

**DOBELES MĀCIBU CENTRS
DOBELE
LATVIA**



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

1. Find a possibility to engage these seniors in leisure, cultural and creative activities, according to their skills and abilities. It is necessary to involve some of the residents living in this place to help with the organization of the activities. For example, the classes are run by a person from this place who has loved dancing, or a retired teacher could give foreign language course / assist at board game playing / help to do some handicraft / run pottery classes. It should be useful to attract volunteers or local staff in organizing these activities. It would be nice to have story telling afternoons (e.g. the seniors try to recall an important event in their life, their youth, their job, their best trip, etc.). Local artists/ school children could be invited to perform; some tours can be organized together with seniors dwelling in the neighbourhood.
2. To facilitate any possibility to communicate with their relatives / friends, in order to do it seniors should be encouraged to learn basic skills of working with computers to be able to get in touch with their loved ones virtually.
3. Try to find out about the previous life conditions and ways the seniors had used to live and their attitude to life in this place and do the best to create an environment that resembles the domestic atmosphere. For example, arrange a small room to place their own furniture and favourite things, make a small kitchen garden, and probably allow them to have some pets. Support seniors' desire to help each other, for example, make coffee, do each other's hair, and sew something.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

1. Support rendered by staff or volunteers to find out more about the seniors' needs and desires, to help them prepare for classes or events.
2. It is necessary to organize activities and entertainment both outside and inside.
3. Any time the people feel good to participate in the offered activities.

POSSIBLE OBSTACLES

Possible obstacles are

- Participants' irresponsiveness;
- health problems;
- the management's lack of enthusiasm;
- insufficient funding.

ILLUSTRATION

