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Participants of the HLAW Summer School 2015.

1 HLAW PROJECT

The project »Healthy Lifestyle for Aging Well« (acronym HLAW) has been developed in the cooperation between four higher education institutions: College of Nursing in Celje, Slovenia, Medical University of Lublin, Poland, University of Oulu, Faculty of Medicine, Institute of Health Sciences, Finland and Cooperativa de Ensino Superior Politécnico e Universitário – CESPU, Portugal. The project is funded by the Erasmus+ Strategic Partnership for higher education programme and is coordinated by the College of Nursing in Celje, Slovenia. The duration of the project is 24 months, from 1st September, 2014 until 31st August, 2016.

The main aim of the project is the research in the field of healthy lifestyle in the elderly and to prepare the guidelines for preparation of different promotional means and strategies in the future. The project is also focusing on the health literacy, physical activity and the nutrition among older population. The students of nursing and the elderly are the two main target groups of the project.

European Commission published the analysis of the Erasmus+ Call for proposals for the year 2014 in May 2015. They received 920 applications in the field of higher education and they chose 155 projects for financing. The "Healthy Lifestyle for Aging Well" was selected among the four best projects regarding the good practices in the field of higher education in the programme "Strategic partnerships".

2 ACTIVITIES IN THE FIRST YEAR

According to the project proposal, the project partnership designed and developed the following activities in the first year of the project:

- research design and literature review in the field of health literacy among the elderly and healthy aging supportive programmes;
- 1st HLAW Summer School in May/June 2015 in Celje, Slovenia;
- development of 4 new elective subjects which will be integrated in to the nursing study programmes in all of the partner institutions (Health literacy of the elderly, Nutrition for aging well, Entrepreneurship for nurses, Physical

activities for elderly);

- design and recording of the DVD with the exercises for physical activities for the elderly which will also be available on the project website;
- development of contents and design of the new web portal, dedicated to healthy aging.

3 ACQUIRING NEW KNOWLEDGE THROUGH RESEARCH

HLAW is a complex project that also involves research activities. After the formation of research design, we dedicated a few months to the overview of literature in the field of health literacy and physical activity of the elderly in respective countries. The abstracts of the main findings from the first International Summer School will be presented in a dissemination conference (Multiplier Event) in Oulu in Finland in October, 2015.

In the autumn of 2015 we will make a transition to the next phase of the research, which is dedicated to the execution and collecting of data in the field of health literacy and to the physical activity of elderly people. The research is going to include the elderly over the age of 65, living in the home environment or in old people's homes (nursing homes). In order to collect the data, we are going to use two standardized instruments, that is HLS-EU-Q (European Health Literacy questionnaire) and Fantastic Lifestyle Assessment.



Socializing with elderly by learning Nordic walking.

The research results will be presented at the next International Summer School in the year 2016, and published in the journals from the field of health sciences (Health and Nursing Science).

4¹ST HLAW SUMMER SCHOOL

From 24th May until 5th June, 2015, we organized in fruitful cooperation with all of the project partners the 1st HLAW Summer School. The College of Nursing in Celje hosted 24 students and 16 teachers from Finland, Portugal, Poland and Slovenia.



Intensive work on Summer School.

Besides listening to the lectures and the intensive work in workshops, students socialized and cooperated with the elderly by learning Nordic walking, they tested themselves in the 2-km walking test, and socialized with the self-help group Drenke. We also visited Home Nina Pokorn in Grmovje (special social institution), Home of the 4th generation in Kranjska gora and General Hospital in Celje. The important part of the summer school was also sightseeing of Slovenia (visits of towns Celje, Ljubljana, Bled, Piran) and also various social and sports activities.

Some impressions of Summer School participants:



Pirjo Kaainen,
lecturer of University of Oulu, Finland

As a teacher, I have learnt a lot about elderly people's physical activity, about their health literature and about how they should promote their daily life, and we have to learn a lot about how these things are made in other countries, as we have no such cooperation with Poland and Portugal.



Suzanna Kisner,
student of University of Oulu, Finland

We have been very excited to come in Celje and have had very good experiences. We have learnt a lot about new cultures, different healthcare systems in different countries that are a part of this project, so it has been a really great experience to compare and learn from other people. Lots of excursions, workshops, working together, evaluating different learning methods that different countries use.



Alina Deluga,
lecturer of Medical University of Lublin, Poland

This project shows us and shows me, that the aspect of aging is very important, that we should prepare for the aging and develop skills (for instance nursing skills) which will help us to take better care for the elderly in future.



Nuno Araujo,
lecturer of CESPU, Portugal

In the future, we will have more elderly people

and we will have to have new ideas about how to care for these people. And this kind of programmes project the future and are good to develop ideas, to think how in the future we will arrange this situation.



Kristijan Zimaj,
student of College of Nursing in Celje, Slovenia

Everybody's talking about getting old, everybody's getting prepared for getting old, and we do go with that trend and I love the topic because I work in the healthcare system of Slovenia and I can implement all the knowledge, all the experience from us, what we have discovered in our research and with other countries also in my own field of work.



Boris Miha Kaučič,
lecturer of College of Nursing in Celje, Slovenia

This topic is also very important for our environment, because the number of elderly is growing every year and it's very important, this connection between the young people and the elderly people and to have projects in this field. In June we got information from our national centre for mobility that our project Healthy Living for Aging Well (HLAW) is one of the four best projects in whole of Europe.

