



## Sage Newsletter No. 2: Achievements so far and next steps

The aim of the SAGE project is to develop an innovative educational program for seniors that would help them prepare for the third stage of life and make old age more enjoyable, dignified and independent. The project team is pleased to be able to report on some achievements already.

### Topic analysis



Our first activity in developing the program was selection of topics that would be most useful, interesting and up to date for seniors. To this end, we analysed a pre-prepared set of topics in the areas of health, exercise, nutrition, mental health, intellectual development, spiritual motivation, social involvement, residential life, community services and managing personal issues.

The analysis was carried out by each partner according to a pre-prepared methodology. We determined the impact of individual topics on the objectives and functions of seniors in order to find out whether the selected topics are really important enough or whether any important topic has been neglected. In the end we combined the analyses of all partners and calculated the assessment of usability and interest. Topics that did not receive much support were replaced by others that we found more important. At the same time, some topics that were not included in the original set were added. In this way, we came to the final set of content for our program.

We believe that we have chosen a diverse set of topics that will empower seniors in the best possible way and are at the same time interesting and topical enough.

### Development of Course Description



First stage was followed by the second in which each partner was in charge for his own content area. For each area he determined the name of the module, the content of the module and the knowledge, skills and competencies the participants were supposed to acquire. He also roughly predicted the estimated numbers of hours that will be covered by each content.

### Development of Course Plan



The description of the course was followed by the elaboration of the course plan in which we divided the course into learning units and individual lessons. We also set the number of class-hours for each lesson.

## Informing general public and involving stakeholders



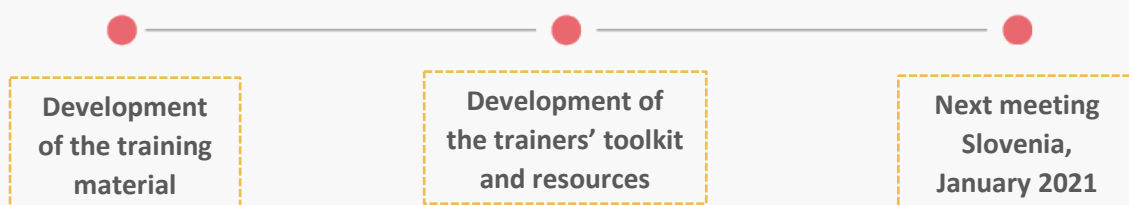
We informed general public about the existence and aim of our project using websites and network. At the same time we tried to involve as many entities at the local, national and international level that work with seniors or are in any way related to them. Together we gained about 170 stakeholders, including elderly care units, day centres, homes for seniors, retirement associations, universities for the third age, social and health care services, psychotherapeutic associations, family institutes etc. They will help us spread information about our program and pass it on to potential participants.

## Second transnational meeting



The second transnational consortium meeting was scheduled for June 18 and 19, to be hosted by Icelandic partners Fjolment. Unfortunately, due to the situation, associated with the COVID-19 pandemic, we first had to postpone it to September and then cancel it definitively. Instead, we met on June 18 via zoom application. At the meeting, we evaluated our work so far and outlined guidelines for the future. Our next zoom meeting will be on September 24. At the meeting we will confirm the course plan and lay the foundations for the next development stage of the course, the preparation of course learning material for trainees and trainers, methodology for trainers and evaluation kit. At the same time, we will agree on the third meeting of the consortium which will be hosted by Slovenian partners Ljudska univerza Celje in January 2021.

## Next Steps



Contact Us: [sage@kmop.eu](mailto:sage@kmop.eu)



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

The European Commission's support for the production of this newsletter does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.