## A new window on health and well-being through adult learning and education (ALE)

PUC



Vitalità's Experience – Center for Ageing and Longevity of PUC-Campinas (Brazil)





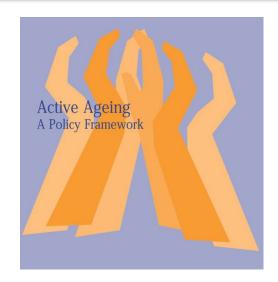
#### References for the development of Vitalità's activities

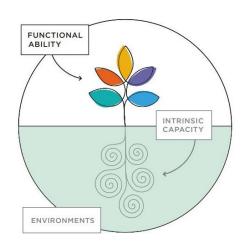
Active Ageing (WHO, 2002)

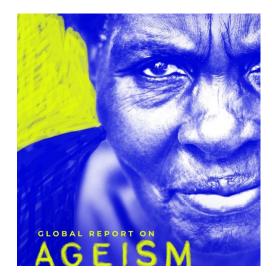
Decade of Healthy Ageing 2021-2030 (WHO, 2021)

Global report on Ageism (WHO, 2021)

Global Campaign to Combat Ageism









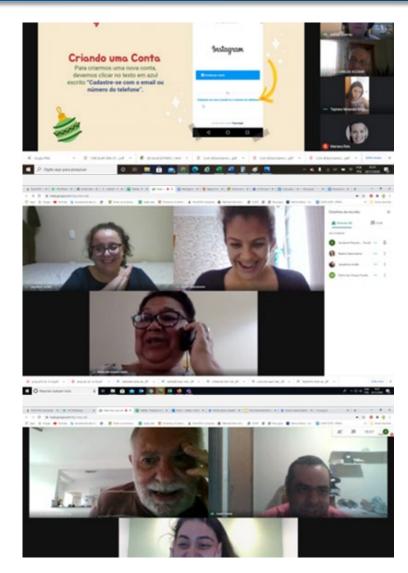


#### Start of activities

The 1st workshop offered - "Gift at Christmas"

- -From 1st to 18/12/2020, 32 older adults attended
- -Positive reports that refer to maintenance of family, social and community contact.
- -More than digital literacy, encouragement of intergenerational relations

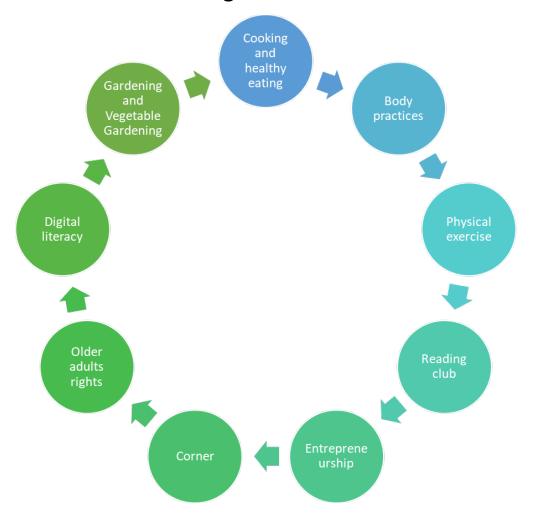






### Workshops for older adults

09 Workshops: online and face-to-face649 older adults registered at the Center









## How can Vitalità's activities positively impact the health and well-being of the older adults?

After the engagement in the workshops participants report:

- better health habits
- more motivation to perform daily routine tasks
- higher levels of social participation
- a greater sense of accomplishment and belonging











## How can Vitalità's activities positively impact the health and wellbeing of the older adults?











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"After two years of confinement due to the pandemic, it gives me great pleasure to be able to attend some of Vitalità's workshops in person. These encounters bring me joy, learning, health and new friendships. I hope this project continues for a long time and that it continues to bring learning and well-being to those 60+."

Márcia Hohne de Carvalho, 68y



"It was a unique experience. I lived without a clear purpose, tending to depression and alienating myself from society. The integration with the reading group, the readings we did, reversed this situation. Today I feel with the right objective and more integrated with society. It is very important for life."

Jaime Tadeu Zoppi, 71y



# Thank you / Merci!

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https://www.uil.unesco.org/en/seventh-international-conference-adult-education