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Best Friends

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*Best friends Against Ageism - Intergenerational workshops
between old people and children to brake the isolation
of elderly people and support their social inclusion*

Erasmus + - KA2: Strategic Partnership | Adult Education
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The project

BEST FRIENDS project (*Erasmus + - KA2: Strategic Partnership / Adult education*) aims to break the isolation and exclusion of elderly people in our communities, fostering their role in the society and valuing them, by developing an innovative curriculum and collecting inventive games that promote intergenerational communication and learning.

The number of elderly people living on their own is expected to increase as a consequence of the demographic change in European societies. Thus, loneliness may become a huge health problem in Europe and "Ageism" is becoming to be a major issue: a common and important resource to counteract these phenomena is 'intergenerational solidarity'.

BEST FRIENDS focuses exactly on this factor and aims to break the isolation and exclusion of elderly people in our communities, promoting awareness of social inclusion and giving a second chance to the elderly people, providing them with a new opportunity to enter again in the active society. At the same time, by providing interaction between elderly and young children, intergenerational solidarity against ageism through fun activities will be promoted.

Objectives

- ✎ To provide an innovative method for social care workers, volunteers and educators.
- ✎ To break the isolation of elderly people through social participation and inclusion in our communities
- ✎ To improve their physical and mental health through interaction with young children
- ✎ To enriching the learning processes of elderly people in regard to interaction with young children
- ✎ To promote intergenerational relationships, overcome stereotypes and enhance intergenerational solidarity against ageism through fun activities
- ✎ To increase children's self-confidence and sense of responsibility through respecting seniors.

Results

Comparative Research and Assessment of current needs of care workers and elderly people:

analysis of the existing methods and the current needs of social care workers, social workers, elderly people and secondarily educators including the state of art of elderly people in terms of social inclusion, good practices and pedagogical approaches.

BEST FRIENDS Intergenerational Learning Training Program:

a training program addressed to care workers, social workers and volunteers working with elderly people to help them recognize the importance of Intergenerational Learning, demonstrating how to address ageism and take steps towards implementing an Intergenerational Learning activity involving young children and older people.

ToolKit for Intergenerational Learning Activities and Social Participation:

a toolkit containing a collection of specific materials that should be used by care workers, social workers and educators to implement intergenerational learning programs between elderly people (65+) and young children (4-5 years old).

Mainstreaming policy of project results through consortiums European network:

a document to share recommendations for local and national nursing homes and childcare institutions for implementing intergenerational Learning Activities between elderly and young children.

