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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

SEMwell

Lesson Plan 3: Integrating Well-Being Practices





Overview of the module

This module focuses on helping caregivers integrate well-being practices into the daily routines of elderly individuals. By analyzing case studies, planning group activities, and reflecting on personal experiences, participants will learn how to apply theoretical knowledge in practical caregiving. These experiential activities are designed to encourage collaboration, foster creativity, and improve caregiving skills, ensuring the well-being of elderly individuals is effectively supported in their daily lives.

Lesson Plan 3: Integrating Well-Being Practices

Objective:

To help caregivers integrate well-being practices into daily routines for elderly individuals.

Duration: 65 minutes in total (including all activities)

Activities:

1. Case Study Analysis (25 minutes)
2. Group Planning Activity (20 minutes)
3. Individual Reflection & My Favorite Wellbeing Practice (20 minutes)

Complete description of each activities: see Annex 7.3: Individual/ Small group activity sheets



Materials needed:

For Activity 1 (Case Study Analysis):

- Laptop/tablet with internet access
- Print-outs of case studies (ANNEX 3.1. - 3.4.)
- Mobile phones or digital devices to play a short video
- Whiteboard or flip chart with markers
- Notebooks or papers and pens for the participants

For Activity 2 (Group Planning):

- Whiteboard or flip chart with markers
- Notebooks or papers and pens for the participants
- Templates for well-being integration planning (ANNEX 3.5)

For Activity 3 (Individual Reflection & My favourite well-being practice):

- Notebooks or papers and pens for the participants
- Whiteboard or flip chart with markers
- Colourful post-it notes
- Colourful sharpies/markers



Learning outcomes:

By the end of this lesson, participants will:

- Understand how to integrate well-being practices into daily caregiving routines.
- Analyze and apply successful well-being strategies from real-world case studies.
- Collaboratively develop plans for integrating physical, emotional, and social activities into care routines.
- Reflect on personal experiences and share insights to improve caregiving practices.



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Activity 1: CASE STUDY ANALYSIS



ACTIVITY 1

Title of the activity: CASE STUDY ANALYSIS

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

Case studies provide practical examples of successful well-being interventions. Analyzing these case studies helps caregivers understand how theory translates into action, showing the impact of integrated well-being practices on elderly individuals' quality of life.

Aims and objectives of the activity:

- Analyze real-world applications of well-being practices.
- Understand how theory translates into practical caregiving.
- Learn from successful interventions in elderly care.
- Develop strategies to apply these lessons in daily routines.

Materials Needed:

- Print-outs of 4 case studies (ANNEX 3.1 - 3.4.), mobile phones for case study 3.4. or other digital device with internet access to watch a short youtube video
- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making

Duration of the activity: 25 min



Description of the process of the activity:

Step 1: Distribute case studies of successful well-being practices in elderly care. One case study also includes a short youtube video. Encourage the participants to watch it on their mobile phones (alternatively provide a digital device with internet access).

Step 2: Ask participants to read through the case studies in pairs and identify the key strategies used to improve well-being.

Step 3: Each pair will then discuss how these strategies can be adapted for their caregiving environments.

Step 4: Invite pairs to share their findings with the group. See tips for concrete prompts in the recommendations section.

Step 5: Summarize key strategies on a flipchart for future reference.

Variations of the activity, if any:

Shorter, 15 min variation: You can project all or just selected case studies on the screen for the whole group instead of pair discussion and initiate a group discussion about the key strategies.

Tips and recommendations:

- Encourage participants to think critically about how the case studies can be adapted to their specific caregiving situations.
- Ensure participants feel comfortable sharing and discussing their findings openly.

Here are a few concrete tips and prompts you can use:

- *"What specific strategies from your case study stood out as most effective in improving the well-being of the elderly? How could these strategies be applied or modified for your caregiving environment?"*



- *"Were there any challenges or barriers mentioned in the case study that you think might arise in your context? How would you overcome these challenges to implement the well-being practices?"*
- *"Can you identify one well-being practice from the case study that could immediately be incorporated into your caregiving routine? How do you think this would benefit the elderly individuals you care for?"*

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

DoSomething.org. (n.d.). *11 stories from seniors that will inspire you*. <https://dosomething.org/article/11-stories-from-seniors-that-will-inspire-you>

Vintage Fitness. (2023, June 23). *Success story: 82 years old improves strength, balance, and endurance*. <https://www.vintagefitness.ca/blog/2023/06/23/success-story-82-years-old-improves-strength%2C-balance-and-endurance>

Bewegen Is Leven. (n.d.). *Over ons*. <https://www.bewegenisleven.nl/over/>

Vintage Fitness. (2023, May 12). Ana keeps exercise fun for her clients. Vintage Fitness. <https://www.vintagefitness.ca/blog/2023/05/12/ana-keeps-exercise-fun-for-her-clients>



ANNEX 3.1. CASE STUDY 1: DoSomething campaign to fight senior isolation (US):

DoSomething is the leading hub for youth-centered activism and service. They educate and equip young people to create the future they want to see – one built around equity & justice, climate & sustainability, and safety & wellbeing. With members in every U.S. area code and 189 countries, their diverse and intersectional community of young people is taking collective action to drive lasting change. In one of their campaigns their members were reaching out to their older loved ones to combat isolation -- and they've collected almost 25,000 stories, memories and words of wisdom from elderly.

Quote from their website: "If we've learned anything through this campaign, it's that seniors have a whole lot of humor, love, and wisdom to share with all of us."

Sample story from Aleem, 18:

"The most touching story that my grandma shared with me was of a time when she and my grandfather were living in poverty...One year, money was low in the household, and it looked like my grandparents would no longer be able to afford [the school my dad and uncle attended]...My grandma took all of her remaining wedding jewelry and sold it. With the money she received, she managed to send her kids to school for another year...My dad and my uncle were able to use that sacrifice to move out of a poverty-stricken region of India to the United States, taking my grandma and grandpa with them. Happy ending!"





ANNEX 3.2. CASE STUDY 2: Success Story: 82 Years-Old Improves Strength, Balance and Endurance (Canada)

When Elizabeth started working with Angie, a personal trainer from Vintage Fitness she had clear goals in mind:

To improve strength in hands, balance, overall strength, endurance, ability to walk for very long periods of time especially while travelling, better posture, improved sleep, improved wellbeing and feeling of community.

These are the thoughts and feedback from her trainer, Angie:

“Elizabeth has been sleeping amazing. She has great energy. Her hand pain is completely gone. She has gained fantastic balance and posture. Her endurance continues to improve.” Angie works with Elizabeth 2 times a week at a gym with fun circuits that include strength balance agility and cardio respiratory training as well as flexibility and mobility.

Elizabeth is currently travelling in Asia and feels great about all her accomplishments to date!





ANNEX 3.3. CASE STUDY 3: Playfulness is key - Bewegen is leven (Netherlands)

Joel Kruisselbrink is a Dutch movement educator with a mission: To get young and old moving again in a playful way! He works mainly with residents of senior houses. This is his story from his website: “During my work as a movement educator, I saw the same active residents every week. But when I brought these residents back to the department, I saw the inactive residents sleeping through their day. This had to change, I thought: how can I inspire these residents to start moving? One day I saw my son playing with coffee cups, they flew through the room and across the floor. I got inspired and made an exercise around this to activate an inactive resident who loves coffee. I discovered the power of playing with everyday materials. I look very specifically at the interests, work or hobby of the resident and think of an exercise with this.”

Joel gives inspirational sessions at home and abroad and gives workshops at various organizations to put his playful working method on the map and inspire others. He uses cups, small plastic balls, beach balls, umbrellas, cartons and other everyday objects to activate seniors.

Check the example video: **Epic Ball Toss Game** below and his website.

<https://youtu.be/6UfqFTgL5eQ>





ANNEX 3.4. CASE STUDY 4: Ana Keeps Exercise FUN for Her Clients

It is so important to keep having fun when you exercise. Ana, a senior's fitness expert, realized that one of her clients was feeling unmotivated to exercise. She spent time getting to know him and discovered that he loved playing games and going to the casino. Ana had the brilliant idea to create an "exercise casino" for her client where exercises were paid out.

This is a great example of thinking creatively about exercise and making it fun. This approach may not work for you as you are not a gambler but the concept is important. How can you keep the fun in exercise? Do you take time to sit quietly and think about how your body is craving to move?

Ana, the Vintage Fitness personal trainer that developed the "casino fun" thoughts:

A lot of people don't like exercise and a big part of that is that they haven't discovered what forms of movement they enjoy. It's like anything else if you don't think you have to do something and you don't enjoy it you won't do it.

I like including games or specially tailored activities to my clients to help them feel seen and bring joy to the exercise process. The more they enjoy it the more likely they are to reach their goals. This is especially important as depression can be high in older adults.

Making it fun for the client also makes it more fun for the trainer. I love crafting and creativity so it was also an outlet for me. When I can have fun with a session I can be more enthusiastic and hopefully a positive force in their lives

Other ways to keep the FUN in exercise:

- Do it with a close friend
- Move to music
- Try a new kind of exercise (great for your brain health as well)
- Shift your mindset from "I have to exercise" to "I am grateful my body can still exercise"
- Stack it with an activity that you love such as only watching your favourite show after your walk





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Activity 2: GROUP PLANNING

SMALL GROUP EXERCISE



ACTIVITY 2

Title of the activity: SMALL GROUP EXERCISE: GROUP PLANNING

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

Group planning encourages collaboration and creativity. By working together to develop a well-being integration plan, caregivers can share ideas and create structured approaches to incorporating physical, emotional, and social activities into daily care.

Aims and objectives of the activity:

- Collaboratively develop well-being integration plans.
- Share ideas and strategies within the group.
- Apply theoretical knowledge to practical planning.
- Create actionable plans for daily caregiving routines.

Materials Needed:

- Print-outs of templates ANNEX 3.5. “Well-Being Integration Plan Template”, one per one small group
- White board or flip chart with markers
- Notebooks or papers and pens for the participants for note-making

Duration of the activity: 20 min



Description of the process of the activity:

Step 1: Divide participants into small groups of 3-4.

Step 2: Ask each group to develop a plan for integrating well-being practices into the daily routine of an elderly individual they care for.

Step 3: Provide templates (ANNEX 3.5. "Well-Being Integration Plan Template")
- for the group to outline specific physical, emotional, and social activities.

Step 4: Each group presents their plan to the larger group. Alternatively each group can stick their plan on a wall or white board and others can get inspired by reading all the plans silently.

Step 5: Facilitate a discussion on the feasibility of each plan and provide feedback.

Tips and recommendations:

- Ensure each group has enough time to collaborate and create detailed plans.
- Encourage creativity and openness when developing integration strategies.

Here are a few tips and prompts for the final discussion:

- *"Which aspects of the well-being integration plans seem most feasible to implement in your caregiving environment? Are there any adjustments that could make the plans more realistic or sustainable?"*
- *"What potential challenges or barriers do you foresee in implementing these plans? How could these be addressed to ensure the well-being practices are successfully integrated into daily routines?"*

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



ANNEX 3.5. Well-Being Integration Plan Template

Name of Elderly Individual:

1. PHYSICAL ACTIVITIES

Activity description	Frequency	Duration	Goal

2. EMOTIONAL ACTIVITIES

Activity description	Frequency	Duration	Goal



3. SOCIAL ACTIVITIES

Activity description	Frequency	Duration	Goal

EXPECTED OUTCOMES:

Physical wellbeing:

(example: improved mobility and strength)

Emotional wellbeing:

(example: enhanced mood and reduced feelings of loneliness)

Social wellbeing:

(example: increased social interactions and community engagement).



RESOURCES NEEDED:

Resource	Description	Source



MONITORING AND EVALUATION

Activity	Monitoring method	Frequency	Responsible person

ADDITIONAL NOTES:



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Activity 3: INDIVIDUAL REFLECTION AND WELL-BEING PRACTICE SHARING



ACTIVITY 3

Title of the activity: INDIVIDUAL REFLECTION AND WELL-BEING PRACTICE SHARING

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

Reflective activities help caregivers personalize their learning and connect well-being practices to their caregiving experiences. This activity blends reflection with the sharing of personal well-being practices, encouraging caregivers to think critically about the importance of self-care. Reflecting on their own well-being practices allows caregivers to identify strategies that benefit both themselves and those they care for, fostering a commitment to holistic caregiving. Sharing these practices with others inspires collective learning and highlights the diversity of approaches that support physical, emotional, and social health in caregiving.

Aims and objectives of the activity:

- Reflect on the personal significance of integrating well-being practices.
- Identify and share personal well-being strategies that support caregivers.
- Enhance personal commitment to applying consistent well-being practices in caregiving.
- Foster a sense of community and inspiration by sharing individual well-being practices.



Materials Needed:

- Whiteboard or flip chart with markers.
- Colourful post-it notes and colourful sharpies.
- Notebooks or papers and pens for note-making.

Duration of the activity: 20 min

Description of the process of the activity:

Step 1: Individual Reflection: Ask participants to write a brief reflection on the importance of integrating well-being practices into their caregiving roles. They should consider how caring for their own well-being impacts their ability to care for others.

Step 2: Sharing Favourite Well-Being Practices: Distribute 3 colourful post-it notes and sharpies to each participant. Invite them to think about the well-being practices they personally enjoy or find most helpful in supporting their own well-being. Ask them to write down their favourite practices (minimum one, maximum three) — one practice per post-it note.

Step 3: Collaborative Sharing: Invite participants to stick their post-it notes on a wall, board, or flip chart and encourage them to read and get inspired by the practices of others.

Step 4: Group Discussion and Reflection (Optional Extension, 5 minutes)

Optionally, invite 2–3 participants to share their reflections and favourite practices with the larger group. Highlight common themes from the shared practices and reflections.



Variations of the activity, if any:

Shorter, 15-minute variation: Skip the optional group discussion and simply allow participants to reflect and observe the well-being practices of others.

Tips and recommendations:

Provide some reflective prompts to guide participants, especially those who may struggle to start. Here are some suggestions:

- *"Why is it important to incorporate well-being practices into your caregiving routine? How does this affect both your well-being and the well-being of those you care for?"*
- *"Think about a time when prioritizing your own well-being positively impacted your caregiving. What did you do, and how did it help?"*

Allow for a calm environment to facilitate deep personal reflection.