



GATE

Project meeting 2 – Valencia

3rd – 6th March 2013

The event



LeicesterShire
Learning Networks



‘Why does learning matter for older adults?’

Seminar

Thursday, 7th February, 2013

Stamford Court, University of Leicester, UK



Part of the first transnational meeting of MATURE.
An EU Lifelong Learning Programme multi-lateral
Project.

The participants

58 attendees from:

- 3 European projects (MATURE, ForAge and GATE)
- Local authorities
- Voluntary and community groups
- Private education providers
- Universities of the Third Age
- NIACE (National Institute for Adult Continuing Education)
- Public services (health; libraries; social services)
- Universities
- Colleges of Further Education
- Awarding bodies

A significant number of older adults

The presentation

- Diarmuid Moore, Assistant Director, WEA, Northern Ireland

Grundtvig Learning Partnership

GATE – Generations Ageing Together in Europe

August 2012 - July 2014

LLP/AT-430/127/12



The questions

What is active ageing?

What examples are there of learning that supports active ageing?

What is active ageing? The answers

- Being mentally and physically involved and included
- Keeping up with contemporary issues
- Being in control of your life
- Sustaining social contact
- Being given opportunities to achieve
- Maintenance of self-esteem
- Engaging with others to stimulate the brain and the body

What is active ageing? The answers

- Not about self-sufficiency but about achieving circumstances that enable achievement and self-fulfilment
- Access to resources that others can access
- Playing a useful role in family, community and society
- Joining in and saying 'you can'
- Sharing interests and enthusiasms and persuading others
- Being able to use one's full potential in all aspects of life
- The enthusiasm to want to participate


What is active ageing? The answers

- Understanding and applying different ways of ageing well; being involved in your own decisions and choices and 'engaged with age'
- Taking steps to prevent/minimise 'decline'
- Ability to participate, contribute and remain autonomous
- Staying independent; managing your own life; being useful; maintaining contact
- Ability to adjust and transfer skills

What examples are there of learning that supports active ageing?

- ‘Skilled for Health’ – health and well-being courses delivered in areas of deprivation.
- Health literacy – giving older adults the skills to make informed decisions about their health care.
- Adult Learners Week
- Learning the art of networking
- ‘Active for Life; Active for Health’ courses taking place at local leisure centres
- Well men and women schemes at doctors’ surgeries
- Previous educational attainment impacts on the ability to access learning that supports active ageing

What examples are there of learning that supports active ageing?

- Learning that specifically targets groups and individuals who may be isolated (e.g. there is disproportionate representation by women in socialising activities)
 - U3A online (Australia)
 - Learning for Active Citizenship
 - Community computer centres
 - Intergenerational learning
 - Culture cafes
 - Memory training courses
 - Learning to volunteer
 - Retirement planning
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- A decorative graphic consisting of a thick, light grey wavy line that starts from the bottom left, curves upwards and to the right, then loops back down and to the left, and finally curves back up and to the right, ending near the top right of the slide. The line has a soft, blurred appearance.