

DOCUMENTATION ON CIVIL, COMMUNITY AND PROFESSIONAL METHODS HELPING ACTIVITIES FOR ACTIVE TIMES (PREVIOUS CONSIDERATIONS)

The methods set out in the title are very diverse. Below, in the first approach, these methods are divided into larger groups, within which subfields are indicated, to highlight the most relevant and practical research directions relevant to each subject, which may perhaps contribute to the preparation of the ideas for the workshop and the methodology fair.

Info communication scarcity

For many elderly people, not only in Hungary, but also in other European countries, the management, application and daily integration of IT and info communication tools are difficult. In the background, there may be several factors, from mere lack of knowledge to physical or physiological limits (poor vision, hearing impairment, etc.). Several studies have dealt with the use of different methods to teach or develop the skills and skills of older people. Where can these tools and capabilities play a role in improving the quality of life for the elderly?

1. Improving the labor market situation
2. Internet as a source of information, new opportunities for learning (eg language learning)
3. Use telemedicine devices to improve health
4. Telecommunication tools to serve social relationships - against isolation and loneliness
5. Family integrity, strengthening relationships between different generations and their health-psychological role

The role of social work in the process of active aging

Social work and the related care system are clearly within the scope of professional measures and institutionalized interventions. In addition to health care, social care is the largest field that the elderly people are using. The role of social workers can be significant in promoting active aging, mainly in the following areas:

1. Communicating information on social services, promoting the exploitation of resources and individual opportunities.
2. Developing an individual's conflict management, problem-solving, or cultural (eg, tolerance) competences
3. Also to this topic: individual or group mental health support for the elderly, psychological screenings, etc.
4. Training of assistants and the promotion of volunteering - in many cases through social workers - people

can receive "training" that can help and support of their own age group (time-aiding)
Of course, professional helpers can play a major role in designing, implementing or managing programs in other areas.

Volunteering

The development of volunteering programs is fundamentally done in two ways: top-down, ie municipal or other agency initiative, through professional or official regulation and coordination. Another option is the bottom-up initiative, which is a socio-social movement and the increasingly popular "community" programs. That is, civil initiatives that can be supported by economy, administrative, and local government support. In both cases, technical assistance (see, for example, social workers) can greatly improve the efficiency of the program and the number of people involved. There are also a number of topics related to this:

1. Greater involvement of older people in community life, eg. "Professional grandmother" instead of the babysitter,
2. "peer support", self-help groups in elderly groups
3. Tradition-preserving activities that, alongside preserving the cultural heritage, also serve to strengthen the intergenerational relationship
4. Knowledge transfer within the age group eg. Volunteer Retired University (USA
<http://www.idostanulas.eoldal.hu>)
5. Senior Volunteer Programs in Hungary (see www.onkentes.hu)
6. Arranging, beautifying and shaping living environments: activities that enable not only community / social engagement but self-esteem to grow older people.

Another advantage is that the city / village will also be significantly improved, which will also be a positive confirmation for the participants. Relationships are strengthened and can be used to counteract self-denial. Another advantage is the promotion of physical activity.

Physical / physical activity, nutrition

One of the most obvious and permanent parts of the aging process is the decline and limitation of physical performance and activity. The change in biological background processes not only triggers the transformation of nutrition but also of physical activity. Accordingly, many studies deal with what kind of movement is recommended in a given age, what segments of nutrition should be altered to suit the changing vitamin and nutritional needs. More specifically:

1. Age-related changes in body mass, body composition and nutrition
2. Nutrition status survey
3. Negative effects of aging immobilization and remobilization
4. Physical and psychological beneficial effects of yoga

5. Age-related Changes and Sustainability of Physical Activity
6. Relationships between physical activity and quality of life

Cognitive abilities and stress coping strategies

Unfortunately, besides physical decline, intellectual abilities are often characterized by aging problems. To prevent this, the options in the above-mentioned topics play a great part (see eg learning, social relationships, volunteering, physical activity). At the same time, there are several development, prevention and / or rehabilitation programs that do not specifically target the abovementioned characteristics / abilities.

1. Psychotherapy with elderly people
2. Early detection, prevention, and treatment of age-related mental disorders
3. Elderly cognitive changes and lifestyle
4. Promoting social integration and increasing social support
5. Develop personality factors for coping with stress

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