ELISTAT – Enriching the Lives of Seniors Through the Art Therapy

News about us

Reminding the project

The ELISTAT Project aims to facilitate the application of Art Therapy techniques with the elderly to promote their mental well-being, as a way to overcome the deep and long-term impact caused by the COVID-19 outbreak, namely by social isolation and consequently feeling lonely.

The project aims to facilitate the application of Art Therapy techniques with the elderly, as well as to contribute to increase the quality of care services for the elderly, through:

- Training Program and m-learning Application set up to train Adult Trainers who work with the elderly with the aim of assisting in the implementation of Art Therapy.
- Book of Activities, Series of Videos and Podcasts to guide seniors and their caregivers to carry out AT Activities on their own.











2020-1-TR01-KA227-ADU-097696

Short Term Joint Training Event

In this context, a **Short Term Joint Training Event** took place from the 5th to the 9th of December 2022 in Karabük (Türkiye), with the participation of staff from all partner institutions, making up a total of 25 participants.

This transnational training activity put all project acquisitions and outputs into practice by testing the developed training programme and training materials for adult trainers.

All participants tested the m-learning platform, modules content and assessment tools.

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Next Steps

All partners will organize local workshops in their countries, conducted by the team that participated in the training, with the participation of the elderly and their caregivers, to test the outputs.

It will be the opportunity to identify the needs that arise in practice and the effectiveness of the outputs in the implementation will be increased.

All in all, the positive impact on the elderly - the main goal of the project - will be maximized.

They were after revised, according to the participant's feedback and the report of evaluation of the m-learning platform.

After this training, participants will be expected to be competent on Facilitation of Art Therapy Activities.



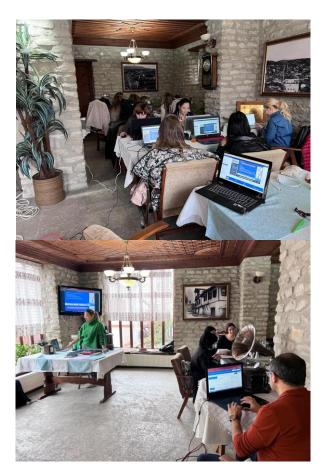
Expected Results

After this training activity, adult trainers will:

- Have required knowledge and skills about the healing effects of arts and creativity on the emotional and mental health of seniors;
- Be competent on the application of Art
 Therapy techniques for seniors residing in care units;
- Be more competent and creative to deal with the emotional and mental problems of seniors;
- Explore digital learning and continue to benefit from digital learning tools such as videos and podcasts.



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Project Consortium















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