



TURKEY

CASE STUDY N° 9

PAPER B

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

Encourage seniors to go out and.... improve their social relationships between other people!!!

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Students, children, grandchildren, volunteers run this educational project - will reach out to elderly people. They need nordic -walking poles, walking shoes and appropriate clothing. Proposals of different types of meetings:

Classes about psychotherapy and sociotherapy - work on motivation. Meetings and lectures with doctors and psychotherapists / one time a month/1 h	Common activities with the fitness trainers – using methods of relaxation, exercise together in the school fitness room/one time a month/2 h
Nordic walking. It is a full-body exercise that's easy on the joints and suitable for all ages and fitness levels. Students will find out about Nordic walking technique, the health benefits and get start with seniors/ one time a month/3 h	Walking in the mountains - Travel together with older, go in the group of at least three people. Remember, you will walk along marked tourist trails/ one time a month/4 h
Free seminary named: "Sport improves health" - people will be invited to discussion about "Healthy body, healthy mind", which integrate a healthy diet with physical activity. They can learn about the healthy eating pyramid/ one time a 6 months/ 1,5 h	Help in gardening (e.g. raking, planting, digging the garden). Gardening has many health and therapeutic benefits for older people. It is enjoyable, and provides a source of exercise and fresh food! / two times a month/4 h
Convince that people in all age can regularly practice aerobics – during the exercise breathe more rapidly and deeply to get extra oxygen into your lungs /one time a week/ 30 min	Travel together with older people to the aquapark /one time a year / 3 h

POSSIBLE OBSTACLES

Problems: how to motivate people? Difficult to encourage people to attend in new activities. Lack of places to meet and develop the activities. The money problem - trainers . Negative reaction from the participants. Lack of motivation.

ILLUSTRATION

