



“Fostering neighborhood participation to protect and care for elderly citizens”

A capacity-building programme as part of
IO3: course curriculum

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1. General description

This course arises from the need to raise awareness about the creation of support networks for the community's older people, as a protective and promoting factor for an active and empowered aging. This course is aimed at professionals and volunteers as part of the Next-Door project, which aims to mobilize the community in supporting older citizens – it relies on the principles of ageing-in-place. The course will take place in B. Learning format, with synchronous and asynchronous sessions, and access to support documentation offline.

2. Target groups

Professionals, volunteers, and resident citizens working in the location designated by each Next Door project partner country, especially community workers and people willing to support older citizens in the community.

3. Available languages

English; French; German; Italian; Portuguese; Romanian, Spanish

4. Course delivery

Through the online sessions, trainees will be able to acquire the necessary theoretical knowledge aligned with the objectives of the proposed modules.

At the end of each module, they will have to answer a quiz that will evaluate the skills acquired. Participants will also have the possibility of consulting articles and audio-visual materials to complement the knowledge acquired.

The synchronous sessions are intended:

- Contextualize about the conditions and needs of older people today;
- Discuss the ways of promoting active ageing and combat the social isolation of older people;
- Discuss the benefits of digital skills in older people;
- Discuss about how to engage older people and promote civic participation;

- Brainstorm about how to build an age friendly community.

5. Objectives

This training aims to empower volunteers, citizens, and professionals in the creation of a support network for older people in the community's

- Develop and build knowledge about community involvement in supporting older people;
- Develop the skills needed to set up a support network;
- Understand the needs of the target group and the impact that digital literacy can have on their quality of life;
- Understand some strategies to engage citizens in communities into civic participation.

6. Learning outcomes

The learner will be able to:

1. Acknowledge and identify older people's rights in society today;
2. Define the healthy ageing framework and identify local strategies to promote active and healthy ageing in the community;
3. Identify and use practical strategies to foster the use of digital technologies to support older people;
4. Set up a proximity initiative at his/her local level, including an awareness-raising action to foster community engagement to support older people.

7. Course content

The contents of the course programme will focus on four modules:

1. **Older people in society**
2. **Promotion of Active & Healthy Ageing**
3. **Fostering the use of digital tools**

4. Workshops on community engagement

In *Table 1*, find the detailed information on the contents foreseen for each module and the expected offer at synchronous/ asynchronous modes.

Table 1. Modules, contents and synchronous / asynchronous offer

Modules	Contents synchronous	Contents asynchronous
1. Older people in society	<ul style="list-style-type: none"> . Social and economic impact . Normative and non-normative changes in old age . European and national perspectives . Stereotypes related to old age . Older people rights 	<ul style="list-style-type: none"> . Consult e-learning materials . Quizz 1
2. Promotion of Active & Healthy Aging	<ul style="list-style-type: none"> . Healthy ageing framework . Promotion of autonomy and engagement: “be what they have reason to value” . Combating social isolation . Age friendly communities . Community engagement: theory and inspiring practices . Understanding of the importance of neighbourhood relations and proximity support * Older persons as a resource for the community 	<ul style="list-style-type: none"> . Consult e-learning materials . Quizz 2
3. Fostering the use of digital tools	<ul style="list-style-type: none"> . Benefits of digital skills . Motivating older adults to use digital technologies . How to support an older person in improving digital skills . Ways of social mobilization using new information technologies . Next Door Digital Tool: how to use 	<ul style="list-style-type: none"> . Consult e-learning materials . Competences Balance Quizz 3
4. WORKSHOPS ON COMMUNITY ENGAGEMENT: theoretical and practical	<ul style="list-style-type: none"> . Ways of raising awareness to other citizens and communities . Reflection on building something solid that can be visible in the community 	<ul style="list-style-type: none"> . Consult e-learning materials . Competences Balance Quizz 4 . Production of a small report about What they

Modules	Contents synchronous	Contents asynchronous
	<ul style="list-style-type: none"> . How to use tools for community engagement (templates, practical suggestions etc.) . Creation of a proximity initiative (group work) 	have learn and reflections about the workshop session

8. Duration of the course

The training period would take approximately 3 months, and includes formal training, a study period, and evaluation. The total duration of the course is 32 hours, being flexible the way it is organised between synchronous and asynchronous.

Here it is a proposal for this division:

Module	Type of session		TOTAL
	Synchronous ¹	Asynchronous ²	
Welcome session ³ (<i>not mandatory</i>)	1.5	0	1.5
1 - Older people in society	4	2	6
2 - Promotion of Active & Healthy Ageing	8	2	10
3 - Fostering the use of digital tools	4	2	6
4 - Workshop on Community Engagement ⁴	8	2	10
TOTAL	24	8	32h

9. Teaching and learning methods

During the synchronous sessions, relevant concepts will be exemplified, and dialogue will be promoted among the participants based on their experiences and making use of case studies, for instance the one-page-profiles created under IO1. The goal is to provide

¹ These can be either in-presence or online via a platform (Zoom, Teams, etc).

² Period dedicated to individual study: reading and watching materials available online, on the website or digital tool

³ Presentation and explanation of the objectives of the course (online)

⁴ Working sessions

participants moments of reflection, team building between professionals and volunteers, and planning to build a support network for older adults in the community. Each participant will be invited to reflect on ways to contribute to an inclusive and supportive network for the target group, according to available resources and needs.

At the end of each module, all the participants will take a small questionnaire in which they will test their knowledge. At the end of the course, they will evaluate the course and the trainers, and they will have space to suggest improvements.

During the sessions, the speaker will seek to promote the active participation of all presents, as well as provide feedback, to encourage their interest. No faults will be registered, but it will be emphasised that it is important to be present in most of the course, to achieve the referred goals. Everyone attending the course will receive a certificate. This will not give a quantitative result but a participation one.

10. Assessment method

- Self-assessment of skills (during the course: pre and post)
- Individual assignments
- Group assignments and activities (discussions, role plays)
- Individual report

11. References

- Legislative documents of country
- Next Door outputs 1 and 2

12. Code of conduct

It's requested that learners regularly attend sessions and arrive punctually.

Class participation is desirable to enhance the achievement of learning outcomes.

Learners must fulfil the online assignments on time as part of the agreed learning plan.



Project Partners



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