



JULY 2021 | VOL. 2

GOLD

GOOD PRACTICES FOR OLD PEOPLE



OUR PROJECT CONTINUES AND WE ALREADY HAVE OUR FIRST RESULTS!

On September 2020, we launched our project “GOLD – Good practices for old people”, aiming to exchange good practices that promote old people’s social inclusion, the conservation of their mental and physical health and the development of their skills.

Nine months later, the six partners of the project CHALLEDU (Greece), E-SENIORS (France), FRODIZO (Greece), MUNSTER UNIVERSITY (Germany), READING FOR OTHERS (Greece) and ASSOCIATION GENERATIONS (Bulgaria) have already mapped old people’s situation in our countries and collected those good practices that encourage old people to remain an active part of the society, empower them and, at the same time, promote intergenerational interaction and fight stereotypes.

Follow us!

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www.goldpractices.eu



What did we do in those 9 months?

- We created the project's website goldpractices.eu, that is available in all partners' languages.
- We created the project's facebook page [@golderasmusplus](https://www.facebook.com/golderasmusplus), where we post good practices for old people and news from the project.
- We did research regarding old people's situation and needs in our partners' countries.
- During one of our online meetings, we exchanged views, traced common needs and common points that require improvement.
- During one of our online meetings, we exchanged findings regarding old people's good initiatives, their goals and results so far.
- We began the publication of our findings.

Our last meeting took place in May where we fixed our next steps:

- Organization of our first LTTA in autumn.
- Upload of the "Mapping of the needs of old people" in our website.

Description of the Practice

The program is aimed at improving the lives of elderly patients as well as supporting their families and caregivers. The program intends to relieve caregivers of the uncertainty related to loss in the home environment. The program support about 30 patients and their families each month, with patients requiring support for up to 4 months on average. Given that, Noctis aims to support 90 individuals within the year and at least 90 members of their family who act as the patient's caregivers. Program services include medical, psychological, and nursing support, as well as the provision of physical therapy. Volunteers will also be on-call to provide further support where more specialized help is not required. <https://www.noctis.org.gr/en-frontend-portal/>

CHEZ YVONNE

- Place: Moncontour (847 inhabitants), in Brittany, France.
- Frequency of the activity : once a week
- Main Scope of the activity: social inclusion, fighting the digital divide in rural areas
- Type of the activity: Digital workshops