



UC Leuven
Limburg
MOVING MINDS

QUADRI
RESEARCH AND
INNOVATION

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CENTRE OF EXPERTISE ACTIVE AGEING

The centre of expertise Active Ageing wants to contribute to an integral care of the elderly. Through research, education and training the group supports innovations in the care and welfare sector, and its central aim is to improve life quality and the quality of care. The group involves its target group as a partner from the set-up of every project up until the final result. Also, every project starts out from a person-centred vision. The centre of expertise points its arrows at different social groups. First, of course, elderly people, especially those that suffer from dementia and chronic diseases or those that are socially isolated. Next, in projects, the group involves non-professional caregivers and professionals that work in healthcare and welfare. Also students and teachers in both secondary schools as well as institutions of higher education are made partners in the research and projects. Active Ageing specialises in:

- Developing appropriate **E-health** applications such as digital technology that provide support for people with dementia and their non-professional caregivers.
- Developing **innovative types of accommodation that combine living with and caring for elderly people**. For example, the set-up of local projects that experiment with different modes of living and involve locals in the neighbourhood.
- Designing tailored **education and training programmes**; eg. an exercise programme for elderly people with muscle weakness.
- Dealing with **aggression** in the care for the elderly by developing a toolbox for the care and welfare sector.
- Strengthening the elderly and promoting jobs in care on the **job market**.
- Methodologies of **authentic learning**; offering people the opportunity to experience how it feels to live with dementia.



SENIOR LIVING HEALTHCARE SERVICE



Services

By offering our services to society, we try to give back our expertise to organisations, companies and individual professionals. We organise state-of-the art symposia, seminars and courses. We also provide courses in company and tailored advice. On demand and in close collaboration with organisations our researchers, teachers and students develop instant solutions for contemporary challenges. Examples are:

- Courses on fixation, behaviours that are hard to deal with, and sexuality in elderly care facilities.
- Tailored training and advice, including VTO-routes person-centred care, change management and intervision.
- The implementation of supporting tools, amongst which reflective practices to share work-related problems and innovative solutions.

www.ucll.be/activeageing

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