

## MENTA 50+: LEARNING TO TAKE ACTIONS FOR MENTAL FITNESS AND WELLBEING IN OLDER AGE

- MENTA 50+ is a two year implementation project funded by the European Union under the Grundvig Lifelong Learning Programs.



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## Learning to take actions for mental fitness and wellbeing in older age

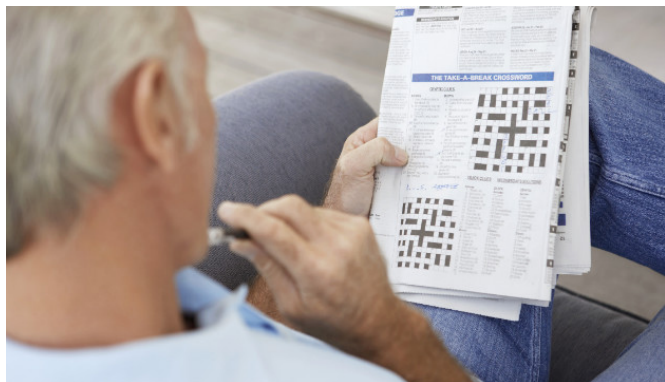


Lifelong Learning Programme

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## ABOUT THE PROJECT

The challenge of Ageing, is currently one of the key issues faced by Europe. As statistics indicate, by 2030 almost 1 in every 3 Europeans - 29.7% of the population - will be over the age of 65. In order to maintain and even improve the level of prosperity and development within the European Union, we need to seek ways of keeping people over 50 mentally and physically healthy.



Our project "MENTA 50+: Learning to take actions for mental fitness and wellbeing in older age" aims to achieve this by raising awareness of the benefits and importance of mental well being and mental fitness. Our focus will be on the provision of specific guidelines to promote key concepts and the development of new, innovative learning material. This will be targeted directly to those over 50 and to training providers and support agencies.

The MENTA 50+ project will run for two years and began in December 2012. The project is funded by the European Union under the Grundtvig Lifelong Learning Programme.

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## TARGET GROUPS

### Primary Target Group:

- Adult learners over 50 years of age, who will be the end-users and main beneficiaries of the project
- Institutions
- Providers
- Facilitators
- Community centre workers
- Social workers
- ...mainly dealing with people over 50 years of age

### Secondary Target Group

- ✓ Policy makers
- ✓ Adult educational institutions
- ✓ Political decision makers
- ✓ Social & health care sector
- ✓ EU decision makers etc.



## AIMS

We aim to provide adults over 50 years with a supportive framework and to develop materials reflecting a holistic approach designed to encourage their increased activity. In doing so we will ensure active participation in an ageing society and maximise the accrued benefits of mental wellbeing and mental fitness. This will be achieved by:

- Calling for action by involving providers and directly engaging older adults in the project process
- Developing a manual characterised by an holistic approach
- Developing online activities which take up and apply the concept of games to a serious learning objective
- Provide an ongoing curriculum for continued realisation of the program

## MAIN ACTIVITIES

During the project, key activities to ensure successful implementation will be:

- ❖ Investigation of the field and collection of good practices
- ❖ Setting up of advisory boards comprised of experts, providers and those over 50 years of age
- ❖ Establishing a mobility event for an exchange of ideas and experiences
- ❖ Developing innovative materials such as online games and a support manual
- ❖ Instigating a pilot phase to test project outcomes
- ❖ Running "Be active-mind your mind" days
- ❖ Organising a final conference