

Sectoral programme Leonardo da Vinci

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"Project LAPIS "

Formative tracks for the promotion of Healthy Ageing

LEONARDO DA VINCI – Mobility - Exchanges

*Lifelong Learning Programme 2007/2013*

## **The project**

The City of Turin joined, inside the World Health Organisation, the European Network of Healthy Cities-Phase IV, Sub-Network "Healthy Ageing", theme of great interest in Europe and far-reaching to the light of the current demographic changes.

On this theme, the project "LAPIS – Formative tracks for the promotion of Healthy Ageing" intends to reach the following goals:

- a) to improve the synergies among the different partners, answering to an European educational need, to strengthen the Network, with the aim to increase the knowledge of the training programs for social promotion and integration, towards an healthy ageing of the population
- b) to transfer competencies, new methods and models in the sector of vocational training.

The exchange of experiences will happen on: training programs of health promotion (life styles, education, food, sport, culture and occupation) with a focus on the ageing of the disabled people (family network, job, attachment) and it will contribute to the validation of Best Practices at European level with the two guest countries.

National partnership are represented by a pool of public and private bodies of four cities: Torino, Udine, Pisa and Milano.

The recipients of the project will be 24 workers of the social, health, university and educational sectors, as well as workers of the third sector, through different reasons involved and engaged in education and training programs.

In March 2008, they will make, organised in two groups and after a preliminary and common job, an experiences exchange in Spain, analysing the actions of re-qualification, mobility, training and methodologies devoted to the promotion of healthy ageing of disabled people; and another experience exchange in Germany, analysing the strategies of intervention employed in the health promotion for healthy ageing, including training, tutoring and services network.

The co-operation of the Epidemiology's Service and of the Turin's University will provide a scientific contribution, carrying out the monitoring, the data processing and the final evaluation.

The Senior Citizens Council of the City of Turin, with the expertise on the analysed themes, will be also a model of active participation for the output dissemination.

The elements worked out can constitute a base for a transactional program layout of political and innovative co-operation.