

ELISTAT – Enriching the Lives of Seniors Through the Art Therapy



Elistat

2020-1-TR01-KA227-ADU-097696

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.



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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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.

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.



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Project Consortium



Erasmus+



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AİLE VE SOSYAL HİZMETLER
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UNIÃO DAS FREGUESIAS
de Gondomar (S. Cosme), Valbom e Jovim

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Funded by the Erasmus+ Program of the European Union. However the European Commission and Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein.

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