



## INCREASED EDUCATIONAL INITIATIVES EVALUATION

Trás-os-Montes is a poor region in decline....

Descriptive statistics is therefore an inappropriate instrument to evaluate success in declining regions, and the current indicator systems are exclusively focused on growth and therefore useless for the evaluation of declining. Declining regions must first analyse what kind of development is possible for them and what they are looking for. They have to: •

### INCREASED EDUCATIONAL INITIATIVES EVALUATION

Until 5<sup>th</sup> August: Each partner has to provide a report about Increased education initiatives in its local area, referring to courses, training opportunities related to the topic of the project etc., that were developed thanks to the project (in its organization or outside), comparing the situation before and after the project, and referring to the Europe 2020 goal to increase level of training opportunities for elderly from 9% to 15% .

- define individual goals, in which way jobs and value creation in the region for the local population can be sufficiently ensured, •
- How the supply can be maintained with infrastructure (including the use of new technologies and combinations of infrastructure),
  - 
  - How to ensure participation and inclusion in society both at extremely low population density and an aging society, •
  - How the identification of residents with their community can be obtained,
  - how social cohesion, e. g. mutual aid can be maintained and strengthened,
    - 
    - How contentment and happiness can be maintained, • summarized:
    - How life-cycle-proof-designed neighborhood should be shaped. •
- quantify the importance of goals, setting priorities, improve involvement of stakeholders to planning and development processes develop strategies concerted, adopt measures and • implement a joint task in terms of a civil community support. Success will only occur if the objectives will be developed, adopted and implemented together with all stakeholders – politicians, administrators, citizens, associations and organizations and the economy, • the strategy is to place and is communicated well and • the measures

will be supported and implemented by all parties. If the self-set goals are achieved, the development of the region by those affected will be evaluated as a success and it is a success". For all regions affected by declining is therefore important that the success of regional policy and development cannot be measured quantitatively but only qualitatively.

The social inclusion, participation of citizens in the life of "their" community is the yardstick for success.

In this context the IPR Institute Innovation and Development only can operate small steps due the huge tasks. The decline of the region begins in 1950 with the first wave of migration and the region loses the capacity and resources to ensure an adequate development.

Finally with this project we give the first steps for a close cooperation and to help the local new University for the third age with our experience.

Cultural activities are important to involve the actual typologies of users of local universities in the majority retired teachers or people of culture.



*"Currently, there are very few systems adapted to provide an easy computer use by the elderly. These systems sometimes even become difficult to use for the most common user, let alone an old man who never went through a learning process. There are too many buttons, using the mouse and keyboard is a great difficulty of use, the programs are mostly difficult to usability, yet it adds a normal lack of vision on the part of older people which makes it much more complicated. It is necessary to urgently rethink the usability of these systems and adapt them to their concept of usability extends from children to the elderly".(Extract from the first report).*

Visitors to Vila Real or Bragança on any weekday will have trouble believing that trás-os-montes region is emptied of people. The two cities have a cosmopolitan hustle and bustle, the traffic is heavy and the streets are full of men and women, mostly young. But this reflects only one side of reality: in the main urban centres of Tras-os-Montes and Alto Douro, the resident population is increasing. The other side is that it is tragic: the towns and cities are growing at the expense of depopulation of villages. According to estimates of the National Statistics Institute (INE), in December 1997, they resided in Tras-os-Montes and Alto Douro 422,670 inhabitants - in the 1991 census, the resident population was 496,000 inhabitants. The keep the current downward trend, the region will continue to lose people in the coming years and, in 2010, has only 372,000 inhabitants, or almost half of the existing population in 1960. Within three decades, may reside in Tras -os-Montes and Alto Douro about 250 thousand people.



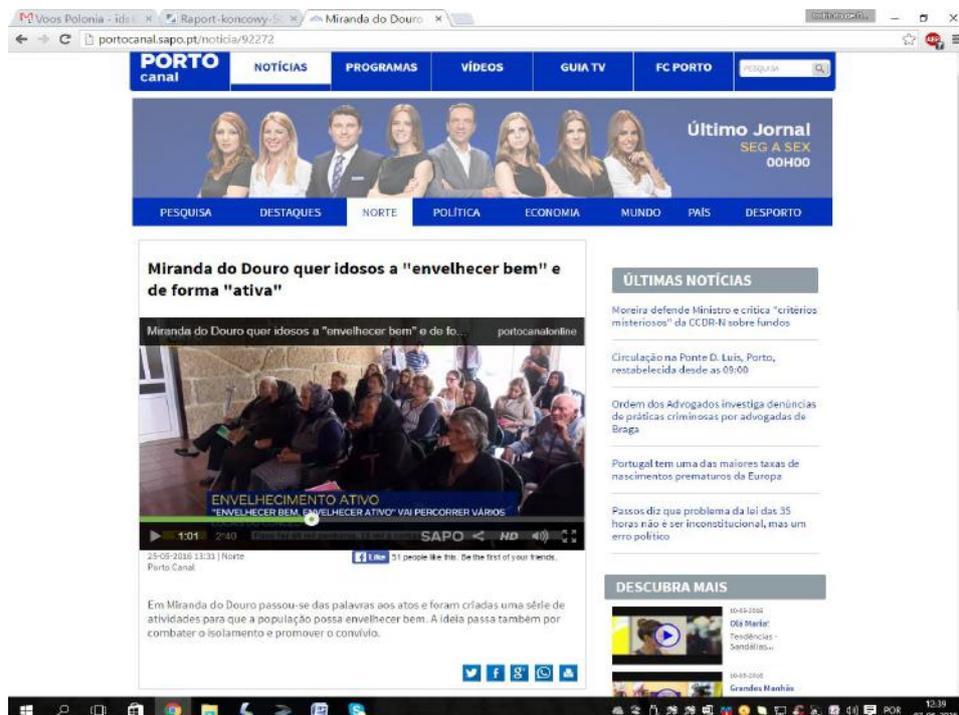
Our first contribute was in the definition of a new system, new equipments and programs in order to improve the quality of these matters, to facilitate the working of the monitors and the comprehension

of the learners. We worked together with the monitors to define a new system and new programs and we are happy to say that this contribute was important for everybody.

### Isolation and third age...

Closed schools, villages ghost, abandoned fields and an aging population. Never before the marks of human desertification were so sharp in Tras-os-Montes and Alto Douro. The region continues to lose people at an accelerating rhythm, and according to estimates of the National Statistics Institute, in 2010, will have more than 372,000 inhabitants, or almost half of the existing population in 1960.

Our contribute in this area was to drive the attention of the communities and public authorities to the situation of old people isolated in the small villages.





The Aging Program Active and Healthy has as Strategic Objectives:

- a) To promote active citizenship;
- b) Provide conditions for social development.

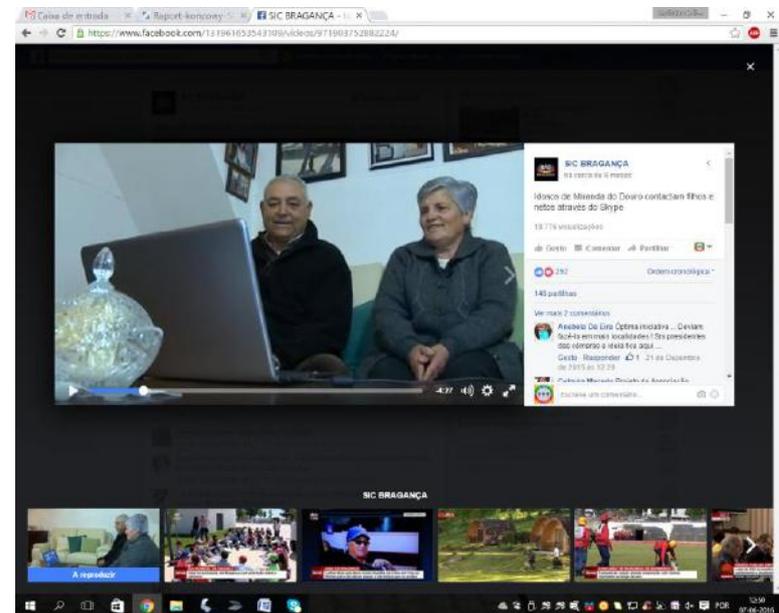
Aging Program Active and Healthy has as specific objectives:

- a) To promote health and well-being through the dramatic expressions, artistic and body / movement;
- b) Promoting access to information;
- c) Encourage the enjoyment of culture



The decisive factors for active aging as a process of optimizing opportunities for health, participation and security are part of a wide range that goes from the individual and their own characteristics, the family, the community and the kind of society that is inserted. The community is adopted as a key setting for policy interventions promoting active aging. Social trajectories covered in different historical and geographical contexts have impacts at the end of life of men and women age.

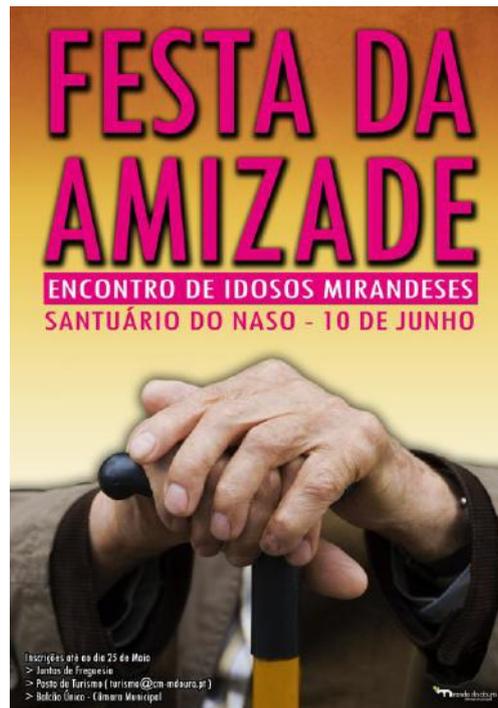
Through the collected data, we found that older people like to use the computer and the Internet, although they have difficulty in some types of uses, such as using different software. We emphasize the fact that the preference of seniors for applications related to the social part, the desire to communicate and interact with friends and family, share information, photos, facts of their lives and include socially.



Using the Skype to contact familiars in the small villages it was an initiative with success but limited because we don't have enough support to enlarge the program and support the costs in a large territory.

WHO has defined active aging: as the process of optimizing opportunities for health, social participation and security in order to enhance the quality of life as people age. This concept aims to awaken in people the awareness of its potential physical, social and mental well-being throughout life and participate in society, while they are provided protection, adequate security and care when they need it. Active aging allows people to realize their physical, social and mental potential throughout their lives and participate in society according to their needs, desires and capabilities. At the same time, provides them security, safety and care need when they need help. The active word refers to continuing participation in social, economic, cultural, spiritual and civic activities and not merely physical force or participation in the labour market. In this sense, a policy of encouraging active aging should seek to act in an integrated manner, focusing on all these aspects and not be limited to more economic and more immediate measures such as the elimination of early retirement incentives.

Individually the active aging can be understood as a group attitudes and actions that we have in order to prevent or delay the difficulties associated with aging. The physical and intellectual changes that occur with aging vary from person to person and depend on genetic characteristics and habits taken for life. It is always appropriate to emphasize healthy food, appropriate sports practice, good hydration, rest and moderate exposure sun, not forgetting the follow-up visits the doctor. The welfare psychological and intellectual (memory, reasoning, cheerfulness) - Fundamental in active and healthy aging - also to protect and promote with care permanent: regular reading, active participation in discussion of the issues of daily, conducting games that stimulate thinking, activities of maintenance inside and outside the home (walks, visits, volunteering ...), participation in task group or association events, among others.



“Life & Learn” project allows us to support some meetings in the region but open to all those who wants to participate. It was important to review old friends, pieces of life.



The ethical principle which governs is based on the idea that it is necessary stimulate the initiative of older people for autonomy and independence and promote active aging.

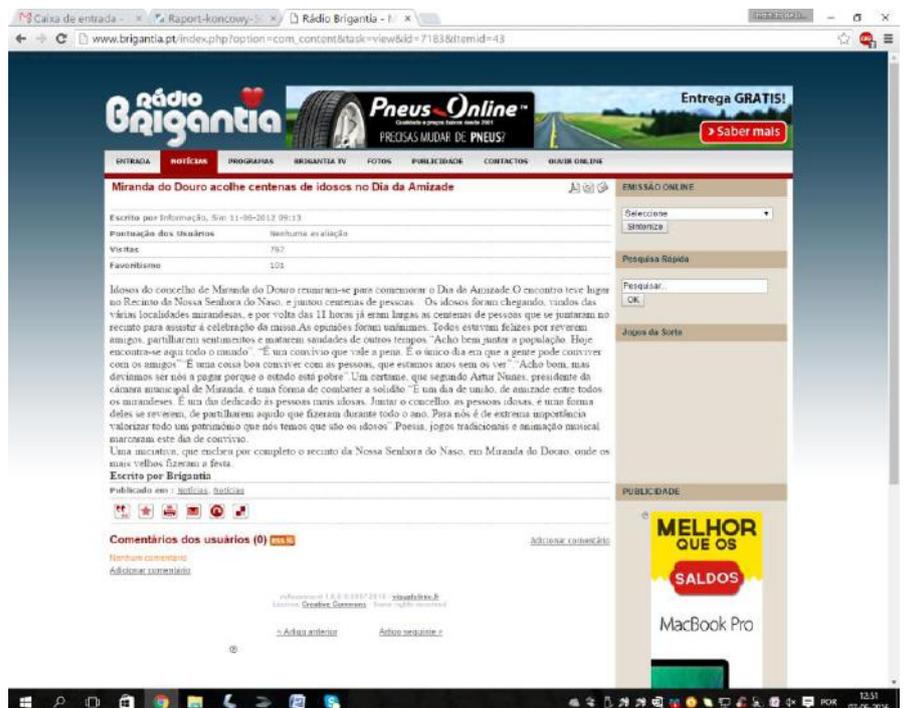
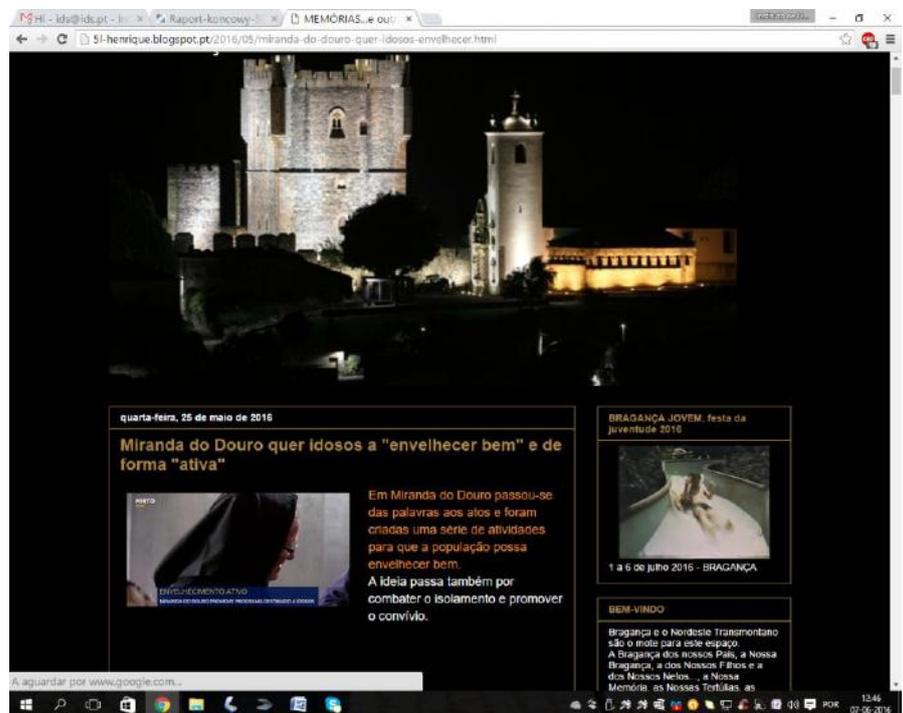
Three pillars were defined:

The promotion of active aging throughout life;

Most adequate health care to the specific needs of the elderly;

And the promotion and intersectoral development of enabling environments for autonomy and independence of older people.

**Culture is a key weapon in adaptation to aging, not only helps us to understand it, and helps us offset the declines associated with it.**





During the implementation of our project "Life & Learn" conducted a series of activities in order to prevent isolation and aging in order to promote active and successful aging. All activities were discussed and decided with all users and representative of the institution.

However, it should be noted that before taking any decision we heard suggestions, tastes and the development needs of users, since these activities are primarily intended to prevent isolation and aging.

Furthermore, the business plan was overhauled at least once a year, but as happened in the centre of conviviality, the plan was changed whenever an activity failed to make sense to the users and they gave the suggestion of another activity.

Thus, the activities selected are: gymnastics, crafts, computers, health care and image, celebration of birthdays, participation in fairs, several guests and celebrating festive dates.

As mentioned in the theoretical framework, the appropriate sports practice, mental and intellectual well-being, playing games, the maintenance activities inside and outside the home and participation in task group or association events are fundamental to active and healthy aging.

Physical activity contributes to aging well and active. On the one hand, the practice of physical activity is closely linked to healthy aging, is the inactivity that is the origin of many diseases, especially those typically associated with the aging process.



It should also be noted that all the programs were developed with weekly frequency, each session about 50 minutes. The results obtained were satisfactory, since users were motivated and involved throughout the intervention period also be demonstrated acquired and practiced the skills trained in sessions. All programs were developed in order to provide users with useful skills to their daily life and the teachings and techniques learned are applied throughout your life path.

### Conclusion:



At first few users are interested in the computer. Over time were more interested because they heard good comments from attending classes and is a means of communication that they may be very useful, since some have children and grandchildren to work outside the country. Moreover, nowadays everything is more computerized, for example, make an appointment at the health center, pay taxes, among others.

Manual work had as objectives: to provide new learning, foster interest in other work and promote mental and physical mobility. Users proved to be very interested to know and learn new ways to make objects with recyclable materials. Today, they are to ask to teach them how to make certain objects they saw on the internet or even at craft fairs.

We concluded that aging is not all equal depends on the elderly and her life story. We finish this project with the idea that we create helped to define a model of intervention with the resources available at local level.