

By whom?

Wisamar: a non-profit educational institute in Leipzig (Germany).

Domspain: is an adult training and development organization from Reus, working on a national and a European level (Spain).

p-consulting.gr: an IT and training company in Patras (Greece).

Polygonal: an organization with experts in digital education in Cori (Italy).

Comcy: a non – profit training, research and development organization in Nicosia (Cyprus).

ALMA MATER EUROPA – EUROPEAN CENTRE, MARIBOR: is an academic community, a private organization, organized as a non-profit organization, registered for carrying out higher education activities (Slovenia).

CKU Sopot: is public education centre with complex structure, providing education for young people, adults and senior citizens (Poland).



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Co-funded by the
Erasmus+ Programme
of the European Union

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<https://senquality.eu/>

Proj. no: 2020-1-DE02-KA204-007435

What is SenQuality?

Over the next decades, demographic changes will be large. Low birth rates and high mortality will lead to an increase in the proportion of third and fourth age. It is therefore imperative that all of us plan for a better future, a better period of old age, characterized by prosperity and activity.

With the SenQuality project, which is an Erasmus+ (KA2) project, we want to encourage all users aged 40-65, people who have not yet retired, but also consultants and psychologists to reflect, think about their needs and prepare for their future.

Why should you learn about SenQuality?

- The preparation of old age is not just about economic issues and that is why a plan must be created for all areas of life.
- Later life will not be stagnant, but should consist of creation and mobility.
- The process of self-reflection and understanding our expectations can help design a better plan for years to come.

For whom?

SenQuality is interesting if you were

- middle-aged adults
- active senior citizens
- counsellors
- psychologists
- staff in community centers
- staff of Universities
- staff of research centers
- adult education provider



How?

1. Domains for later life preparation

A digital guide, containing an information package describing the different areas of life such as, finances, emergencies and exceptional circumstances, mental and physical fitness, housing, looks and appearance, social relationships, health, leisure activities and lifestyle, work and employment.

2. Reflecting on later life - methodological framework for the assessment of later life preparation

Here is the evaluation tool that will be created according to people's personal perceptions, hopes and fears about how they would like to live the years to come of their lives from retirement. Their current condition will motivate the planning of the evolution of life in the third and fourth ages. This digital tool can be used by consultants and psychologists to better plan life.

3. Online platform for later life planning

The examples of good practice of the first result and the introductions in each sector lead to the creation of the electronic platform, which contains all the above elements. It can be used in addition to people in the third and fourth age, active elderly as well as consultants, psychologists and all people working around older people.