



CENTER ZA IZOBRAŽEVANJE ODRASLIH SLOVENJ GRADEC

Coordinator: MOCIS, Adult Education Centre

Title: Challenges of involving older adults into learning, work and society

Date and venue: 29 June 2017, Slovenj Gradec

Target group: older adults

Stakeholders:

Lecturers:

- Peter Beltram, MA, SIAE
- Dr Kristijan Musek Lešnik, psychologist
- Tanja Rečnik, PES

Examples of good practice:

- Edita Tamše, Velenje A Adult Education Centre d
- Simona Pavlin, Novo Mesto Adult Education Centre

Workshop:

- Jasmina Lambergar, internationally certified memory trainer



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA IZOBRAŽEVANJE,
ZNANOST IN ŠPORT



S podporo
programa Erasmus+
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REPUBLIKA SLOVENIJA
MINISTRSTVO ZA DELO, DRUŽINO,
SOCIALNE ZADEVE IN ENAKE MOŽNOSTI

Content:

- Professional part:
 - ✓ Presentation of results of various studies on the participation of older adults in lifelong learning and work
 - ✓ Presentation of psychological characteristics of older adults and of the positive psychology with regard to motivation for learning, work and greater civic engagement
 - ✓ Age discrimination on the labour market, engagement with older unemployed people as well as with employers as to change their attitudes towards older workers,
 - ✓ Presentation of two examples of good practice: *Planet of generations* – Velenje AEC and *University or the elderly* – Novo mesto AEC.

Content:

- Practical part:
 - ✓ Workshop „brain fitness“ – interactive memory training for better alertness and relaxation intended for prevention of memory loss for all generations.



Findings and recommendations:

- It is surprising to learn that more than 70% of older adults do not attend educational courses because they believe that they do not need additional knowledge, skills and competencies. It is important to focus on additional methods for motivation, the empowerment of older adults, an individualised personal approach, and strengthening of their self-image, as well as teaching them positive thinking.
- In Slovenia, where the employment rate in the 55–64 age group is among the lowest in the EU, older adults remain an overlooked business opportunity. Ignoring these people means losing an invaluable source of knowledge, experience and skills, so we should look favourably upon a multi-generational workforce. We should try and eliminate unfounded prejudice regarding older employees and learn to manage the benefits that older people can provide in the work environment.

- We should try and facilitate the inclusion of older people and prevent discrimination against them.
- Educating older adults and intergenerational integration allow for the establishment, expansion, and strengthening of social networks. We should encourage the social inclusion of the older population.
- Importance of the sustainability of programs intended for older adults.



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