



## Healthy Lifestyles for Elderly People

HELP project is based on European response to the progressive ageing of the population. The aging process presents a key challenge for future development policies and it is related to improve the Quality of Life of Elderly people. The general objective of the HELP project is to empower older people (65+) in Europe to adopt healthy lifestyles which include a healthy diet, physical activity, and social participation. HELP aims to develop the quality and cost-effectiveness of services for older people by promoting cooperation between service providers and recommendations on communal elderly services.

To achieve this challenge, the project will set up an e-learning platform to allow the elderly people improve their knowledge about quality of life, sharing experiences, exercises, personal solutions, and also ask questions to health experts.

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### 3<sup>rd</sup> project meeting in Reggio Emilia

The 15<sup>th</sup> – 16<sup>th</sup> May was held in Reggio Emilia (Italy) the third meeting of the European project HELP in CIS' premises. During this event, the consortium comprising AIJU, CIS and E-Seniors discussed about **the spread of the e-guide** to empower older people in Europe to adopt healthy lifestyle, coordinated by AIJU with the contribution of all partners; **development of the HELP platform** to allow the elderly people improving their knowledge about quality of life, sharing experiences or exercises.



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## Developments in the project

The consortium discussed the first results after the development of the e-learning guide on healthy habits. The guide is now available on the Help website and it is ready to become a useful tool to improve the quality of life of seniors people. Another important topic was the development of the complementary tool: the Help platform. The platform is under construction by the leader organization AIJU and will contain sections dedicated to the main topics covered in the e-guide: nutrition, sleep and rest, socialization, healthy mind and will provide funny games in order acquire knowledge of good health and ICT competences. A forum and a repository will be available for the users to interact with experts of wellbeing.

The platform will be soon available in all languages of the consortium: English, Italian, French and Spanish.

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## Next steps

AIJU, CIS and E-Seniors work together to spread the knowledge of the guide and the platform and will organize a final multiplier event in which seniors and families will be invited to test the effectiveness of the platform and its usability in a real context receiving feedback of the work done. The next meeting will take

place in Ibi, Spain where all the details of the arrangements for the multiplier event will be discussed.

## Latest posts on Facebook

*The HELP Guide (free download on the website)*



### E-GUIDE

The first output of the project is the development of an e-Guide. The main objective of this guide is to provide all the necessary information on how to maintain a healthy lifestyle.

The guide has been developed based on all the information acquired after an intensive research of scientific information and interviews with concerned elderly people and experts (doctors, nurses, psychologists, physiotherapists, etc.) All the information has been collected and analysed based on a methodology developed in the project to be able to create a useful guide that has all the information users need.

Based on all the information gathered the guide has been structured in 5 topics which are considered the most important things to follow healthy lifestyles. These topics are: Nutrition, Healthy Mind, Physical Activity, Social Life and Rest and Sleep.

In each topic you will find 4 different sections that include: some general information regarding each topic, the habits that are considered perfect for each situation, some common mistakes and great tips to follow a healthy lifestyle.

English Guide

<http://www.helpageing.eu/portfolio/guide/>

## Nutritional tips for Seniors: the importance of good nutrition

**Nutrition Tips For Seniors: The Importance of Good Nutrition**

As a senior, practicing proper nutrition is one of the biggest ways to improve your health and maintain a state of excellent well-being overall.

Though making the correct dietary choices for your body can get somewhat more complicated with age, eating right can still be enjoyable and is well worth the small lifestyle changes you may have to make. To help you learn more about the importance of good nutrition for seniors, and to get you started on building a personalized nutrition plan to meet your needs, our professionals here at St. Paul's have put together this short overview. Read on for Nutrition Tips for Seniors: The Importance of Good Nutrition, and reach out to our San Diego, CA senior living community today!

**Why Do Seniors Have Different Nutritional Needs?**

The first step to eating healthy as a senior is to understand your own individual nutritional needs. These needs may vary from the needs of other age groups – and even other seniors – based on a number of factors. For instance, many seniors experience reductions in sensory faculties including the senses of hearing, smell and, most importantly, taste. These sensory deficiencies can lead seniors to make poor choices regarding nutrition and choose foods that may look or taste appealing but contain a number of unhealthy ingredients.

<https://www.stpaulseniors.org/senior-care-blog/nutrition-for-seniors/>

# What are the benefits of being social?

## What are the health benefits of being social?

By Maria Cohut | Published Friday 23 February 2018

Fact checked by Jasmin Collier

Humans are born into social groups and live their entire lives as a part of society, so the social element can't easily be removed from the evolution of an individual. But how does social contact affect our health?

As human beings, we dream, learn, grow, and work as part of society. The society that we're born into and the societies that we navigate throughout our lives shape our personal identities.

And in fact, so keen are we to communicate with each other — even beyond geographical limitations — that we've developed a plethora of tools to help us achieve that, including pen and paper, telegraph, telephone, and the Internet.

When I asked my colleagues in the *Medical News Today* office what benefits — if any — they thought that they derived from social connection, most of them said that they found some measure of comfort in social interaction.



We are social beings, and interacting with people is in our nature. But it also brings us benefits on a mental and physical level.

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<https://www.medicalnewstoday.com/articles/321019.php>

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