

## **“When I get old”**

A lecture about healthy ageing for senior citizens +60 years of age – directed at professionals who arrange activities and see to health promotion of old people.

In the lecture the contents of the book “Når jeg bliver gammel” (“When I get old”, written by Annette Johannesen 2011, will be presented. It deals with the importance of staying active in a personally meaningful way and to stay in contact with other people. It also contains advice about how to receive help from others and how to cope with the decision to move into a nursing home.

The lecture will last 2x45 minutes. There will be a break between the two sections. In each half there will be time for question and answer.

### Part 1 (45 minutes):

Advice about active and healthy ageing:

- Stay active in a personally meaningful way
- Keep on going shopping
- Keep in contact with your friends

How do old people in Denmark master frailty?

### Part 2 (45 minutes):

Loosing functional abilities

Teaching home-helper’s to work in a rehabilitating way

How do we help families with dementia

Moving into a nursing home

At the end of life