

Don't Age, Engage!



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PROJECT FOCUS

Don't Age, Engage! is a European project that responds to one of the greatest challenges of the 21st century — active and healthy ageing. The project aims to improve the quality of life of older people and strengthen the skills of professionals working with this group, promoting physical, mental and social well-being through creative and inclusive activities. The project takes a holistic approach to active ageing.



EXPECTED RESULTS

The Don't Age, Engage! project will deliver the following concrete results:

1. **International training for professionals** working in nursing homes and day centres on active ageing;
2. **E-book on mental activities** for cognitive stimulation of seniors;
3. **Instructional videos of physical activities** adapted to the elderly;
4. **Digital exhibition of senior art**, showcasing creative work developed in the workshops;
5. **Professional Intervention Guide**, integrating physical, mental and artistic activities for practical application in care and education contexts.

WHO IS IT FOR






The project is aimed at:

- Older people who want to live more active and healthy lives;
- Professionals and carers working with older people in care homes, day centres and community organisations;
- Adult educators, trainers and mentors in the field of ageing and social inclusion;
- Public and private organisations providing services to older citizens;
- European educators linked to EPALE and other Erasmus+ networks.



MAIN OBJECTIVES

The Don't Age, Engage! project aims to involve and empower professionals and organisations in the adult education sector through the following objectives:

-  Developing innovative active ageing programmes with a physical, mental and artistic focus;
-  Train professionals and carers in active ageing methodologies and practices;
-  Promoting the emotional and social well-being of older people through art and creativity;
-  Promoting international cooperation and the sharing of best practices between Italy, Portugal and Turkey;
-  Establish a European network of professionals to promote the active participation and social inclusion of older people.

PROJECT CONSORTIUM



UNIÃO DAS FREGUESIAS
de Gondomar (S. Cosme), Valbom e Jovim

VISIT / FOLLOW US



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