

IT IS IMPORTANT TO!

- ❖ Actively involve the participants in all phases of program planning, implementing and evaluating.
- ❖ Have good knowledge of the benefits and risks of the physical activity of the elderly.
- ❖ Know how you can assess functional physical activity for the elderly people.
- ❖ Know how to motivate elderly people to exercise, to have a healthy nutrition and a healthy lifestyle.
- ❖ Have good knowledge about all aspects of healthy lifestyle of the elderly people.
- ❖ Have good knowledge about obstacles that prevent participation in the program and how to help the elderly people to overcome them.

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4. MONITORING AND EVALUATION OF THE PROGRAMME

Monitoring and evaluation of the programme should be made in line with a pre-prepared plan, which was prepared under Step No. 2.

You should analyze:

- ❖ Effectiveness of the program;
- ❖ Achievement of all objectives;
- ❖ How identified needs of the target group were met;
- ❖ The satisfaction of participants;
- ❖ Quality of the implementation;
- ❖ Financial costs – effectiveness;
- ❖ Appropriate qualification of performers of the programme;
- ❖ If any additional skills or knowledge of the performers are needed;
- ❖ Potential adverse consequences;
- ❖ If any new or additional needs of the participants emerged.

5. ADJUSTMENTS AND UPDATES OF THE PROGRAMME

In the case of deviations from the plan or in case that new or additional needs emerged it is important to adapt new implementation of the programme.

HEALTHY LIFESTYLE FOR AGING WELL

Coordinator of the project

Partners of the project



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Guidelines for developing new programmes for healthy lifestyle for the elderly





Introduction

Guidelines for developing new programmes for healthy lifestyle for the elderly were formed by students and lecturers of four partnering institutions in Erasmus+ KA2 project **Health lifestyle for aging well**. Students and lecturers were studying literature and compared different programmes and opportunities for healthy lifestyle for aging well in participating countries. On this basis they proposed the following steps:

1. ASSESMENT OF THE NEEDS

WHAT:

- ❖ Identification and detailed acquaintance with the target group.
- ❖ Identification and assessment of health problems and general well-being of the members of the target group
- ❖ Assessment of risk factors, related to health and welfare of the members of the target group.
- ❖ Acquaintance with the specific needs and wishes of the target group.
- ❖ Acquaintance with the possible obstacles that the members of the target group face and that could potentially hinder their participation in the programme
- ❖ Evaluation of already existing programmes in the environment and what they offer. Assessment of their strengths and weaknesses.



HOW TO DO IT:

- ❖ Literature review.
- ❖ Conducting a survey among the members of the target group and their relatives.
- ❖ Interviews with representatives of the members of the target group and their relatives.
- ❖ Discussions with other experts in the field.
- ❖ Data of health care organizations.

2. PREPARING DETAILED PLAN

- ❖ Critically analyze the needs and take into account the widest possible review of literature and research that have already been made in this field.
- ❖ Based on the needs analysis of target group and theoretical findings precisely define the purpose and specific goals that must be achieved within the programme.
- ❖ On the basis of the defined goals and objectives outline concrete actions for the implementation of the programme, which will contribute to achieving these goals and objectives.

- ❖ In devising the goals and activities keep in mind all the aspects of a healthy lifestyle of the elderly: physical activity, nutrition, mental health, a safe environment and social inclusion. Even though the purpose of the programme is focused on just one of these dimensions, it is reasonable at least to some extent to cover the remaining dimensions as they complement and overlap each other and only considered together they can help to improve the situation.
- ❖ When preparing the programme, consult with experts who have specific knowledge of a particular field. With their help obtain the necessary additional, specific knowledge and feedback on the programme's relevance.
- ❖ The definition of funds and other resources that are needed to implement the programme: financial, human and material.
- ❖ The definition of a time frame for the implementation.
- ❖ Plan promotion of the programme and motivate the elderly to participate in the programme - this means the removal of any obstacles that older people have and which might prevent them from participating (mobility, accessibility ...).
- ❖ Plan monitoring and evaluation of the programme and the funds that will be spent.

3. IMPLEMENTING

- ❖ Follow the prepared plan.
- ❖ Motivate the participants to participate in the programme until its completion, as only in this way they can experience the full positive effect of the programme on their health and well-being. It is important to involve them actively, so that they have a sense that they are a part of the programme, and can make a significant contribution to its implementation at all stages.
- ❖ Cooperate with the elderly during the implementation of the programme (exchange of experience and ongoing feedback).