Being





## Overview of the module

This module introduces caregivers to the foundational concepts of well-being in elderly care. It emphasises the multidimensional aspects of well-being, including physical, emotional, psychological, and social dimensions, and explores how caregivers can support these areas in their daily practices. Through a mix of videos, group discussions, reflections, and infographics, participants will reflect on personal experiences, identify strategies for promoting well-being, and gain insights into how well-being influences elderly care. The goal is to equip caregivers with the knowledge and tools to foster a holistic approach to well-being, benefiting both elderly individuals and their caregivers.

## Lesson Plan 1: Introduction to Well-Being

### Objective:

To introduce caregivers to the basic principles of well-being and its significance in elderly care.

**Duration:** 60 minutes in total (including all activities)

### Activities:

1. Video Presentation & Discussion (15 minutes)
2. Group Activity: Personal Experiences (20 minutes)
3. Individual Reflection (15 minutes)
4. Infographic Review (10 minutes)

Complete description of each activity: see Annex 7.1-7.4: individual/ Small group activity sheets



**Materials needed:**

For Activity 1 (Video Presentation & Discussion):

- Laptop/tablet with internet access
- Projector to play the video
- Whiteboard or flipchart with markers
- Notebooks or papers and pens for the participants

For Activity 2 (Group Activity: Personal Experiences):

- Whiteboard or flipchart with markers
- Notebooks or papers and pens for the participants

For Activity 3 (Individual Reflection):

- Notebooks or papers and pens for the participants
- Whiteboard or flipchart with markers

For Activity 4 (Infographic Review):

- Infographic 1 (Annex 1.2.) – either printed for each participant or displayed digitally using a laptop and projector
- Whiteboard or flipchart with markers
- Notebooks or papers and pens for the participants



### Learning outcomes:

By the end of this lesson, participants will be able to:

- Understand the multidimensional nature of well-being in elderly care, including physical, emotional, psychological, and social aspects.
- Reflect on personal experiences and share insights on fostering well-being for elderly individuals.
- Identify key factors that influence elderly well-being and develop strategies to enhance it.
- Engage in group discussions and individual reflection to connect theory with practical caregiving strategies.
- Visualize the dimensions of well-being and identify which areas are most challenging to address in their caregiving roles.

### List of sources and references related to the activity (APA style):

Abud, L., et al. (2022). Well-being of older adults: Key components and factors. *Journal of Geriatric Psychology*, 34(2), 105-120.

Centers for Disease Control and Prevention (CDC). (2021). The Dimensions of Well-Being. Retrieved from <https://www.cdc.gov/aging/agingwell>

National Institute on Aging. (2020). Promoting Well-Being in Elderly Care: A Guide for Caregivers. Retrieved from <https://www.nia.nih.gov/health/promoting-well-being>

YouTube. (2023). The Importance of Well-Being in Elderly Care [Video]. Retrieved from <https://youtu.be/YJqdlcZO4wY?si=3i03e6WggEbAUUO4>



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Activity 1: VIDEO PRESENTATION & DISCUSSION



## ACTIVITY 1

### Title of the activity: VIDEO PRESENTATION & DISCUSSION

#### Short description of the theoretical context of the activity (up to 150 words):

Videos are powerful tools for engaging participants and providing visual and auditory learning experiences. In the context of elderly care, videos can effectively convey the importance of well-being across various dimensions—physical, emotional, psychological, and social. Through guided discussions, caregivers reflect on these aspects and their significance in caregiving roles.

#### Aims and objectives of the activity:

- Introduce the concept of well-being in elderly care.
- Facilitate reflective discussion on the video's key messages.
- Help caregivers understand the multidimensional aspects of well-being.
- Encourage sharing and learning from peers' perspectives.

#### Materials Needed:

- Laptop/tablet with internet access, projector - to play the video
- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making

Duration of the activity: 15 min



### Description of the process of the activity:

Step 1: Play a video about well-being for elderly individuals, highlighting the importance of physical, emotional, psychological, and social dimensions.

Link to the video: <https://youtu.be/YJqdlcZO4wY?si=3i03e6WggEbAUUO4>

Tips: This video is in English. You can turn on the subtitles in the local language or you can find a similar video recorded in the local language.

Step 2: Ask participants to watch the video carefully and take notes on key points.

Step 3: After the video, ask the participants to gather in small groups.

Step 4: Facilitate a group discussion, prompting participants with questions such as "What were the main takeaways from the video?" and "How does well-being influence elderly care?"

Step 5: Summarize key points from the discussion on a whiteboard for everyone to see.

### Tips and recommendations:

- Ensure subtitles are available for participants who may have difficulty understanding the language or hearing the video clearly.
- Pause the video at key moments if you feel the group needs clarification or time to reflect on specific points.

### List of sources and references related to the activity (APA style):

<https://youtu.be/YJqdlcZO4wY?si=3i03e6WggEbAUUO4>



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Lesson Plan 1: Introduction to Well-Being

Activity 2: PERSONAL EXPERIENCES

GROUP ACTIVITY





## ACTIVITY 2

### Title of the activity: GROUP ACTIVITY: PERSONAL EXPERIENCES

#### Short description of the theoretical context of the activity (up to 150 words):

Sharing personal experiences encourages reflective learning and helps caregivers recognize the importance of well-being in their professional and personal caregiving roles. By discussing common challenges and strategies, participants can develop a deeper understanding of how to foster well-being for the elderly.

#### Aims and objectives of the activity:

- Share personal experiences related to promoting well-being.
- Identify common factors that influence elderly well-being.
- Foster group learning through shared insights.
- Develop collaborative strategies for enhancing well-being in care.

#### Materials Needed:

- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making

Duration of the activity: 30 min



### Description of the process of the activity:

Step 1: Ask participants to think about their personal experiences or observations of well-being in elderly care. You can say:

*"Think about a time when you supported the well-being of an elderly individual in your care. This could relate to physical, emotional, or social aspects. Consider what actions or strategies you used, and how they impacted the person's overall well-being."*

*"If you haven't had a direct experience, think of situations you've observed or heard about in elderly care settings. How were elderly individuals supported in those cases?"*

Step 2: In small groups (3-4 people), participants will share these experiences with one another.

Step 3: Each group will identify at least three key factors that contribute to well-being for elderly individuals (e.g., nutrition, social interaction) and concrete examples.

Step 4: Have each group present their key factors and concrete examples to the larger group.

Step 5: Write down these factors on the whiteboard and facilitate a brief discussion on common themes.

### Tips and recommendations:

#### Encouraging Participation:

- Use supportive prompts and open-ended questions to encourage quieter participants to share their experiences. Examples of open-ended questions:

*"What approaches have you found effective in supporting an elderly person's well-being?"*

*"Can you share a time when you noticed a positive change in an elderly individual's mood or health? What do you think contributed to it?"*

*"How do you ensure that the emotional needs of elderly individuals are met in your care?"*



*"In your experience, what challenges have you faced in promoting well-being, and how did you overcome them?"*

**Balancing Group Presentations:**

- Set time limits for each group's presentation (e.g., 2-3 minutes) to ensure all voices are heard and every group member contributes equally.



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### Lesson Plan 1: Introduction to Well-Being

### Activity 3: INDIVIDUAL REFLECTION



### ACTIVITY 3

#### Title of the activity: INDIVIDUAL REFLECTION

#### Short description of the theoretical context of the activity (up to 150 words):

Individual reflection enables caregivers to connect theory to practice, focusing on the personal significance of well-being in elderly care. Reflective exercises enhance self-awareness and allow caregivers to critically analyze their own caregiving strategies, identifying areas for improvement or reinforcement.

#### Aims and objectives of the activity:

- Encourage self-reflection on the importance of well-being.
- Identify personal strategies to promote well-being.
- Enhance self-awareness in caregiving practices.
- Encourage personal connection to the concept of well-being.

#### Materials Needed:

- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making
- Print-outs of wellbeing evaluation check-list for all participants

Duration of the activity: 15 min



### Description of the process of the activity:

#### Step 1:

Distribute paper or provide digital devices for participants to write a short reflection. Before they begin writing, provide caregivers with checklists to evaluate an elderly person's well-being across different dimensions (you can print the check-list for all participants):

#### Physical Well-being:

- Is the elderly person receiving adequate nutrition and hydration?
- Are they able to move around comfortably and safely?
- Are they experiencing any chronic pain or discomfort?

#### Emotional Well-being:

- Does the elderly person express feelings of happiness or contentment?
- Are they able to engage in activities that bring them joy or relaxation?
- Do they feel emotionally supported by caregivers or loved ones?
- 

#### Social Well-being:

- Does the elderly person have regular social interactions with family, friends, or peers?
- Are they involved in group activities or social events they enjoy?
- Do they express feelings of loneliness or isolation?

#### Cognitive Well-being:

- Is the elderly person mentally stimulated through activities like reading, puzzles, or conversations?
- Are they able to recall important details or maintain concentration during conversations?
- Do they show signs of confusion or memory loss that might impact their well-being?



Step 2: Ask participants to reflect on the question: "Why is well-being important in elderly care, and how can caregivers contribute to it?"

Step 3: Allow participants to write for 10 minutes, focusing on their personal insights.

Step 4: Invite 2-3 volunteers to share their reflections with the group.

Step 5: Summarize the insights shared by participants and link them to the next activity.

#### Tips and recommendations:

- Provide a few reflective prompts for participants who may struggle with where to begin their writing, such as "*What are the key aspects of well-being you consider most important in your caregiving role?*"
- Encourage participants to keep their reflections for personal reference, as this could be a useful tool for self-assessment and growth.



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### Lesson Plan 1: Introduction to Well-Being

### Activity 4: INFOGRAPHIC REVIEW





#### ACTIVITY 4

##### Title of the activity: INFOGRAPHIC REVIEW

##### Short description of the theoretical context of the activity (up to 150 words):

Infographics offer a visual representation of complex concepts, making it easier for caregivers to understand and recall important information. Reviewing an infographic on well-being dimensions helps caregivers visualize the physical, emotional, psychological, and social aspects of well-being and how they interconnect in elderly care.

##### Aims and objectives of the activity:

- Visualize the dimensions of well-being.
- Simplify complex information into key takeaways.
- Connect theoretical knowledge to practical caregiving strategies.
- Reinforce understanding of holistic well-being.

##### Materials Needed:

- Infographic 1 (Annex 1.2.) - printed for each participant or laptop and projector to project the infographic digitally on the screen for the whole group
- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making



Duration of the activity: 10 min

Description of the process of the activity:

Step 1: Distribute the infographic detailing the dimensions of well-being (physical, emotional, psychological, social).

Step 2: Ask participants to spend 2 minutes reviewing the infographic individually.

Step 3: Encourage them to highlight or circle areas that are most relevant to their caregiving experiences.

Step 4: Facilitate a quick discussion, asking participants to share which dimensions they find most challenging to address in their caregiving roles.

Step 5: Use their feedback to transition into the next lesson, where monitoring these dimensions will be explored.

Tips and recommendations:

- If possible, offer both digital and printed copies of the infographic to accommodate different learning styles and needs.
- Highlight one specific dimension of well-being at a time during the discussion to ensure clarity and deeper understanding.

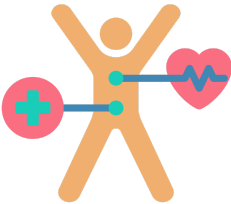



## INFOGRAPHIC 1

Well-being is a broad and multidimensional concept. The key components include: **physical, emotional, social and psychological well-being**

There are many factors that contribute to the well-being of older people, as follows (Abud et al, 2022):

*Pictures: Canva*

<b>Physical</b>	Physical factors, such as genetic inheritance, physical activity and health, as well as proper nutrition and prevention of chronic diseases are linked with the well-being of older people.	
<b>Psychological and Emotional</b>	The mindset of older people, their optimism, self-confidence, and adaptability to new situations can make a positive contribution. The ability to adapt to changes, the belief that one can face challenges, and the recognition of oneself as important and valued contribute to their resilience and wellbeing.	
<b>Social</b>	Friends, family relationships, participation in support groups, and community activities contribute to the resilience and well-being of older people. Also, environmental factors, such as the environment in which older people live, and whether they have access to health infrastructure, cultural centres, parks, and other recreational areas contribute to the well-being of older people.	