


# active 80 PLUS

Valuing and  
valorizing the  
knowledge  
and skills of  
people 80+



 **"Nobody prepares  
you to become 80+"**

**Active 80+** trainings in Austria, Italy, Germany, Lithuania and the Netherlands have already been implemented successfully and attracted in total 83 participants. Besides care workers and volunteers in residential care homes, activity centers or other local organizations that focus on the older generation also people at the age of 80+ participated in the trainings. [Read more.](#)

 **"The most important thing is that I want to be recognized. I do not want to be overlooked, I want to feel like I do matter and be meaningful to others".**

As a central part of the **Active 80+** training, participants and older people 80+ created ideas about the role very old people could play within their communities and ways of remaining active. The result of this creative and activating process is a wide range of projects, developed by older and very old people. Hidden talents have been discovered when organising a flea market, costume partys, house balls brain jogging sessions, blessing services or a discussion round aiming to gather recommendations for 80+ politics at local level. Interested in learning more about **Active 80+** projects? Please have a look [here](#).



## Learning from *Active 80+*

Currently *Active 80+* partners are summarizing their experiences in a Handbook for Trainers and a Handbook for Practitioners. Both publications will be available in English, German, Italian, Lithuanian and Dutch in summer 2016.

In close cooperation with experts of the AGE Platform Europe, policy recommendations addressing decision-makers and interest groups representing older and very old people at local, regional, national and European level are going to be developed. To present our main results, *Active 80+* partners organise a European Workshop (The Hague, 8th of June 2016) and national events in each partner country. For further information, please contact the European coordinator, *queraum. cultural and social research*.



Regular news on the Active 80+ project and the products are published on our project website: [www.ACT-80plus.eu](http://www.ACT-80plus.eu)

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## Best wishes, the *Active 80+* partnership

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If you are interested in a regular update on project activities and outcomes, please have a look at our project website: [www.ACT-80plus.eu](http://www.ACT-80plus.eu)

Please feel free to contact us for further information or if you wish to share your experience and ideas!

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Erasmus+

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