awake

Education and Culture DG

Lifelong Learning Programme

Aging With Active Knowledge and Experience

Brochure "How to…"

Brochure "How to…" - collection of the partners' ideas. Using own experience every partner created its own recipe connected with tasks of organization, to help other organizations/institutions how to successfully realize it's educational programs for seniors.

RICH - HOW TO USE THE POTENTIAL OF LOCAL INSTITUTIONS AND ORGANIZATIONS IN EDUCATION OF 50+ PEOPLE

PO	Brochure "How to…"

Recognition

Seniors constitute a very varied group – investigate the needs of elderly people.
Check if there are any initiatives going on in your city / district / neighborhood.

- Prepare the map of needs
- Search for good practices
- Meet other people, listen and share opinions
- Check and confirm the information

Information

The most important thing is giving the elderly the reliable information.

- Create and spread data bases
- Create the space and opportunity to present oneself
- Verify the information regularly
- Promote the best practices and valuable examples
- Use different tools (the internet, local radio, tv, newspaper, help of volunteers)

Cooperation

The best way to reach the greatest number of senior citizens is local cooperation. Together we can do more.

- Promote cooperation – make partnerships
- Exchange resources and ideas
- Base your actions on intergenerational solidarity
- Encourage people to be a Volunteer

Healthy aging

By providing seniors with the reliable information, creating varied offer, cooperating with local environment, involving seniors in educational activities you give them the chance to age in good health.

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Brochure "How to…"

Recognition

Cultural classes are related to the deepest and most important cultural traditions of each country, personal self - expression. They encourage creativity, exchange of experiences, collaboration between elderly learners, artists, various social groups, educational institutions and society.

- Provide cultural and artistic education as an important activity of the development of responsibility and mutual respect.
- Promote creativity, which allows you to build a strong position in a highly competitive global cultural market.
- Develop cultural activities, which promote the development of public - private partnerships and the active participation of all society.
- Cultural classes of the elderly promote the deeper understanding of cultural heritage and dissemination. They develop artistic skills and knowledge, foster creativity, individual personal expression, social skills, self-confidence and self-esteem.

Information

It is very important to inform elderly people where they can find reliable organizations, classes, methods to start their cultural classes.

- Create and spread data bases of cultural classes in all Lithuania's regions.
- Organize the performances of ensembles at local, national and international levels: cultural activities promote the development of public - private partnerships and the active participation of all society.
- Meet the needs of every senior; encourage them to speak about their expectations and barriers.
- Inform a wider range of social groups, educational institutions and society.

Communication

You need to communicate and cooperate with others to achieve your goals, share what you have achieved and enjoy your achievements together.

- Promote communication and cooperation; provide an important opportunity for the elderly to interact with people of their age, to raise their self - expression.
- Facilitate the expression and dissemination of experience between different age groups, on both, national and international levels.
- Encourage seniors' participation in various organizations, involve them in community life.

Healthy aging

Cultural classes for elderly people ensure their better social integration into society, promote their efficient, productive and purposeful life, support physical activity, and raise the level of knowledge, meaningful leisure and joy. Cultural classes provide different opportunities to exchange experience in a cozy atmosphere, with joy. They enable to learn easy, with pleasure, where the elderly can realize themselves in the way they like. Cultural classes are interactions, which promote cultural continuity.

Promotion

In order to inspire people to volunteer it is important to promote the value, the meaning and already existing opportunities.

- Organize public events which are informing about volunteering.
- Involve local voluntary associations working in different fields.
- Give the floor to volunteers: let them talk about their experience.
- Convince people to take part in voluntary work by promoting its values between the volunteers' families and friends.

Information

Every candidate needs some information before entering and choosing the organization, as well as after joining the association.

- Create a volunteering information desk with competent people.
- Create and spread data bases of voluntary organizations: fields of action, missions, aims, activities.
- Meet with the potential volunteers to speak about their motivation, expectations and their level of involvement.
- Encourage to share knowledge between more and less experienced volunteers.

Collaboration

Active collaboration between local institutions (public and private) and voluntary organizations is very important for increasing voluntary power.

- Develop networks between voluntary organizations working in the same field.
- Promote debates among public institutions and voluntary organizations.
- Plan events which would explain to citizens and stakeholders the contribution of voluntary work towards social development.
- Involve volunteers in decision-making process in various fields: social assistance, healthcare, culture; they would know the solutions because they are facing the problems.

Knowledge

Volunteering allows increase the knowledge and skills; also, it is also a good way to establish oneself as a source of knowledge.
Volunteering is a great way to discover in oneself comprehensive knowledge and values and transfer them to the new generations.
Volunteering is also a great opportunity to exchange knowledge and experiences between different generations.

RICH - HOW TO USE ICT IN EDUCATION OF 50+ PEOPLE

Brochure "How to…"

Recognition

Active aging includes various areas of human life: participation in the labor market; household-related activities, including homework and other duties; active participation in community life, including volunteering and active use of leisure time for hobbies, sports, travel, creative activities. A better use of the ICT can provide significantly greater benefit to the public, increase the individual's role in civic democracy and successful development.

- Understand the goals, issues and pressures that seniors face
- Identify the methods of seniors ICT training
- Identify and devise strategies for overcoming age caused by mental problems (short-term memory, slower speed of information processing, etc.)

Information

The aim is to interest seniors in acquisition of e-skills and their application possibilities, to inform where and how to use existing e-skills or improve them as well as to learn how to obtain skills of the more convenient use.

- Raise awareness of seniors about the possibilities and benefits the use of ICT can bring for them
- Support/ motivate seniors and remove the technological/ psychological barriers
- Provide opportunity for seniors to become more knowledgeable about what is happening in the world and in nearest surrounding, to be in the middle of a new appointment and interesting events

Cooperation

To promote seniors ICT skills it is very important to establish the cooperation among state/ local government authorities, NGOs, industry, research institutions and interested groups.

- Design and implement ICT policy for seniors/ ICT pedagogic strategy for senior engagement
- Develop and provide appropriate learning content as well as innovative learning tools for seniors
- Provide ICT infrastructure and increase accessibility to ICT equipment
- Improve ICT access for people with disabilities
- Provide support to trainers and training organizations

Healthy aging

ICT can assist people with disabilities, lonely, isolated elderly people who live alone, by teaching them how to be independent, and technologies can be used to break down their isolation, allowing them to be re-integrated into society.

TIPS FOR EU INSTITUTIONS

Tips for the EU institutions on **teaching/ learning issues**

- Use a participatory approach, that involves learners in the process;
- Use an action-oriented approach – learning by doing;
- Use of project-based or problem-based activities;
- In order to motivate seniors to acquire e-skills short courses that directly relate to their daily lives should be organized. Seniors will be more motivated to use computers or the Internet when they produce sensible benefits to them and meet their actual needs;
- Promote an environment of informal learning for seniors what is not planned in advance with a strict program;
- Use intergenerational cooperation (junior to senior). However, several studies show that sometimes it is an unfriendly method, particularly when being taught by young people who deliver material too quickly;
- Use the knowledge and experience sharing and transfer method (seniors who have acquired e-skills train other seniors). Seniors are tended to help each other and in training groups with varied ICT skills it has been observed that more ICT competent learners support those with less skills or slower learning pace.

Measures to promote seniors ICT skills can be:

- **regular** (E-Skills Week , courses, consultations, clubs etc.)
- **various actions** (organized by Internet Providers, the state / local government bodies or the several interest groups).

Provide programs for pre-retirement and retirement **age socialization**:

- Seniors will become more socially active; communicate with their loved ones more frequently, feel more modern and will be able to find a better contact with members of other generations.
- To lonely, isolated older people who live alone, technology can be of assistance to them in being independent and Internet/ computers can be used to break down their isolation, allowing them to be re-integrated into society.

State / local government authorities should provide advice for seniors, for example:
State Revenue Service (*how to electronically declare income, digital signature, how to submit the reports etc.*); Post (*how to use a digital signature etc.*); banks (*how to use a bank card/ Internet bank etc.*); in libraries and public Internet access points (*how to use a computer to search for information; how to search for information, how Officially to contact with the body, using a computer and the Internet etc.*)

People aged 50+ in Latvia, Lithuania, Poland and Romania is the generation that was educated and started their careers in similar conditions. One can name common characteristics: lack of initiative; not ready for changes etc. Thus in providing education possibilities for this generation the primary condition is enabling an environment where

HOW TO USE THE POTENTIAL OF
NGO IN EDUCATION OF 50+ PEOPLE

Normative

Activate the role of NGOs in the implementation of lifelong learning and participation in policy-making

Promote an active and qualitative participation in decision-making and the provision of public services

Participate in adult education coordination and management structure at the national and local level

Respect the principle of shared responsibility creating quality education for adults to ensure sustainable competence for work, citizenship and personal growth.

Cooperate with public and government institutions as well as social partners for the better of the society - oriented policy-making and implementation.

Governance

Contribute to the capacity of NGOs for the implementation of lifelong learning, the need for adult education research

Aware challenges faced by NGOs in the implementation of life-long learning

Create a methodological coverage for the qualitative lifelong learning implementation

Build partnerships with various institutions, share resources and ideas, to encourage people to participate in lifelong learning

Create a space and opportunity to present itself, promote best practices and valuable examples

Gather actual issues of education and make them accessible at regional/ local level as well as to promote the transfer of good practices

Exploring educational needs of the people aged over 50 and create an appropriate educational offer

Organization

Collect information about initiatives happening in the city / region / village

Gather best practices

Meet other education providers and share opinions

Establish and maintain a variety of databases

Form the infrastructure for the practical implementation of educational research

Conduct the study to identify needs and opportunities