

WELCOME! 😊



to our Euro-Linked Inspiration Workshop on
**Building Positive Health Focus in
tomorrow's Senior Citizen Support**



Co-funded by
the European Union

Who are we? And where are we?

Workshop in:

Santurtzi (Euskadi / Spain)



at Calasanz Santurtzi S.L.

5 countries. 2769 Km.
5 workshops.
1 Europe. Together!



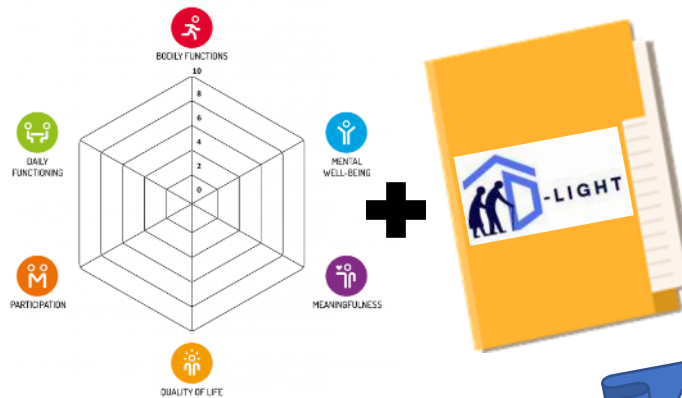
Our Partnership Mission

5 countries / regions
5 institutions



(How to identify)
joint skills needs for the future
In senior citizen care/rehab?

Positive Health Model +
Skills Development Topics +
Methodology



2022

(How to identify)
digital learning solutions to shared needs
- for joint production and use

Methodology + 5-6 Digital Learning Solutions
Showcases

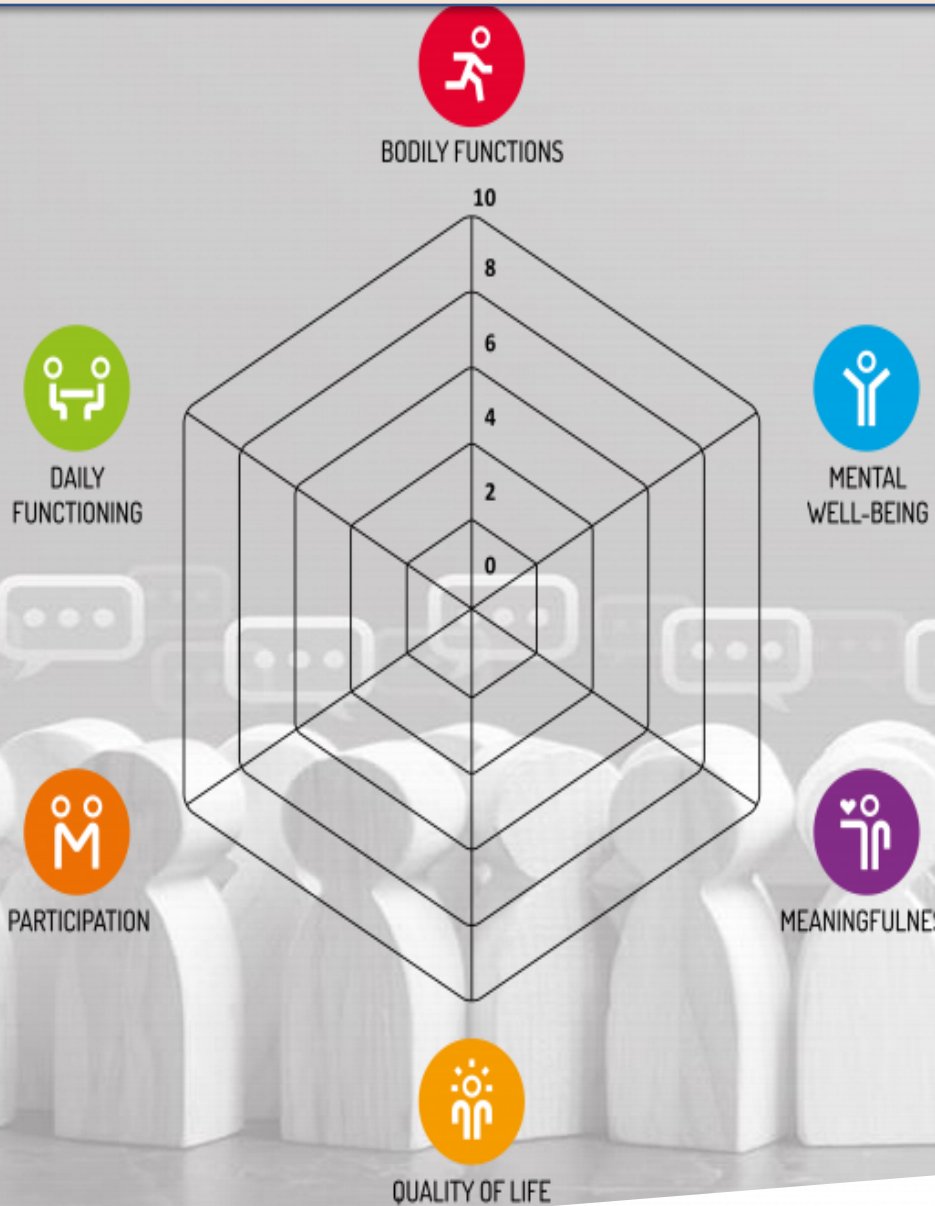


2023





Today: Innovation – Together!



Our innovation ideas

- ✓ Surveys
- ✓ Matrix
- ✓ Focus groups

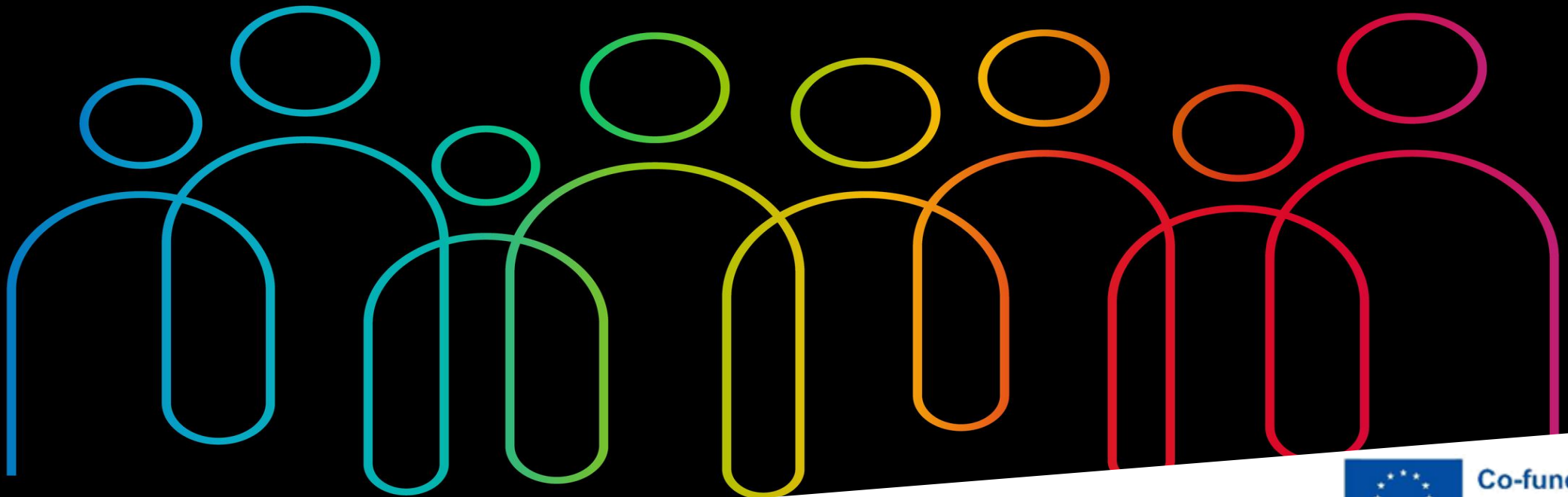
YOUR innovation ideas

- ✓ Direct Feedback (Euro-Linked)



COME, BUILD, SHARE!

- Enjoy the Process! Allow yourself to dream and think of a better future!



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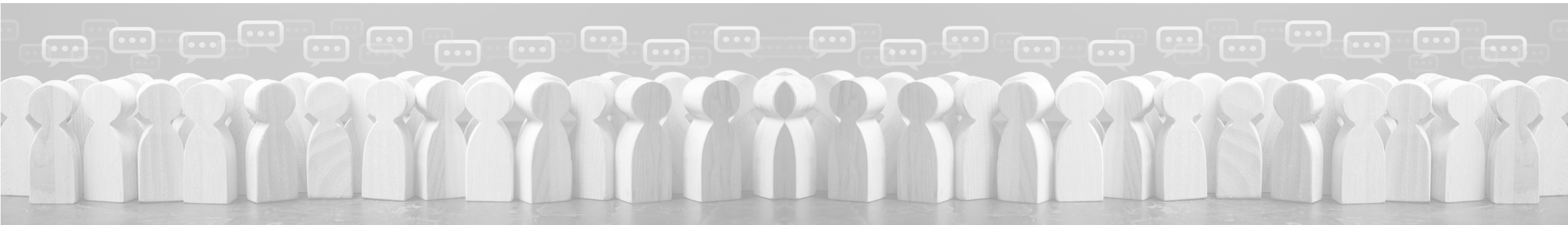
Positive Health





Definition

- Health is no longer seen as the absence or presence of disease, but as the ability of people to cope with the physical, emotional and social challenges of life and to manage as much as possible.
- In this vision, health is no longer strictly the domain of healthcare professionals, but all of us. After all, it is about the ability to cope with changing circumstances.





Definition WHO



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease”.





Health Dimensions

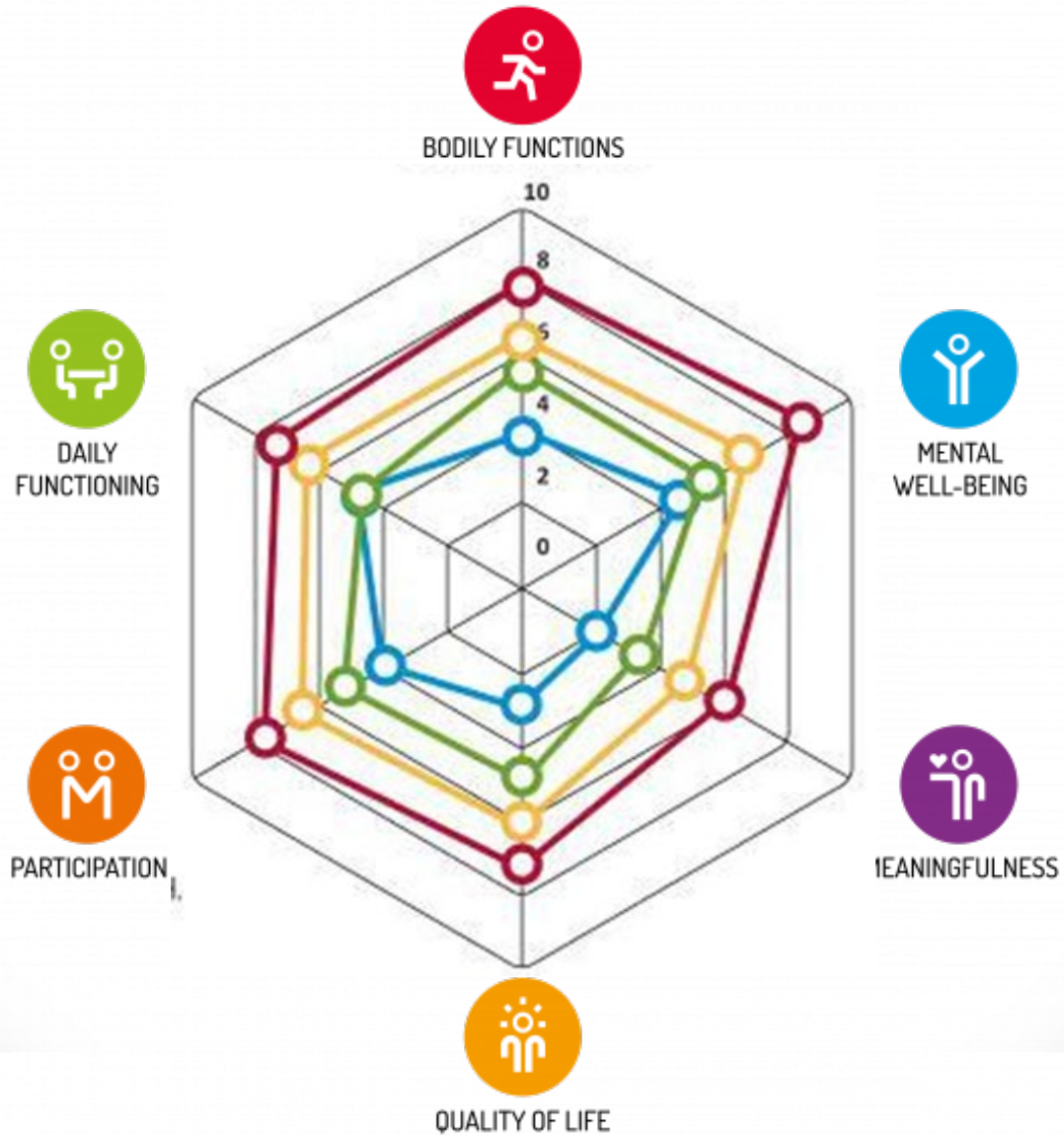
- **Bodily functions:** medical facts, medical observations, physical functioning, complaints and pain, energy
- **Mental functions and experience:** cognitive functioning, emotional state, self-esteem / self-respect, feeling of being in control, self-management and self-management, resilience
- **Spiritual / existential dimension:** meaning / meaningfulness, pursuit of goals / ideals, future perspective, acceptance

Health Dimensions, continuation



- **Quality of life:** quality of life / well-being, experiencing happiness, enjoyment, experiencing health, feeling good about yourself, zest for life, balance
- **Social participation:** social and communication skills, meaningful relationships, social contacts, being accepted, social involvement, meaningful work
- **Daily functioning:** basic General Daily Life Operations (ADL), instrumental ADL, work capacity, health literacy.

Positive Health Model - Diagram



Opportunities for the Workfield

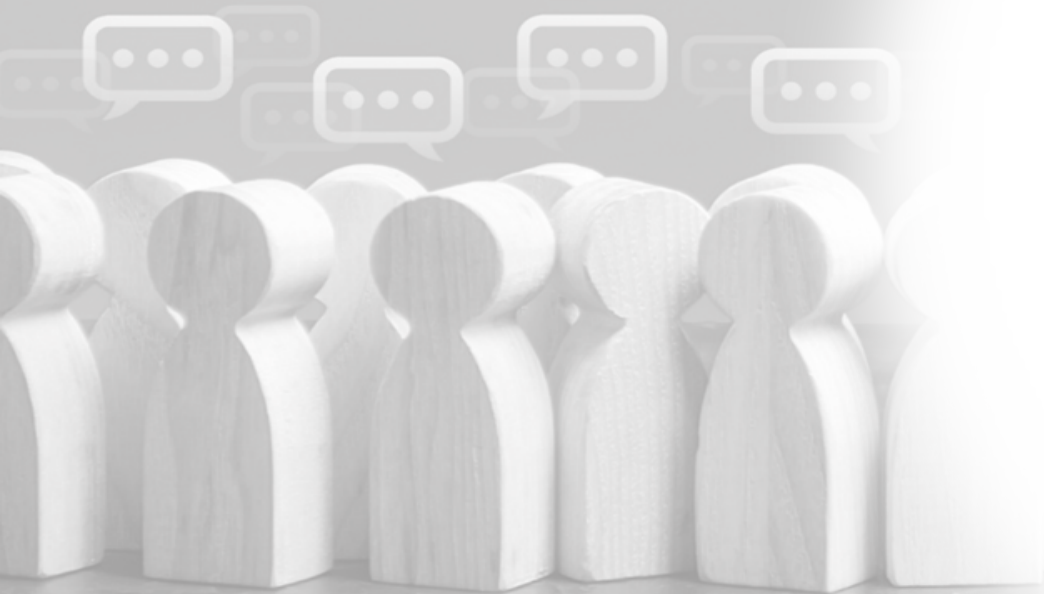


- People are central.
- The concept emphasizes the "potential", not what is no longer possible.
- The focus on "health" rather than on illness helps policy makers and politicians to think differently and to make supply better aligned with demand.



ERASMUS+ KA2 Partnership Programme: D-LIGHT
Network Project

Connection with the D-Light Project concept



ERASMUS+ KA2 Partnership Programme: D-LIGHT Network Project
Partnership Event 2 – Tallinn, 13-15 September 2022
Skills Development Topics – Illustrated in Positive Health Model

