



Increase and development of manual skills and physical vitality of citizens of the European Union over 50 years

6th SEPTEMBER 2019

10.00 – 12.00 Work shops meeting



Organisation:

Technical university in Zvolen, Slovakia

University of the Third Age in Zvolen

Lector:

Miriam Ďuríčková, umirky@gmail.com, +421 907 43 14 74

Work shop group:

Mrs.Ohrivalova, Mrs.Michalcova, Mrs.Primusova, Mrs.Benicka, Mrs.Huckova, Mrs.Machalova, Mrs.Cunderlikova, Mrs.Ukropova, Mrs.Deakova, Mrs.Stadtruckerova, Mrs.Malcekova, Mrs.Volckova (12)

Time and date of study program:

Every Friday from 9,00 do 10,30 – manufactory of Mrs.Durickova
From 8th march to 24th may (total 20 hours/10 meetings)



Work shop activities

Description of activities:

- 1) Decoupage – (napkin techniques)
- 2) Wire techniques
- 3) Modeling (clay, polymers)
- 4) Patchwork
- 5) Bracelet



Experience and best practice

Why Are Manual Skills Important For The Elderly?

- 1) Keep the attention
- 2) Soft motorics
- 3) Young mind

What are the advantages and disadvantages of manual skills for the elderly?

Advantages:

- 1) Soft motorics
- 2) Mind cleaning (come to other thoughts)
- 3) Forgot about diseases and pain

Disadvantages:

- 1) Eyes diseases
- 2) Shaking hands, pain in hands
- 3) Rheumatism



Experience and best practice

What are my personal experiences of manual skills for elders?

- 1) We learn each other
- 2) Seniors share their life experience

What are my recommendations for manual skills lecturers for the elderly?

- 1) Patience
- 2) Be able to listen them
- 3) More practical than theoretical

What are my recommendations for elderly in manual skills?

- 1) Psycho hygiene
- 2) Training of the attention
- 3) Focus on details
- 4) Fun



Experience and best practice

Other interesting information:

In my opinion everyone, off course seniors too, should do, what they like. In the past they were probably interested in painting, modeling, but they had no time for it, because of having children, family or even job., family. Now, when they are seniors, they have more time and it is a good chance to do activities they like. Hand making (doing thing by hands) isn't just a time filler, but also helps with psycho hygiene and overcoming the problems and pain. So my advice to everybody is let's create.

Photo gallery – main activities – work shops





Thank you