

Prague, July 9<sup>th</sup> 2013

### EDA organized a seminar on active ageing

Under the project „Current trends and social innovations in long term and direct care“ European Development Agency organized on July 9<sup>th</sup> 2013 the seminar on a topic „*Social innovations: New forms and approaches to the active ageing*“.

The seminar was held in the Cultural Centre Zahrada and was primarily designed for seniors and people working with them. The main goal was to inform the target group about the various possibilities of spending their free time, education possibilities and various kinds of help and assistance.

Miroslav Štílec presented the first topic. Firstly, he provided general information about active ageing and then focused on “mind” as the basic factor of quality of life together with the importance of positive thinking and stress avoiding. Practical insight was presented by Iveta Luxová director and lecturer of Senior Help service who talked about her organisation and the activities they provide. The presentation was followed by the practical demonstrations of concentration exercises, memory training or reminiscence therapy. Klára Nehodová from the University of Third Age pointed out the advantages of the university for seniors, informed the participants about the universities’ location and highlighted the benefits of virtual universities.

The afternoon part of the seminar was opened by Jana Kosařová from Zivot 90 who introduced "senior phone" service and activities that Zivot 90 offers to seniors. She pointed out the reasons for creation of these services and the most frequent problems seniors want to talk about. Jana Bondyová from Travel Agency Cestování pro seniory (Travelling with seniors) introduced specially designed offers for seniors and stressed out the travelling possibilities for older people. The last one to speak was Eva Kalvodová representing ACZ Education Centre. She offered the seniors the courses organized by the centre and pointed out the importance of IT education for older people.

The catering during the event was provided by café and restaurant located in the Cultural Centre Zahrada where the seminar was held.

Hereby we would like to invite you to the upcoming seminar that will take place on August 1<sup>st</sup> 2013 in the social enterprise Café Bazaar from 9:00 am. The topic of the seminar is Legislative Aspects of Social Entrepreneurship in the Czech Republic and is primarily designed for the representatives of non-governmental organizations, social service providers and individuals active in the field of social entrepreneurship.