



Learning Programme



GOOD PRACTICES. "Old people nutritional and physical welfare"

GOOD PRACTICE. HEALTH CARE FAMILY

Old people conferences and workshops.Nutrition and exercise.



JORNADAS DE SALUD: AUTOCUIDADO

Colabora el IES Teror y el Centro de Salud de Teror

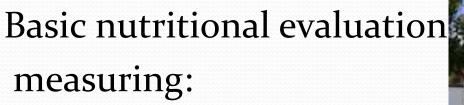


DEL 9 AL 13 DE FEBRERO 2015 Centro de Mayores de Teror

•How is it organized?

 During the second term 17 students carry out different activities under the supervision and guiance of their teachers.





- * weight
- * height
- * nutritional rates
- * blood pressure...



The idea is to give different workshops and lectures to old people about nutrition and physical exercise.

This activity is done in collaboration with the Teror city hall.

During the practice.

 About 60 old people were interviewed and measured to check their health condition. These data were compared with references. The subject is informed about his/her nutritional state.







Different talks and workshops given by the students are held in two days. Highlight the importance of a healthy diet having in mind old people problems like dental, digestion, loss of appetite and thirst feeling....

Display healhy meals examples. Everything carried out by the students.





• RESULTS OF THIS COOPERATION

- Cooperation between the city hall and the school was really positive and they asked to establish it as a regulat activity.
- Old people were really interested in improving their health condition.
- It is a good way to encourage self-taught work, improve team work, communication...
- It allowed them to experiment and be themselves responsables of their work.
- It is a bridge between VET and WOW.
- They learn how to to learn not only during the period in which they are in the educational system but throughout their life "Life long learning".

Dissemination

Our shool and Teror municipality web sites, local radio station and leaflets. C

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facebook

10/15

Nuevo blog de la Red ECOS

Mayores

Mayores en forma

moodle

Proyecto EVAGDS

1982/15 Las jornadas de salud y autocuidado para mayores se inician con um obarte cobre la importancia del circalicio fician Las jurnadas de salud y autoculdado para mayores se li con una charla sobre la importancia del ejercicio físico

Teror , N 0 AA O

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DOS GRATUITOS

AYUNTAMIENTO DE TEROR

CCESOS DIRECTOS

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