

AGING @ HOME

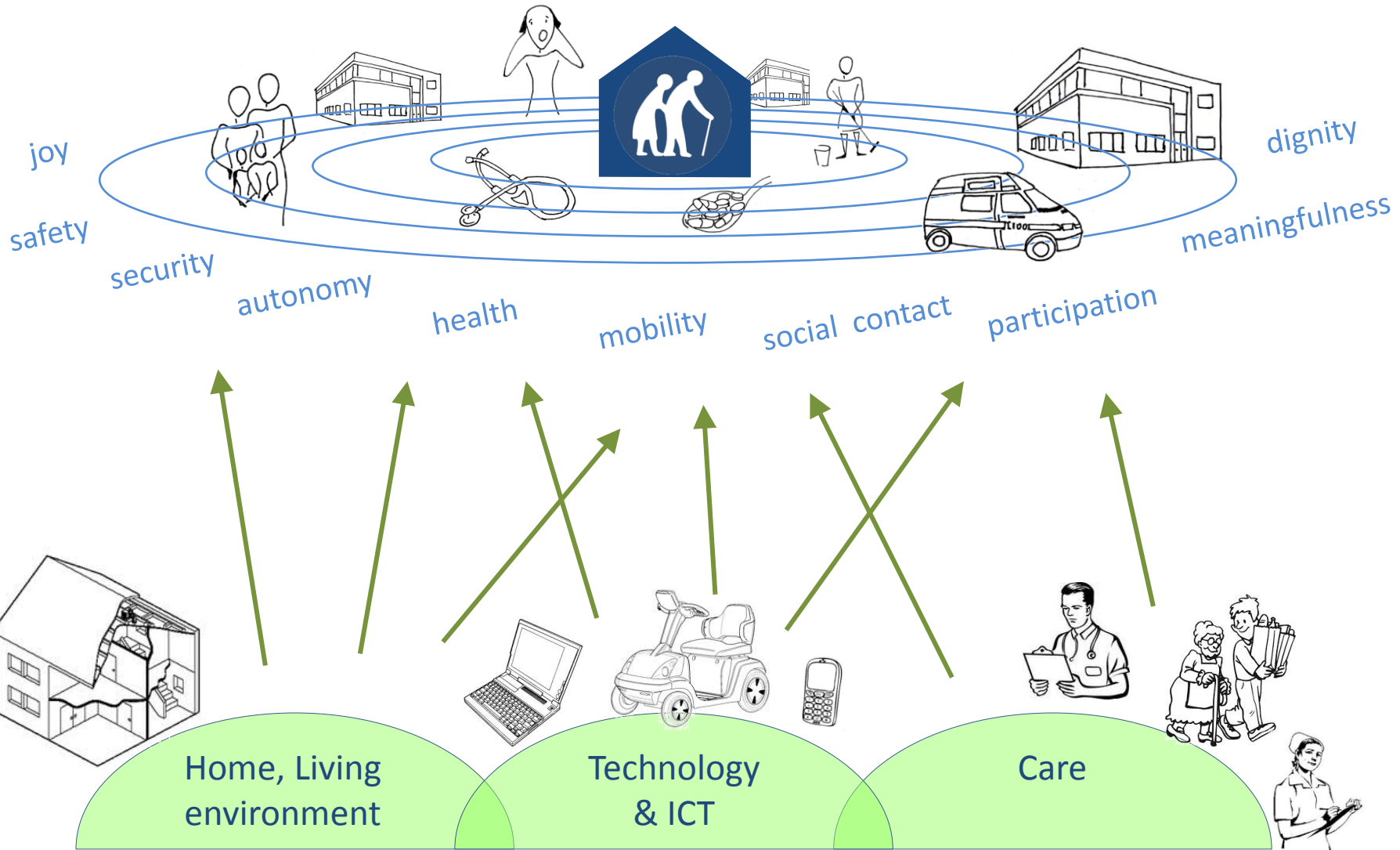


Bart Neels



Let's help our elderly
To enjoy living
In their own home environment
As independent as possible
As long as possible

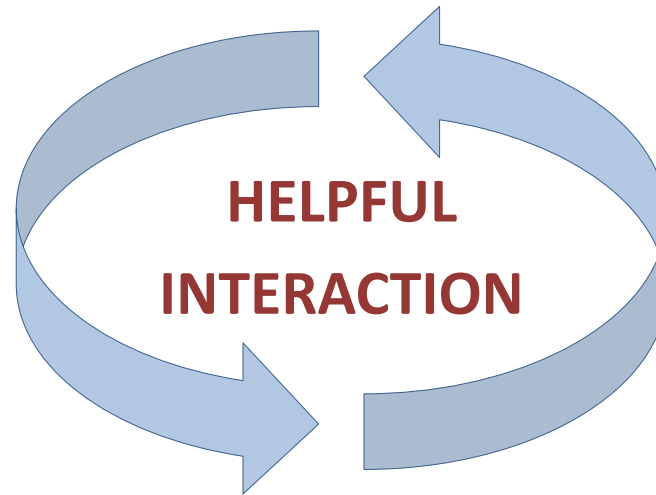
Key to aging@home = WELLBEING



Tuning solutions to needs

Needs, Request for help

What is
DESIRABLE



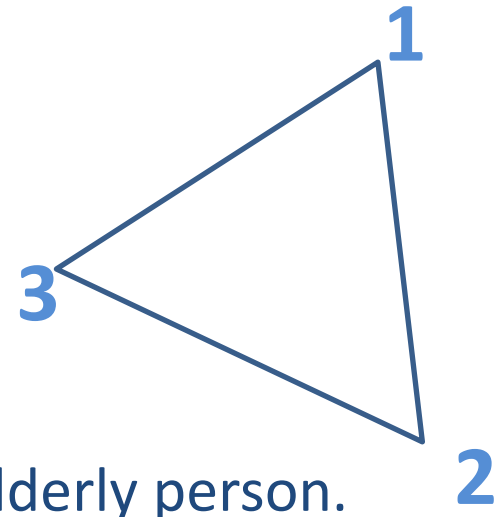
Offering of care & support

What is
POSSIBLE

questions

- What really matters for elderly?
- What makes solutions work ?
- How can we (caregivers) better focus on their own resources?
- How can they make better use of their own resources?
- How can we get a mandate to help ?
- How can we spread out recipes for succes?
- ...

1 - 2 - 3



Think back of a situation where you have managed to be really helpful to an elderly person.

1 → Tell the story

2-3 → discover & write down:

What worked

What qualities did you use

What did others do that was helpful

1 – 2 - 3

How come they allowed you to help?

Summary: keys to helpful interaction

Workshop outcome: Keys to anticipation

“how do we help elderly to anticipate ?”

- Start early to provide parents with technology
 - Introduce PC, iPad, e-mail, skype, etc...
 - What’s in it for them: communicate with (grand)children, play games, read newsfeeds, watch family photographs, etc...
- Living: explore ways to remain in their own community (i/o house)
- Contact with peers !
 - Get people together
 - Let them discover resources of others that they have too
 - Find ways to SHARE what they’re good at
 - Succes stories (grey heroes, uncle Salim)

Workshop outcome: Keys to helpful interaction

“how do we get a mandate to help?”

- Curiosity: be willing to find out what matters to them
 - “how is your life?”, “That must be hard for you”, “how do you plan to tackle this?” “how can you keep doing what you love – you must have some ideas?”
- Dignity & Empowerment
 - “I see this is not a trouble for you. How can you eliviate the worries of your children?”
 - Always give options to choose from
 - Respect their choice (also ‘not wanting help’)
 - “How can you help me to help you / to be a good son, daughter”

Workshop outcome: Keys to helpful interaction

- Reciprocity/balance : find ways to let elders do something in return
 - ask for advice, bake a cake, ...
- Make their day, be vitalizing
 - Not yust “have you taken your pills”: have conversations about nice things in life
 - Bring them in contact with valuable memories: photo-albums, places with good memories, grave of parents, ...