



CERTIFICATE

OF COMPLETION

This certificate is presented to

And Certifies that they completed the
"Care Training for Silver Caregivers" fully and
with understanding of the processes
included therein!

Project Coordinator
DIPUTACIÓN DE
ZAMORA





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National Partner
Details



UNIVERSIDAD
DE ALMERÍA



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Hub

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MODULE 1: THE AGING PROCESS.

In this module those aspects and factors that determine successful aging based on active aging are collected. In this way, the caregiver can try to contribute to improving this process in the elderly:

- a. Topic 1. INGREDIENTS OF SUCCESSFUL AGING. Determinants of active aging: health systems and social services, behavioural determinants, related to personal factors, with the physical and social environment.
- b. Topic 2. AGING "ACTIVE-MIND". Culture, gender, economic status.

MODULE 2: CONCEPTUALIZATION AND FOUNDATION OF ACTIVE AND HEALTHY AGING.

This module collects experiences developed in countries of the European Union or elsewhere, which have effectively promoted an active aging model, so that this information can provide knowledge, references, and examples to establish or promote some of these actions with the elderly with whom you work.

- a. Topic 1. PROGRAMS TO PROMOTE ACTIVE AGING. Models and examples in Europe and in the world.
- b. Topic 2. HEALTHY AGING PROMOTION PROGRAMS. Models and examples.

MODULE 3: IDENTIFICATION OF GOOD PRACTICES AND METHODOLOGIES OF EDUCATION REFERRED TO THE ELDERLY.

In this module, we will provide information to caregivers regarding different platforms in which online training can be developed to complement and recycle their knowledge. These courses are free of charge provided by the most prestigious universities and companies in the world, easily accessible and with the possibility of realization in a flexible way.

- a. Topic 1. CONTINUING TRAINING IN CAREGIVERS: Platforms for free online courses in different languages.
- b. Topic 2. THE DIGITALIZATION GAP. Distance education, social networks, internet shopping, teleconsulting, etc.



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MODULE 4: SOCIAL SKILLS AND ASSOCIATIVE NETWORKS OF OLDER PEOPLE. SOME EXAMPLES.

In this module, caregivers will be trained to train older people in social skills, make new friends, and expand their social networks.

- a. Topic 1. SOCIAL SKILLS TRAINING
- b. Topic 2. MAKE NEW FRIENDS AND EXPAND OLDER SOCIAL MEDIA

MODULE 5: TECHNOLOGY FOR THE ELDERLY.

This module will collect some of the technological supports that we currently have to improve the quality of life of the elderly and that facilitate the work of caregivers.

- a. Topic 1. TECHNOLOGICAL SUPPORTS AND ASSISTANCE OR REHABILITATION TECHNOLOGIES. Technical solutions that facilitate activities: telemedicine, tele assistance, robotics, etc.
- b. Topic 2. UNIVERSAL DESIGN OR DESIGN FOR EVERYONE. Adaptation of means, equipment and services.

MODULE 6: PROMOTING THE ACTIVE LIVES OF OLDER PEOPLE: SOCIAL ENTREPRENEURSHIP

In this module we will teach caregivers how to promote the active life of the elderly. And on the other hand, it will try to qualify or give skills to the caregiver to teach the elderly to face and solve the difficulties of daily life.

- a. Topic 1. OLDER PEOPLE AS A SOCIAL AND WORK OPPORTUNITY
- b. Topic 2. PARTICIPATION AND SOCIAL ENTREPRENEURSHIP.



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MODULE 7: HEALTHY ENVIRONMENTS FOR OLDER PEOPLE IN THE FRAMEWORK OF THE SILVER ECONOMY.

In this module an approach to the concept of Silver Economy is presented as the central axis of this project. In addition, the areas of the Silver Economy and the opportunities it offers to both the elderly and the caregiver will be detailed. Work, for the elderly they represent an opportunity to improve their quality of life and well-being.

a. Topic 1. THE SILVER ECONOMY AND ITS IMPORTANCE IN THE WORLD ECONOMY. AREAS OF THE SILVER ECONOMY

b. Topic 2. CREATION AND ADAPTATION OF HEALTHY ENVIRONMENTS FOR THE ELDERLY. CITIES FRIENDLY WITH ELDERLY PEOPLE

MODULE 8: HOW TO DEAL WITH A CONTEXT OF CRISIS AND DISASTERS.

This module will collect different measures for care and prevention in exceptional situations, for example, the one we are currently experiencing with covid-19, so as to study how to prevent and intervene in the event of an epidemic or pandemic. Knowledge for the caregiver to prevent contagion.

a. Topic 1. EPIDEMICS AND PANDEMICS. SELF-CARE MEASURES.

b. Topic 2. TECHNIQUES FOR DEALING WITH THE "DUEL".



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