



**ERASMUS+ KA2:
STRATEGIC PARTNERSHIPS**

HEALTHY LIFESTYLE FOR AGING WELL (HLAW)

HLAW is an European project within the Key Action 2 of Erasmus+, which links together higher educational institutions from Slovenia, Finland, Poland, and Portugal into an international project and research network.

Coordinating Institution

College of Nursing in Celje, Slovenia

Partner Institutions

University of Oulu, Finland

Medical University of Lublin, Poland

Cooperativa de Ensino Superior Politécnico e Universitário, CRL. (CESPU, CRL.)

Target Groups

The main target group in this project are students of nursing and lecturers that are involved in nursing study programmes or any other, for this topic relevant, study programmes and who would like to obtain and share knowledge, ideas and experiences about this issue and gain an important experience in working in international environment. An important target group is also older population.

Innovative Character

This project offers an international and interdisciplinary (nursing, medicine, sociology, psychology...) approach in highlighting the mean of physical activity for the healthy aging. With activities that will be carried out in partnership during the project we will enable active involvement of student of nursing and their important contribution to this topic in the long run.

We will address different challenges that aging population is bringing and importance of healthy lifestyle of the elderly through students of nursing point of view and seek for best practices that emerged during past



years and can be transferred among countries and institutions, especially higher education institutions in the field of nursing.

The project will provide new knowledge and ideas and students will have the opportunity to examine different approaches and programmes in different EU countries in a cross-cultural atmosphere/context. It will also explore possibilities for future work in this area, again through students of nursing point of view.

Most Relevant Priorities

With the continuing growth of elderly population, it has become a matter of increasing urgency to:

- Look for ways to maintain and improve the functional abilities of ageing people,
- Help them cope independently in the community,
- Perform activities necessary to ensure their well-being,
- Raise the quality of their lives,
- Help them stay as healthy and strong as they can.

Most Relevant Topics

- The importance of physical activity in active aging! Aging well!
- The importance of physical activity in daily life of elderly population!
- Benefits gained from physical activity for the elderly!
- How to motivate (and educate) elderly population to adopt more mobile and active way of life - healthy lifestyle
- Functional status of the elderly - how to define and access it?
- What kind of physical activities? - What are the most effective and safe physical activities?
- What are potential risks of physical activities of the elderly? Injury prevention!
- Promotion of physical activity!
- How active is our older population now? (Research)
- Health literacy (Research)



- What kind of physical activity programs and opportunities are available in different European countries? (Research)
- Strategies for developing and implementing new physical activity programs and opportunities
- Identification of the obstacles for physical activity and how to overcome them!

Learning/Teaching/Training activities

Lecturers that will take part will be able to test their teaching approaches and methods in multinational groups and in international context. Innovative educational approaches such as use of different ICT tools (multimedia ...), problem based learning, and practice experience will be used. These methods will contribute to student's motivation for active participation and foster critical thinking, analysing problems and creativity in finding solutions. Students will be therefore motivated for critical thinking and teamwork in multicultural environment.

Work will be undertaken in small groups with the use of different approaches:

- lecture;
- team project work;
- testing key skills and knowledge outside the lecture (e.g. during organized physical activity together with the elderly);
- role playing;
- case studies;
- experimental learning;
- discussion;
- oral and written presentation by students.

The flexible learning will be obtained through the use of multimedia software and internet as an innovative teaching and learning strategy in a problem-based learning environment.

These approaches will be used and promoted in the partnership, during the project and later on, after the project will be concluded, best practices in education and training will be transferred to each partner institution and promoted to be used in implementation of their study programme.



Expected Impact

The project is expected to have the following impacts:

- Raise awareness among students of nursing about the importance of physical activity of the elderly,
- Increase understanding and enriched knowledge about physical activity of the elderly among students of nursing and the possibilities that it offers through different programmes,
- Effect on the well-being and quality of life of the elderly,
- Better information flow between participating organizations,
- Strengthen partnership between participating organizations,
- Gained experiences in socializing with the elderly (and the elderly with students of nursing) - resulting in increased solidarity between generations,
- Students of nursing will have the opportunity to be actively involved in promoting and educating about physical activity of the elderly and through this gain important knowledge and experience that are essential for their future profession.

Local and regional:

- Raise awareness
- New physical activity programmes for the elderly offered
- Dissemination of the results
- Recommendation for future work in this field

National/European:

- Exchange of ideas, knowledge, ideas and examples of good practice among different EU countries
- Implementing good ideas and practices from another country



Expected Results

- Reinforced cooperation among partner institutions/strengthen partnership,
- Knowledge, ideas and best practices sharing,
- (Academic) Quality enrichment of the study programme at all partner institutions,
- Innovative teaching approaches and methods,
- Raised awareness among students of nursing about importance of physical activity of the elderly and their role in promoting and reinforcing these activities,
- Students will be informed about different programmes and opportunities for physical activity of the elderly in different EU countries,
- Students will be enabled to define and assess functional status of the elderly and to prepare tailored made physical activity programme for them,
- Students will be enabled to promote and implement physical activity for the elderly,
- Students will be informed about potential risks of physical activities of the elderly and what are the most effective and safe physical activities for them,
- New strategies for developing and implementing new physical activity programmes and opportunities,
- New physical activity programmes and opportunities for the elderly,
- Recommendation for future work in this field,
- Knowledge, ideas and best practices dissemination,
- Active facebook page/Website to inform and promote physical activity of the elderly,
- Brochure to inform and promote physical activity of the elderly (and recommendation).

Dissemination of Results and Follow-up

The partnership will organize press conferences for general public and media,

- Brochure will be published and each partner will receive equal amount of copies for its dissemination,
- Newsletter (content of the IP; current events to promote mobility and international cooperation among students and lecturers). Each partner will receive equal amount of copies for its dissemination,
- Results will be published on website of each participating institution,



- Facebook page and Web portal will be complemented and updated regularly during the project and also after the end of IP course. Through facebook partner institution will inform interested public and local institutions on the progress of the project and its results,
- Results will be used for upgrading the content of courses offered (eg. Geriatrics),
- Results will be presented to certain institutions, associations, local communities and other interested public,
- General public will be informed through media – newspaper articles, TV, press conference, brochure and formal presentations,
- Meetings in each participating institution to inform staff and lecturers and information on Bulletin Board of the institution.

You can find some information about the project here:

<http://www.vzsce.si/en/428>

1st Intensive programme (Summer School) in Celje

<https://www.youtube.com/watch?v=GnwkEq4tWtI>

Physical activity - examples of good practices in home for the elderly

<https://www.youtube.com/watch?v=9q6htuOKJil>

DVD with footage of physical exercises - announcement

<https://www.youtube.com/watch?v=qFtLuy68DsM>