



Erasmus+



VISOKA
ZDRAVSTVENA
ŠOLA V CELJU

**ERASMUS+, KA2 Project
STRATEGIC PARTNERSHIPS IN
HIGHER EDUCATION**



**HEALTHY LIFESTYLE
FOR AGING WELL**

Partners

- Visoka zdravstvena šola v Celju (College of Nursing in Celje) – coordinator
- Uniwersytet medyczny w Lublinie (Medical university of Lublin)
- Oulun Yliopisto (University of Oulu)
- CESPUP – Cooperativa de Ensino Superior Politécnico e Universitário, CRL.



Facts

- Population is ageing
- It is important to:
 - raise awareness among nurses and students of nursing care,
 - enable them to obtain and share knowledge, ideas and examples of good practices,
 - raise awareness among the elderly,
 - activate them (both groups).



Project overview

- International and interdisciplinary (nursing, medicine, sociology, psychology, physiotherapy, social gerontology and occupational therapy) approach in highlighting the importance of healthy lifestyle for aging well.
- Address different challenges that aging population is bringing
- Address importance of healthy lifestyle of the elderly



Project overview

- Seek for best practices that can be transferred among countries and institutions.
- Examine different approaches and programmes in different EU countries in a cross-cultural atmosphere/context.
- Explore possibilities for future work in this field.



Target groups

- Two main target groups
 - students of nursing care,
 - the elderly.
- Lecturers/researchers in nursing study programmes



Who will be actively involved?

- 36 students and more that 12 lecturers
- More than 600 elderly



Two main activities

- Research activities
- 2 Intensive Programmes
 - »»»» Summer Schools



Research activities

- Enable students to critically and analytically research this important field.
- To compare and transfer knowledge, ideas and examples of good practices among different countries.



Intensive Programmes

Summer Scholls

- Lectures – expert knowledge.
- Workshops and fieldwork – active involvement of students.
- Organized social and physical activities with the elderly – to socialize, promote healthy lifestyle and transfer knowledge.



Project outputs and results 1/5

- Five new optional subjects.
- Web portal.
- Recommendation for future work in this field.
- Guidelines for ethical care for the elderly.



Project outputs and results 2/5

- Guidelines for development of new programmes for healthy lifestyle of the elderly.
- Raised awareness on this thematic field.
- DVD with recorded physical activity for the elderly (with recommendations and instructions).
- Brochure.



Project outputs and results 3/5

- Greater healthy lifestyle literacy of the elderly.
- Reinforced cooperation resulting strengthened partnership.
- Quality enrichment of study programmes – adding European dimension.
- Knowledge, ideas and best practices sharing and disseminating.



Project outputs and results 4/5

- Students will be enabled:
 - to define and assess functional status of the elderly – to prepare tailor made activities for them,
 - to promote and implement physical activity for the elderly,
 - to promote appropriate nutrition for the elderly.



Project outputs and results 5/5

- The elderly:
 - impact on quality of their life (greater physical health and strength, act independently ...),
 - greater literacy on healthy lifestyle ,
 - greater social inclusion.



A lot of effort will be devoted to:

- Quality.
- Evaluation the project and its results.
- Dissemination of results and outputs.
- Offer longer benefits/contribution to this topic in the long run.



Project team at each institution

One representative of:

- lecturers,
- students,
- administrative staff,
- leadership,
- the elderly (occasionally).



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=GnwkEq4tWtl>

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>