



TURKEY

CASE STUDY N° 9

PAPER B

**CASA ALBERGO PER ANZIANI “ VILLA FABIOLA”
MONTEROSSO CALABRO
ITALY**

Villa Fabiola
.....casa albergo per anziani.....

WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

It will be a good idea:

- to propose videos promoting the use of sport activities for older people.
- to have a course with specialists in medicine and fitness to make them understand what problems can be caused by immobility
- to organise outdoor activities and sport activities that will later become competitions between two teams
- to buy bicycles ,with the help of the municipality, to rent to the seniors so they can ride around the park and the city

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

A necessary condition is that the organisation should have an equip of voluntary medical experts that should check the benefits reached in a certain time for example weight, blood pressure etc

The place can be their organisation ,a gym, outdoors in parks or playgrounds.

Time can be at least every three months that is a medical check up every three months to see the benefits of the physical activities on older people and if the results are positive they will be motivated to continue.

POSSIBLE OBSTACLES

Possible obstacles can be:

- to find medical volunteers,
- the lack of self-confidence
- the feeling to be judged by others.

ILLUSTRATION

