



EMPOWERING OLDER ADULTS TO APPLY AFFORDABLE
ECO- AND AGE-FRIENDLY SOLUTIONS TO AGE IN PLACE

AFECO Learning Materials

Modules 1-9 in PDF



WROCLAW UNIVERSITY
OF ENVIRONMENTAL
AND LIFE SCIENCES



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About the Learning Materials

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More information is available at <https://afeco.eu/>.

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Affordable Adaptations for Independent Living and Cost Savings at Home

Author: ISIS Institut für soziale Infrastruktur

WordPress Page Slug: affordable-adaptations

Affordable adaptations for independent living and cost savings at home	Learning Activities:	Duration:
	1 - Introducing the Theme	5 min
	2 - Low-Cost Age-Friendly Adaptations and Financial Support Structures	15 min
	3- Cost-Effective Eco-Friendly Energy-Saving Adaptations and Measures	10 min

1. Introducing the Theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/ Page/Test)	Interaction: No (Yes/No)	Duration:
Read		no	5 min
Content			
The affordability of age- and eco-friendly solutions is often a barrier for many people looking to implement them. This module will introduce you to a range of inexpensive measures, as well as links to funding and support opportunities that can help make these changes more accessible. Saving energy and, by extension, saving money, is crucial for both climate protection and financial independence. However, understanding which measures you can implement can be challenging, particularly for those renting a house or an apartment. In this module, we will provide you with practical tips and inspiration to guide you in your efforts. PIC: ein-rotes-backsteinhaus.jpg  What You Will Learn in This Module. This module is divided into two learning units, each presenting affordable measures to enhance the accessibility, safety, and eco-friendliness of your home. By completing this course, you will gain: - A comprehensive overview of affordable solutions to improve your home for independent living. - Practical knowledge on how to save energy and reduce costs with minimal financial investment. - Links to funding opportunities and services that can help you identify financial support for these improvements.			

2. Cost Age-Friendly Adaptations and Financial Support Structures

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: Yes (Yes/No)	Duration:
Read/do		yes	15 min
Content			
PIC: aeltere-frau-die-alleine-auf-dem-rollstuhl-sitzt.jpg			



Making your home safer and more pleasant to live in does not always require significant expenses. Simple steps like moving furniture or removing tripping hazards, can make a big difference. Additionally, there are many affordable measures you can take to adapt different areas of your living space. Below are some practical tips for adapting various parts of your home.

IMG: [Image hotspot module 1.png](#)



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Entrance

A ground-level entrance or adding a handrail can be incredibly helpful. Proper lighting also improves safety and makes it easier to navigate. Make sure your house number and doorbell are visible and easy to read as this is crucial for emergency services. Non-slip flooring and doormats can help reduce the risk of falls.

Why Choose These Adaptations?

- A ground-level entrance increases accessibility.
- Good lighting reduces accidents, especially at night.
- Visible house numbers and doorbells aid in emergencies.
- Non-slip flooring and mats prevent falls, especially in rainy conditions.

Hallways and Stairways

Stair treads should be non-slip. Adding coloured edges to the steps can make them more

visible thus reducing the risk of missteps. It's also important to adjust your lighting timers so that the lights stay on long enough for safe navigation.

Why Choose These Adaptations?

- Non-slip stair treads and visible steps enhance safety.
- Longer-lasting lighting ensures better visibility when moving through hallways and stairways.

Hallway Inside Your Home

A chair in the hallway can make putting shoes on and taking them off easier. You might also want to store a long shoehorn or stick in an umbrella stand for convenience. Keep telephone cords out of the way to avoid tripping, and if you sometimes miss the doorbell, consider switching to a two-tone chime or a brighter bell for better clarity.

Why Choose These Adaptations?

- Adding a chair and shoehorn makes getting dressed easier.
- Clear hallways reduce tripping hazards.
- Improved doorbell sounds ensure you won't miss visitors or emergencies.

Kitchen

Small adjustments in your kitchen can make a big difference. If you frequently bend down or climb to reach things, consider installing cupboards at a more convenient height or using pull-out baskets. Work surfaces at the right height reduce strain on your back. Additionally, good lighting over work surfaces helps prevent accidents.

Why Choose These Adaptations?

- Well-placed cupboards and pull-out baskets make daily tasks easier.
- Proper work surface height saves energy and protects your spine.
- Good lighting ensures a safer and more comfortable cooking environment.

Bathroom & Shower

Many accidents occur in the bathroom. Ensure that the bathroom door can be opened from the outside in case of emergency. Non-slip flooring is essential. If new tiles are too expensive, use profiled plastic surfaces instead. Grab bars should contrast with the wall for visibility. In the shower, non-slip flooring, a sturdy shower stool, and a removable hand shower can make a huge difference. Grab rails also make getting on and off the toilet easier.

Why Choose These Adaptations?

- Emergency access and non-slip surfaces reduce accidents.
- Grab rails offer added stability and safety.
- Shower aids like stools and removable showerheads increase comfort and safety.

Living Room

Sofas and armchairs are often too low, making it difficult to sit down or stand up. Wooden blocks or spacers can raise the height and make seating more accessible. Multiple light

sources will help you read, work, or enjoy hobbies in the evening. Lighting should also be adjustable to suit different needs.

Why Choose These Adaptations?

- Raised seating improves ease of movement.
- Adjustable lighting creates a comfortable, functional environment for various activities.

Bedroom

If your bed is too low, you can use bed risers to raise it to a more comfortable height. A slatted frame with adjustable sections can improve comfort. Having a shelf by the bed for a phone or emergency call system is essential.

Why Choose These Adaptations?

- Raising your bed improves accessibility.
- Adjustable bed frames enhance comfort.
- A nearby shelf ensures quick access to important devices.

Balconies & Terraces

Balconies and terraces often have different heights or high door thresholds. Placing a frame over the threshold can level out the floor. However, if the floor level rises, make sure to raise the parapet for safety.

Why Choose These Adaptations?

- Levelling thresholds improves access.
- Raising the parapet ensures safety when modifying balcony levels.

Example:

Mrs Fontini is an 80 years old woman that lives with her unmarried daughter in Patras in her own apartment on the second floor of a block of apartments. She struggles with her weight and suffers from rheumatoid arthritis, which substantially limits her movement inside and outside the home. Mrs Fontini found out that, by installing grab rails and using non-slip mats in her bathroom, she reduced her risk of falling by 50%. She also used bed risers to raise her sofa, which made it easier for her to sit and stand up. Her adaptations have made a noticeable difference in her daily comfort and safety.

Reflect on Your Living Environment

Consider the following:

- Are there areas in your home that are difficult to access?
- Could any of the adaptations described above help improve accessibility or safety?
- Are there local services that can offer assistance for age-friendly home improvements?

Feel free to discuss these questions with family and friends. There might be some valuable insights that other people who have already implemented similar adaptations can offer you.

3. Cost-Effective Eco-Friendly Adaptations and Energy-Saving Measures

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: Yes (Yes/No)	Duration:
Read/ watch		no	10min
Content			
Significant savings can be achieved in every household by managing heating and lighting efficiently. Major renovations such as adding insulation, replacing windows or upgrading radiators can be expensive, and if you rent, it is usually your landlord's responsibility (or yours if you own) to pay for them. However, there are smaller, more affordable investments you can make to further reduce your housing costs. Replacing Old Circulation Pumps with High-Efficiency Models Circulation pumps are the heart of every heating system. Whether the heating system is powered by gas, oil, a heat pump or a solar system, nothing works without a circulation pump. It is responsible for circulating the hot water within the heating system so that the heat reaches the radiators. They are also one of the biggest energy consumers in the home. Replacing old pumps with new, high-efficiency pumps can result in significant energy savings — up to 200 kWh of electricity per pump, per year. Why Choose High-Efficiency Pumps? • They significantly reduce electricity consumption. • High-efficiency pumps are a cost-effective way to make your home more energy-efficient. Generate Electricity from Sunlight Plug-in solar panels for balconies or patios typically have an output of 300 Watts and cost around 400 euros. With this setup, you can save approximately 200 kWh of electricity per year. PIC: solarpanel-auf-dem-balkon-des-mehrfamilienhauses-moderner-balkon-mit-sonnenkollektoren-marquise-garten.jpg			
			

Why Choose Plug-in PV Systems?

- They are affordable and easy to install.
- You can generate your own electricity, reducing reliance on traditional energy sources.
- These systems are especially useful for tenants in apartments with access to balconies or patios.

Insulate Radiator Niches

Radiator niches often have thinner outer walls, which can lead to heat loss as the radiator heats the surrounding area. If there is enough space between the radiator and the outer wall, you can install insulation panels behind the radiator to reduce this type of heat loss. Make sure the panels are fully bonded without any gaps. Always consult your landlord before making these adjustments.

Why Insulate Radiator Niches?

- Insulation reduces heat loss and improves heating efficiency.
- It is a simple, low-cost way to improve energy efficiency in your home.
- Proper insulation can make your home more comfortable during colder months.

Programmable Thermostats

Programmable thermostats are a great solution to control the temperature in specific rooms at specific times. You can set them to automatically adjust the temperature based on your schedule. For instance, you can have the bedroom warmed up before you wake up in the morning or have the kitchen heated by the time you get back home in the evening. At night and during the day when you are away, the thermostat will lower the temperature to save energy. Even when a home is rented, tenants can install these thermostats themselves or have them installed by a professional after consulting their landlord.

PIC: [fotos-premiumfinger-der-den-thermostat-steuerknopf-drueckt.jpg](https://www.fotos-premiumfinger-der-den-thermostat-steuerknopf-drueckt.jpg)



Why Choose Programmable Thermostats?

- Programmable thermostats help reduce heating costs by enabling you to control the temperature based on your daily routine.
- They provide greater comfort by ensuring your home is warm and cool when you need it.
- Easy to install and customisable for different room preferences.

More and more often, you can find on the market the so called “smart thermostat”. Besides being programmable, they offer more functionalities to regulate the temperature at home. If you want to find out more, you can have a look at the **Technology At Home** module [Link]

What You Are Allowed to Do if You Are Renting

Each country has its own rules regarding home modifications. For example, in Germany, if a change can be easily undone and does not cause property damage, no permission is required from the landlord. However, it is always a good idea to consult your landlord if you plan to replace radiator thermostats or carry out minor insulation work yourself.

Not every home is built or modernised to achieve high energy efficiency. If you live in a very energy-inefficient home, this will reduce the effectiveness of your energy-saving efforts. In such cases, it is worth talking to your landlord and recommend an energy consultation. Many landlords are open to these conversations, and they are often legally required to implement certain energy-saving measures, such as:

- Insulating heating and hot water pipes and fittings in unheated areas.
- Insulating accessible top-storey ceilings that do not meet minimum thermal insulation requirements.
- Replacing gas or oil heating systems that are more than 30 years old.

Example:

Mr Santos is a 67-year-old man on the brink of retirement. He recognises the importance of ecological issues, but he struggles to engage in eco-friendly practices consistently and often opts for consciousness. Mr Santos installed a programmable thermostat in his apartment, enabling him to automatically lower the temperature when he’s not home and warm up the rooms before he arrives. This simple and convenient upgrade has saved him about 150 euros on his heating bill over the course of the year and reduced his carbon footprint.

*Source: Verbraucherzentrale (consumer advisory centre): <https://verbraucherzentrale-energieberatung.de/energie-sparen/>

Get Together Around the Home

Author: ISRAA

WordPress Page Slug: together-around-the-home

Get Together Around the Home	Learning Activities:	Duration:
	1.0 Introducing the Theme	2 min
	1.1 Community and Social Exchange	8 min
	1.2 Social Capital and Cohesion	8 min
	1.3 Intergenerational Practices	14 min
	1.4 Co-Creation and Volunteering	12 min
	1.5 Integrated Care Provision	5 min
	1.6 Home and Informal Care	5 min
	1.7 Technology	5 min
	1.8 Public Spaces	5 min
	1.9 Green Activities in the Neighbourhood	25 min

1. Introducing the Theme

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read	Page	No	2 minutes

Content

Social Monitoring is the practice of ensuring that everyone in a given environment is offered the necessary opportunities to be included and participate in whatever activities they wish.

What Will You Learn in This Module?

In this module, we will explore several key aspects where social monitoring can be applied. More generally, the module addresses a number of different topics, such as planning and using public spaces, community building and cohesion strengthening, formal and informal support and care practices, which are strictly bound by their impact on the quality of life of the community and the individual, particularly older people. Therefore, not only will this module give you an insight into what can be beneficial for you, but you will also learn what you can do to contribute to the well-being of your community and peers.

PIC: [1.0 Get together around home.jpg](#)



1.1 Community and Social Exchange

Social exchange within communities plays a vital role in fostering connections and building a sense of belonging. Social exchange is the dynamic by virtue of which we mutually benefit from the behaviour of others and benefit others through our own. We'll explore how community engagement contributes to the success of social monitoring efforts.

1.2 Social Capital and Cohesion

Social capital refers to the networks of relationships among people in a community, while cohesion speaks to the strength of those bonds. This section will discuss how social capital and cohesion contribute to creating inclusive environments.

1.3 Intergenerational Practices

Intergenerational practices focus on bridging the gap between different age groups, ensuring that people of all ages can share experiences and learn from one another. We will look at how these practices contribute to social monitoring and inclusion.

1.4 Co-Creation and Volunteering

Co-creation and volunteering empower individuals to actively participate in shaping their communities. This section explores the role of volunteering and collaborative efforts in social monitoring.

1.5 Integrated Care Provision

Integrated care is the coordination of services across health, social, and community care sectors. We'll examine how integrated care supports individuals in accessing the resources they need to live independently and with dignity.

1.6 Home and Informal Care

Home and informal care are essential aspects of social support, especially for those who need assistance with daily activities. This section delves into how these forms of care are monitored to ensure that individuals receive the necessary support in a familiar environment.

1.7 Technology

Technology plays an increasingly important role in social monitoring by facilitating communication, providing access to services, and ensuring that individuals remain connected to their communities. We will discuss how technology is being used to enhance social inclusion and care provision.

1.8 Public Spaces

Public spaces are areas that are open and accessible to all members of the community, regardless of age, background, or ability. These spaces can include parks, pavements, squares, libraries, community centres, and even streets. They serve as places where people can gather, interact, relax, and engage in various activities such as exercising, socialising, or participating in civic events.

1.9 Green Activities in the Neighbourhood

Green activities in the neighbourhood refer to environmentally friendly practices and initiatives that promote sustainability and enhance the quality of the local environment. These activities can include community gardening, recycling programmes, tree planting, composting, clean-up drives, and energy-saving projects. Green activities encourage residents to work together to reduce their environmental impact while creating greener, more liveable spaces. Not only do they improve air and water quality but they also foster a sense of community, promote outdoor engagement, and encourage healthy lifestyles. By participating in green activities, neighbourhoods can collectively contribute to a healthier, more sustainable environment for future generations.

2. Community and Social Exchange

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	8 minutes
Content			
One effective way to foster social monitoring is by ensuring the availability of dedicated spaces that encourage social participation in both formal and informal activities within the community. Facilities offering services for older adults, such as senior centres, or multi-purpose buildings for various activities, can be integrated into existing infrastructures like schools, libraries, district centres, nursing homes, or even public housing. Why Create Social Spaces? • These spaces foster intergenerational interaction, bringing together both older adults and younger people. • They promote social participation, helping individuals feel included and valued. • Events in these spaces can spark bottom-up initiatives and provide opportunities for learning and training, such as courses, workshops, or community meetings. How Local Authorities Can Help Local authorities play a key role in identifying and creating these intergenerational spaces and facilities. By supporting the development of such environments, they can help stimulate social integration and participation, ensuring that everyone has access to opportunities for engagement. PIC: 1.1 Get together around home.jpg			
			

3. Social Capital and Cohesion

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page /Videos	Yes	8 minutes
Content			
Social capital means the trust, relationships, and support people have in a community. When people trust and help each other, they feel more connected. This is called social cohesion. A			

community with strong social capital and cohesion makes life better for everyone, especially older adults.

Communities that build strong connections help people of all ages. They create age-friendly environments where older adults can live more independently, feel less isolated, and get help when they need it. These communities are also better at dealing with problems like stress, poverty, and loneliness.

To build social capital, policy-makers (people who make decisions for the community) need to understand the needs of the people in the neighbourhood. Every community is different, and, therefore, it is important to create programmes that fit the local circumstances. When people feel connected, they are more likely to help each other, share resources, and work together to solve problems.

PIC: [1.2 Get together around home.jpg](#)



Creating places where people can meet and talk is very important. Community centres, parks, libraries, and neighbourhood events bring people together and help them get to know one another. Older adults, for example, can take part in social events or volunteer programmes, which can make them feel more connected and valued. Volunteering is also a great way to keep busy, stay healthy, and meet new people.

Learning new skills and taking part in activities is another way to build social capital. Workshops, classes, and training programmes help people of all ages to interact and learn from each other. These activities also help bridge the gap between younger and older people, creating a sense of unity and shared purpose.

PIC: [1.3 Get together around home.jpg](#)



Good urban design, which refers to planning cities' spaces, also helps build strong communities. Public spaces that are easy to get to, safe, and comfortable for all ages encourage people to spend more time outside and connect with their neighbours. Well-designed parks, streets, and buildings help make neighbourhoods feel like home.

Why Create Social Capital and Cohesion?

When people in a community know and trust each other, they are more likely to work together and help one another. This is especially important for older adults, who may need extra support. Strong social capital and cohesion can make it easier for people to:

- **Feel included** and connected to others, which reduces loneliness.
- **Get help** with things like groceries, healthcare, or transportation.
- **Access community services** and programmes that can improve their quality of life.
- **Live independently** for longer, knowing they have people to rely on.

PIC: [1.4 Get together around home.jpg](#)



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4. Intergenerational Practices

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	14 minutes

Content

In many communities, children, young people, and older adults tend to spend their time in different places and engage in different activities. For example, younger people might be at the gym or in parks, while older adults might spend time at home or in specific senior centres. This separation of activities could lead to age segregation. Unfortunately, this separation can make it harder for different generations to connect, understand each other, and offer support.

Why Does this Matter?

When generations don't interact, it can lead to feelings of isolation, especially among older adults. It may also cause younger people to miss out on the wisdom, stories, and experiences that older generations have to share. This lack of connection can make it harder for communities to come together and solve common problems, such as social isolation or the need for extra support.

Even though virtual spaces like social media could, in theory, bring people of all ages together, these platforms are often designed for specific age groups. Younger people may use one type of social media, while older adults may use another. This digital separation can add to the feeling of isolation, especially in older adults who may not feel as comfortable as younger people using newer technology.

New Ways to Bring Generations Together

To counteract age segregation, we need new models that enable younger and older generations to spend time together. By creating more opportunities for different generations to interact, communities can become stronger and more supportive. For example, intergenerational activities can range from shared learning opportunities to events like community gardening or mentorship programmes. These activities not only help reduce feelings of isolation among older adults but they also enable younger people to learn valuable life lessons.

PIC: [1.5 Get together around home.jpg](#)



Intergenerational practices create connections between the old and young. For older adults, these connections offer a chance to pass on knowledge and traditions, whereas for younger generations, they are opportunities to gain wisdom and enjoy practical advice. These practices

also boost social capital, making communities more connected and resilient. This can help both generations feel more included, valued, and supported.

Why Encourage Intergenerational Practices?

Bringing generations together benefits everyone in the community. Intergenerational activities can:

- **Reduce isolation** among older adults who might otherwise feel disconnected from younger generations.
- Enable older adults to **share their knowledge and life experiences**, offering valuable lessons to younger people.
- Encourage younger people to teach **new skills** to older adults, such as using technology or social media.
- **Build mutual respect** and understanding, helping both generations appreciate the challenges and joys each of them faces.

PIC: [1.6 Get together around home.jpg](#)



Examples of Intergenerational Practices

- **Mentorship programmes** with older adults sharing their work or life experiences with younger people, providing guidance and fostering understanding.
- **Community gardens**, where people of all ages work together to grow plants, vegetables, or flowers, while learning and sharing skills.
- **Shared community spaces**, such as parks or libraries, where events are organised to encourage both older and younger people to participate in activities like games, storytelling, or arts and crafts.

[WATCH THIS VIDEO](#)

5. Co-Creation and Volunteering

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	12 minutes
Content			
Creating age-friendly environments works best when older adults are actively involved in designing and shaping the spaces and services they use. Older people contributing their ideas and experiences helps to ensure that communities are truly inclusive and meet the needs of all generations. Volunteering is a powerful way for older adults to stay engaged, active, and connected to their communities. By taking part in voluntary work, older adults not only enhance their own social inclusion, but they also have the chance to make meaningful contributions to their community. PIC: 1.7 Get together around home.jpg  Why Is Volunteering Important? Volunteering has many benefits, especially for older adults. Research has shown that volunteering can have a positive impact on physical and mental health, helping to slow down the decline in both physical ability and mental sharpness as people age. This means that volunteering is not just a way to help others but it's also a way for older adults to take care of their own well-being. Public administrations and NGOs (non-governmental organisations) can play a major role in promoting and supporting volunteering opportunities for older people. These organisations can help match older adults to voluntary roles that suit their skills, interests, and availability. Volunteering also helps with social monitoring, as it keeps older adults engaged in their communities and enables them to stay aware of the services and support available to them. Why Co-Creation and Volunteering Matter When older adults get involved in co-creating services or community projects, they bring valuable insights and life experiences that help shape their communities in a way that works for everyone. Co-creation means working together with others, sharing ideas, and building something meaningful. Whether it's designing a park, helping with community programmes, or participating in local government discussions, older adults can have a direct impact on how their environment is created and improved. PIC: 1.8 Get together around home.jpg			



Voluntary Roles for Older Adults

Older adults can take on many different roles through volunteering, and these roles can be flexible to suit their needs. For example, they can be trainers, sharing their knowledge and skills with younger generations or others in the community. They can also be learners, taking part in workshops and activities that help them gain new skills and stay connected.

Volunteering offers an opportunity to keep growing, learn new things, and contribute in a way that feels meaningful.

How Can You Get Involved?

If you are interested in volunteering, start by looking for opportunities through local community centres, NGOs, or even your local government. Many organisations are looking for volunteers with life experience, and offer flexible roles that can fit your schedule and interests. Whether it's mentoring younger people, helping with events, or sharing your skills in a workshop, there are plenty of ways to get involved and make a positive impact.

[WATCH THIS VIDEO](#)

6. Integrated Care Provision

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	5 minutes
Content			
Integrated care means that health and social care services work together in a coordinated way to meet the needs of older adults. This type of care includes everything from medical check-ups to home support, ensuring that older adults receive the services they need without any gaps in care. When these services are well-coordinated, it can greatly improve the quality of life of older adults. It also serves as a powerful tool for social monitoring, which helps caregivers and health professionals track the well-being of older people. By keeping an eye on important factors like health, safety, and daily living conditions, integrated care ensures that older adults receive the right support at the right time, enabling them to live healthier and happier lives.			
What Does Integrated Care Do?			
Integrated care services are designed to monitor and improve the overall well-being, health, and quality of life of older adults within the community. By bringing together different types of			

care — such as medical services, home care, and social support — integrated care makes sure that every aspect of a person's life is taken into account. For example, someone who needs help managing a medical condition might also need assistance with daily tasks, like cooking or shopping. Integrated care brings these services together so that nothing is overlooked. This means fewer hospital visits, more consistent support at home, and a better overall sense of safety and well-being for older adults.

PIC: [1.9 Get together around home.jpg](#)



Technology plays an increasingly important role in improving integrated care. Digital tools, such as mobile apps, online health platforms, and new technologies and Artificial Intelligence (AI), are transforming how care is delivered. These technologies allow caregivers and health professionals to monitor health conditions from a distance, providing timely care without needing in-person visits all the time. For example, sensors placed in the home can detect if someone has fallen or if there's some unusual activity, such as missed meals or irregular movement patterns. This enables caregivers to step in quickly if something seems wrong. Health apps can also send reminders to older adults to take their medications or follow health routines, helping them stay on track. These innovations make it easier for older adults to maintain their independence while ensuring that help is always available when needed.

PIC: [1.10 Get together around home.jpg](#)



Why Integrated Care Provision Matters

When health and social services work together, older adults receive more complete care. This means they can stay healthier for longer and receive the support they need, whether that's help with daily activities, medical attention, or emotional support. Integrated care also helps

families by providing clear information and a more organised way to manage their loved one's care. It's not just about fixing problems when they arise. It's about preventing issues and making life easier for older adults and their families.

Many places around Europe are experimenting with one-stop shops that offer all the information and support older people and their families might need in one place. These centres provide guidance on health, social care, financial help, and other services, making it easier for older adults to find the right resources.

PIC: [1.11 Get together around home.jpg](#)



How to Access Integrated Care

If you're looking for integrated care services, start by talking to your **local health service** or **social care provider**. Many communities have programmes that bring together different services to offer more complete care for older adults. You can also look for **one-stop shops** that provide information and support in one convenient location. These centres can guide you through the process and help you understand the services available to you.

[WATCH THIS VIDEO](#)
[WATCH THIS VIDEO](#)

7. Home and Informal Care

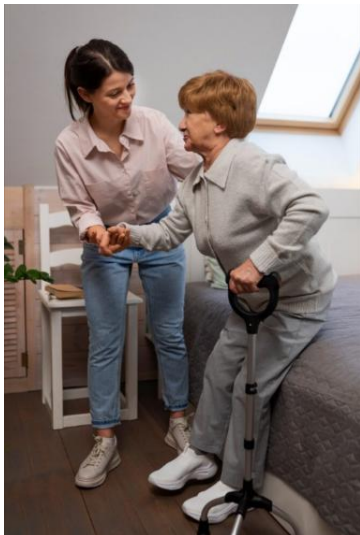
Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	5 minutes
Content			
As we get older, many of us prefer to stay in our own homes, surrounded by familiar things and people. Home care, provided by family members, friends, or neighbours, plays a key role in making this possible. This type of care ensures that older adults can remain independent while receiving the help they need with daily activities. It also helps keep an eye on important aspects of our health, safety, and well-being, contributing to social monitoring, which means watching for any changes that might need attention.			
PIC: 1.12 Get. together around home.jpg			



Why Is Home Care Important for Older Adults?

Home care enables older adults to stay in a place where they feel comfortable and safe. It can involve help with everyday tasks like cooking, cleaning, shopping, or even taking medications. Beyond the physical help, it provides emotional support and companionship, which is especially important for those who may feel lonely or isolated. However, while this type of care is very valuable, it can also be challenging for caregivers. Family members or friends who take on caregiving roles often do so without pay, which can lead to stress, exhaustion, and sometimes, ill health.

PIC: [1.14 Get together around home.jpg](#)



Supporting Caregivers and Ensuring the Well-Being of Everybody Involved

To make caregiving easier and more sustainable, local authorities and health services are finding ways to support those who provide care. These support services are designed to help caregivers while also ensuring that older adults receive the best care possible. Some of the ways they can help include:

- **Training for older adults** on how to take care of themselves whenever possible. This can help them feel more confident and independent in their day-to-day life.
- **Training for caregivers** to ensure they know the best ways to help and manage the emotional and physical demands of caregiving.
- **Providing information** about what services are available — like home healthcare, respite care, or financial help — so that caregivers and older adults can access the support they need.
- **Financial support** for caregivers to help cover the costs that can be incurred with caregiving.
- **Other forms of assistance**, such as respite care, to enable caregivers to take a break, knowing that their loved ones are well looked after.

These resources not only make caregiving easier but also help ensure that both caregivers and older adults stay healthy and happy. When caregivers are supported, they are better able to continue providing care without feeling overwhelmed.

PIC: [1.13 Get together around home.jpg](#)



Why Should You Care About Supporting Caregivers?

If you or someone you know is receiving care from a family member or friend, it's important to understand that caregivers need support too. Without help, caregivers can become tired, stressed, or even unwell themselves. Public services can offer training, financial help, and access to other kinds of support that make caregiving less stressful. By taking care of caregivers, we make sure they can continue to provide the best care possible while maintaining their own health and well-being.

The Role of Volunteers in Home Care

Volunteers can also provide important help for older adults and their caregivers. Volunteer programmes can give family caregivers a much-needed break by helping with daily tasks or simply spending time with the person needing care. This support enables caregivers to rest or focus on their own needs for a little while. Volunteers also bring valuable companionship to older adults, helping to reduce feelings of loneliness and isolation.

PIC: [1.15 Get together around home.jpg](#)



8. Technology

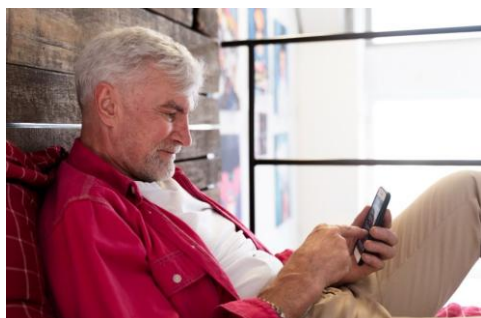
Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page /image	?	5 minutes

Content

New technologies are becoming incredibly important in helping older adults feel safer and more secure, both at home and when out and about. These tools not only help protect you but can also strengthen your connections to your community and the people around you.

Many technologies — like apps, websites, helplines, and social networks — can help older adults stay connected with others who share similar interests. By using these tools, older adults can avoid feelings of social isolation and take part in activities that keep them physically, mentally, and socially active.

PIC: [1.16 Get together around home.jpg](#)



Why Technology Matters for Older Adults

Technology can help in many ways, from providing reminders for medications to helping monitor vital signs like heart rate or blood pressure. Tools like remote consultations enable older adults to speak with a doctor from the comfort of their own homes. This can be especially helpful for those with mobility issues or for people living far from healthcare facilities.

Technology also plays a role in safety and security. Devices such as home sensors or emergency buttons can help family members and caregivers know that their loved ones are safe. If something unusual happens, these devices can send an alert to family members or emergency services.

PIC: [1.17 Get together around home.jpg](#)



Staying Connected to Your Community

Beyond health and safety, technology helps older adults stay socially connected. Whether it's through apps or social networks, technology enables older adults to connect with friends and family, meet new people, or even learn new skills. This could be as simple as joining an online group to talk about hobbies or learning new computer skills through lifelong learning programmes.

Proactive Engagement Through ICT Tools

Information and communication technologies (ICT tools) can also help older adults stay aware of services in their community. For example, thanks to online platforms, older adults can discover local activities, such as time-banking (where people exchange services or help one another) or mentorship programmes that connect older adults with younger generations. These technologies empower older adults so that they can play an active role in their communities, leading to greater social participation and a richer, more engaged life.

PIC: [1.18 Get together around home.jpg](#)



9. Public Spaces

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: No (Yes/No)	Duration:
Read/watch		No	5min
Content			

Public spaces are areas that are open and accessible to all members of the community, regardless of age, background, or ability. These spaces can include parks, pavements, squares, libraries, community centres, and even streets. They serve as places where people can gather, interact, relax, and engage in various activities such as exercising, socialising, or participating in civic events. Public spaces play a crucial role in promoting social inclusion and community engagement as they provide opportunities for spontaneous interactions, recreation, and civic participation. Well-designed public spaces are essential for fostering a sense of belonging and enhancing the quality of life for people of all ages.

PIC: [1.19 Get together around home.jpg](#)



Eco-friendly public spaces are places that are designed to be good for both people and the environment. These spaces, like parks, gardens, and green areas, offer many benefits to the community. Not only do they help the environment, but they also promote well-being and encourage people to connect with one another.

When we talk about eco-friendly public spaces, we mean places that are designed with nature in mind. These spaces can include community gardens, green parks, and other projects that bring more nature into our neighbourhoods. By getting involved in these projects, people can help create sustainable spaces that make their communities healthier and more pleasant to live in.

PIC: [1.20 Get together around home.jpg](#)



Why Are Eco-Friendly Public Spaces Important for You?

Eco-friendly public spaces have been shown to have a positive impact on both our physical and mental well-being. Simply taking a walk in a green park or through a forest can help reduce stress and improve mood. When we spend time in nature, our bodies release endorphins, which help us feel happier and more relaxed. Having green spaces near your home can help prevent health conditions like heart disease, burnout, or even depression.

These spaces also encourage socialisation and community activities. Whether it's joining a community gardening project or participating in a neighbourhood green space initiative, these activities not only improve the environment but also create opportunities to meet new people and stay connected with your community.

PIC: [1.21 Get together around home.jpg](#)



How Can You Get Involved?

There are many ways to get involved in eco-friendly initiatives in your local area. You could join a community garden, where people come together to plant and care for vegetables, flowers, or trees. Or you might participate in projects to create more green spaces in your neighbourhood, which help make the area more beautiful and healthier for everyone. These efforts also promote green mobility, like encouraging people to walk or cycle, rather than drive, which is good for both the environment and your health.

PIC: [1.22 Get together around home.jpg](#)



10. Green Activities in the Neighbourhood

Activity: (e.g., to do/ read/watch)	Moodle-term: (e.g., Forum/ Page/Test)	Interaction: Yes (Yes/No)	Duration:
Read/do		yes	25min
Content			
1. Green Activities in the Neighbourhood Our influence extends beyond our homes to the neighbourhoods and communities we live in. There are many ways you can get involved in making your neighbourhood eco-friendlier. By participating in green activities, you can help create spaces that benefit both the environment and the well-being of your community. 1.1 Maintain Green Spaces: Community Clean-up You might have already noticed green spaces or pockets of nature around your community, but they might need some care. While local governments do their best to maintain parks and public spaces, there are often areas that could use a little extra attention. Community clean-ups are a great way to help keep these spaces beautiful and clean. By organising or joining a community clean-up, you contribute not only to the environment but also to social connections with your neighbours. Working together to keep your neighbourhood clean strengthens the community and ensures that everyone can enjoy well-maintained spaces. PIC: <u>selbstbewusstsein-niedriger-winkel-des-gutaussehenden-aelteren-freiwilligen-der-handschuhe-traegt-und-sich-auf-knie-stuetzt.jpg</u>:  + Guide to organise a clean-up activity 2:52 Step-by-step guide on how to organise a clean-up activity. Source: Public Hygiene Council: <u>https://youtu.be/ERNvwXADRZY?si=3w8WR4WhzCF9ez1S</u> The video explains the following steps: 1. Identify a place in your neighbourhood that needs cleaning.			

2. Find suitable meeting points and check if waste/recycling bins are nearby.
3. Obtain approval from local authorities before starting.
4. Involve your own community — family, friends, or neighbours — in the clean-up.

Make sure to discuss the objectives of the clean-up, safety measures, and form small groups for easier coordination. Distribute the necessary materials and tools to everyone involved.

1.2 Create Green Spaces: Community gardens and planting

If you love nature but don't have your own garden, you can still get involved in urban gardening or community gardens. These projects are popping up in cities and towns everywhere, bringing a little greenery to urban areas. Community gardens provide a space for residents to plant vegetables, flowers, or trees, making the area not only more beautiful but also healthier. These gardens also give people a chance to connect with each other, building relationships within the community.

PIC: [gruppe-von-personen-die-gemuese-im-gewaechshaus-pflanzt.jpg](#)



The benefits of community gardens go beyond just fresh produce. They provide an opportunity for exercise, a sense of accomplishment, and contribute to the overall well-being of the neighbourhood. You'll also learn new skills related to gardening and sustainability.

Example

Caroline is a 65-year-old woman who has been living in her own row house in a quiet and green neighbourhood in the South of Amsterdam since 1991. She had a hip surgery a year ago. Her house has a small front and back garden and three floors. She still works as a clinical psychologist and has a good income. Caroline is active in the neighbourhood WhatsApp group, where she points the neighbours to the rules about garbage pick-up by the municipality and recycling, among other things. She loves her neighbourhood, and if she becomes less mobile, she would like to move to a senior housing complex nearby, with a nice garden and events such as concerts. Because of her interest in gardening and eco-friendly initiatives, Caroline was looking for a solution for making her neighbourhood greener and healthier, other than her own garden. She discovered the possibility of taking part in a group of community gardening which

is very active in the area near her home. Here she contributes to taking care of the green areas, keeping them clean and planting native flowers in the intent to restore and preserve the local biodiversity. Getting to know this opportunity has made her very happy, as she now has the chance not only to cultivate her passions outside the walls of her own home, but also to implement at the community level the eco-friendly principles she believes in, thus extending their impact. Moreover, by participating in this initiative, Caroline found out that spending time in nature has significantly contributed to her general well-being: her mental health has improved, as she feels way more relaxed than before, particularly because she has now much more opportunity to spend time together with other people; also, her body has become more flexible and stronger, which resulted in an increase in balance. This achievement really makes a difference to her, considering her past hip surgery and the importance of preventing falls.

[Watch the video here](#)

1.3 Create Green Spaces: Eco-friendly Gardening & Urban Greening

Community gardens can also be more eco-friendly when we adopt good gardening practices. By planting native flowers that attract pollinators like bees, and creating habitats for small animals like hedgehogs, we can improve the biodiversity of our surroundings. Piles of stones can provide shelter for lizards, and small water features encourage amphibians to settle in. These small changes make a huge difference in the environment and help local wildlife thrive.



Source: Image by Matthias Bökel on Pixabay

Local Initiatives

Many communities have launched local initiatives focused on energy-saving and environmental protection. For example, some cities run programmes to help residents and businesses reduce their energy consumption by offering advice and resources. Look for local programmes or organisations in your area that offer support for energy-saving or eco-friendly activities.

In some places, local groups organise activities like building insect hotels or tree planting events. These activities not only help the environment but also bring the community together to work towards a common goal.

PIC: [gemeinschaftsgarten-froehliche-zwei-freiwillige-die-blume-pflanzen-und-laecheln.jpg](#)



You can explore initiatives like the Lokale Oberurseler Klimainitiative in Germany, which allows residents to participate in eco-friendly activities. Find more about their projects [here](#).

For those interested in eco-friendly and energy-saving initiatives, check your local area for similar programmes and get involved in making your neighbourhood greener!

Get Together at Home

Author: ISRAA + THUAS

WordPress Page Slug: together-at-home

Get Together at Home	Learning Activities:	Duration:
	1.0 Introducing the Theme	2 minutes
	1.1 Get Together!	5 minutes

1. Introducing the Theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Videos	No	2 minutes
Content			
We'll look at how simple tools like regular check-ins, community support, and even some easy-to-use technology can help you stay connected, participate in local activities, and feel more involved. Let's dive in! Why Does Staying Connected Matter? As we age, keeping in touch with others is key to feeling happy, healthy, and supported. Social monitoring, i.e., having someone regularly check in with you or using simple tools to stay in contact, can help you: Stay Social. Having regular conversations helps you stay connected with family, friends, and your community. Stay Engaged. Knowing about local activities and events gives you the opportunity to get involved in ways that are meaningful to you. Keep in Touch. Good communication helps you feel included and part of what's going on, whether it's chatting with friends or joining community discussions.  PIC: group-happy-senior-friends-having-lunch-together-talking-dining-table.jpg			

2. Get Together!

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Videos	No	5 minutes
Content			

How Getting Together Helps You Stay Connected

Social monitoring is simply about making sure you stay connected to others. It can mean regular phone calls, home visits, or using easy technology to check in and chat with people.

Here's how it works:

Phone or Video Calls. Set up a regular time for family, friends, or a community volunteer to call you. It can be a short chat or a longer conversation — whatever you prefer.

Home Visits. If you prefer face-to-face contact, arrange for family members or neighbours to drop by for a cup of tea and a chat. You can even organise small gatherings with friends in your own home.

Technology Helps. Simple devices or apps can help remind you about upcoming calls or social events. Some devices/apps even let you make video calls with just one button.

Community Volunteers. Many communities have volunteers who visit older adults regularly to chat and see how they're doing. It's a great way to make new friends and stay involved.

What Are the Benefits of Getting Together Regularly?

Feel Supported. Knowing someone will check in on you regularly can give you peace of mind and help you feel less lonely.

Stay Engaged. Having someone to talk to or activities to look forward to can boost your mood and give your days more structure.

Catch Problems Early. If you ever feel lonely, a little under the weather, or just out of touch, regular check-ins can help spot those feelings early so you can get support if you need it.

Communicating Regularly: Staying Involved and Engaged

Communication is at the heart of staying socially active. Whether through phone calls, home visits, or even learning a little bit of technology, staying in regular contact with others is key to feeling connected.

Set a Routine. Try scheduling regular phone calls with family or friends. This way, you'll always have something to look forward to.

Open Conversations. Keep your chats light and open. Share stories, talk about what's happening in your life, or ask about what's going on in theirs. It's a great way to feel included and involved.

Try Something New. You don't have to be a tech expert! With a little help, you can learn how to use social media or apps like WhatsApp or Facebook to stay in touch with family and friends, especially if they live far away.

Being an Active Member of Your Community from Home

Staying involved in your community doesn't mean you always have to leave your home. You can still participate in community events and activities from home.



PIC: https://www.freepik.com/premium-photo/group-middle-aged-friends-meeting-around-table-coffee-shop_377786160.htm#fromView=search&page=1&position=34&uuid=256881ef-f48a-4455-8e05-069d7b3ab342&new_detail=true

Keep Up with Local News. Join a community bulletin or newsletter to stay updated on events or opportunities in your neighbourhood.

Get Involved in Projects. Even from home, you can help with community projects like fundraising, advocacy, or sharing your thoughts on local issues. You can even volunteer from home thanks to remote opportunities like writing letters or helping with phone banks.

Staying connected, socially active, and engaged from home is easier than you might think! With regular check-ins, using a little technology, and staying in touch with your community, you can continue to lead a vibrant, connected life from the comfort of your home.

Example

Martin is 83 years old and lives in Frankfurt, Germany. He considers himself to be of average financial capacity and has physical problems. As a widower, he has to take care of everything himself, so implementing age- or eco-friendly solutions in his daily life is a big challenge. In addition, the pace of technological development is too fast for him and he finds it difficult to keep up. Martin would like more support with everyday tasks. Martin finds it difficult to know who to talk to when he has a problem and to find opportunities to get involved in projects and initiatives in the city.

He recently contacted a neighbourhood initiative in his town. A volunteer now visits him once a week and the people involved in this initiative offer support in various ways, for example with technical equipment or shopping. All he has to do is call the coordinator or send her an email and she will organise the support. He, on the other hand, offers support with small handicrafts as he is very good at fixing things. Next week he plans to visit the repair café in town for the first time and offer his help to the community. The regular contact with the volunteer at his home is a great relief for him and also supports his involvement in the community outside of his home.

Health Around the Home

Author: SHINE

WordPress Page Slug: health-around-home

Health Around the Home	Learning Activities:	Duration:
	1.1 Introducing the Theme 1.2 Integrated Health and Care 1.3 Health and Culture, Diversity and Inclusion 1.4 Healthcare Systems and Health Rights 1.5 Prevention and Strategies to Promote Healthy Lifestyles	

1. Introducing the Theme

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Content			
In this module, we will look at health from different angles, focusing on how to stay healthy while receiving the care and support you need at home. We will start by presenting the integrated healthcare approach, which puts you at the centre of your own care. This approach makes sure that different health and care services work together to meet your specific needs, making the process easier and more coordinated. Next, we will explore how healthcare can be sensitive to culture and diversity. Everyone's background and personal experience matter, and it's important that healthcare services reflect that. We will also talk about different healthcare systems and your health rights. Knowing how healthcare works in your country and what rights you have ensures you can get the best possible care. Another key topic will be the importance of prevention. We will look at strategies for promoting a healthy lifestyle, such as exercise, diet, and mental well-being, to help you stay healthier for longer. Finally, we will discuss what kinds of adaptations can be made to your home to make it a better place for receiving care. Whether you're 'aging in place' or have specific health needs, there are many ways to ensure your home supports your health and independence. This module will give you the knowledge and tools you need to take control of your health and make informed choices that work for you and your home environment. PIC:<u>1.0 Introducing the topic 3.jpg</u>			
			

2. Integrated Health and Care

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Content			
In recent years, there has been a growing need for healthcare services, especially for older adults and people living with chronic conditions. As more people require care, it has become clear that healthcare systems need to change to better meet the needs of patients and their caregivers. One of the key challenges is the fragmentation of healthcare services. This means that care is often provided by either hospitals, family doctors, or at home, making it harder for patients to receive the right care when they need it. To fix this, a new way of providing healthcare is becoming increasingly common: integrated care. What Is Integrated Care? Integrated care means that all the people involved in your care — doctors, nurses, social workers, and even family members — work together in a coordinated way. This type of care can be delivered at home, in hospitals, or in nursing homes, thus ensuring that patients are at the centre of their own care. Why Is Integrated Care Important? Instead of having different doctors and caregivers working separately, integrated care ensures constant communication between everyone involved. This makes it easier to plan your care and ensure that everyone is on the same page. It also helps put you at the centre of your own care, making sure that your needs, preferences, and goals are respected. In an integrated care system, you are not just a patient but you are an active participant in your care. This means you have a say in your treatment plans, and you can make informed decisions about your health. Integrated care ensures that healthcare is personalised, effective, and easier to manage. PIC: <u>1.1 Integrated health and care 1.jpg</u>			
			

Example:

Ruth, a 65-year-old woman, is the primary caregiver for her mother. Recognizing the challenges of this role, she began researching the support and resources available to her. She discovered local services in her town and learned more about solutions for ageing in place. This experience made her realize the importance of being prepared—both for ourselves and for our loved ones—for the ageing process and the challenges it can bring, including health, financial, and bureaucratic difficulties, especially when caring for someone who is seriously ill.

3. Health and Culture, Diversity and Inclusion

Activity: (e.g., to do/ read/ watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Content			
You have probably heard the terms diversity and inclusion before, but these topics aren't often discussed when it comes to healthcare. However, these ideas are very important for ensuring that everyone — irrespective of their gender, ethnicity, background or personal situation — receives the right care. Let's take a closer look at what these terms mean and why they matter, especially for older adults. PIC: 1.2 Health and culture, diversity and inclusion_3.jpg  What Is Diversity? Diversity means that people are different in many ways. This includes differences in terms of ethnicity, gender, age, sexual orientation, disability, language, religion, and cultural background. These differences shape our experiences in healthcare and affect the kind of care we need. Why Is Diversity Important for Older Adults? As we age, our health needs often become more complex. Diversity is important in healthcare because it ensures that the unique needs of older adults are recognised. Examples are: Older adults from different cultural backgrounds may have specific beliefs about health, illness, and treatment; therefore, healthcare providers need to understand and acknowledge these beliefs to provide the best care.			

Language barriers can make it harder for some older adults to understand medical advice or communicate their symptoms clearly; healthcare that embraces diversity can offer translation services or simplified communication tools.

Gender differences, especially in older adults, should be taken into account, as men and women might experience different symptoms or health issues as they age.

Recognising diversity helps ensure that all older adults, regardless of their background, receive fair and appropriate healthcare.

What Is Inclusion?

Inclusion goes beyond just recognising differences. It's about creating a healthcare environment where everyone feels valued and respected. Inclusion ensures that all people, regardless of their background, have equal access to care, and that they are treated with dignity.

Why Is Inclusion Important for Older Adults?

For older adults, inclusion means ensuring that healthcare services are designed to meet their specific needs. As we age, we might face mobility issues, hearing or vision difficulties, or other challenges requiring special attention.

Inclusion in healthcare makes sure that:

Older adults feel comfortable asking questions and making decisions about their care.

Healthcare providers are trained to listen and respond to the concerns of older patients in a compassionate way.

Services are accessible to older adults, whether through home care, transportation assistance, or telemedicine options for those who have difficulty leaving their homes.

Inclusion ensures that older adults are not left out or overlooked in the healthcare system. It means that all individuals, regardless of their age or background, are able to participate in their own care and make informed decisions.

Why Are Diversity and Inclusion So Important in Healthcare?

When healthcare services embrace diversity and inclusion, they provide better care for everyone. This is especially important for older adults, who may have specific cultural, linguistic, or health needs that require special attention. Here's why it matters:

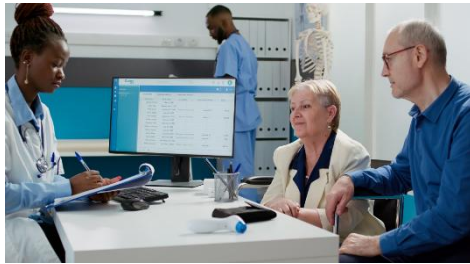
- **Equal care.** Everyone deserves the same quality of healthcare, irrespective of their background, gender, or age.
- **Personalised treatment.** By recognising and respecting differences, healthcare providers can offer care that is tailored to each individual's needs.
- **Better outcomes.** Studies show that when healthcare is inclusive, patients feel more comfortable and are more likely to follow medical advice, leading to better health outcomes.

What Should You Do if You Feel Discriminated Against?

If you ever feel that your rights haven't been respected or that you've been treated unfairly, there are steps you can take. You can reach out to a patient organisation that understands your needs or contact the hospital or healthcare provider to file a complaint. Many hospitals have offices specifically for handling patients' complaints, thus ensuring your voice is heard.

4. Healthcare Systems and Health Rights

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Content			
The EU Charter of Fundamental Rights, respected by all countries of the European Union states that "Everyone has the right to access preventive healthcare and to benefit from medical treatment under the conditions established by national laws and practices." However, what does this mean for citizens and residents of the European Union (EU), especially for older adults? Understanding Healthcare in the EU In the EU, each country is responsible for organising and delivering its own healthcare services. This means that, while all countries provide medical care, the way it is organised and the types of services available can be different from country to country. Most countries in the EU have universal healthcare systems, which means that everyone, including older adults, can access essential health services. This includes visits to family doctor, hospital stays, and medical treatments without having to pay the full cost out of one's pocket. However, even in universal healthcare systems, there are some services that may not be completely free such as specialist treatments, dental care, or certain medications that may require you to pay part of the cost. It's important to understand what your healthcare system covers and what additional costs you might incur. For non-EU citizens, healthcare access may not always be free, and certain services could come with extra costs. If you're a resident but not a citizen, it's essential to check your healthcare entitlements and how much you might need to contribute to your care. Knowing how your healthcare system works and what your rights are will help you access the care you need and avoid surprises when it comes to paying for healthcare services. Below, you'll find some useful resources to learn more about the healthcare system in your country and your rights. PIC:<u>1.3 Healthcare systems and health rights_new.jpg</u>			



Why Healthcare Rights Matter for Older Adults

As we age, our health needs often increase. This is why it's so important for older adults to know their healthcare rights and how to access preventive care, regular check-ups, and treatments. Knowing your rights ensures that you can get the care you're entitled to, whether it's for managing chronic conditions or accessing rehabilitation services after surgery.

It's also important to be aware of the options for home care or nursing care that may be available if needed. Some countries offer these services as part of their national healthcare systems, while others may require additional payments. Understanding your rights and options is key to ensuring that you receive the best possible care as you get older.

What Happens if You Need Healthcare While Traveling Abroad?

If you are traveling to another EU country and need medical attention, you don't need to worry about how you'll pay for it. EU citizens have the right to access healthcare in any other EU member state. Your home country will even reimburse you for care that you receive while abroad.

To make sure you can receive care when traveling, you should always carry your [European Health Insurance Card \(EHIC\)](#). This card ensures that you can access necessary healthcare under the same conditions as the local residents in the country you are visiting. For example, if you need emergency medical attention while on holiday in another EU country, you can show your EHIC to the hospital or doctor, and they will treat you as if you were insured in their country. This helps avoid unexpected medical bills while you're traveling and ensures that you can get the care you need, no matter where you are in the EU.

If you don't already have an EHIC, you can apply for one through your country's national health service. It's free and can be used across all EU countries. Remember, it's always a good idea to carry it with you when traveling within the EU!

Understanding Your Healthcare Rights

Knowing your healthcare rights is key to making sure you receive the best possible care. If you're unsure about your entitlements or if you ever feel that your rights have not been respected, you can:

Reach out to a patient advocacy organisation for help. These organisations are there to support you and ensure that your rights are protected.

Contact the hospital or health service where you received treatment and ask to speak to their complaints department. Many hospitals have specific offices to help patients who feel their rights have been violated.

Useful Resources:

World Health Organization (WHO): Health is a Human Right [WATCH VIDEO](#)

European Union: Country Health Profiles [Link to the list of countries](#)

European Union: Traveling abroad? Don't forget your European Health Insurance Card [link to news and video](#)

5. Prevention and Strategies to Promote Healthy Lifestyles

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Content			
Prevention is about doing things that help you stay healthy and avoid diseases or health problems. What Are the Different Levels of Prevention? There are three main types of prevention: Primary Prevention. This means taking steps to avoid contracting a disease in the first place. Examples include getting vaccinated, eating healthy, exercising, and quitting smoking. Secondary Prevention. This is about catching diseases early, often through screenings or regular check-ups. Finding a disease early, like cancer or high blood pressure, can make it easier to treat it and improve your chances of staying healthy. Tertiary Prevention. This focuses on people who already have a disease, helping them to live a better quality of life and prevent the condition from getting worse. It also includes treatments to prevent the disease from coming back. Why Is Prevention So Important? Prevention is key to living a healthy life, especially as we age. It helps you avoid many illnesses and can help detect problems early when they are easier to treat. By talking to your General Practitioner (GP) regularly and getting screening tests, you can stay on top of your health. Prevention isn't just about avoiding illnesses but is also about staying healthy for as long as possible. This includes making healthy lifestyle choices that can reduce your risk of disease and help you feel better overall. PIC:1.4 Prevention and Strategies for promoting healthy lifestyles 1.jpg			



Strategies for a Healthy Lifestyle

There are several strategies you can use to lead a healthy life:

Eat a balanced diet. This means eating a variety of foods, including fruits, vegetables, whole grains, and lean proteins.

Exercise regularly. Staying active is important to maintain mobility, balance, and overall health. Even a daily walk can make a great difference.

Limit alcohol consumption. Drinking less alcohol can reduce your risk of many health problems, including liver disease and heart disease.

Quit smoking. If you smoke, quitting is one of the best things you can do for your health. Your doctor can help you find resources to quit.

It's also important to discuss any health concerns you have with your doctor. They can help you make these healthy habits part of your daily routine.

If you would like to learn more, read the Health at Home module [\[INSERT LINK\]](#)

Mental Health Is Important Too

Mental health is just as important as physical health. Feeling stressed, anxious, or depressed can affect your overall well-being. It's important to talk to your GP about your mental health, especially if you're feeling overwhelmed. There are many strategies to help improve your mental health, like mindfulness, social activities, and talking to a professional.

Health at Home

Author: ISRAA

WordPress Page Slug: health-at-home

Health at Home	Learning Activities:	Duration:
	1.0 Introducing the Theme 1.1 Reduce Exposure to Toxins 1.2 Improved Air Quality 1.3 Improved Mental Health 1.4 Eat Healthier 1.5 Housing Adaptations: Creating a Safer, More Comfortable Living Space	81 minutes (1h 21 minutes)

1. Introducing the Theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	16 minutes
Content			
Did you know that making your home more eco-friendly can have a positive impact on your overall health? It's not just about being environmentally conscious — it can actually make you feel better too! By adopting eco-friendly solutions, you can improve both your physical and mental well-being, while also helping the planet. In this module, we'll explore how eco-friendly changes at home can benefit your health. Here are the key areas we'll cover. PIC: 1.0 Heath at home			
			

Reduce Exposure to Toxins

By choosing eco-friendly materials and cleaning products, you can reduce harmful toxins in your home, creating a safer, healthier living environment.

Improved Air Quality

Indoor air quality plays a major role in our health. We'll look at how eco-friendly solutions like air-purifying plants or ventilation systems can help you breathe cleaner, fresher air.

Improved Mental Health

Creating a peaceful, green space at home can work wonders for your mental well-being. From reducing stress to boosting mood, we'll explore how eco-friendly environments contribute to better mental health.

Eat Healthier

An eco-friendly lifestyle often means eating healthier too. We'll discuss how growing your own vegetables, choosing organic foods, and reducing waste can positively impact both your diet and overall health.

Making these small changes can lead to major improvements in your health and happiness at home!

[WATCH THIS VIDEO](#)

2. Reduce Exposure to Toxins

Activity: (e.g., to do/ read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	8 minutes
Content			
As we age, it's important to think about the environment inside our homes, because it can directly affect our health. While many of us focus on improving our eating habits or buying ethically sourced products, there are also steps we can take to reduce the toxins we're exposed to in our everyday lives at home. Toxic substances are often found in the everyday items we use like cooking appliances (such as non-stick pots and pans), soaps, cleaning products, and even in the paint on our walls or fabrics used in furniture. Over time, they can build up in the air we breathe, the surfaces we touch, and the things we eat or drink. PIC: <u>2.1 Health at home</u>			



These harmful chemicals, such as formaldehyde contained in certain types of glue used for furniture, phthalates in hair sprays, or ethanolamines in detergents, as well as mould that can grow on walls, food, or other surfaces, can seriously impact our respiratory health, cause allergies, and lead to other complications like skin irritation or even cancer.

Why Is This Important for Older Adults?

As we get older, our bodies become more sensitive to environmental factors, and our immune systems may not be as strong. This makes us more vulnerable to the effects of toxins. Long-term exposure to harmful substances can worsen chronic conditions like asthma, allergies, and respiratory issues, which are already more common as we age. By taking steps to reduce exposure to toxins, you can create a healthier and safer home environment for yourself.

What Can You Do to Reduce Toxins?

One of the safest ways to reduce exposure is to be careful when buying products for your home. Read labels and choose items that do not contain harmful chemicals, such as phthalates, formaldehyde, or volatile organic compounds (VOCs). You can also look for eco-friendly alternatives, such as:

- **Natural cleaning products** without harsh chemicals.
- **Non-toxic paint** for walls.
- **Organic fabrics** for furniture and bedding.
- **Stainless steel or cast-iron cookware** instead of non-stick.

Also, regular home maintenance is key—make sure to check for mould and fix any damp areas quickly to prevent it from growing. Unless properly managed, mould can worsen respiratory problems and cause long-term health issues.

PIC: [2.2 Heath at home.jpg](#)



3. Improved Air Quality

Activity: (e.g., to do/ read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	9 minutes
Content			
Air quality inside our homes plays a big role in our health and well-being, especially as we age. While we often think about toxins and chemicals, there are other factors that can affect the air we breathe, such as dust, mould, allergens, temperature, and humidity. These hidden factors can make a big difference in how we feel every day. PIC: <u>3.1 Health at home</u>  When air quality is poor, it doesn't just affect your breathing as it can lead to other health problems as well. While respiratory diseases like asthma or bronchitis are common concerns, poor indoor air quality can also contribute to heart problems, allergies, headaches, and even neurological issues. That's why it's so important to take steps to improve the air quality in your home. Why Is Air Quality Important for Older Adults? As we get older, our lungs and immune systems may not be as strong as they once were, which means we are more sensitive to poor air quality. Dust, allergens, and mould can aggravate existing conditions like asthma or chronic obstructive pulmonary disease (COPD), leading to more frequent health problems. Moreover, maintaining a comfortable temperature and humidity level in your home can help prevent conditions like dry skin and respiratory discomfort. Taking care of your indoor air quality is one way to create a healthier living environment and improve your overall quality of life. PIC: <u>3.2.Health at home</u>			



How Can You Improve Air Quality at Home?

There are several steps you can take to ensure the air in your home stays clean and healthy:

- Consider installing an air purifier to filter out dust, allergens, and other pollutants. Make sure to choose one that is energy-efficient and doesn't release harmful chemicals.
- You can also look into installing an automatic ventilation system that helps circulate fresh air without using too much energy.
- Houseplants are another great way to naturally clean the air in your home! Plants like spider plants, peace lilies, and aloe vera can help remove toxins from the air and improve your indoor environment.

Maintaining **proper ventilation**, **keeping your home at the right humidity level**, and **regularly cleaning your home to reduce** dust and allergens are also important steps to improving indoor air quality.

PIC: 3.3 Heath at home



4. Improved Mental Health

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
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Read / Watch	Page / Video / Website / Article	Yes	12 minutes
Content			
Our home is meant to be our safe space, a place where we should always feel comfortable, happy, and secure. For many of us, home is where we go to relax and find peace of mind. But did you know that your home environment can have a significant impact on your mental health? The way your home is organised, the colours you choose, and even how much natural light comes in can influence how you feel every day. PIC: <u>4.1 Health at home</u>			
			
Why Is Your Home Important for Mental Health? Having a safe, stable home is crucial for mental well-being. When your home feels comforting and organised, it can reduce feelings of anxiety, stress, and depression. In fact, studies show that living in a greener, more sustainable environment can significantly improve your mood and overall well-being. PIC: <u>4.2 Heath at Home</u>			
			
Being outdoors and enjoying nature — whether it's spending time in your garden or going for a walk in a park — has been shown to boost mental health. But you don't have to leave the house			

to benefit from nature. You can also bring a sense of calm into your home by incorporating elements of nature inside, such as houseplants, natural lighting, and calming colours.

Watch this video to see how having a green home has impacted the lives of people struggling with mental health issues:

[WATCH THIS VIDEO](#)

If you're interested in learning more, this page provides helpful information on the connection between housing and mental health:

[Read more here](#)

PIC: [4.3 Health at home](#)



Simple Ways to Improve Your Mental Health at Home

- **Bring nature indoors.** Adding houseplants to your living space can help reduce stress and improve your mood. Plants like lavender, aloe vera, and peace lilies not only purify the air but also create a calming atmosphere.
- **Create relaxing spaces.** Organise your home in a way that makes you feel comfortable and at ease. Clear clutter and create spaces where you can relax, whether it's a cosy reading nook or a quiet spot to meditate.
- **Let in natural light.** Natural light is known to boost mood and increase energy levels. Open your curtains and let sunlight fill your home to create a bright and cheerful environment.
- **Spend time outdoors.** If you have a garden or a park near your home, spending time outside can significantly improve your mental health. Enjoying fresh air and nature can help lower anxiety and lift your spirits.

PIC: [4.4 Health at Home](#)



5. Eat Healthier

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	18 minutes
Content			
As we age, maintaining a healthy diet becomes even more important for our overall well-being. We've all heard about the benefits of eating well, but what can we actually do at home to make healthier food choices and improve our quality of life? Let's take a closer look at how you can make small changes that lead to big improvements in both your health and the environment. What Can You Do at Home to Eat Healthier? Eating well doesn't mean you have to completely overhaul your diet. It's about making small, mindful choices each day that can have a lasting impact on your health. Here are some simple steps you can take: • Choose organic fruits and vegetables. Organic produce is grown without synthetic pesticides or chemicals, meaning fewer toxins for your body. These foods are often more nutrient-rich and better for your immune system. • Reduce sugar and highly processed foods. While it's okay to enjoy your favourite treats in moderation, too much sugar, and highly processed food, i.e., pre-packaged snacks, sausages or other meat products, can lead to health issues such as heart disease, diabetes, and high cholesterol. Cutting back on these foods and opting for more whole, unprocessed options can keep you feeling healthier. • Eat more vegetables, legumes, fruits, and fish. These foods are full of fibres, vitamins, and minerals that help maintain your energy and digestive health. Eating more plant-based foods also supports your heart health and reduces your risk of chronic diseases. PIC: 5.1 Health at Home.jpg			



Why This Matters for Older Adults

As we grow older, our bodies need different nutrients to stay strong and healthy. Our metabolism slows down, and certain health conditions like high blood pressure, arthritis, and diabetes can become more common. By making simple changes to your diet, such as adding more plant-based foods and reducing unhealthy fats and sugars, you can help manage these conditions and feel better overall.

Eating healthy also supports mental well-being. A balanced diet can improve memory, boost mood, and help reduce the risk of cognitive decline. A healthier diet can even improve sleep and give you more energy to enjoy your day-to-day activities.

PIC: [5.2 Health at Home.jpg](#)



Get Active in Growing Your Own Food

Even if you don't have a garden, you can still enjoy growing fresh herbs or small vegetables at home. Many older adults find joy in gardening, as it offers both physical exercise and a sense of accomplishment. Whether it's a small potted plant on your balcony or a few herbs on the windowsill, growing your own food is a rewarding way to stay connected to what you eat. It's also a great way to add fresh ingredients to your meals!

[WATCH THIS VIDEO](#)

Why Should You Choose Organic, Seasonal, and Local Food?

Here are some of the many reasons why choosing **organic**, **seasonal**, and **local** food matters, especially for older adults:

- **Protecting the soil.** Organic farming helps preserve the nutrients in the soil, reducing the need for synthetic fertilizers that can pollute our water and land. This keeps the environment healthier and supports **biodiversity**.
- **Reducing CO2 emissions.** When you buy local, seasonal foods, you're helping reduce the emissions that come from transporting food long distances. This means fresher food for you and less harm to the environment.
- **Supporting local farmers.** By buying local, you're supporting your community and helping smaller farmers thrive. This, in turn, helps preserve the local economy and creates a more sustainable food system.

[WATCH THIS VIDEO](#)

Why Reducing Meat Consumption Matters for Your Health and the Planet

Cutting back on red meat and opting for more plant-based meals can do wonders for your heart health. Studies show that a diet rich in vegetables, fruits, and fish helps reduce the risk of heart disease, stroke, and other chronic conditions. For older adults, this means more energy, a stronger immune system, and improved mobility.

But beyond health, reducing meat consumption also benefits the environment. Intensive meat farming contributes to:

- **Deforestation.** Large areas of land are cleared to raise livestock, destroying important ecosystems.
- **CO2 emissions.** Raising animals for meat produces high levels of greenhouse gases that contribute to climate change.
- **Water consumption.** Meat production requires massive amounts of water, which could be saved by choosing more sustainable plant-based foods.

By eating less meat, you're not only protecting your health but also doing your part to help protect the planet.

WATCH THESE VIDEOS to learn more about the impact of intensive farming:

- [**The Environmental Impact of Meat Consumption**](#)
- [**Why Reducing Meat Matters for the Environment**](#)

Why Your Behaviour Matters

As an older adult, the choices you make can have a significant impact on both your health and the world around you. By adopting healthier eating habits, you can improve your quality of life and enjoy more active years ahead. Additionally, your actions, like choosing organic and local foods, reducing meat consumption, and eating seasonal produce, help set an example for others and contribute to a healthier planet.

By taking small steps towards a healthier diet, you're making a difference not just for yourself, but for your community and future generations.

PIC: [5.3 Health at Home](#)



6. Housing Adaptations: Creating a Safer, More Comfortable Living Space

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:

Content

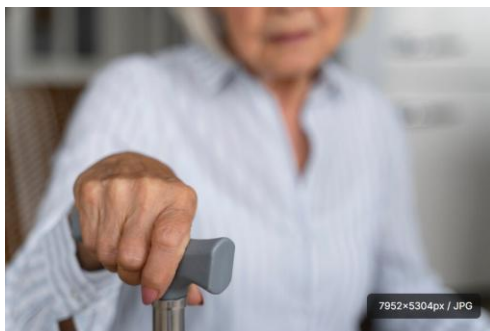
As we get older, some of us may face mobility issues, vision impairments, or cognitive challenges that make day-to-day activities more difficult. While there are different living options available for older adults who need long-term care, many people prefer to stay in their own homes, close to their community and the routines they've always enjoyed. This is known as "ageing in place."

What Is Ageing in Place?

Ageing in place means choosing to live in your own home for as long as possible, without having to move to a care facility. By staying in a familiar environment, you can continue to interact with family, friends, and neighbours, while maintaining your independence. Many older adults find that this option helps them feel more connected to their community and in control of their daily life.

However, as our needs change with age, it's important to make sure that our homes are safe and comfortable. Fortunately, there are many home adaptations that can be made to support independent living and ensure that you can move around your home with confidence.

PIC: 6.1 Health at home



Why Are Home Adaptations Important for Older Adults?

As we age, our homes might need to be adjusted to meet our evolving needs. For example, stairs that were once easy to climb may become a challenge, or bathrooms may need extra supports to avoid slips and falls. By making small but meaningful changes, we can ensure that our homes remain safe and accessible.

These adaptations aren't just about safety — they also support independence. By making your home more accessible, you can continue to manage daily tasks like cooking, cleaning, and personal care without relying heavily on others. This gives older adults the freedom to stay in control of their lives while improving their overall comfort.

PIC: [6.2 Health at Home](#)



Examples of Home Adaptations

There are many ways to adapt your home to meet your specific needs. Some changes are simple, while others may require more planning and investments. Here are a few examples:

Wheelchair accessibility. Installing ramps, widening doorways, or adding stair lifts can make it easier to move around your home if you use a wheelchair or walker.

Grab bars and handrails. Adding grab bars in the bathroom or handrails in hallways and stairs can provide extra support when standing or moving around, thus reducing the risk of falls.

Adjusting kitchen worktops and cabinets. Lowering kitchen counters or making cabinets easier to reach can help you stay independent while cooking or preparing meals.

Removing tripping hazards. Rugs and carpets that are not well secured can be dangerous for those with balance or vision issues. Removing or fixing them can prevent accidents.

Installing an emergency alarm system. An alarm system that automatically calls for help in an emergency can provide peace of mind, ensuring that you'll get timely assistance when you need it most.

These changes are designed to enhance safety, improve your quality of life, and help you live more comfortably at home, irrespective of your mobility or health challenges.

PIC: [6.3 Health at Home](#)



How Can Home Adaptations Improve Your Life?

By making thoughtful adjustments to your home, you can:

Maintain your independence. With better accessibility, you can continue to do the things you enjoy — whether it's preparing your own meals, gardening, or simply moving around without assistance.

Improve your safety. Reducing risks of falls, ensuring better lighting, and having support systems like grab bars in place means you can navigate your home with greater confidence.

Stay in your community. Ageing in place allows you to stay close to the people and places that matter most: your neighbours, friends, and family. You can continue enjoying social activities without major disruptions.

Why Your Behaviour Matters

Your decision to adapt your home isn't just about making things easier. It's also about taking charge of your future. By investing in these changes, you're trying to ensure that you can remain independent and live in the place where you feel happiest. This gives you the power to age on your own terms, while reducing the need for outside assistance or care facilities.

Home adaptations are a key part of successful ageing at home, allowing you to stay in a familiar and comfortable space while maintaining your well-being and quality of life. By making these changes, you can enjoy the benefits of ageing in place, knowing that your home is equipped to meet your needs for years to come.

Example: Mr. Sousa (70) and Mrs. Ferreira (73) are an environmentally conscious couple residing in a rural area. Their commitment to eco-friendly living is evident through various sustainable practices they have adopted, including solar panels, rainwater harvesting, solar-powered garden lights, and the creative repurposing of materials. However, their home faces challenges stemming from Mr. Sousa's mobility issues, which restricts his ability to tend to the garden and access the upstairs bedroom. Besides their commitment to eco-friendly topics, Mr. Sousa and Mrs. Ferreira are green and gardening enthusiasts and have always loved spending time in the garden together taking care of plants.

Thanks to a couple of friends who experienced a similar situation, they discovered the possibility to perform home adaptations taking advantage of funding opportunities provided by their regional healthcare service to facilitate Mr. Sousa's mobility and allow him to remain

independent and safe in his living environment. Therefore, Mr. Sousa and Mrs Ferreira decided to install a stair lift to help Mr. Sousa reach the bedroom located on the second floor. This solution has significantly improved his capacity to move around the home and avoid asking for his wife's help. Indeed, not only did he no longer feel safe to climb the stairs alone, but he feared endangering both himself and her when asking his wife for help since she struggled to support his weight. In addition to this, because of their shared passion for gardening, they decided to install a couple of handrails along the corridor leading to the French window that connects the house to the garden. With this simple improvement, Mr Sousa feels much more confident and has resumed spending time outside, joining Mrs Ferriera in caring for plants and flowers. Given the big difference made with the installation of the stair lifters and the handrails, the couple is now planning to make other minor adaptations to their home in view of the future, to ensure their safety and autonomy for as long as possible, allowing their ageing in place.

If you are interested and want to learn more, visit the [Safety at Home module](#).

Safety Around the Home

Author: FRODIZO

WordPress Page Slug: safety-around-home

Safety around Home	Learning Activities:	Duration:
	1.0 Introducing the Theme	10 minutes
	1.1 Age Friendly Community and Safety	15 minutes
	1.2 Synthesis of Age Friendly Safety in Home and Community Settings	10 minutes
	1.3 Safe and Easy Transportation for Older Adults	7 minutes
	1.4 Having a Pleasant and Safe Time in Public Spaces	10 minutes

1. Introducing the Theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read	Page	No	2 minutes
Content			
Feeling safe and secure at home and in our communities is essential as we age. Our living spaces should help us stay independent, support our health, and allow us to enjoy a good quality of life. Making sure our homes and neighbourhoods are safe can prevent accidents, protect us from crime, and make everyday tasks easier. As we grow older, our needs change. The World Health Organization (WHO) points out that both our physical surroundings and social environments have a significant impact on our ability to stay healthy, active, and independent. Safe environments help us avoid falls, injuries, and crimes, while ensuring that we can maintain our daily routines and social connections. The WHO emphasises the importance of creating age-friendly settings in several key areas: • Outdoor spaces and buildings • Transportation • Housing These spaces can improve our safety by being more accessible and suited to the needs of older adults. Additionally, technology is becoming an important tool for supporting independent living and creating safer home environments. What Will You Learn in This Module? This module will guide you through important safety aspects at home and in your community, helping you make informed choices to create a safer environment for yourself or your loved ones. By the end of this module, you will learn about: Age-Friendly Community and Safety Explore how your community can play a role in your safety, from well-maintained public spaces to accessible facilities. We will look at ways communities can be designed to support the needs of older adults, ensuring you feel connected and safe. Synthesis of Age-Friendly Safety in Home and Community Settings Understand how safety in home and community settings work together. Learn how a combination of a safe home environment and supportive community spaces can enhance your quality of life and keep you independent.			

Age-Friendly Transport

Learn about age-friendly transportation options that prioritise accessibility, comfort, and safety. This includes public transport options that cater for older adults, making it easier to get around and stay connected with your community.

Pleasant and Safe Public Spaces

In the final section you will learn about the importance of staying active and involved in the community by walking safely, using public transport confidently, enjoying green spaces and taking steps to improve physical and mental wellbeing.

Why Is Safety Important for Older Adults?

Safety is more than just preventing accidents. It is about ensuring that your living environment is comfortable, accessible, and supports your ability to live independently. By making small adjustments to your home and being aware of community resources, you can protect yourself from risks and continue to enjoy your daily activities.

By the end of this module, you will have the tools and knowledge to make your home and community a safer, more supportive place for ageing well.

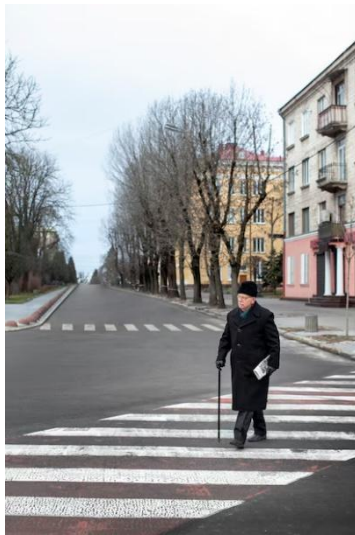
2. Age-friendly Community and Safety

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	10 minutes
Content			
As we age, it is important to live in safe and welcoming communities that help us stay active, connected, and independent. Our homes and neighbourhoods play a major role in how we feel every day, from our health and well-being to our overall quality of life. As we spend more time at home and in our local areas, we need to make sure that these places support us in living comfortably and safely. Age-friendly communities are designed to make life easier for older adults, offering safer environments that promote social inclusion, physical health, and a sense of security. A study in the Netherlands has found that 20% of older people sometimes feel unsafe in their neighbourhoods, and 2.4% feels often unsafe. Feeling unsafe can make it harder to enjoy daily life and can affect both mental and physical health. Living in a safe, familiar place can also help improve your sense of psychological safety, that feeling of comfort and security that comes from knowing you are part of a community where you feel protected. Unfortunately, many European communities are still not fully prepared to support the needs of older adults. By making simple changes, we can make our neighbourhoods much safer and better suited for ageing in place, which means living in your own home for as long as possible while staying connected to your community. A clean, well-maintained city with good pedestrian paths, parks, and safe areas for relaxation makes it easier for older adults to stay active, healthy, and independent.			

What Makes a City or Community Age-Friendly?

An age-friendly city is a place designed to meet the needs of people of all ages, especially older adults. These cities make it easier to get around safely, stay active, and feel comfortable wherever you go. For a city to be truly age-friendly, it should have:

PIC: [FREEPIK](#)



- **Safe and accessible roads.** Streets should have crosswalks that are easy to see and use, with features like traffic islands or bridges to help you cross busy roads safely.
- **Well-lit streets and good public safety:** Streetlights, police patrols, and safety programs help keep neighbourhoods safe, whether you are walking, running errands, or meeting up with friends.
- **Accessible pavements.** Pavements should be smooth, non-slip, and wide enough for wheelchairs. Curbs should be low and gently sloped to make it easy to get on and off pavements. Pavements should also be clear of obstacles like parked cars or street vendors, making it easy and safe for you to walk.

PIC: [FREEPIK](#)



- **Accessible buildings.** Public places like stores, libraries, and community centres should have ramps, lifts, handrails, non-slip floors, clear signs, and plenty of seating. There should also be bathrooms that are easy to use.

When cities create safe and accessible environments like these, they help older adults stay active, connected, and involved in the community, while making everyday life easier and more enjoyable for everyone.

PIC: FREEPIK



[WATCH THIS VIDEO](#)

[WATCH THIS VIDEO](#)

3. Synthesis of age-friendly safety in home and community settings

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	10 minutes
Content			
As we get older, feeling safe at home and in our community becomes very important. Safety is not just about avoiding accidents, but it is also about feeling safe in different ways: physically (preventing falls), emotionally (feeling safe in your surroundings), and mentally (feeling confident in your daily life). To stay safe and independent, it's important to have the right balance between a safe home and support from your community.			
Different Types of Safety			
When thinking about safety, there are two types to consider:			
• Safety from intentional actions. This means safety from things that others do that could put you at risk, like crime in your neighbourhood or poor maintenance of your home (for example, broken stairs or unsafe walkways). • Safety from accidents. This is about staying safe from things that happen by accident, like falls or injuries. For example, slipping on a wet floor or tripping over loose carpets.			

How to Stay Safe in Different Areas

There are three main areas where safety is important:

1. **At Home.** Your home should be a safe place where you can move around easily and avoid accidents. Some ways to make your home safer include:
 - Installing grab bars in the bathroom to prevent falls.
 - Making sure rugs are secured to the floor to avoid tripping.
 - Keeping walkways clear of clutter to make moving around easier.
2. **In the Community.** Feeling safe when you are out in your neighbourhood or running errands is important. To improve safety in your community, look for:
 - Well-lit streets so you can walk safely at night.
 - Safe crosswalks with enough time for you to cross the street.
 - Parks or community areas that are well maintained and free of hazards.

PIC: FREEPIK



3. **Online.** If you use a computer, tablet, or smartphone, staying safe online is also important. Protect your personal information by:
 - Using strong passwords and never sharing them.
 - Being aware of scams or emails that ask for your personal details.
 - Making sure your computer or device has security software.

Practical Tips for Safety

- **Make small changes at home.** Adding handrails, better lighting, and making sure your floors are non-slip can make a big difference in how safe you feel.
- **Stay connected to your community.** Regularly check in with neighbours or join local activities to stay connected and feel safer in your surroundings.
- **Use technology wisely.** Devices like emergency alert systems can help you with being assisted quickly if needed. And being smart about your online safety can protect you from potential risks.

By making your home and community safer, you can feel more confident, continue doing the things you love, and enjoy greater independence.

4. Safe and Easy Transportation for Older Adults

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Video	Yes	10 minutes
Content			
Getting around safely is very important for older adults. Transportation helps us stay active, connected, and part of the community. It enables us to visit family and friends, go shopping, and take part in social activities. However, transportation can also carry some risks, like accidents in car traffic or feeling unsafe, when walking or using public transport. To make sure transportation works well for older people, neighbourhoods need to be easy to walk around and provide safe ways to travel. This means having good sidewalks, safe crossings, and access to buses, trains, and other types of transport. Public transportation should be safe, reliable, and easy to use, so you can feel confident getting around. Why Safe Transportation Matters As we age, being able to travel safely makes it easier to stay independent and active. Feeling safe when we leave the house can reduce worries and help us keep enjoying life outside our homes. If public transport is unsafe or hard to use, it might make us less likely to go out, leading to feeling more isolated. What Makes Public Transport Age-Friendly? Good public transport helps older adults get around easily and safely. Here are some things that can make public transport age-friendly: • Seating benches and shelters. Bus and tram stops should have benches where you can sit comfortably and shelters to protect you from the weather, so you're not standing for long periods of time. • Good lighting. Well-lit stops and stations make it safer, especially at night or early in the morning. PIC: FREEPIK  • Ramps, elevators, and escalators. These features make it easier to move between different levels in stations or platforms, especially if you use a walker, wheelchair, or have trouble with stairs.			

- **Low-floor buses.** Buses that don't have high steps make it easier to get on and off, reducing the risk of falls.
- **Priority seating.** Seats at the front of the bus or tram should be reserved for older adults and people with disabilities, making it easier to sit down quickly and safely.

PIC: [FREEPIK](#)



What Makes Traveling Safer?

There are several important things that can make transportation safer for older adults:

- **Nearby stops.** Bus or tram stops should be close to where you live, and they should be clean, safe, and well-lit. Having seats and shelters also makes waiting more comfortable.
- **Accessible stations.** Stations should have ramps, lifts, clear signs, and public toilets, so you can get around without difficulty.
- **Well-maintained roads.** Roads should be kept in good conditions, with wide, well-lit pavements, clear signs, and traffic lights that leave plenty of time to cross the street.
- **Safe public transport.** Public transport should be safe from crime and not too crowded, so you can travel comfortably and securely.

How Does Safe Transport Help?

When transportation is **safe** and easy to use, older adults can continue to live **independent** and **active** lives. Safe transport means being able to take part in activities, meet with friends, and stay engaged with our communities. Good transportation keeps us **connected** and reduces the risk of feeling isolated or cut off from the world.

By improving transportation for older adults, we can help ensure that everyone can **move around** easily and safely, no matter their age.

Driving

Driving can be an essential transportation option for older people, particularly in suburban and more remote residential areas. Heavy traffic, poor road conditions, inadequate street lighting and poorly positioned signage are some barriers to city driving, particularly as older people may face vision difficulties.

PIC: [FREEPIK](#)



Key steps for older drivers to staying safe on the roads

- Think about what time of day it is and how tired you are. Consider the return journey. Will it be dark when you have to drive home? Or will you be more tired? Try to travel in good weather.
- Always wear a seat belt as a driver or passenger.
- Drive when conditions are safest.
- Don't drink and drive.

Additional steps to stay safe on the road

- Follow a regular activity programme to increase strength and flexibility.
- Ask your doctor or pharmacist to review medicines — both prescription and over-the-counter — to reduce side effects and interactions.
- Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as required.
- Leave a large following distance between your car and the car in front of you.
- Avoid distractions in your car, such as listening to a loud radio, talking or texting on your phone, and eating.
- Consider potential alternatives to driving, such as riding with a friend, using ride share services, or taking public transit.

Warning signs

- Mysterious car crashes
- Confusing the accelerator and brake pedals
- Difficulty in turning back and seeing
- Misjudging left and right turns
- Difficulty staying within lines
- Difficulty in parking
- Delayed reactions
- Driving at the wrong speed

Example: Mrs. Tokarczuk, a vibrant 68-year-old who lives independently, has a passion for cycling. However, she feels unsafe on many of the existing bike paths. As she puts it *"Too many cycling paths are marked directly on the streets, and it's not safe to cycle so close to cars speeding by. It's not just the cars, though. Other cyclists also go too fast, making it stressful to enjoy the ride."* She can choose quieter routes, like cycling through parks, along pedestrian-friendly trails, or on roads with less traffic. She could also invest in a rear-view mirror for her bike to keep an eye on faster cyclists and reflective gear to stay visible.

[WATCH THIS VIDEO](#)

Safety at Home

Author: FRODIZO

WordPress Page Slug: safety-at-home

Safety at Home	Learning Activities:	Duration:
	1.0 Introducing the Theme	10 minutes
	1.1 Technology for Safety	15 minutes
	1.2 Adapting the Home	15 minutes

1. Introducing the theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page /Videos	Yes	10 minutes
Content			
Our homes are more than just buildings — they are our safe havens, where we feel comfortable and in control. As we age, our homes become even more important, providing a space where we can remain independent and maintain our routines. For many older adults, the thought of leaving their homes can be unsettling because it is tied to our sense of self, our memories, and our independence. However, as we grow older, it is important to ensure that our homes are not only cosy but also safe. Making a few simple changes can make the difference between enjoying life comfortably at home or facing risks that could affect your health and well-being. The Importance of Home Safety The way we live and move around in our homes can change as we get older. A home that was once perfectly suited to our needs may need adjustments to continue supporting us as we age. Staying safe at home involves more than just preventing accidents. It is about creating a living space that adapts to our physical and emotional needs. For instance, as we age, we may experience some changes in mobility or balance. Simple things like getting out of a chair or reaching for something in a cupboard can become more challenging. Additionally, memory issues or other cognitive changes can make everyday tasks more difficult. This is why it is so important to have a home environment that keeps us safe and supported. What Makes a Home Age-Friendly? An age-friendly home is designed to adapt to your changing needs as you age. For example, homes can be modified with features like grab bars in the bathroom to help prevent slips, or ramps for easy access if stairs become difficult. Good lighting is another essential feature: ensuring your home is well-lit can reduce the risk of tripping or falling. Think about your daily activities: how do you move around your home? Do you have trouble getting up from a low chair, or reaching items on high shelves? Making small changes, like raising the height of furniture or rearranging your kitchen to keep frequently used items within easy reach, can make a great difference. Here are a few areas where changes can improve both safety and comfort: PIC: <u>FREEPIK</u>			



- **Bathroom.** Install grab bars near the shower and toilet for support and consider using non-slip mats in the bathtub. These simple adjustments can make bathing and personal care much safer and easier.
- **Stairs and Hallways.** Ensure these areas are well-lit and free of clutter. Handrails are a must on both sides of the stairs, and if you have rugs, make sure they're secured to the floor to avoid tripping.
- **Kitchen.** Keep everyday items on shelves that are easy to reach without stretching or bending. If cooking has become difficult, you can even install a stove with automatic shut-off features to prevent accidental fires.

PIC: FREEPIK



- **Living Room** Furniture should be sturdy and easy to use. If your chairs or sofa are too low, consider adding cushions or raising the height of their legs.
- **Front Door and Access** Having a ramp or an even ground-level entrance can make it much easier to come and go, especially if you use a walker or wheelchair.

Safety does not stop at physical changes. Sometimes, it is about being prepared for emergencies. For example, consider having an emergency alert system installed, so if you ever fall or have an emergency, you can quickly call for help. These systems are often wearable devices, like pendants or wristbands, and can give you peace of mind because help is always just a button away.

Preventing Falls

One of the most significant concerns for older adults is the risk of falls. Falling is one of the leading causes of injury among older people, and yet many falls are preventable with just a few adjustments to the home. For instance, something as simple as keeping hallways clear of

objects like shoes or books can prevent trips. Good lighting, especially near stairs and doorways, can also make a big difference.

Did you know that one-third of people over 65 will experience a fall each year? This number jumps to 50% for those over 80. However, making changes like adding handrails, removing loose rugs, and even wearing non-slip shoes at home can greatly reduce your risk of falling.

Making Your Home Comfortable and Secure

Beyond safety, your home should always feel like a comfortable place where you can relax. If you feel unsafe or uneasy, that comfort is lost. Home security systems, such as door cameras or automatic lighting, can make you feel safer, especially if you live alone or are concerned about safety at night.

It is also important to stay warm and dry. Cold, damp homes can lead to health problems like respiratory issues or even hypothermia. Make sure your home is well-insulated, and consider upgrading your heating system if it is not keeping you warm enough in the colder months.

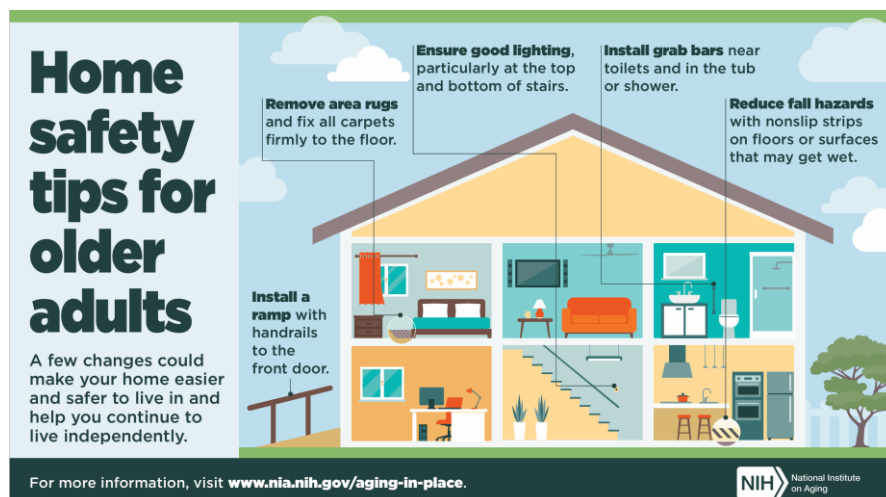
Staying Independent and Connected

A well-designed, age-friendly home can also help you stay connected with the people and places you love. For example, living in a neighbourhood that has good public transport options or is close to local shops and services means you can continue to participate in your community, visit friends, and enjoy your independence.

If mobility becomes more difficult, think about using assistive devices or working with a professional who can assess your home and recommend modifications. Smart home technology, like voice-activated assistants or devices that turn lights on and off automatically, can also make daily tasks easier and give you more freedom.

[WATCH THIS VIDEO](#)

[WATCH THIS VIDEO](#)



Link: <https://www.nia.nih.gov/sites/default/files/2024-04/home-safety-tips-adults-nia.pdf>

2. Technology for safety

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read / Watch	Page / Image	No	7 minutes

Content

Technology has come a long way, and now, more than ever, it is helping older adults like you stay safe, independent, and connected. From smart devices to healthcare apps, new technology is making daily life easier and safer.

For many older adults, technology might feel a bit overwhelming, but once you understand how it can help, you will see just how useful it can be. Let's explore how modern tools can help you live safely at home and out in the community.

Why Technology Is Important for Your Safety

Think of technology as your personal assistant that helps keep you safe, whether you are at home or out and about. These days, technology is doing more than just making life easier—it is actually protecting you by detecting falls, reminding you to take your medications, and even helping you stay in touch with your loved ones.

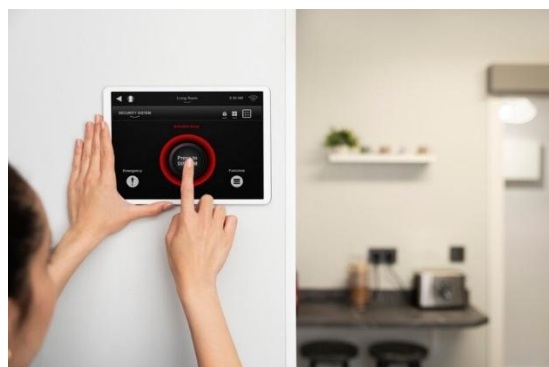
For example, you can use wearable health sensors, like a wristwatch or necklace, that can automatically alert a family member or emergency service if you fall. This kind of technology can be a lifesaver for anyone who might not be able to call for help after an accident.

Let's break it down into a few key ways technology can improve your safety.

Technology to Help You Stay Safe at Home

Your home is where you should feel **safest**, and technology can make sure of that.

PIC: [FREEPIK](#)



- **Emergency sensors.** Devices can be installed in your home that detect emergencies, like a fall or a fire. If a fall is detected, these sensors automatically alert someone to check on you, whether it is a family member or emergency services. For example, if you fall in the bathroom and cannot reach the phone, a fall detection sensor can call for help immediately.

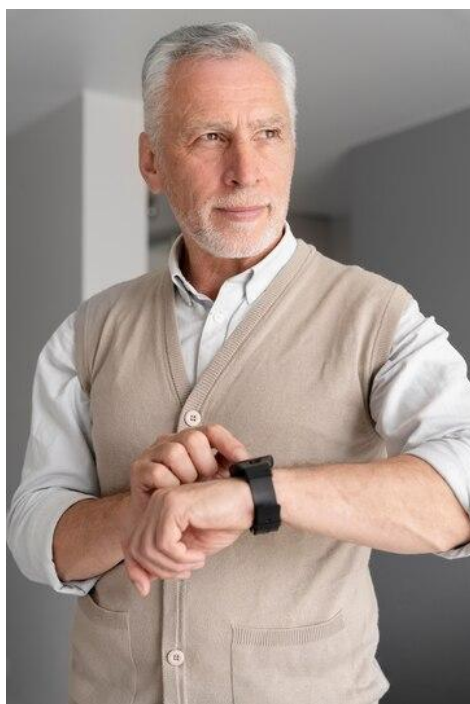
- **Smart lights.** These lights turn on automatically when you enter a room. They help prevent trips and falls in dark spaces, like hallways at night. You will not need to worry about finding the light switch; just walk into the room, and the light turns on.
- **Smart stoves and appliances.** Have you ever forgotten to turn off the stove or leave an appliance running? Smart stoves automatically switch off if they detect inactivity. This can help prevent accidents, like fires, giving you peace of mind.
- **Medication reminders.** Keeping track of your medications can sometimes be difficult, especially if you take several pills each day. Smart medication dispensers will remind you when it is time to take your medicine. These devices can also be set up to give you the exact dosage, so you never forget to take your medications or take the wrong amount accidentally.

Technology to Keep You Safe Outside

When you are out and about, technology can also help ensure your safety.

- **Wearable health sensors.** Many older adults now wear devices like smartwatches or neck pendants that can track their heart rate, blood pressure, or movement. These devices can automatically alert emergency services if something unusual happens, such as a sudden drop in your heart rate. It is like having a guardian angel on your wrist, keeping an eye on your health no matter where you are.

PIC: [FREEPIK](#)



- **Smartphones and apps.** Using a smartphone or tablet can help you stay connected with your family, friends, and healthcare providers. You can use apps that remind you of your appointments, help you video chat with family members, or even monitor your health. For instance, you can schedule doctor's appointments or get reminders to stay hydrated throughout the day.

Example

Mrs. Dimitra is a 72-year-old woman, and she lives with her husband, who is in good physical shape. Her husband is 75 years old. For two years now Mrs. Dimitra has been having sporadic episodes of amnesia, both topographical and in remembering recent incidents or people's names. She has often memory slips especially with respect to her short-term memory. After diagnosis the neurologist suggested her to be under surveillance and prescribed medication. Mrs. Dimitra visits the local day care centre twice a week and she engages in different activities (table games, dances, artistic creations, etc.). At home Mrs. Dimitra sometimes feels confused about the remaining tasks of the day or what has been already done till that time, or who went where.

For when Mrs. Dimitra is out and about, a GPS tracker can help her navigate and enable her husband to track her location, providing peace of mind in case she becomes confused or lost. As she takes several medications daily, Mrs. Dimitra used to struggle with remembering her pills, but now she uses a smart medication dispenser that reminds her when it's time to take her medications. This device also ensures she avoids mixing up her pills, offering her greater independence in managing her health. Additionally, the couple has recently installed a smart stove that automatically switches off after 10 minutes of inactivity, allowing Mrs. Dimitra to cook her favourite meals without the worry of leaving the stove on by accident. These technological aids greatly enhance her safety and independence at home.

Making Technology Work for You

For many older adults, learning to use new technology can seem intimidating, but you do not need to be a tech expert to benefit from these tools. There are plenty of easy-to-use options, and you can always ask for help to get set up.

To get the most out of these safety tools, improving your digital skills is helpful. Many community centres offer classes that teach older adults how to use smartphones, tablets, and other devices. Once you feel more comfortable using technology, you will see just how much it can help you stay safe and healthy.

Why Technology Can Make Life Better

The best part about these new technologies is that they do not just keep you safe but they also make life more enjoyable. By reducing the stress of everyday tasks and adding an extra layer of protection, you can focus on doing the things you love, like spending time with your family or enjoying your favourite hobbies.

And do not forget that technology is not just about gadgets. It is about making sure you stay connected, stay healthy, and feel confident in your daily life.

3. Adapting the Home

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read	Page		4 minutes

Content

As we grow older, making some small changes to our home can help us stay safe, comfortable, and independent. Whether it is adjusting a few things or making major modifications, your home can continue to be a place where you feel at ease and in control. The changes you need will depend on your home and your personal needs, but there are plenty of options to explore!

Easy Changes You Can Make

Not all changes have to be big or expensive. Some simple, low-cost adjustments can make your daily life easier without much hassle. For example, adding a **handheld shower head** and a **transfer bench** in the bathroom can make showering more comfortable and less tiring.

PIC: [FREEPIK](#)



If you have trouble turning doorknobs, switching to **lever-style handles** is a quick fix that can make doors and cabinets much easier to open, especially if you have arthritis.

Another idea is to add **motion-activated night lights** in hallways and bathrooms. These lights turn on when you walk by, helping you see where you are going and preventing trips and falls during the night. Moving furniture around to keep walkways clear is another simple way to improve safety. No more tripping over shoes or rugs!

Imagine walking around your place and thinking about what would make it more comfortable for you. Could you move a light switch to a better height? How about installing a **grab bar** in the bathroom for extra support? Even small changes like these can make a big difference in how safe and comfortable you feel at home.

You could also consider things like adding a **ramp** instead of steps, getting an **adjustable bed** to make sleeping more comfortable, or using **alert devices** that help you stay connected if you have hearing difficulties. The goal is to do your homework better for you, so you can continue enjoying your independence.

Why These Changes Matter

Making these kinds of adjustments helps create a home where you can feel confident, independent, and safe. Falls and other accidents are common among older adults, but they do not have to be. By making a few simple changes, you can stay safe and continue to enjoy living in your own home.

Whether it is improving the lighting, adding grab bars, or just keeping things organised, these small steps can have a huge impact on your safety and comfort. And remember, your home should always feel like your sanctuary, where you can move around freely and feel at peace. With these changes, you will be ready to enjoy life at home to the fullest!

[WATCH THE VIDEO](#)

4. Having a Pleasant and Safe Time in Public Spaces

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read/ Watch	Page	No	3 minutes 4 minutes

Content

As we get older, staying active and connected with our community becomes even more important for our well-being. Spending time outside — whether for a walk in the park, a trip to a store, or using public transport — can enhance our physical and mental health. However, it is also important to feel **safe** and **comfortable** when doing so.

PIC: Safety around home



Moving Around Safely on Foot

Walking is one of the simplest and most effective ways to stay active, but it is important to choose the right routes. Look for pavements or pedestrian paths with ramps and curb cuts to avoid steep steps, especially if you use a cane, walker, or wheelchair. Paths that are slip-resistant are also safer to walk on, especially in bad weather. Avoid areas with dark shadows or poor lighting, as these can make it harder to see and increase the risk of falls.

Taking your time and enjoying the journey is key. Do not feel rushed! Look for benches along your route where you can stop and rest if needed. Walking not only keeps you physically active but also helps you stay connected with your surroundings, offering fresh air and the chance to interact with neighbours.

Navigating Public Transport with Confidence

Public transport is a great way for older adults to stay mobile and independent, but it can sometimes feel overwhelming. Planning your trip in advance can help reduce stress. Many public transport systems offer websites or apps that provide real-time information on schedules and routes. Checking these before you leave home will allow you to avoid last-minute confusion and make your trip more enjoyable.

It is also a good idea to avoid rush hours if possible. During these times, buses and trains can become crowded, making it harder to find a seat or get on and off easily. Try traveling during quieter parts of the day, like late mornings or early afternoons, when public transport tends to be less busy.

When using public transport, remember that you have rights. Many systems reserve priority seating for older adults and people with disabilities. Do not hesitate to ask for a seat or for help from the driver or other passengers if you need it. Most people are more than happy to assist, and you should not feel shy about asking for help.

Wearing comfortable shoes with good grip is important too. This helps you navigate stairs, escalators, and uneven surfaces more safely. Dressing in layers is also a good idea, as temperatures on buses and trains can vary.

Features That Make Public Transport Age-Friendly

Many public transport systems are designed with older adults in mind. Low-floor buses and trams eliminate the need to climb steep steps, making it easier to board. Stations with ramps, elevators, and lifts ensure smooth access, especially for those with mobility challenges. These features make getting around on public transport more accessible and less stressful.

When you board a bus or train, keep an eye out for grab bars and handrails as they provide extra support, especially if you are standing or moving through a crowded vehicle. Additionally, clear announcements (both audio and visual) help you keep track of your stop and ensure you do not miss your destination. If you ever feel unsure, do not hesitate to ask a fellow passenger or the driver for help.

Exploring and Enjoying Green Spaces

Spending time in green spaces — whether it is a local park, garden, or nature trail — can boost both your physical health and mental well-being. Research shows that being in nature can lower stress levels, improve mood, and even help with memory and concentration.

If you have access to a community garden, this can be a great way to stay physically active and meet others with similar interests. Not only do you get the benefits of gardening, but you also enjoy the fruits (and vegetables!) of your labour. Even if you do not have a garden, you can bring nature into your home by transforming your balcony or window ledge into a mini garden with pots of herbs, flowers, or small vegetables.

Taking regular nature walks can also be a great habit to adopt. Aim for 20-30 minutes of walking outdoors, most days of the week. Even a gentle stroll around the neighbourhood can do wonders for your health. If possible, plan walks in parks or gardens where you can enjoy the peaceful surroundings and fresh air.

While walking, take the time to really listen to nature: the sound of birds singing, leaves rustling, or the wind gently blowing. These sounds have a calming effect and can help reduce feelings of anxiety or stress. Spending time in nature has been shown to improve both physical health and emotional well-being, making it a simple but powerful way to enhance your quality of life.

Why It Is Important to Stay Active and Engaged

Remaining active and socially connected as we age is crucial for maintaining our health and happiness. Going out into public spaces, whether it is a walk through the park or a trip on the bus, helps us stay engaged with the world around us. It encourages physical activity, strengthens our mental well-being, and keeps us connected to our community.

Taking simple steps — like planning your trips, choosing safe walking routes, and using public transport with confidence — can make all the difference in how much you enjoy your time outside. By staying active and spending time outdoors, you can improve your health, keep your independence, and continue to enjoy the freedom of your daily life.

Example:

Elvira is a 70 years old very active woman, still healthy and autonomous. She likes to walk and for this reason safety in public spaces is particularly important for her. Recently in her neighborhood, Municipality installed benches along the trail in her nearby city grove, and lighting poles. This pleased Elvira very much as she could do her early morning or afternoon walking routes, without worrying for getting rest, or having troubles with not well lighted areas.

[WATCH THIS VIDEO](#)

Technology Around the Home

Author: AFEDEMY

WordPress Page Slug: technology-around-home

Technology Around the Home	Learning Activities:	Duration:
	1.0 Introducing the Theme 1.1 Green Energy and Smart Grids: A Cleaner, More Affordable Way to Power Your Community 1.2 Transportation Around the City	

1. Introducing the theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 2 min
Content			
Smart City Technology: How Cities Are Becoming More Age-Friendly In this module, we explore how smart city technologies are being used to create safer, more comfortable, and age-friendly environments. Smart cities use technologies like sensors, data collection, and digital infrastructure to improve services, enhance public safety, and make life easier for citizens. Examples of Smart City Technology • Smart street lighting. Some cities are installing motion-sensor streetlights that automatically come on when someone walks or drives by, improving visibility and reducing accidents. These lights also dim when no one is around thus saving energy. • Smart crosswalks. New smart crosswalks help pedestrians cross streets safely thanks to sensors that detect movement. These systems can give extra time for older adults to cross and may also include audio signals to assist those with vision impairments. • Connected public spaces. Many parks and public spaces have free Wi-Fi zones and charging stations for phones and other devices. This is great for staying connected while enjoying outdoor spaces. • Digital kiosks. Interactive kiosks in cities enable you to access information about public transport, nearby services, or local events. These kiosks often have user-friendly touchscreens, making it easy for everyone, including older adults, to navigate the city. • Smart waste management. Some cities have introduced smart bins that notify sanitation services when they are full, thus ensuring cleaner streets and public spaces. • Emergency alert systems. Some cities have public emergency systems that can notify residents through apps or text messages about extreme weather conditions, emergencies, or important events in real-time. PIC: PICTURE 			

Why Smart Cities Matter for Older Adults

Smart city technology helps older adults feel safer and more comfortable when navigating their neighbourhoods. Improved street lighting, accessible public transport, and easy-to-use public services ensure that older residents can remain independent and active in their communities.

Smart cities also help reduce loneliness by making it easier to stay connected through public Wi-Fi and digital kiosks, offering opportunities to engage with social activities, events, or local resources.

2. Green Energy and Smart Grids: A Cleaner, More Affordable Way to Power Your Community

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 20 min

Content

As we age, it becomes even more important to make sure our homes are comfortable, safe, and affordable. One way to do this is by using green energy and smart grids. These new technologies are not only better for the environment, but they can also help save money, make power more reliable, and even improve the air we breathe. Let's take a closer look at how green energy and smart grids are shaping the future of our neighbourhoods and cities in a way that benefits everyone, especially older adults.

What Is Green Energy?

Green energy is energy that comes from natural sources like the sun, wind, and water. Unlike traditional power from fossil fuels, like coal or gas, green energy does not pollute the air or harm the environment. You may have already seen solar panels on rooftops or wind turbines in open fields. These are examples of green energy at work, helping to power homes and communities while minimising harm to the planet.

PIC: [PICTURE](#)



Why Does Green Energy Matter?

Switching to green energy has many benefits for older adults. For one, it can lower your energy bills by using natural sources of energy that do not cost as much as traditional electricity. Plus,

because green energy does not produce pollution and can help keep the air cleaner, which is especially important if you have any respiratory issues like asthma.

What Are Smart Grids?

A smart grid is a modern electrical system that helps manage and deliver energy more efficiently. Unlike old systems, smart grids use technology to make sure electricity is delivered when and where it is needed, helping to prevent power outages and save energy. They can even respond automatically to changes in weather or demand, ensuring your home always has power, even in difficult conditions.

Smart grids also come with smart meters, which allow you to see how much energy your home is using in real-time. This helps you manage your energy consumption better and can reduce waste, leading to lower bills.

How Green Energy and Smart Grids Can Help Older Adults?

- **Lower energy bills.** By using smart grids and green energy, you can save money. For example, installing solar panels on your roof can generate electricity during the day, reducing your need for traditional power. You may even be able to sell back any extra energy you do not use!
- **Reliable Power.** Smart grids can quickly detect and fix issues like power outages, which is important for older adults who rely on constant electricity for things like medical equipment or heating and cooling.
- **Cleaner air.** Switching to renewable energy sources helps reduce air pollution. Cleaner air means fewer health problems, especially for those with conditions like Chronic Obstructive Pulmonary Disease (COPD), asthma, or other lung-related issues.
- **Energy independence.** Some neighbourhoods are starting to share community solar panels. Therefore, even if you do not have panels on your own roof, you can still benefit from solar energy by joining a local programme (energy communities). This enables you to enjoy the savings and eco-friendliness of solar energy without needing to install anything at home.

3. Transportation Around the City

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 20 min
Content			
Eco-Friendly and Age-Friendly Transportation: Getting Around Safely and Sustainably			
Getting around while staying safe and helping the environment is easier with the new transportation options available today. Whether you are going to the supermarket, visiting family, or just enjoying a ride, there are eco-friendly ways to travel that are also age-friendly.			

From electric cars and hybrid vehicles to electric bikes and public transport, these options can help you reduce your impact on the environment while staying active and mobile.

Electric Cars: A Cleaner Way to Drive

Electric cars, also known as EVs, run on electric power instead of petrol. This means they do not release harmful emissions into the air, making them better for the environment. Electric cars are great for both short trips and longer drives, as many models can go for hundreds of miles on a single charge. Plus, they are often quieter and smoother to drive than regular cars.

Many older adults find electric cars easy to use thanks to automatic transmission and fewer parts to maintain. Charging an electric car is also becoming easier, with more charging stations popping up in cities and towns.

PIC: [PICTURE](#)



Hybrid Cars: The Best of Both Worlds

If you are not ready to go fully electric, hybrid cars might be a good option. Hybrid cars use a combination of a petrol engine and an electric motor. This way the car can switch between petrol and electricity, helping you save on fuel and reduce emissions. Many hybrid cars are designed to automatically switch to electric power when driving at slower speeds, such as in city traffic, making them great for short trips around town.

Hybrids are also easy to drive and often include features like regenerative braking, which helps recharge the battery when you slow down or stop. This is a great option for those who want to reduce their carbon footprint without needing to charge a car.

Electric Bikes (E-bikes): A Fun and Easy Way to Get Around

For shorter trips, electric bikes (e-bikes) are becoming very popular, especially among older adults. E-bikes have a small electric motor that gives you a boost when you pedal, making it easier to ride up hills or go longer distances without getting too tired. They are perfect for getting around town, going to the park, or just enjoying a bike ride without the strain of a regular bicycle.

E-bikes are eco-friendly because they do not produce emissions, and help reduce traffic by taking cars off the road. They are also a great way to stay active and get some fresh air, which is important for your health. And do not worry because many models are designed to be

comfortable and easy to use for older riders, with step-through frames that make it easy to get on and off the bike.

PIC: [PICTURE](#)



Public Transport: Eco-Friendly and Convenient

If you live in a city or town with public transport, using buses, trains, or trams is one of the easiest eco-friendly way to travel. Public transport helps reduce the number of cars on the road, cutting down on pollution. It is also a cost-effective option, with many companies and organisations offering senior discounts or special passes for older adults.

Many modern buses and trains are designed with accessibility in mind, meaning that they have low floors or ramps that make it easy to get on and off. Some cities even have priority seating for older adults, so you do not have to worry about standing during your ride.

PIC: [PICTURE](#)



Other Eco-Friendly Transport Options

- **Walking.** Walking is a great way to get around, stay active, and enjoy your neighbourhood. It is 100% eco-friendly and helps improve both your physical and mental health. If you have a local park nearby, take a stroll and enjoy the fresh air!
- **Carpooling.** If you need to travel but do not want to drive alone, carpooling is a great way to share a ride with others and reduce the number of cars on the road. This is also a pleasant way to stay socially connected.

- **Mobility Services.** Some areas offer senior-friendly shuttle services or ride-sharing options that cater for older adults. These services can take you to appointments, shops, or social events without needing to drive.

Why Eco-Friendly Transportation Matters for Older Adults?

As we age, staying mobile and connected to our communities is very important. Eco-friendly transportation helps you get where you need to go while reducing your impact on the environment. By choosing options like electric cars, e-bikes, or public transport, you can continue to live an active life, help reduce pollution, and save money on fuel.

Plus, getting out and about in an eco-friendly way keeps you connected to the world around you, whether it is visiting friends, running errands, or simply enjoying a pleasant day outside.

Example

Maria is a 79-year-old woman who has been living alone since the passing of her husband. She enjoys a stable financial situation, supported by her pension and her husband's inheritance, which allows her to cover rent and groceries. Despite some age-related health issues, Maria remains independent and does not require caregiver assistance for daily activities. However, a recent health scare prompted her to consider moving to a co-housing community.

Overall, Maria is satisfied with her decision, but she has encountered some challenges. Since relocating to the city center, she has struggled with limited parking for her car and a lack of public transportation options covering various routes. Additionally, the rise of electric cars and scooters has made the city feel more hazardous. The quiet nature of electric vehicles makes them hard to hear, while some scooter riders disregard speed limits and ride on sidewalks, further complicating her mobility and safety.

Maria became aware of a shuttle service through a community newsletter distributed by her co-housing association, which highlighted local resources for older adults. After learning about the service, she decided to give it a try and found it to be a convenient and reliable way to get around the city. The shuttle's door-to-door service has made her daily outings much easier, alleviating concerns about parking and public transportation, and allowing her to maintain her independence while staying connected to the community.

Technology At Home

Author: AFEDEMY

WordPress Page Slug: technology-at-home

Technology at home	Learning Activities:	Duration:
	1.0 Introducing the Theme 1.1 Reducing Standby Energy: Simple Solutions to Save Electricity and Money 1.2 Keeping Your Home Warm or cool: Affordable and Eco-Friendly Heating Solutions 1.3 Reducing Water Use: Simple Solutions for Everyday Savings 1.4 Managing Household Waste: Turning Waste Into Something Useful 1.5 Generating Your Own Electricity: Powering Your Home With Renewable Energy	2 min 2 min 10 min 10 min 20 min 20 min

1. Introducing the Theme

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 2 min
Content			
This module will guide you through practical and easy-to-implement eco- and age-friendly technologies that you can use at home. These technologies will help you reduce energy and water consumption, manage waste more efficiently, and save money all while protecting the environment. Let's explore how small changes can make a huge impact! What Is Eco-Friendly Technology Eco-friendly technology, also known as green technology or sustainable technology, refers to any technology or innovation that is designed to minimise its environmental impact, reduce resource consumption, and promote sustainability. These technologies aim to address environmental challenges such as climate change, pollution, depletion of natural resources, and habitat destruction. What You Will Learn: • How to save electricity using simple devices • Water-saving technologies that are easy to install • How to manage waste responsibly using modern tools • Real-life examples of how people have made their homes more eco-friendly			

2. Reducing Standby Energy: Simple Solutions to Save Electricity and Money

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
			10 min
Content			
Many household appliances, such as TVs, computers, and microwaves, continue to use electricity even when they are turned off. This wasted energy is called standby energy or 'phantom load'. It can account for up to 10% of your total electricity bill without you even realising it! Thankfully, there are easy and affordable ways to reduce standby energy and save money. Power Strips A power strip allows you to plug in multiple devices, like your TV, DVD player, and game console, and turn them all off with a single switch when you are not using them. This stops the flow of electricity and prevents standby energy waste. Power strips are especially useful for entertainment systems or home offices, where multiple devices are often plugged in at the same time. PIC: 2.1 Technology at home			



Why Use Power Strips?

- You can control several devices with one switch, making it easy to save energy.
- It prevents you from having to unplug multiple devices individually.
- Great for areas where you use many electronic devices at once, like a home office or media centre.

On-Off Plugs

On-off plugs are small devices with a built-in switch that let you manually turn off power to a single appliance, like a lamp or a microwave. These plugs are very inexpensive and can be found at any hardware store. By using on-off plugs, you can easily cut power to devices that you do not use frequently.

PIC: [2.2 Technology at home](#)



Why Use On-Off Plugs?

- They are simple to install and use.
- Perfect for devices you do not want plugged in all the time, like holiday lights or extra kitchen appliances.
- On-off plugs provide more control for specific devices, compared to power strips.

Smart Plugs

A smart plug connects to your Wi-Fi network and allows you to control it using a smartphone or voice commands. Smart plugs let you monitor how much energy each device is using and turn devices on and off remotely, even when you are not at home. Some smart plugs can even

be programmed to automatically turn off devices at night or when they are not needed, further reducing energy waste.

PIC: [2.3 Technology at home](#)



Why Use Smart Plugs?

- You can control your devices from anywhere using a smartphone app.
- Smart plugs give you detailed insights into how much energy each device is using, helping you make informed decisions about when to turn them off.
- Some smart plugs can even be integrated with voice assistants like Alexa or Google Assistant, making them even more convenient.

LED Lights

LED (Light Emitting Diode) bulbs are far more energy-efficient than traditional incandescent bulbs. They use up to 90% less electricity and last much longer, up to 25 times longer, in fact. While they may cost a little more upfront, switching to LED bulbs can save you around 10 euros per bulb each year, making them a great investment.

PIC: [2.4 Technology at home](#)



Why Choose LED Lights?

- LED bulbs are energy-efficient and help reduce electricity bills.
- They last longer and, therefore, you do not have to replace them as often.
- LEDs are available in a variety of styles and brightness levels, so you can use them for everything from desk lamps to outdoor lighting.

[Watch this video to learn more about saving money by installing new light bulbs.](#)

3. Keeping Your Home Warm or cool: Affordable and Eco-Friendly Heating Solutions

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration:
Read/watch	Page		10 minutes
Content			
Keeping your home warm during the winter or cool during the summer can be expensive, but there are eco-friendly ways to make your heating and cooling systems more efficient, and lower your energy bills. The following solutions are easy to install and can provide long-term savings while helping to reduce your environmental impact. Radiator Foil Radiator foil is an inexpensive and simple way to improve the efficiency of your radiators during the winter, and it can also help reflect heat out of your home during the summer. This reflective material is placed behind the radiator to stop heat from escaping through the walls in the winter and can prevent external heat from entering in the summer. Why Use Radiator Foil? It is easy to install and does not require any special tools. You just need to cut it to size and place it behind the radiators. By reflecting heat back into the room in the winter or keeping heat out during the summer, it ensures that your home stays at a more comfortable temperature all year round. Radiator foil can save you up to 10 euros per square meter of foil each year, depending on your heating and cooling needs. Be aware that not every home is the same and, therefore, savings can differ, and this solution might not be right for you. Radiator Fans Radiator fans are small devices that you place at the top or bottom of your radiators. They help circulate warm air from the radiators into the room in the winter, ensuring that the heat is distributed more evenly and quickly. In the summer, some radiator fans can be used reversely to help push cooler air around your home. Why Use Radiator Fans? They increase the efficiency of your radiators by moving warm air more effectively throughout the room in the winter, and by circulating cool air in the summer. Radiator fans are easy to install and do not require any adjustment to your wiring. They are available at most hardware stores, and are a cost-effective way to improve heating and cooling efficiency.			

Smart Thermostats

A smart thermostat is a modern solution that automatically adjusts the temperature in your home based on your daily routine. It learns when you are home and when you are out, lowering the temperature when you do not need as much heat or cool air, and raising it before you return. Many smart thermostats can also be controlled remotely via a smartphone, so you can make adjustments from anywhere.

PIC: [3.1 Technology at home](#)



Why Use Smart Thermostats?

Smart thermostats help save energy by optimising your heating and cooling schedule based on whether you're actually there or not.

They enable you to monitor your energy use and make adjustments that can lead to further savings.

Some smart thermostats provide insights into your heating and cooling patterns, helping you make informed decisions about when and how to adjust the temperature in your home.

4. Reducing Water Use: Simple Solutions for Everyday Savings

Activity: (e.g., do/read/watch)	to	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 20 min
Content				
We use a significant amount of water each day for tasks like washing, cooking, and cleaning. However, there are simple ways to reduce your water consumption without sacrificing comfort. By making a few small changes, you can save money on your water bill and help protect the environment at the same time.				
Tap Aerators A tap aerator is a small, inexpensive device that attaches to the end of your taps. It works by mixing air with the water flow, thus reducing the amount of water that comes out without				

affecting water pressure. This means you still get the same experience when washing your hands or doing dishes, but you use significantly less water.

PIC: [4.1 Technology at home](#)



Why Use Tap Aerators?

- They are easy to install and can be attached to most standard taps in minutes.
- Tap aerators can reduce water use by up to 50%, cutting down on both your water and energy bills (since you will need to heat less water).
- Aerators are a cost-effective solution, often costing only a few euros but delivering significant savings.

Water-Saving Showerheads

A water-saving showerhead uses special technology to mix air with water, providing the same strong water pressure while reducing the amount of water used. These showerheads are designed to reduce water flow, but you will still enjoy a refreshing shower. They can save hundreds of litres of water each month, making a noticeable impact on your water usage.

PIC: [4.2 Technology at home](#)



Why Use Water-Saving Showerheads?

- They are easy to install and can be swapped with your current showerhead in just a few minutes.
- Water-saving showerheads can reduce your shower's water consumption by up to 50%, without affecting your comfort.

- These devices can help you save both water and the energy used to heat the water, resulting in lower utility bills.

Example:

Karel Achterberg is a 67-year-old man and lives with his wife in a village in the west of The Netherlands. Karel knows his neighbours very well. Karel appreciates this very much and values this aspect of his life. He has known most of his neighbours for 25 years now and they are around his age. With them, he often discusses eco- and age-friendly solutions and how to apply them to their own homes. Karel is aware of the importance of eco-friendly living, so he worked on reducing his water usage. He replaced his old showerheads with water-saving models. After installation, he found that his showers felt just as good, but he was using far less water. His water bills decreased by 20%, and he now saves hundreds of litres of water every month.

Water-Saving Flush Systems for Toilets

Older toilets can use a large amount of water with every flush. There are technologies to reduce water, such as dual flush systems and devices that regulate the waterflow, reducing the amount of water used in each flush. By installing these devices in your toilet, you can save a lot of water over time.

PIC: [4.3 Technology at home](#)



Why Use Water-Saving Flush Systems?

- They can be an inexpensive fix for older toilets that use too much water.
- They reduce water waste without affecting the efficiency of the toilet flush.
- They are simple to install and can start saving water immediately.

Rain Barrels for Water Conservation

Rain barrels are an effective way to capture and store rainwater for later use. A rain barrel is a simple container connected to a downspout, allowing rainwater from your roof to flow directly into the barrel, where it can be stored for garden watering and other outdoor uses. By collecting rainwater, rain barrels can help conserve water and reduce your reliance on municipal sources.

PIC: [4.4 Technology at home](#)



Why Use Rain Barrels?

- They provide a sustainable, free source of water for your garden and outdoor plants.
- Rain barrels reduce stormwater runoff, which can help prevent erosion and flooding.
- They are easy to install and maintain, and they contribute to water conservation by reducing demand on local water supplies.

Rain barrels offer a practical and eco-friendly solution for anyone looking to save water and reduce their environmental impact.

5. Managing Household Waste: Turning Waste into Something Useful

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 20 min
Content			
Managing household waste effectively is an essential part of living sustainably. By adopting a few simple technologies, you can reduce the amount of waste your household produces and even turn it into something beneficial, like compost for your garden. These technologies are designed to help you manage waste more efficiently and with less effort. Bokashi Bin and Vermicomposting A Bokashi bin is a compact, indoor composting system that uses beneficial bacteria to break down food waste. Unlike traditional composting methods, a Bokashi bin allows you to compost a wider variety of materials, including fruit, vegetables, coffee grounds, and even small amounts of meat and dairy. This makes it ideal for people living in apartments or homes with limited outdoor space. PIC: 5.1 Technology at home			



Vermicomposting uses worms to break down organic waste into nutrient-rich compost. There is no need to turn the soil; the worms naturally aerate it. This makes gardening also feasible for people with less physical strength.

PIC: [5.2 Technology at home](#)



Why Use a Bokashi Bin?

- It is perfect for small spaces since it can be kept indoors, in your kitchen or balcony, for example.
- Bokashi composting is faster than traditional composting and produces less odour, making it ideal for urban environments.
- You can compost a wider range of food waste, including cooked food, meat, and dairy, all items that are typically not suitable for traditional compost piles.

Example:

Mr. Sapkowski lives independently in Jelenia Góra, Poland. He is 75 years old and owns his house, where he lives with his wife. His income is sufficient and he is in good shape. At his house he already incorporated several eco-friendly solutions. He harvests rainwater in a barrel attached to rain gutter at his house and uses solar panels. He has interest in composting and would like to know more about how to build more effective composting point in the garden. Via the internet he learned about the bokashi bin, which he now uses in his kitchen to compost food scraps. He collects everything from fruit peels to leftover pasta, and the bacteria in the bin break it down into compost. Once it is ready, he uses the compost to nourish his garden plants. By using the Bokashi bin, Mr. Sapkowski has reduced his household waste significantly and now sends much less to the landfill each week.

Electric Composter

An electric composter is a high-tech, easy-to-use system that speeds up the composting process by grinding and dehydrating food waste. It's a great option for busy households or those that want a more hands-off approach to composting. While it requires electricity to operate, an electric composter significantly reduces the time it takes to turn food scraps into compost. The finished compost can be used in your garden or indoor plants.

Why Use an Electric Composter?

- It is fast. Electric composters can reduce food waste to compost in just a few hours.
- They require little to no effort, as the machine does all the work of grinding and dehydrating the waste.
- It's odour-controlled, so you won't have to worry about unpleasant smells in your kitchen or yard.

Example:

Mrs Fontini is an 80 year old woman, who lives on the 2nd floor of an apartment building with her daughter. She has mobility issues due to rheumatoid arthritis and overweight. Mrs Fotini loves gardening, she has a balcony full of plants and flowers. Even though it has become difficult for her to water them, she cannot live without her plants. Mrs Fotini was not familiar with eco-friendly practices, but her daughter showed her the electric composter. Mrs Fotini now uses an electric composter to manage the food waste from their household. They simply toss in kitchen scraps — like vegetable peels, eggshells, and coffee grounds — and let the machine handle the rest. The result is compost they can use for their balcony plants. Since using the electric composter, they have reduced their kitchen waste by half and the balcony plants are thriving!

6. Generating Your Own Electricity: Powering Your Home with Renewable Energy

Activity: (e.g., to do/read/watch)	Moodle-term: (e.g., Forum/Page/Test)	Interaction: (Yes/No)	Duration: 2 min
Content			
Electricity is essential for powering everything in your home, from lighting to household appliances. But did you know that it is possible to generate your own electricity, reducing your reliance on traditional energy sources and saving money in the process? Let's explore three technologies — solar power, wind power, and hydropower — that make this possible. Solar Power Solar panels are a popular way to generate electricity at home. They capture sunlight and convert it into electricity that can be used to power your lights, appliances, and more. This renewable energy source is especially effective in sunny areas, but solar panels can still work on cloudy days, as they use daylight, not just direct sunlight. PIC: 6.1 Technology at home			



Why Choose Solar?

- Solar panels can significantly reduce your electricity bills.
- You will lower your dependence on electricity from the grid. This means that you're protected from rising energy prices.
- Solar power is clean and does not produce harmful emissions. Therefore, it is better for the environment.
- Many governments offer financial incentives or rebates to help cover the cost of installing solar panels, making it more affordable.

Example:

Ronald van den Oever is 73 years old and has lived with his wife for three years in an apartment building in a small town in The Netherlands. The apartment of Ronald is situated in a small apartment building with fifteen other households. Ronald is one of the initiators of the discussion about sustainability. He finds eco-friendly behaviour important for the future of his children and grandchildren. He installed solar panels on the roof of his apartment. The return on investment in eco-friendly measures can take about seven years. Therefore, some older people are not interested in investing in these measures. This is also the case with one of his older neighbours. Ronald works on convincing the neighbour to change his mind. He considers that it needs time, and it is also important to keep a good relationship.

[Watch this video on solar power to learn more.](#)

Wind Power

If you live in a windy area, small wind turbines can generate electricity for your home. Wind power is a great option for rural properties or homes with a lot of open space. However, unlike solar panels, wind turbines are not as common in residential areas due to their size and the need for sufficient wind speeds.

PIC: [6.1 Technology at home](#)



Why Choose Wind?

- Wind turbines generate clean energy that does not rely on fossil fuels.
- For homes in consistently windy areas, they can produce electricity even during cloudy or dark conditions when solar power may not be as effective.
- Wind power can work well alongside other renewable energy sources, such as solar power, to ensure a more reliable energy supply.

Hydropower

Hydropower uses the energy of flowing water to generate electricity. If you live near a stream, river, or other body of flowing water, you could install a micro-hydro system to produce electricity for your home. Although it is less common in residential settings, hydropower is a reliable and consistent energy source because water flow is often more predictable than wind or sunshine.

Why Choose Hydropower?

- It's a continuous energy source, providing electricity day and night as long as water is flowing.
- Micro-hydro systems are durable and can last for many years with minimal maintenance.
- Hydropower is highly efficient, converting over 90% of available energy into electricity.

Even if installing solar panels or wind turbines sounds like a major task, there are many small ways to start using green energy in your home:

- **Solar Water Heaters.** A simple way to save energy is by using the sun to heat your water. These systems are becoming more affordable and can reduce the amount of electricity or gas needed to keep your water warm.
- **Energy-Efficient Appliances.** Many new smart appliances, like refrigerators, ovens, and washing machines, use much less energy than older models. They are designed to run more efficiently and often come with settings that let them run during the cheapest energy times, helping you save even more.
- **Smart Meters.** If your community has a smart grid, you can use a smart meter to track how much electricity you are using in real-time. This enables you to adjust your habits and lower your energy bill. For instance, running your dishwasher or

laundry during off-peak hours when energy is cheaper can make a huge difference.

Making the Right Choice for Your Home

Choosing the right renewable energy source depends on the location of your home, weather conditions, and personal needs. Solar power works best in sunny areas, wind power is ideal for rural and windy regions, and hydropower is suited for homes near flowing water.

By generating your own electricity, not only can you save money, but you will also reduce your carbon footprint and contribute to a more sustainable future. Consider starting with solar panels or a wind turbine, and take the first step toward energy independence!



This illustration was generated with the assistance of ChatGPT.