



# Lev & Lär Oppia ikä kaikki Live & Learn

Foto: Pixabay, Johannes Plenio

## The Live and Learn project for meeting new knowledge needs at old age

The need for knowledge does not decrease with age. An independent life requires knowledge and insights in the changing society and in changing life situations. The project met knowledge needs, activated and contributed with opportunities for togetherness.

### Introduction

Getting older is associated with change, in life situations, in social life and/or in the state of health. It is important to acknowledge the need for knowledge. To support home living and to provide tools and knowledge to cope with the changes, the Live and Learn project was introduced.

”We learn as long as we live”

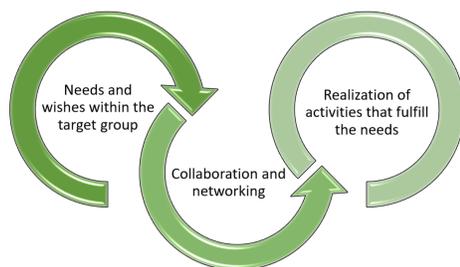


Figure 1: Methods

### Methods

A network was initiated, including the target group (older adults living at home) and stakeholders who focuses on or provides services for older adults. The network co-created activities with focus on inclusion, social relations and knowledge. As a result of evaluation new ideas for activities have emerged.

### Results

The activities filled a need for knowledge in changing living conditions for older adults. During the project time, the corona pandemic occurred and restrictions affected the target group's opportunities to meet in person. New methods were developed in the form of interactive and activating videos, digital lectures and cognitively stimulating activities that could be performed despite restrictions. The activities were partly moved to the Internet and to Local TV.

Within the project, lectures, study circles, theme days, city orientation, dancing and singing events, discussion groups and dog-assisted activities were arranged. The project activated over 900 older adults.

### Conclusion

The need for knowledge does not decrease with age. An independent life requires knowledge and insights into the changing society and changing life situations. The project has shown that togetherness and small-scale activities are of use to the elderly population. Learning new things together is a good way of answering the need for knowledge in new or changing life situations.

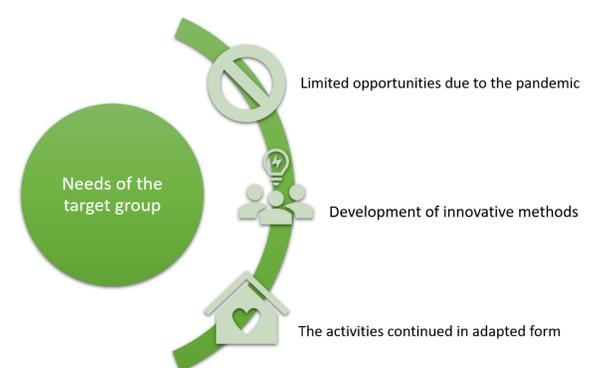
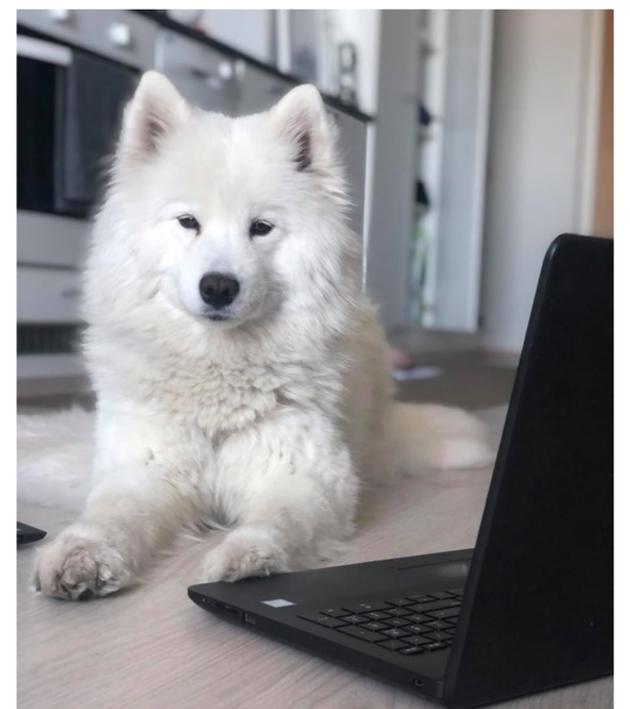


Figure 2: Phases for innovation of new methods



Picture 1: Social service dog Rosie who participated in the interactive videos

### For more information

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The project is funded by EJFLU (Europeiska jordbruksfonden för landsbygdsutveckling), Leader Aktion Österbotten och Svenska kulturfonden, 2018-2021.

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