



1st MULTIPLIER EVENT

Raising Awareness of the Importance of Aging Well

Location: University of Oulu, Faculty of Medicine, Department for Nursing Science, Finland

Lecture room/meeting room: 134B

The date of the multiplier event: 14th October, 2015

Fee: Free of charge

Programme

Moderators: Satu Elo & Pirjo Kaakinen

- 9.00-9.30 **Welcome greetings**
Satu Elo, RN, PhD, Adjunct professor, University of Oulu, Finland
- Information about University and Faculty**
- 9.30-9.45 **Some information about innovative project for active aging - Healthy Lifestyle for Aging Well (HLAW)**
Boris Miha Kaučič, RN, MSc, Professional project manager (HLAW) &
Katja Esih, BSc, Financial project Manager (HLAW) &
Alenka Presker Planko, BSc, Member of organizational board of HLAW &
Mihaela Pinter Rojc, BSc, Member of organizational board of HLAW,
College of Nursing in Celje, Slovenia

- 9.45-11.30 **Summary of the first phase of the research activities Literature review in the field of Health Literacy and Physical Activity of the Elderly**
- Overview of the existing situation in individual European countries**
- FINLAND** (Helvi Kyngäs, RN, PhD & Maria Kääriäinen, RN, PhD & Satu Elo, RN, PhD & Pirjo Kaakinen, RN, PhD)
- SLOVENIA** (Boris Miha Kaučič, RN, MSc)
- POLAND** (Beata Dobrowolska, RN, PhD)
- PORTUGAL** (Francisca Pinto, RN, MSc)
- Presentation of HLS-EU-Q instrument** (Helvi Kyngäs, RN, PhD & Maria Kääriäinen, RN, PhD & Satu Elo, RN, PhD & Pirjo Kaakinen, RN, PhD)
- Discussion**
- 11.30-12.00 **Coffee Break**
- Moderators: Maria Kääriäinen & Pirjo Kaakinen**
- 12.00-12.40 **Presentation of the DVD (Physical Activities of the Elderly), which was recorded in the context of the 1st International Summer School in Slovenia Physical Activities with the Elderly – Best Practice Examples in Slovenia**
Boris Miha Kaučič, RN, MSc, Katja Esih, BSc, Alenka Presker Planko, BSc & Mihaela Pinter Rojc, BSc
- 12.40-13.10 **Presentation of the 1st International Summer School under the project HLAW (May-June 2015), 2nd International Summer School under the project HLAW (May-June 2016) and other activities in the second year of the project**
Katja Esih, BSc, Boris Miha Kaučič, RN, MSc, Alenka Presker Planko, BSc & Mihaela Pinter Rojc, BSc
- 12.10-13.20 **Discussion**
- 13.20-14.00 **Lunch**
- 14.00–14.30 **Technologies for supporting physical activity, fall prevention and fall risk assessment of older people**
Milla Immonen, MNSc, Finland
- 14.30-14.45 **The promotional film about the project HLAW – experience of the College of Nursing in Celje, the project coordinator until now**
Alenka Presker Planko, BSc, Katja Esih, BSc, Boris Miha Kaučič, RN, MSc & Mihaela Pinter Rojc, BSc
- 14.45-15.15 **Travel to the city of Oulu**
- 15.30-18.00 **"Ikäihmisen olohuone" (Elderly living room)**
Visit in clinical environment
Maria Kääriäinen, RN, PhD, Satu Elo, RN, PhD & Pirjo Kaakinen, RN, PhD