



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.

4th project meeting in Ibi

The 25th – 26th September was held in Ibi (Spain) the fourth meeting of the European project HELP in AIJU premises. During this event, the consortium comprising AIJU, CIS and E-Seniors discussed about **the developments of the application software** to allow the elderly people improving their knowledge about quality of life, sharing experiences or exercises., coordinated by AIJU with the contribution of all partners; **organization the Multiplier Events in each country** as a great opportunity to show to European elderly people centers the benefits that HELP project will be able to give them.



Developments in the project

The consortium discussed the results after the development of the HELP platform. The platform is almost finished 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 to 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 consortium was also discussed about the organization of the Multiplier Event in each country in order to allow making a demonstration about the application of HELP in the daily life of the elderly people and showing the elderly people can apply it to obtain beneficial results.

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

Next steps

AIJU, CIS and E-Seniors work together to finalize the HELP platform and will organize the Multiplier Event.

Latest posts on Facebook

HELP platform

This screenshot shows the Facebook page for the HELP project. The page header includes the Facebook logo, the name 'Help Project', and a search bar. The user 'Carolina' is logged in, with navigation options for Home, Create, and a menu of icons. The page layout includes a left sidebar with navigation links (Home, Posts, Reviews, Videos, Photos, Events, About, Community, Groups, Info and Ads) and a 'Create a Page' button. The main content area features a post from 'Help Project' dated June 21st, which states: 'The platform is under development! There is a lot of progress already but for now here you can see the main page!!'. Below the text is a banner for the 'HELP project' with flags for the UK, Spain, France, and Germany, and buttons for 'LOG IN' and 'CREATE AN ACCOUNT'. A small illustration shows a group of people. At the bottom of the banner, it says 'Co-funded by the European Programme of the European Union'. A 'Send Message' button is visible next to the post. The right sidebar contains sections for 'Our Story', 'Community' (with 82 likes and 83 followers), and 'About' (with a 'Send Message' button and the website 'www.helpageing.eu').

HELP platform: Activities

This screenshot shows the Facebook page for the HELP project, featuring a post from September 5th. The post text reads: 'The HELP platform will include a weekly planner for your meals. This tool will help you to follow a healthy diet with the support of the HELP e-guide where you can find detailed information.' Below the text is a large image of a meal planner. The planner is a grid with a green background and a yellow header. It has columns for days of the week and rows for meals. Below the grid are various food icons including a fish, a glass of milk, a slice of cheese, a piece of bread, a bowl of soup, a glass of water, a piece of meat, a piece of fruit, a glass of juice, a piece of bread, a bowl of soup, a glass of water, a piece of meat, a piece of fruit, a glass of juice, a piece of bread, a bowl of soup, a glass of water, a piece of meat, a piece of fruit, a glass of juice. The right sidebar is identical to the previous screenshot, showing 'Our Story', 'Community' (82 likes, 83 followers), and 'About' (Send Message, www.helpageing.eu, Community, Impressum).

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