

sienha

Strategic Innovative Educational Network for **Healthy Ageing**

Blanquerna School of Health Sciences - Ramon Llull University, Spain

Alcoitão School of Health Sciences, Portugal

HU University of Applied Sciences Utrecht, Netherlands

JAMK University of Applied Sciences, Finland

HSG Bochum University of Applied Sciences, Germany

Nicolaus Copernicus University, Poland

Heimerer College, Kosovo

António Alves Lopes & Patricia Almeida – ENPHE Conference 2023 (Prahge)



UNIVERSITAT
RAMON
LLULL



hsg
BOCHUM



jamk

University of
Applied Sciences



kolegji-heimerer
Arsim dhe Kariere në Shëndetësi



UNIVERSITY
OF APPLIED
SCIENCES
UTRECHT



NICOLAUS COPERNICUS
UNIVERSITY
IN TORUN

SANTA
CASA
Alameda de Lisboa



essALCOITÃO
ESCOLA SUPERIOR DE SAÚDE



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121



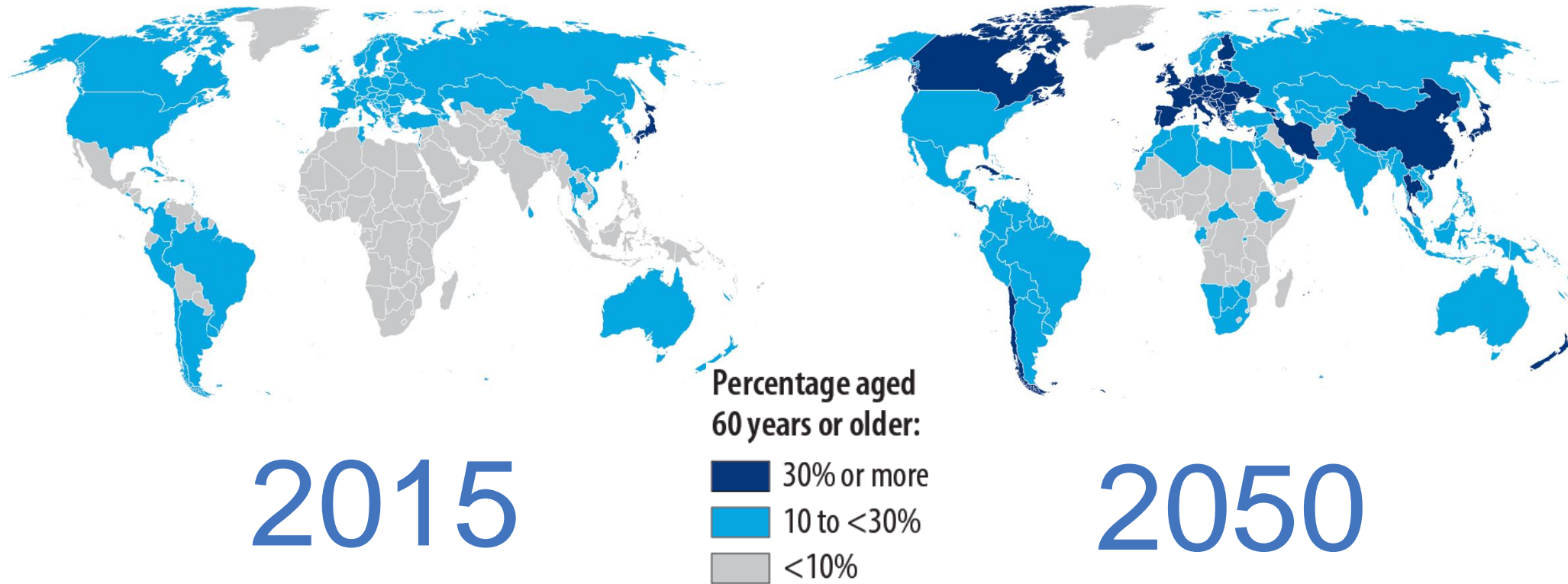
sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121





sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121

PHYSIOTHERAPY IN HIGHER EDUCATION

Ageing has many faces...





sienha

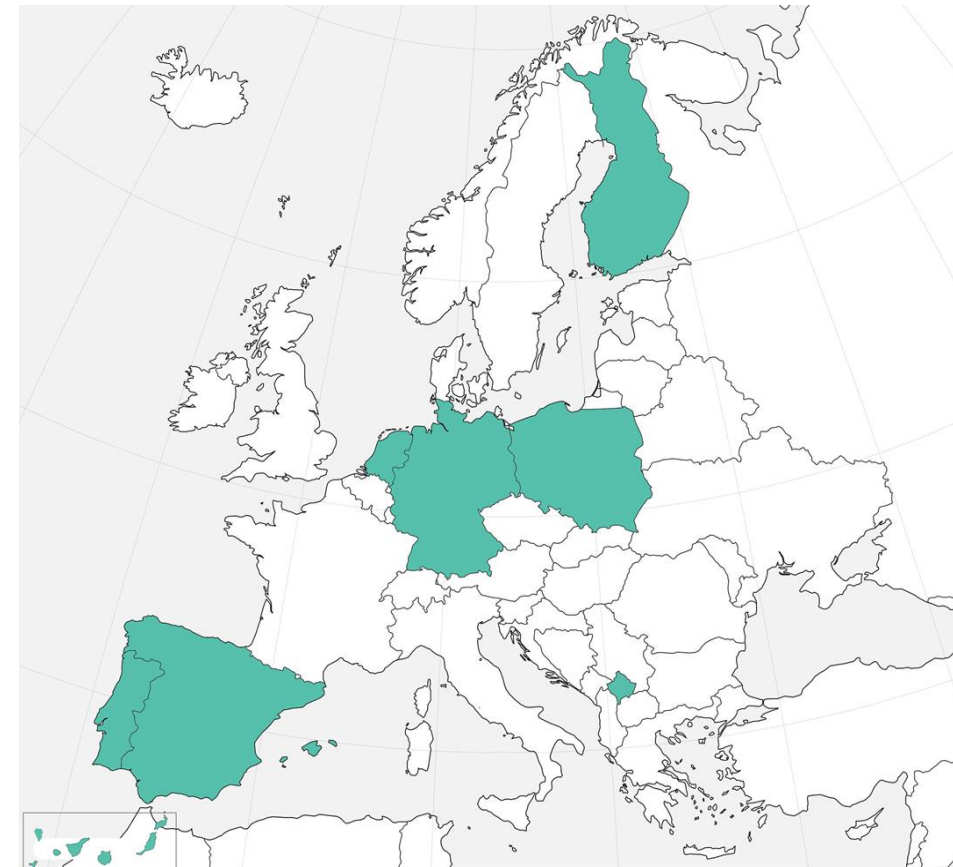
Strategic Innovative Educational Network
for **Healthy Ageing**

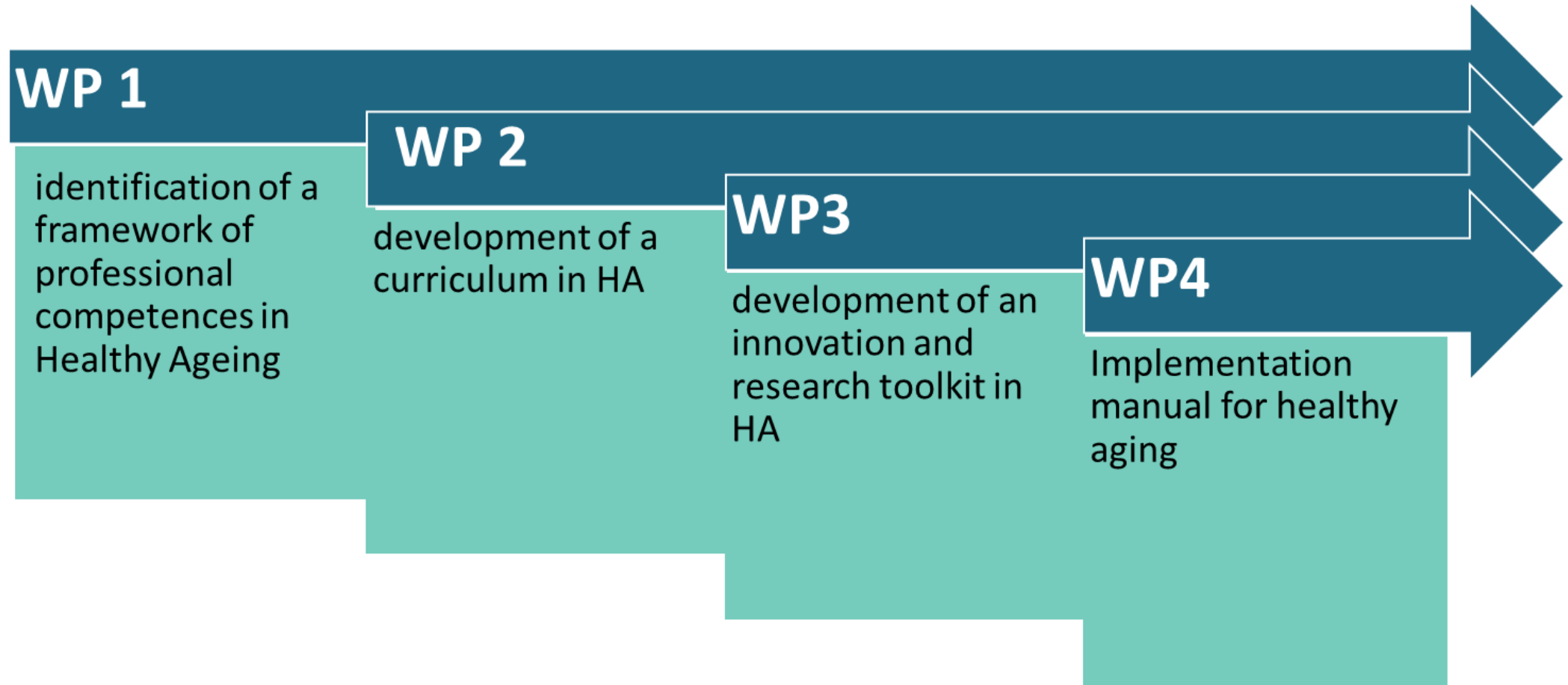


Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121

SIENHA Aims to support **healthy ageing** among European countries through the **competence development of *social* and *health care professionals***







sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121

1. COUNTRY PROFILES ON HEALTHY AGEING





sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



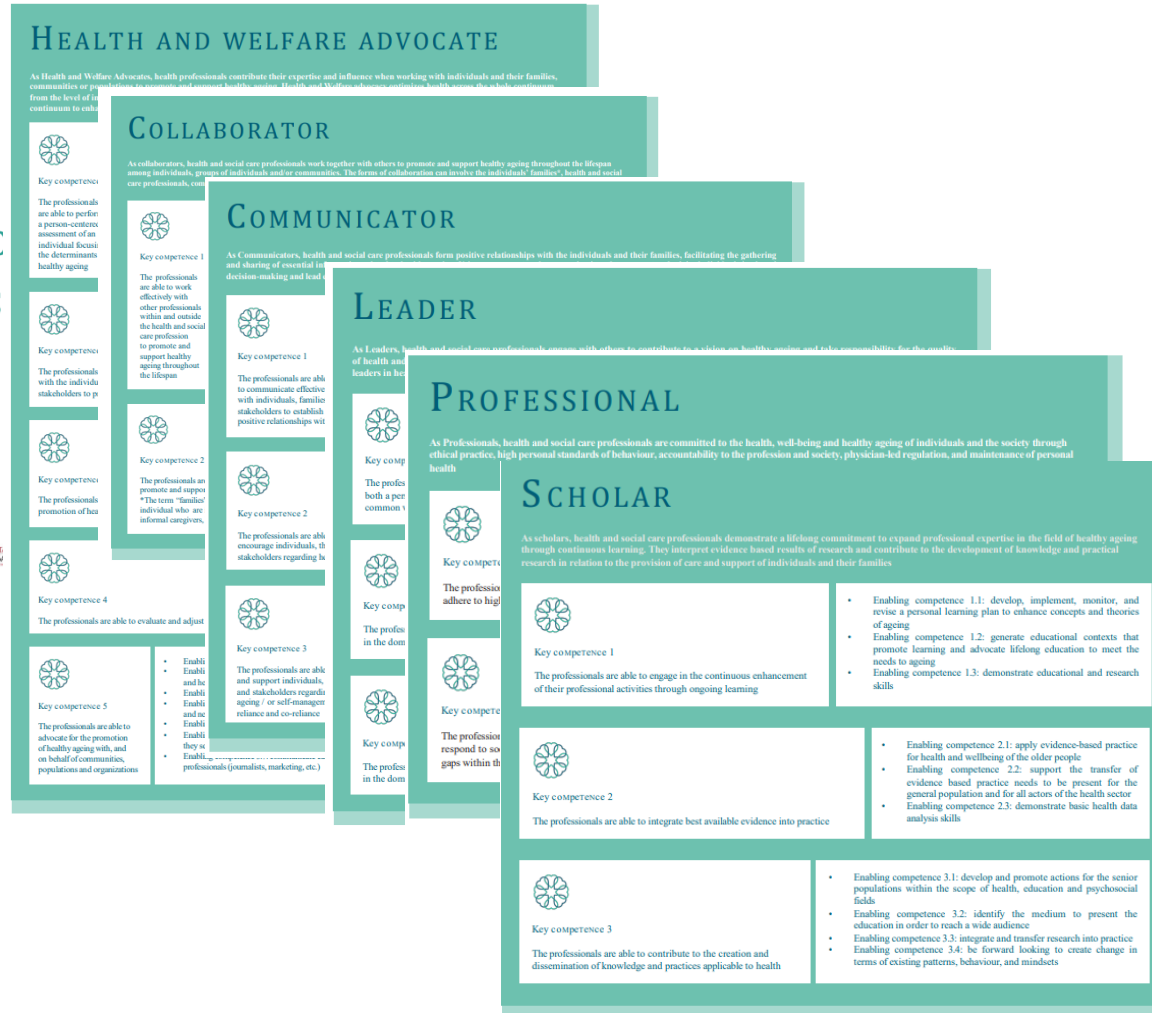
Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121



2. FRAMEWORK OF COMPETENCES ON HEALTHY AGEING

Framework of competences on healthy ageing





60 ECTS – Full time (1 academic year) or Part time (2 academic years)

Real Case (s) study in Community

MODULE 1 – 15 ECTS

Determining Healthy Ageing Intervention

Content

- Healthy Ageing concepts and models
- Project management - Needs analysis
- Interprofessional collaboration
- Steps of innovation
- Technology
- Research

MODULE 2 – 15 ECTS

Action Plan for Healthy Ageing Intervention

Content

- Project management – implementation change model
- Interventions in healthy ageing
- Plan of action and monitoring
- Risk analysis
- Steps of innovation
- Technology
- Research

MODULE 3 – 15 ECTS

Implementation of Healthy Ageing Interventions

Content

- Project management – implementation change model
- Piloting implementation
- Impact measurement
- Interactive communication
- Citizen science
- Steps of innovation
- Technology
- Research

MODULE 4 – 15 ECTS

Researching Impact of Healthy Ageing Interventions

Content

- Implementation of research in a larger scale of specific dimensions
- Research



sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121

3. INNOVATION AND TEACHING STRATEGIES

The image shows a Prezi presentation slide. At the top left is the Prezi logo. At the top right is a 'Log in' button. The main content area features a background image of an elderly person wearing a VR headset. Overlaid on this image are several elements: the sienha logo and name in the top right; the title 'Educational Toolkit of innovation and implementation in healthy ageing' in the center; a 'User guide' button in a dark teal circle on the left; and three navigation buttons at the bottom: 'Theoretical foundation' with a magnifying glass icon, 'Good Educational Practices' with a graduation cap icon, and 'Teaching methods' with an icon of two people. A dark teal bar at the bottom contains navigation arrows and a full-screen icon.



sienha



Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union


2020-1-ES01-KA203-083121





4. HANDBOOK ON HEALTHY AGEING




 Co-funded by the
Erasmus+ Programme
of the European Union 



Handbook

for social and health care professionals
to promote healthy ageing



Content

- 1 INTRODUCTION1
- 2 THE CONTEXT OF HEALTHY AGEING IN EUROPE3
 - 2.1 The meaning of healthy ageing3
 - 2.2 Healthy ageing statistics4
- 3 THE PROCESS OF AGEING8
 - 3.1 Physical age-related changes8
 - 3.2 Social and psychological age-related changes10
 - 3.3 Lifestyle strategies to promote healthy ageing12
 - 3.4 Healthy ageing strategies and policies in community and society levels15
- 4 OPPORTUNITIES AND CHALLENGES IN THE PROMOTION OF HEALTHY AGEING16
 - 4.1 Opportunities in the promotion of healthy ageing in Europe17
 - 4.1.1 Childhood, school aged children and adolescents17
 - 4.1.2 Working age population19
 - 4.1.3 Older adults21
 - 4.1.4 Nature and healthy ageing23
 - 4.2 Challenges in the promotion of healthy ageing in Europe23
 - 4.2.1 Childhood, school aged children and adolescents23
 - 4.2.2 Working age population25
 - 4.2.3 Older adults27
 - 4.3 Workforce capacitation29
 - 4.3.1 Workforce capacitation across Europe in the social and health care context29
 - 4.3.2 Higher education and social and health care workforce31
 - 4.3.3 Older adults, work, pension and participation33
 - 4.4 Addressing the challenges of healthy ageing – SIENHA project35
- 5 COMPETENCY FRAMEWORK TO PROMOTE HEALTHY AGEING36
 - 5.1 Competency framework construction36
 - 5.2 Curriculum development and contents across different EQF levels45
- 6 EDUCATIONAL DESIGN AND PROGRAMME SPECIFICS47
 - 6.1 Programme learning outcomes (PLOs)49
 - 6.2 Educational structure51
 - 6.3 Educational design52
 - 6.3.1 Processes for the implementation of change and innovation52
 - 6.3.2 Contextualised and meaningful learning55
 - 6.3.3 Evidence-based body of knowledge55
- 7 EDUCATIONAL STRATEGIES56
 - 7.1 Didactics56
 - 7.2 Assessment56
 - 7.3 General rules for obtaining ECTS Credits57
 - 7.3.1 Course Outline Description Module 1: determining healthy ageing intervention59
 - 7.3.2 Course Outline Description Module 2: Plan for healthy ageing interventions64

- 7.3.3 Course Outline Description Module 3: Implementation of healthy ageing intervention67
- 7.3.4 Course Outlines Description Module 4: Researching impact of healthy ageing interventions71
- 8 EDUCATIONAL TOOLKIT OF INNOVATION AND IMPLEMENTATION IN HEALTHY AGEING75
 - 8.1 Good Educational Practices76
 - 8.2 Theoretical foundation of innovation and implementation research methods79
 - 8.2.1 Development phase79
 - 8.2.2 Implementation phase81
 - 8.3 Teaching methods83
 - 8.4 Teaching methods in practice84
 - 8.5 User guide Toolkit89
- 9 CLOSING AND NEXT STEPS92
- 10 REFERENCES94
- APPENDICES112
 - Appendix 1: Module assessment, Module 1: Determining healthy ageing intervention112
 - Appendix 2: Module assessment, Module 2: Plan for healthy ageing interventions114
 - Appendix 3: Module assessment, Module 3: Implementation of healthy ageing intervention116
 - Appendix 4: Module assessment, Module 4: Researching impact of healthy ageing interventions118
 - Appendix 5: An insight into the Good Educational Practices (GEPs)120
 - Appendix 6: Detailed description of theories, models, and frameworks regarding innovation and implementation research127
 - Appendix 7: Keywords search strategy teaching methods for innovation and/or implementation education135
 - Appendix 8: Teaching methods136



sienha

Strategic Innovative Educational Network
for **Healthy Ageing**



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-ES01-KA203-083121



Erasmus+

Erasmus Mundus Design Measures (EMDM)



*European Education and Culture
Executive Agency*



Facultat
de Ciències
de la Salut





What is SIENHA?

SIENHA is a **European research project** carried out by different universities whose aim is to **support healthy ageing among European countries** through the competence development of **social and health care professionals**, in order to:



Increase understanding on healthy ageing as a **lifetime process** requiring increased attention at all phases of life (from childhood to old age).



Transform understanding and support **continuous development of competences** of students, teachers and professionals to foster healthy ageing across Europe.



Support the exchange of knowledge across Europe to **learn from the best practices in higher education** to develop healthy ageing.



Increase citizens' knowledge and individuals' involvement in supporting personal health and healthy ageing.

The demographic transition of ageing influences currently all European societies, changing the health status of the population. The European social and health systems and education are inadequately anticipating these challenges, as they cannot react fast enough to provide prevention and adequate promotion of health: health care is often provided by various specialists, service lacking alignment and integration, leading to increasing costs and lower accessibility of health care.

For more information
visit: www.sienha.eu

