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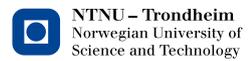
Healthy Ageing Supported by
Internet and Community

HEALTHY FOOD, EXERCISE, MODERATE DRINKING, SOCIAL LIFE

WHAT IS HASIC?

HASIC is the acronym of the project Healthy Ageing Supported by the Internet and the Community. The general objective of the HASIC project is to empower older people (65+) in Europe to adopt healthy lifestyles which include a healthy diet, physical activity, moderate alcohol consumption and social participation. The means for reaching these objectives include developing training material, organising peer groups, and developing an online platform. Together with supporting older people on an individual level, HASIC aims to develop the quality and cost-effectiveness of services for older people by promoting cooperation between regional service providers and by producing policy recommendations on communal elderly services.

While the aims of preventative health care and active ageing are widely recognised, there is still a lack of knowledge and skills on how to efficiently prevent health problems and exclusion of older people considering the wholeness of a person. HASIC answers to this challenge by developing tools for supporting healthy lifestyles and active citizenship of older people.



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HASIC HANDBOOK

The training program develops peer group mentors' understanding of healthy lifestyles for older people, and gives them tools to work as group leaders for older people. Thus, the goals of the HASIC handbook are twofold: firstly it is a 'train the trainer' handbook for the three groups of mentors: students, professionals and the (elder) volunteers. Secondly it is a handbook that these mentors can use when they lead peer groups with older people.

The Handbook transmits general training skills and discusses topics related to three dimensions of health: physical, emotional/mental and social. Each part addresses different themes (such as Nutrition, Loneliness, Believing in the Future or Resilience) together with instructions on exercising and dialogues that make the training sessions more interactive.

HASIC ONLINE PLATFORM

A central idea of the HASIC project is that face-to-face, community based health promotion for the elderly could benefit from the inclusion of web-based activities. The HASIC Project develops and tests a web-based, multilanguage online platform to encourage and support older people to conduct a healthy lifestyle, to foster social participation and maintain psychological and emotional health.

This online platform optimised for both desktop computers and mobile devices, will deliver tools for self-assessment and self-monitoring of the individual's current situation and behaviour, for example a quick nutrition check that enables users to get feedback on the healthiness of the current diet. For those users who wish to improve their behaviour and situation, a structured online training programme will guide a gradual and stepwise behavioural change towards more physical, social and emotional wellbeing. These will include,

for example, short video sequences explaining simple exercises to improve balance, flexibility and strength of the body, or an interactive coach to improve eating behaviour towards a more healthy diet that also offers pleasure and enjoyment.

PEER GROUPS

In concentrating on older people (65+) our objective is to develop peer group activities and mentoring targeted at those who are at risk of exclusion and health degradation. To achieve this, pilot groups are organised in two steps. First, each partner executes trainings for future mentors (professionals, students and motivated older people) to update their skills and try out the methods described in the Handbook, and second, these mentors lead pilot peer groups for older target group members. In these groups, participants are able to share and reflect on their experiences, discuss health risks and challenges, listen, encourage and learn from each other. As a result, a description of the peer group mentoring supporting older people's healthy lifestyles is produced and incorporated in the final version of the HASIC handbook, that can be a methodological guide for organising future peer groups.

NETWORK DEVELOPMENT

To trigger cooperation between the local and regional social and health care providers from the public, private, and third sector, the consortium will execute qualitative research. In each country partners organise workshops and carry out focus group research with people over 65, professionals, policymakers, and other stakeholders to collect information about services for 65+ year-old people. In these, stakeholders are able to give their input into the development of the project and to promote policy recommendations for organising and coordinating preventative services and activities for older people at the regional level.

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