



**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

Program:

10.00 – 11.30

**10 minutes Power Point (or Prezi) presentation about work shops (each country) + 5
minutes discussion**

11.30 – 12.00

Discussion



TEMPLATE

Organisation:

Universidade Sénior Rainha D. Leonor, Caldas da Rainha, Portugal
Third Age University Rainha D. Leonor, Caldas da Rainha

Lector:

Sandra Campos, sandracanpos34@gmail.com, + 351966438457

Work shop group:

Class A : Adélia Martins, Alice Valentim; Célia Carvalho; Clara Ribeiro; Conceição Galveias; Conceição Luís; Felismina Duarte; Graciete Leitão; Maria do Rosário; Maria Gertrudes; Maria Teresa; Teresa Caldeira (12)

Class B: Cecília Rafael; Conceição Parreira; Cristina Santos; Eduarda Serafim; Eugénia Carvalho; Gertrudes Lemos; Irene Patriarca; Júlia Canas; Lucinda Félix; Luísa Avelar; M^a José Barbas; Rosa Marques; Rosinda Carlos(13). Most of these students are attending my class since 2007

Time and date of study program:

Class A every Thursday from 10 am to 12 am during school schedule
Class B every Tuesday from 10 am to 12 am during school schedule



Work shop activities

Description of activities:

The classes are all practical and are handicraft activities, such as:

- 1) Floral Arts
- 2) Decorative arts
- 3) General decoration and table decoration
- 4) Thematic and seasonal decorations
- 5) Creative Sewing
- 6) Packaging
- 7) Etc, Etc



Experience and best practice

Why Are Manual Skills Important For The Elderly?

- 1) For them to have an active ageing
- 2) To stimulate their creativity
- 3) So they don't lose or stimulate fine motor skills...

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

Advantages:

- 1) Being able to "create" new projects
- 2) Working in groups
- 3) Getting to where they didn't think they could, thus completing the plan

Disadvantages:

I can't find disadvantages in handicrafts, I could find more advantages.



Experience and best practice

What are my personal experiences of manual skills for elders?

- 1) A great deal of knowledge sharing on both sides.
- 2) I learnt how to listen to the students and understand what can be a challenge for them, so that it does not become a problem, so that the goal in the end is always surprising.
- 3) Most of the time I throw high goals, but with the support of all those involved the Final work most of the time ends up exceeding my expectations!!!!

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

- 1) In my opinion, we must be demanding with the students and with us, so that the work becomes appealing.
- 2) I like to create new things all the time and I think that's the only way I can keep students for 11 years.
- 3) It's also important to do research and update myself, and whenever possible to do some training.

Experience and best practice



What are my recommendations for elderly in manual skills?

- 1) At the beginning of the school year, make a kind of survey to understand the expectations of students.
- 2) In all the works we start, we always have a "plan B" to be able to appeal if necessary.
- 3) Do some work, stimulation/ motivation games, even if they are not related to the subject, but are undoubtedly a "key" to success.

Other interesting information:

It is a privilege to be part of this project and to see it grow, to see the brilliant result it gives, in helping for an aging of excellence, an "Active Aging".

Photo gallery – main activities – work shops



Photo gallery – main activities – work shops



Photo gallery – main activities – work shops



Photo gallery – main activities – work shops





**Thank you
Obrigada!!!**