Keeping the elderly active

Ideas – beliefs - challenges
Ideas and beliefs

• Concrete projects:
  – Individual starting point
  – Personal program during a well defined period
  – In a social setting guided by peers
  – Personal goal
Ideas and beliefs

• How? Thinking ‘out of the box’!
Ideas and beliefs

• Coming to new challenging settings
  Move Transfer
  Every step counts in prison
Challenges

• How to motivate inactive elderly people?
• Importance of peer education!
Challenges

• From ‘mustivation’ to motivation
• Education of ambassadors of Movement
• Method ABC
  – Autonomy
  – Belonging
  – Competence
Challenges

• Developing new projects together with experts and volunteers

• Exchanging experiences with other organisations in Europe → Moving Age Platform
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

THANKS FOR YOUR ATTENTION