

# Know your seniors

Supporting elderly



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# Course content



01 Introduction & definition of ageing

02 Challenges of ageing

03 Social & Physical changes

04 The ABC of ageing well



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# Unit 04

Upon completing this unit, you will be able to:

- Understand the concept of active ageing
  - Learn how to cope with ageing
  - Understand the concept of befriending
- Provide examples of achievements of retired people



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# Active ageing

***Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance the quality of life as people age.***

Active ageing applies to both individuals and population groups. It allows people to realize their potential for physical, social, and mental wellbeing throughout the life course and to participate in society according to their needs, desires and capacities while providing them with adequate protection, security and care when they require assistance (Galiana & Haseltine, 2019).

The term “active ageing” was adopted by the World Health Organisation in the late 1990s. It is meant to convey a more inclusive message than “healthy ageing” and to recognize the factors in addition to health care that affects how individuals and populations age (Kalache & Keller, 1999).



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# How to cope with ageing

## Step 1: Take care of yourself

- Eat healthy
- Exercise
- Exercise your mind
- Socialize
- Visit a doctor for routine screening

## Step 2: Cultivate Inner Beauty

- Continue to learn and grow
- Maintain your enthusiasm and curiosity
- Keep an open mind, be open to change, be creative
- Have fun, LAUGH!

## Step 3: Positive Thinking

- The elders need to develop a positive outlook on life. Don't fixate on getting older, but to live life to the fullest.
- Remember to think of all the great things they can do like spend time with the grandchildren, write your memoirs or even travel.

## Step 4: Act Your Age and Accept Getting Old Gracefully

- Learn to accept that you will grow old, it's inevitable, age gracefully. Denial won't work.
- Lose the toupee or comb over, don't buy that sporty new midlife crisis car, don't dump your spouse for someone half your age, or try to squeeze into clothing meant for teenagers, you will only look foolish.
- Quit obsessing about it, the more self-conscious you become about getting older, the more other people will notice.



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# Befriending



**Befriending is generally defined as a relationship between two or more individuals which is initiated, supported, and monitored by an agency that has defined one or more parties as likely to benefit.** Ideally, the relationship is non-judgmental, mutual, purposeful, and there is a commitment over time. Befriending services have been developed by voluntary organisations to provide people in this situation with opportunities for social interaction and a sense of being part of a community.



**Befriending provides companionship for isolated people, the chance to develop a new relationship, and opportunities to participate in social activities.** The UK is the country where befriending became really popular and where there are plenty of organisations providing befriending services also offer other services, rather than being dedicated befriending agencies. They see befriending as a complement both to the organisation's other services and to statutory services, and not as a substitute for home care or other ongoing support. Befriending is used by people of all ages and with all kinds of support needs.



**Befriending organisations, volunteers and users all considered matching volunteers and users to be a key to success.** Matching is most often based on shared interests and both parties living in the same area. Services for older people are the most likely to perceive problems in matching. Befriending is valued in different ways by users and volunteer befrienders. Users regard the befriender as their 'friend' and appreciate the different leisure opportunities befriending brings. Volunteers enjoy the relationship but see differences between befriending and 'friendship'.





# Great achievement of retired people

## Start school

- Former Mau Mau fighter Kimani Maruge enrolled in the first year at the age of 84 on January 12, 2004. He said the Kenyan government's announcement of universal and free elementary education in 2003 prompted him to learn to read. And he didn't stop there. In 2005 Maruge was elected head boy.

## Write a book

- Bernstein was born in Stockport, England in 1910 and began his education as an architect. But when his teacher discouraged his career choice, he decided to pursue a writing career and moved to New York to accomplish his goal. In 2007, at age 97, he wrote an autobiographical novel, *The Invisible Wall*, which received critical acclaim. At 99, he published the third book in the series, *The Golden Willow: The Story of a Lifetime of Love*, about his marriage to Ruby and later years.

## Get a book published

- Bertha Wood, born in 1905, had her first book, *Fresh Air and Fun: The Story of a Blackpool Holiday Camp* published on her 100th birthday on June 20, 2005. The book is based on her memoirs, which she began writing at the age of 90.

## Run a marathon

- The oldest woman to complete a marathon was Gladys Burrill from Hawaii, who was 92 years old. She power walked and jogged the Honolulu Marathon in nine hours 53 minutes, earning herself the nickname "Gladiator". She had run her first marathon aged 86.



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# Great achievement of retired people

## Climb Everest

- An 80-year-old Japanese mountaineer reached the summit of Mount Everest last year - and incredibly even did it after heart surgery. Yuichiro Miura, first climbed Everest when he was 70 and then again at 75. After his last climb, he said: "I think three times is enough." In 1970, while still a youngster, Miura skied down Everest, using a parachute to slow his descent.

## Do a bungee jumping

- At 96, South African Mohr Keet became the oldest bungee jumper ever. Disproving any myth that you become more fearful as you get older, he jumped from South Africa's Western Cape, which has a 708ft drop. It was his fifth jump and the pensioner also admitted to enjoying white water rafting and parachuting. You only live once.

## Get a pilot license

- Retired Lt Col James C Warren is a former navigator of the Tuskegee Airmen – the first African American military aviators in the United States armed forces. At the ripe old age of 87, he became the world's oldest person to receive his pilot's license.

## Go into space

- John Glenn made history when, at the age of 77, he became the oldest person to travel in space. Born on July 18, 1921, the American had been a pilot and a US senator when he was selected for the Mercury Seven – the elite Military test pilot picked by NASA to operate the Mercury spacecraft and become the first US astronaut.



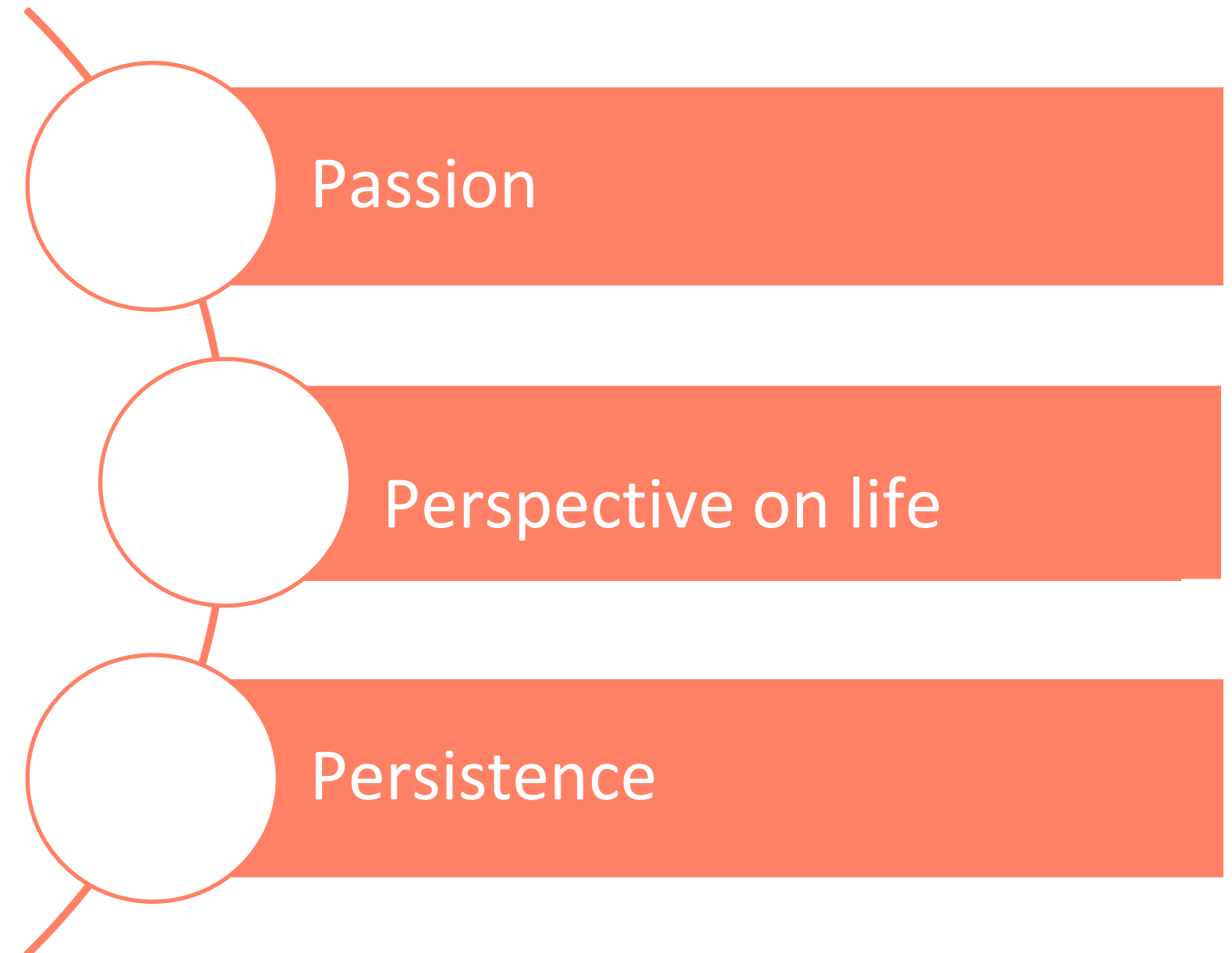
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# Great achievement of retired people

**What all these people have in common, according to the authors of People Who Achieved Their Dreams After Age 60 are the 3 P's:**



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# Summary

## Active ageing

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance the quality of life as people age.

## Befriending

Befriending provides companionship for isolated people, the chance to develop a new relationship, and opportunities to participate in social activities.

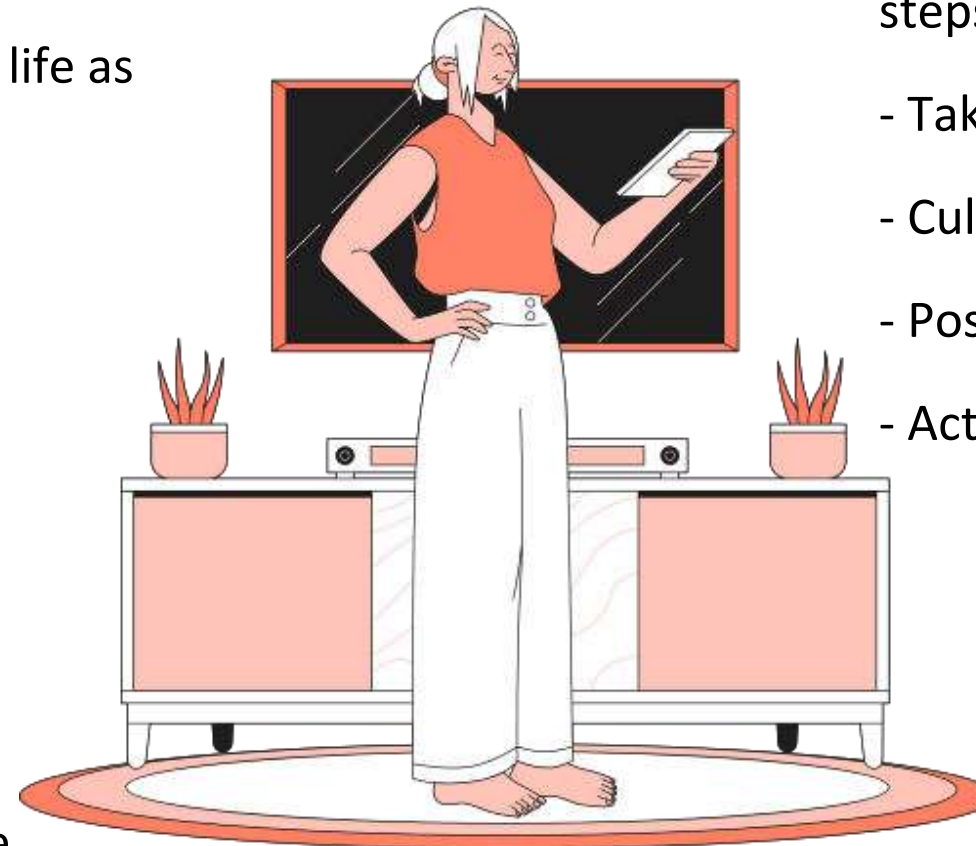
## How to cope with ageing

In order to cope with ageing you need to follow the following steps:

- Take Care of Yourself
- Cultivate Inner Beauty
- Positive Thinking
- Act Your Age and Accept Getting Old Gracefully

## Great achievement of retired people

What all the retired people who achieved great things have in common is: Passion, Perspective on Life, and Persistence.



# Thank You!



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