



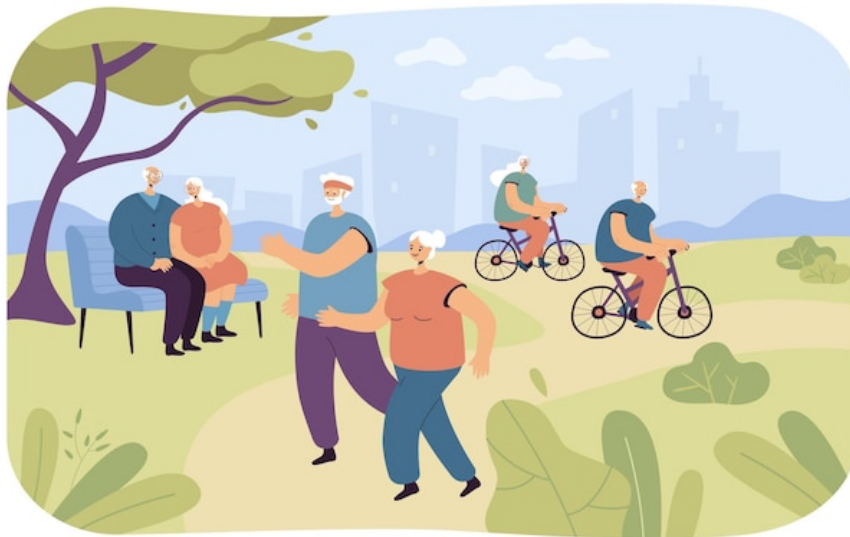
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WORK PACKAGE N°2 BEST PRACTICES AND CO-DESIGN

Task 2.1: Best practices: Analysing and
mapping current best practices.

INTERNATIONAL REPORT



**FLOWER PROJECT. Fostering nature related
competences with older people**

2022-1-NL01-KA220-ADU-000087475

CEOMA

5 September 2023

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INTRODUCTION

In recent decades, scientists have found increasing evidence that nature plays an important role in people's well-being. For vulnerable older people, nature can even be a source of vitality and health. This is the conclusion of a recent study published in the Mental Health Foundation.¹

The study shows that older adults who regularly spend time in nature have better physical and mental health than those who do not. Even short periods in nature, such as a walk in the park or a visit to a forest, can have a positive effect on the health of vulnerable older adults.

The FLOWER project is aimed to improve green skills of frail older people and their informal caregivers to connect with nature in a meaningful way.

The first activity of the project has been aimed to analyze and gather the best practices on nature related activities for frail older people and their informal caregivers for increased social inclusion, wellbeing, and health. The obtained results of this phase will facilitate the development of co-design sessions with the target group to support the development of the learning materials (WP3) and workshops (WP4) and to inform promotion and awareness raising (WP5) activities.

BEST PRACTICE CASES IN PARTICIPANT COUNTRIES

At the first stage of the project, each partner has identified several best practice cases on educating environmental skills and nature related competences for older people at risk of frailty and their caregivers. Partners have interviewed some experts involved in the best practices cases, using a semi-structured questionnaire (see the annex at the end of the document) which allowed them to obtain useful information concerning the case description, objectives, benefits, meaningful activities carried out, barriers and enablers and other aspects. A total of 24 best practice cases have been analysed in participant countries:

SPAIN

- Case 1. The Arraigo project: creating bonds in a territory and transforming it into home.
- Case 2. Parking day. Intergenerational activity in the European mobility week (Madrid).
- Case 3. Sendergran. Association of hikers over 60 (Madrid)
- Case 4. Vias verdes - Greenways. All ages accessible tourism (Spain)
- Case 4. Animada-mente. Smiling to life. Sociocultural animation project for older people (Toledo, Castilla-la Mancha).
- Case 6. Take care of yourself / take care of me. Health community activities aimed at engaging the entire population in improving their wellbeing (Teruel).

ITALY.

- Case 1. Con-tatto (contact) project. Italy
- Case 2. Il passatempo (the passtime). Italy
- Case 3. Alzheimer garden. Italy
- Case 4. Libera Università' del Bosco (free university of the woods). Italy

¹ Nature: How connecting with nature benefits our mental health
<https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHAW21-Nature-research-report.pdf>



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- Case 5. Public vegetable garden for senior citizens. Italy

THE NETHERLANDS

- Case 1: IVN #2UurNatuurChallenge #2HoursOfNature challenge. Month long challenge to enhance connection with nature for at least 2 hours a week.
- Case 2. IVN *Natuur doet je goed training* "Nature Serves You Well" training.
- Case 3. IVN *Natuurkoffer* Nature suitcase. A suitcase full of natural elements, such as wool, honey, flowers with a handbook with 17 activities.
- Case 4. Gezond natuur wandelen – Healthy nature walks guided by a volunteer guide at fixed locations at fixed times for everybody who would like to join.
- Case 5. Tuinkaart Garden Map – Mapping out the different elements in the garden to be used by older residents and (in)formal caregivers.
- Case 6. Sociaal Tuinieren Social Gardening - Social Gardening involves volunteers who sustainably refurbish and maintain neglected gardens of vulnerable people.
- Case 7. NK Tegelwippen Nat. Champ. Tile Tossing – Campaign to turn neighbourhoods greener by inviting citizens to flip tiles and make them into little gardens.

SLOVENIA

- Case 1: Plan be: active senior volunteers.
- Case 2. Urban gardening with grandma and grandpa
- Case 3. School of health
- Case 4. Aromatherapy and herbs for the health and vitality of the home environment
- Case 5. For a better tomorrow with dementia
- Case 6. Trim track adapted for the elderly (in obla gorica)

The most significant conclusions of the National Reports are as follows:

Spain	In Spain there are many experiences involving older people in contact with nature and different organizations provides services and interventions that connect older adults and their caregivers with natural environments. Even though all the experiences are considered satisfactory and adequate to the needs of the project target groups, there are several suggestions that will facilitate the involvement of older people in the activities, such as the development of courses aimed to facilitate the integration of families and individuals (older people) into the life of a host city in rural areas (Arraigo Project), to raise awareness on the importance of a bottom-up approach in the development of best practices cases which involves older people in the design and planification of the activity (Parking Day Project), to improve synergies among organizations and public administration in the implementation of the cases (Sendergran Association), to promote the cooperation between social organizations for older people and people with disabilities in order to increase the involvement of participants in the activities (Greenways), to use a person centred approach and sensitize caregivers on their involvement in the activities (Animadamente Association), and to encourage the participation of
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	health care staff in health community activities that put in contact older people with nature environment (Take Care).
Italy	In Italy there are numerous initiatives and interventions involving the older people in contact with nature in particular in our territory, in many initiatives it is the elderly themselves who hold workshops for younger people to pass on their skills in the field of nature. On the other hand, there are few initiatives aimed at promoting environmental sustainability education such as how to reduce water waste, how to reduce pollution or how to separate waste. Specifically, it would be useful to provide training on how to sort waste and why it is important to sort waste; in recent times, several changes have been introduced in Italy in this area and a complex system of waste collection has been introduced. Therefore, older people would need support in understanding this new system and why it is important to respect these rules.
The Netherlands	<p>The #2 Hours of Nature Challenge has proven to be a successful challenge which promotes going outdoors and connection with nature. The challenge is not aimed at frail older people, and therein lies the opportunity. With some tweaks, the challenge can be plotted at a whole new target group.</p> <p>The Training Nature Serves You Well has all the materials available to equip (in)formal caregivers with tools and knowledge on how to connect people with nature. There lies an opportunity to transform the training into an e-learning.</p> <p>The Nature Suitcase is exceptionally well suited for frail older people to evoke memories, break social isolation and engage the senses. It can easily be transformed to an e-learning.</p>
Slovenia	These best practice cases demonstrate the power of community engagement and social inclusion through intergenerational cooperation. Initiatives like "Plan Be: Active Senior Volunteers" and "Urban Gardening with Grandma and Grandpa" bring different generations together, fostering collaboration and integrating nature into daily life. Additionally, the "School of Health" project promotes healthy lifestyles while nurturing interpersonal connections among participants. By continuing to support similar projects, we can strengthen communities, promote well-being, and enhance the overall growth and inclusivity of society.

MEANINGFUL NATURE ACTIVITIES

All the best practice cases described in the national reports show great benefits for older adults and their carers on a personal, physical, psychological, emotional, and social levels. Thus, the












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national reports point out the different meaningful activities implemented in each case that have led to successful experiences in improving the participants' well-being and quality of life².

In this context, meaningful nature activities become a central concept, allowing us to classify the best practice cases into 9 categories and to make some proposals for the next phases of the project, aimed at creating training resources for frail older adults and informal caregivers.

<ul style="list-style-type: none">  <i>Nature based therapies.</i>  <i>Storytelling and environmental memory.</i>  <i>Visits to natural areas.</i>  <i>Research for action: Participatory action research,</i> 	<ul style="list-style-type: none">  <i>Designing an environmental and social integration program.</i>  <i>Designing an information campaign with impact.</i>  <i>Social integration: Environmental volunteering.</i>  <i>Physical activity and fitness,</i>  <i>Sustainability and waste.</i>
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The following table gives a brief description of the different categories and some of the cases included in each of them:

<p>NATURE BASED THERAPIES. There is scientific evidence that show that nature-based treatment reduced psychological distress and increased restoration. There is a wide range of nature-based therapy activities are available, focusing on the individual needs, interests, and abilities of older people, considering their physical and cognitive limitations and any specific conditions they may have. The cases considered in the national reports shows the following meaningful nature activities related to this issue:</p> <p>CASE 3. NATURE SUITCASE (NL)</p> <ul style="list-style-type: none"> • The Nature Suitcase is a suitcase filled with natural products that stimulate the senses: the scent of pine needles, the sight of natural images, the feel of a rough chestnut shell, the taste of homemade blackberry jam. Nature is used as a means to evoke memories, stimulate conversations, and break social isolation. The Nature Suitcase: It aims to encourage people to engage their senses (NL): touching, smelling, hearing, seeing natural elements. <p>CASE 4. AROMATHERAPY AND HERBS FOR THE HEALTH AND VITALITY OF THE HOME ENVIRONMENT</p> <ul style="list-style-type: none"> • The Aromatherapy and Herbs for Health and Vitality in the Home LAG project brought together partners who want to delve deeper into herbs and herbal preparations. The activities were mainly done in the nature. <p>CASE 5. ANIMADAMENTE. SMILING TO LIFE. (ES)</p>

² Meaningful nature activities are those activities that include physical, psychological, social and leisure aspects and are tailored to the individual's needs and preferences. Meaningful nature activities can reduce frustration and provides a feeling of accomplishment for improved quality of life. An activity is meaningful when reflect a person's interests and lifestyle and are enjoyable to the person, help the person feel useful, and provide a sense of belonging. Activities are meaningful when they can help people maintain their ability, help carry out daily activities, help reduce behavioral symptoms and improve quality of life.



- The Association promotes healthy habits, physical activity, emotional well-being and social interaction of older people and people in frail situation, contributing to the gives the older people to experience more positive attitudes and thoughts. They organized the following activities: walk and talk, dance and music therapy sessions, set up a picnic and outdoor feast, social theatre, reading outdoors, wall-dance, and cooking outdoors.

CASE 3. ALZHEIMER GARDENS (It)

- Alzheimer gardens are a good practice widely used in Italy and consist of a special green space to offer a non-pharmacological therapeutic pathway to people with dementia.

STORYTELLING AND ENVIRONMENTAL MEMORY WORKSHOP. Environmental memory is a rich source of knowledge because of the amount of information it contains and its diversity. The national reports highlight the importance of storytelling and environmental memory to strengthen intergenerational cooperation and solidarity in different contexts. The cases considered in national reports are the following:

CASE 3. NATURE SUITCASE (NL)

- The Nature Suitcase: It aims to encourage people to engage their senses (NL), a specific activity is promoting constructive and informed dialogues.

CASE 2. PARKING DAY. INTERGENERATIONAL ACTIVITY IN THE EUROPEAN MOBILITY WEEK (ES).

- Parking Day is a thematic intergenerational activity that the last edition in 2022 dealt with sustainable food, sustainable mobility, and climate change. Older and younger generations exchange ideas, habits, and thoughts about this issue in this activity. In many cases, this activity continues during the academic year, involving older adults in thematic conversations with the students at primary and secondary schools.

CASE 6. "TAKE CARE OF YOURSELF, CARE FOR ME (ES)

- This experience aims to inform older adults about disease prevention by creating spaces for conversation so that participants learn about the real risks to our health. It is a community health promotion program aimed, initially, at patients undergoing e most common method is to organise a lecture on different topics (health, ageing, environment, etc.) by an expert. After the lecture, the group is invited to discuss the topic during a walk in a city park.

CASE 1: CON-TATTO PROJECT (IT)

- The association 'Quelli delle roncole 2' recorded 17 films of more than 10 hours filmed in rural locations. These films portrayed older people carrying out traditional activities exactly as they were done in the past such as: doing laundry with ashes, pig slaughtering, shoemaking.

VISITS TO NATURAL AREAS. Guided didactic visits to natural areas, are often very attractive for older adults. Visits to natural areas have been undertaken with different purposes such as hiking, walking, talking, nature sports, bird watching, playing games, learning from nature, etc.

CASE 1: #2 HOURS OF NATURE CHALLENGE (NL)

- Studies indicate that spending time in nature can improve overall health and wellbeing, with those who spend at least two hours per week in nature reporting higher life satisfaction. Several activities linked with day to day living in a rural environment: hiking, walking, and talking.

CASE 3. SENDERGRAN. ASSOCIATION OF HIKERS OVER 60 (ES)



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- Planning outdoors activities related to hiking, walking, nature sports, bird watching. The activities have different levels of difficulty adapted to different physical abilities.

CASE 1: CON-TATTO PROJECT (IT)

- At the La Pica botanical garden, older people enjoyed nature walks, gentle exercise sessions led by qualified professionals, convivial moments, and healthy eating lessons with a nutritionist.

CASE 2. IL PASSATEMPO (THE PASSTIME) (IT)

- To offer opportunities also to people with frailties and to combat loneliness and isolation, then naturally turned out to be aimed particularly at the older people. The meetings are run by psychologists and volunteers who also provide transport. Various activities. Outdoor outing and gentle physical activity run by UISP's experts; Walk in the garden; Playing cards.

CASE 4: GEZOND NATUUR WANDELEN – HEALTHY NATURE WALKS

- The goal of Healthy Nature Walking is to get as many people as possible in contact with nature in order to enjoy the health benefits of walking in nature. (3) As one of the ambassadors says: "you inhale all the ingredients for a good feeling: meeting neighbours, exercising and experiencing the beautiful nature". the walks are organized mostly in national parks or specific beautiful natural areas.

RESEARCHING TO ACT: PARTICIPATORY ACTION RESEARCH (PAR). Participatory Action Research is a qualitative research methodology that involves researchers and participants collaborating to understand social issues and take actions to bring about social change. The investigation of a problem in a participative way, interacting with the "object of study" and possible solutions is an attractive way of environmental education for older people. The best practice cases reviewed in national reports have been the following:

CASE 2: TRAINING "NATURE SERVES YOU WELL" (NL)

- This training teaches formal and informal caregivers how to engage in simple but effective nature-based activities with their clients outdoors. The program includes about 14 activities that focus on creativity, stillness, and the senses. Participants will learn about the scientific benefits of nature experiences and will receive a booklet with 25 additional activities to explore on their own. At the end of the training, participants will be equipped with a backpack full of materials to use during these activities. Activities. Exploring the environment (leaves, raindrops, insects, mushrooms). Mushroom hunting and plant determining. (NL)

CASE 5. FOR A BETTER TOMORROW WITH DEMENTIA IN KORENIKA ECO-SOCIAL FARM

- The objective of Mozaik Society within this programme is to provide better quality life of older people, also people with dementia through mediation in the herb garden and exercises led by professionals. The healing and relaxing is through nature, physical exercise, therapy session, nature sports, practicing yoga, and meditation.

CASE 5. TUINKAART – GARDEN MAP (NL)

- The case is a community and leisure activity. Clients of healthcare organizations often depend on others to take them outside. After all, this often requires one-on-one support. For this, they often depend on family members and volunteers. The Garden Map is a brochure with a map of the garden showing where elements in the garden are located and how to experience them. With the Garden Map, residents, volunteers and family caregivers are invited to discover together the garden of a residence for elderly what can be seen, smelled and felt. In this way, visiting the garden becomes a valuable e



DESIGNING AN ENVIRONMENTAL PROGRAM – SOCIAL INTEGRATION³. Projects and activities that connect older adults with natural environments are often promoted by experts, entities or organized groups. In many cases, activities are organized for “older adults” (as end-users), not with them (considering their thoughts, interests, expectations, etc.). For this reason, some of those interviewed in the national reports recommended involving older adults in all phases of the project: identifying problems to be solved, setting objectives, planning activities, defining resources, and participating in the monitoring and evaluation of the programme. In the national reports, the following cases were considered:

CASE 1: THE ARRAIGO PROJECT: CREATING BONDS IN A TERRITORY AND TRANSFORMING IT INTO HOME (NL)

- The Arraigo company focuses on facilitating the integration of families and individuals (older people) into the life of a host city. The Arraigo staff studies each individual case of newcomers, focusing on their interests, life history, and preferences. They also study the opportunities offered by the host town and prepare a group of people to facilitate the welcoming process in the town.

CASE 4. LIBERA UNIVERSITA' DEL BOSCO-FREE UNIVERSITY OF THE WOODS (IT)

- It organises educational activities to recover knowledge, archaic skills and a connection with oneself and with nature and is a teaching reality with a real teaching board made up of 'traditional' teachers but also and above all of local older people, bearers of ancient knowledge and skills that in this way they can transmit and preserve over time. Activities: training courses in nature (orienteeing, storytelling in the forest, writing workshops, stimulating the senses); sport and nature (e.g. yoga in the woods, trekking); regeneration of the territory; etc.

CASE 2. URBAN GARDENING WITH GRANDMA AND GRANDPA (SI)

- It is an original, pilot and intergenerational project that is unique in the field of intergenerational integration. Gardening is an activity that does not require formal education.

CASE 7: NEDERLANDS KAMPIOENSCHAP TEGELWIPPEN – DUTCH CHAMPIONSHIPS TILE TOSSING (NL)

- The case is a community and leisure activity. The weather in the Netherlands is becoming increasingly extreme. Heavy rain showers and long periods of heat and drought follow one another. The goal the Dutch Tile Tossing Championships is to motivate citizens to make their neighbourhood greener by removing tiles from the pavement and turn them into small gardens. The NK Tile Tossing creates awareness and stimulates neighbors to work together to make their neighborhood greener in a very fun and accessible way.

DESIGN AN INFORMATION CAMPAIGN WITH AN IMPACT ON SOCIETY AT LARGE.

Communication is a field with many possibilities, due to the variety of themes and channels that can be used, which to a large extent find their limits "only" in human creativity. The cases that were considered in national reports are the following:

CASE 4. GREENWAYS. ALL AGES ACCESSIBLE TOURISM (ES)

- Greenways project considers important the communication to spread the information about the paths to everyone, they consider these resources will be used if they are completely known by all the population.

CASE 5. ANIMADAMENTE. SMILING TO LIFE, PROJECT OF SOCIO-CULTURAL ANIMATION (ES)

³ Participatory action research <https://www.nature.com/articles/s43586-023-00214-1>



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- Older adults miss the affection of their relatives. In addition, the lack of stability of caregivers leads older people to worsen their health and emotional situation and to become process of chronic diseases and disabilities. This situation is aggravated in older women who present high rates of isolation and unwanted loneliness. Animadamente has reported that many people are unaware of the activities they organize in collaboration with associations and municipalities. There is a problem of communication with the target groups.

CASE 7: NEDERLANDS KAMPIOENSCHAP TEGELWIPPEN – DUTCH CHAMPIONSHIPS TILE TOSSING NL. (See it above)

SOCIAL INTEGRATION - ENVIRONMENTAL VOLUNTEERING. Some national reports have pointed out the need and opportunities to promote environmental volunteering, open to people of all ages, linked to social entities and supported by the public administration. Some of those cases are the following:

CASE 1: THE ARRAIGO PROJECT: CREATING BONDS IN A TERRITORY AND TRANSFORMING IT INTO HOME

- Promoting intergenerational volunteering is shown to be an important resource to facilitate the integration of new residents into the host community in rural areas. The case pointed out the importance of talks with community personalities, such as sportsmen, artists, scientists, politicians to raise awareness about creating favourable conditions for social integration in an age-friendly community.

CASE 2. PARKING DAY. INTERGENERATIONAL ACTIVITY IN THE EUROPEAN MOBILITY WEEK

- One of the main objectives of this case is to recognize older people as informal educators capable of transmitting knowledge, values, habits, and traditions related to daily life activities (suitability, and mobility).

CASE 5. PUBLIC VEGETABLE GARDENS FOR SENIOR CITIZENS

- These gardens allow older people living in cities far from rural areas to re-experience contact with nature, spend hours in the green away from pollution, grow the vegetables and fruit they put on their tables. In many vegetable gardens, initiatives are organised by the management committees, such as recreational activities and parties involving not only the gardeners but the entire neighbourhood where the gardens are located.

CASE 1: PLAN BE: ACTIVE SENIOR VOLUNTEERS (SI)

- The activity's main goal was to promote an active aging program through active citizenship, volunteerism, and involvement in neighbourhood and community projects, focusing on problems like interculturalism, nature conservation, and social inclusion.

CASE 6: SOCIAAL TUINIEREN – SOCIAL GARDENING.

- The case is a community and leisure activity. Social Gardening involves volunteers tidying up and maintaining gardens with elderly and vulnerable people who can no longer do it themselves. Often these people have health problems, few financial resources and a limited social network. During festive project days, private gardens are thoroughly tackled by groups of volunteers. They weed, prune, remove tiles and plant low-maintenance and animal-friendly greenery under expert guidance. The residents do their part, for example by serving coffee and sweets to the volunteers.

PHYSICAL ACTIVITY AND FITNESS. Regular physical activity has been considered a very important activity with enormous benefits for the well-being of older adults, including



improving overall health and fitness and reducing the risk of many chronic diseases. The following cases highlighted this issue:

CASE 3. SCHOOL OF HEALTH (SI)

- Their basic activity is the morning exercise "1000 movements". This is how we maintain and improve the health of the residents. We take care of promoting regular movement and physical exercise, maintaining health for a long independent life, increasing the proportion of the physically active population, restoring the will to live to lonely and elderly people, strengthening the psychophysical condition of older adults.

CASE 6. TRIM TRACK ADAPTED FOR THE ELDERLY (in Obala Gorica) (SI)

- The new trim trail 'Gymnastics in the forest' consists of six exercise points where more than eighty different strengths, balance, warm-up and stretching exercises can be performed, as well as exercises adapted to older adults.

WORKSHOPS ON SUSTAINABILITY AND WASTE. Household waste and packaging waste (metal, tetra bricks, plastic, glass, paper, and cardboard) have been considered an important topic that should be considered in a comprehensive training proposal. A national report has highlighted the importance of this issue as follows:

ITALY REPORT. CONCLUSIONS.

- there are few initiatives aimed at promoting environmental sustainability education such as how to reduce water waste, how to reduce pollution or how to separate waste. Specifically, it would be useful to provide training on how to sort waste and why it is important to sort waste; in recent times, several changes have been introduced in Italy in this area and a complex system of waste collection has been introduced.

PARKING DAY PROJECT. (See description above).

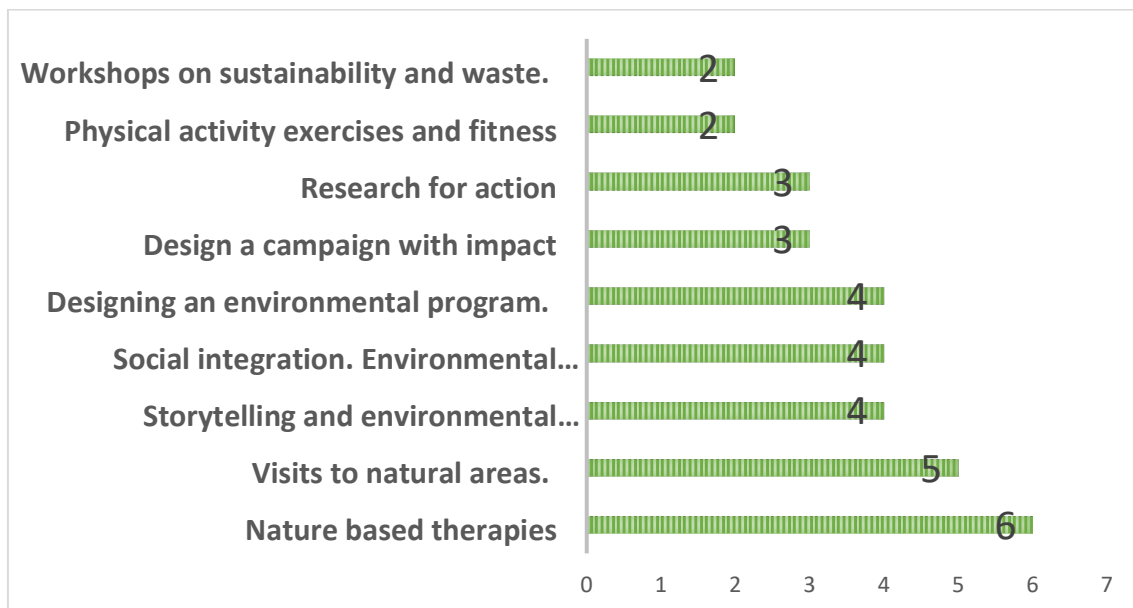
The table below shows the distribution of meaningful activities in the different categories: Nature based therapies (6), Visits to natural areas (5), Storytelling and environmental memory (4), Social integration - Environmental volunteering. (4), Design an environmental program (4), Research for action: Participatory action research (3), Design a campaign with impact (3), Physical activities, exercises, fitness (2), Workshops on sustainability and waste (2).



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National reports: meaningful activities by countries.



The distribution of meaning activities described in each participant country is presented in the table below:

MEANINGFUL ACTIVITIES	IT	SL	NL	ES	TOTAL
Nature based therapies	2	2	1	1	6
Visits to natural areas.	2		2	1	5
Storytelling and environmental memory.	1		1	2	4
Environmental volunteering.		1	1	2	4
Designing an environmental and social integration program.	1	1	1	1	4
Design a campaign with impact			1	2	3
Research for action: Participatory action research	1		1		3
Physical activity exercises and fitness		2			2
Workshops on sustainability and waste.	1			1	2

TRAINING PROPOSAL

According to the results obtained in this phase of the project, a training proposal with the following training content can be prepared and a possible training itinerary could be defined as a reference for the organization of workshops and courses and learning materials:

- Nature-based therapies. This area considers a set of learning content on different issues such as sense stimulation, aromatherapy, gardening, outdoor games, etc.⁴. A person-centred care approach is a topic that could be included in the training proposal.
- Storytelling and environmental memory. Constructive and informed dialogues, elaborate a thematic narrative (healthy habits, waste, food, cultural heritage), mentoring and communication skills to promote intergenerational cooperation, etc.

⁴ This area is linked to the general issue about non-pharmacological therapies.



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- Visits to natural areas. Planning of outdoor activities such as hiking, walking, nature sports, etc.
- Research for action: Participatory action research methodology. Exploring the environment (leaves, raindrops, insects, mushrooms). Mushroom hunting and plant determining, bird watching, etc.
- Designing an environmental program: social integration. identifying problems to solve, setting objectives, planning activities, defining resources, and participating in the follow-up and evaluation of the program, etc.
- Design an information campaign with impact: Communication is a field with many possibilities to promote synergies among organizations and the involvement of older adults and informal caregivers in meaningful activities, etc.
- Environmental volunteering. To recognize older people as informal educators capable of transmitting knowledge, values, habits, and traditions related to daily life activities (suitability, and mobility), etc.
- Physical activity exercises and fitness. Regular exercise is one of the best things older adults can do for their health.
- Workshops on sustainability and waste. How to reduce pollution or how to separate waste. Specifically, it would be useful to provide learning content on good habits, how to sort waste and why, etc.

CONCLUSION

Considering the results obtained in national reports, we can highlight the positive benefits at physical, psychological, emotional, and social levels described in the best practice cases in the participant countries.

The analysis of the activities implemented in the cases allows the partners to define a set of training content areas, which could serve as a reference to define specific educational materials and training courses - training modules and learning units - for face-to-face and e-learning modalities addressed to older adults and informal carers in the participating countries.

The content areas mentioned in this international report serve as a basis of reference for defining a training program aimed to improve the competencies and skills of participants in nature-related activities. It is important to consider, that public and private organizations in the field of ageing, such as municipalities, daycare centers, organizations of older people, adult education center, etc. will also benefit from the educational proposal developed in this project.

NEXT STEPS

In the current phase of the project (wp2a1), partners have analysed and collected best practices on nature-related activities for frail elderly people and their informal carers. Partners have analysed and collected best practices on green skills education and nature-related competences to increase sustainability and nature conservation. The best practice cases have proven to be effective in increasing social inclusion, well-being, and health of older people at risk of frailty and their carers.

With the results obtained so far, the partners have to do the following activities:



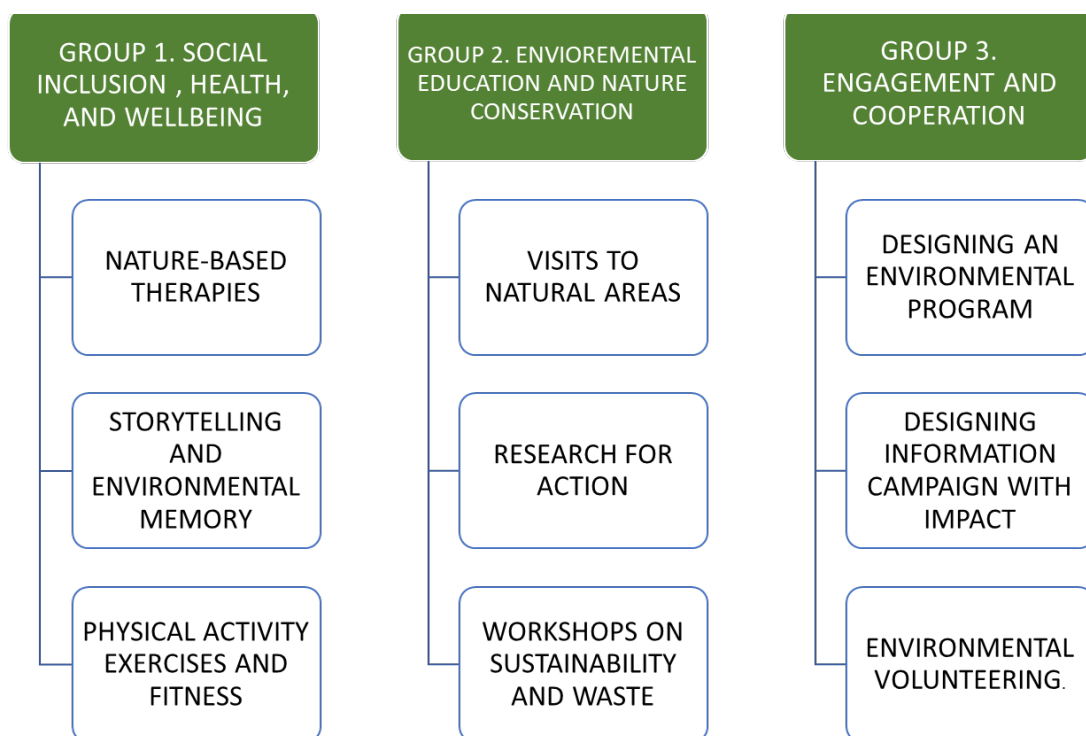
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- **Co-design with the target group** specifications for meaningful, engaging, and joyful learning resources and workshops to engage in nature, based on their requirements and wishes.
- **Provide a thematic analysis on the best practices** and co-design sessions to inform promotion and awareness raising.

In order to facilitate the organization of co-creation sessions with target groups, the partners agree to organize the 9 categories defined in this report in the next groups of content: Group 1, Social inclusion, health, and wellbeing; Group 2, environmental education and nature conservation; and Group 3. Engagement and cooperation.

Groups of contents to organize co-creation sessions with project target groups.





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GROUP 1. SOCIAL INCLUSION, HEALTH, AND WELLBEING. This group of contents is aimed to identify the meaningful nature activities related to nature-based therapies, storytelling and environmental memory, and physical activity exercises and fitness. This group includes the following categories:

- **Nature-based therapies.** Nature-based treatment reduce psychological distress and increase restoration. There is a wide range of nature-based therapy activities are available, focusing on the individual needs, interests, and abilities of older people. Example: CASE 3. NATURE SUITCASE (NL) The Nature Suitcase is a suitcase filled with natural products that stimulate the senses: the scent of pine needles, the sight of natural images, the feel of a rough chestnut shell, the taste of homemade blackberry jam. It aims to encourage people to engage their senses: touching, smelling, hearing, seeing natural elements.
- **Storytelling and environmental memory.** Environmental memory is a rich source of knowledge because of the amount of information it contains and its diversity. It is based on constructive and informed dialogues. This category is also used to promote intergenerational cooperation. Example. CASE 6. "TAKE CARE OF YOURSELF, CARE FOR ME (ES). It is a community health promotion program addressed to patients undergoing treatment for cardiovascular disease. This program organises thematic lectures with expert about health, ageing, beneficial aspects of nature, etc. After the lecture, the group is invited to discuss the topic during a walk in a city park.
- **Physical activity exercises and fitness.** Regular exercise is one of the best things older adults can do for their health and is especially beneficial when done in nature. Example. CASE 3. SCHOOL OF HEALTH (SI). Their basic activity is the morning exercise "1000 movements". This is how we maintain and improve the health of the residents. We take care of promoting regular movement and physical exercise, maintaining health for a long independent life,

GROUP 2. ENVIRONMENTAL EDUCATION AND NATURE CONSERVATION. This group of contents is addressed to describe the meaningful nature activities related to visits to natural areas, research for action activities, and workshops on sustainability and waste. This group considers the following categories:

- **Visits to natural areas.** Guided didactic visits to natural areas, are often very attractive for older adults. Visits to natural areas have been undertaken with different purposes such as hiking, walking, talking, nature sports, bird watching, playing games, learning from nature, etc. Example. CASE 1: CON-TATTO PROJECT (IT). At the La Pica botanical garden, older people enjoyed nature walks, gentle exercise sessions led by qualified professionals.
- **Workshops on sustainability and waste.** Household waste and packaging waste (metal, tetra bricks, plastic, glass, paper, and cardboard) have been considered an important topic that should be considered in a comprehensive training proposal. Example. CASE 2. PARKING DAY. INTERGENERATIONAL ACTIVITY (ES) Parking Day is a thematic intergenerational activity that the last edition in 2022 dealt with sustainable food, sustainable mobility, and climate change. Older and younger generations exchange ideas, habits, and thoughts about this issue in this activity.



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- **Research for action** involves researchers and participants collaborating to understand social issues and take actions to bring about social change Example. CASE 2: TRAINING “NATURE SERVES YOU WELL” (NL). This training teaches formal and informal caregivers how to engage in simple but effective nature-based activities with their clients outdoors. Participants will learn about the scientific benefits of nature experiences and will receive a booklet with 25 additional activities to explore on their own.

GROUP 3. ENGAGEMENT AND COOPERATION. This group of contents is aimed to identify the meaningful nature activities related to designing an environmental program. designing information campaign with impact in civic society and promoting environmental volunteering among older people and their caregivers in the context of a society for all ages. This group considers the following categories:

- **Designing an environmental program: social integration.** Projects that connect older adults with natural environments are often promoted by entities. In many cases, activities are organized for “older adults” as end-users, and not with their active involvement, considering their thoughts, interests, expectations, etc. For this reason, some of those interviewed in the national reports recommended involving older adults in all phases of the project. Example, CASE1. in the Arraigo project (ES), they prepare a group of people in the host town to facilitate the welcoming process to newcomers.
- **Designing an information campaign with impact:** Communication is a field with many possibilities, due to the variety of themes and channels that can be used, which to a large extent find their limits "only" in human creativity. Example. CASE 7: The NK Tile Tossing (NL) aims to create awareness and to stimulate neighbors to work together to make their neighborhood greener in a very fun and accessible way.
- **Environmental volunteering.** Some national reports have pointed out the need and opportunities to promote environmental volunteering, open to people of all ages, linked to social entities and supported by the public administration. CASE 1: PLAN BE: ACTIVE SENIOR VOLUNTEERS (SI) The activity's main goal is to promote an active aging focusing on problems like interculturalism, nature conservation, and social inclusion.



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ANNEX. SEMISTRUCTURED QUESTIONNAIRE

IN-DEPTH ONLINE INTERVIEW WITH EXPERTS TEMPLATE: BEST PRACTICE CASES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE AND BEST PRACTICE CASES ON EDUCATING GREEN SKILLS FOR OLDER PEOPLE

Q1. Can you briefly describe the activity and approach of the best practice case developed by your organization: target groups and quantitative details (number of locations, coordinators, participants, etc) . We would appreciate if you could indicate the achievements to date, and future challenges.

Please refer to the following topics:

- Artistic and cultural activity.
- Community activity.
- Environmental activity.
- Healthcare activity.
- Intergenerational activity.
- Involvement of older people.
- ICT. Innovative social communication platform.
- Leisure activity.
- Pedagogical activity.
- Person-centred approach.
- Sport activity.
- Therapeutic activity.
- Other.

Please, write your comments below:

Q2. Can you please identify the objectives, outcomes, and other resources in the best practice case.

Please refer to the following items:

1. Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities.
2. Maintaining meaningful activities which add value and quality to a person's life.
3. Raise awareness: increased sensitivity and awareness of the wider environment and related issues.
4. Knowledge: to acquire a basic understanding of the environment as a whole, which implies a critical responsibility.
5. Attitudes: to acquire social values and a deep concern for the environment, leading to active participation in its protection and improvement.



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6. Skills: acquiring the necessary skills to solve environmental problems.
7. Ability to evaluate: environmental education actions in terms of ecological, social, aesthetic and educational factors.
8. Participation: to develop a sense of responsibility and awareness of the urgent need to pay attention to environmental problems, to ensure that appropriate action is taken.
9. Intergenerationally, facilitating the meeting and dynamizing the intergenerational exchange.
10. Others.

Write your comments below:

Q3. Can you describe the benefits of the best practice case in terms of physical mobility, mental health and wellbeing, social connections, cognitive functions, and planning for future.

Please refer to the following items:

1. To promote a feeling of usefulness to others and to boost a healthy self-esteem.
2. To cope with physical impairments and limitations.
3. To encourage creativity and productivity in the use of free time.
4. To encourage interpersonal contacts and social integration.
5. To enhance creativity and aesthetic and artistic skills.
6. To facilitate the physical maintenance of an adequate psychomotor functioning.
7. To foster communication, friendship, and the establishment of rich and varied interpersonal relationships.
8. To maintain balance, flexibility and bodily expressiveness.
9. To maintain or develop the capacity for playful enjoyment and openness to new interests and forms of activities.
10. To maintain, at a certain level, productive capacities.
11. To promote well-being and personal satisfaction.
12. To serve as a means of relaxation and active coping with the stresses and strains of this stage of life.
13. To improve mental health: may help fight depression and anxiety
14. To help eliminate fatigue
15. To Enhance relationships and diminishes sense of isolation
16. Other.

Please, write your comments below:



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Q3. Can you indicate the creative and meaningful activities undertaken in this Case:

General activities to carry out an action plan:

1. Meaningful routines that keep older people actively engaged in everyday activities
2. Storytelling and environmental memory.
3. Workshops on sustainability and waste.
4. Create work tasks and activities that can be done working together or in a group.
5. Practical environmental workshops.
6. Visits to natural areas.
7. Researching (research - action).
8. Exchange recipes for cooking.
9. Promote environmental volunteering.
10. Design a campaign to recruit new members.
11. Other.

Specific activities to implement the action plan:

1. Arts: painting, photography, sculpting, etc.
2. Board game championships: Dominoes, Parcheesi, Checkers, Chess, etc.
3. Birdwatching
4. Constructive and informed dialogues.
5. Cycling, and physical exercise.
6. Dance and music therapy sessions.
7. Ethnography.
8. Gardening. Water plants. Plant flowers.
9. Hiking, walking.
10. Take a walk.
11. Walk and talk.
12. Picnics
13. Feed the birds
14. Raking leaves
15. Set up a picnic on the lawn or in the backyard
16. Sit on the porch and drink coffee, hot chocolate or lemonade
17. Watch dogs at a dog park
18. Intangible heritage.
19. Nature sports.
20. Practicing yoga, tai-chi, Pilates.
21. Recreational sports festival.
22. Social theatre.
23. Sports meetings.
24. Swimming and water exercises.
25. Talks with community personalities (Sportsmen, Artists, Scientists, Politicians).
26. The attribution of an activist role.
27. Other



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Please, write your comments below:

Q4. Which are the main barriers and possible solutions in the development of the best practices case. Please refer to the list of barriers below:

1. Absence or scarcity of stable programs and specific resources aimed at the older population.
2. Diverse initiatives offered or camouflaged as environmental education: consumption of activities instead of participation in socio-educational processes.
3. Unqualified external professionals or mediators (educators, dynamisers, etc.).
4. Distortions or deficiencies in the information and communication from the project promoters to the older population.
5. Lack of knowledge or other barriers to access to resources, support from organisations.
6. The complexity of environmental issues.
7. Environmental malpractice in society (companies, administrations, citizens, etc.), which is perceived as a bad example that can discourage participation and individual involvement.
8. Other

Please, write your comments below, indicating potential for learning or transfer:

Q6. We would be grateful if you could give a short conclusion related to your opinion on the topics in the questions. Which other topics should we take into account in our project?

Please, write your comments below:

Thank you for your cooperation.



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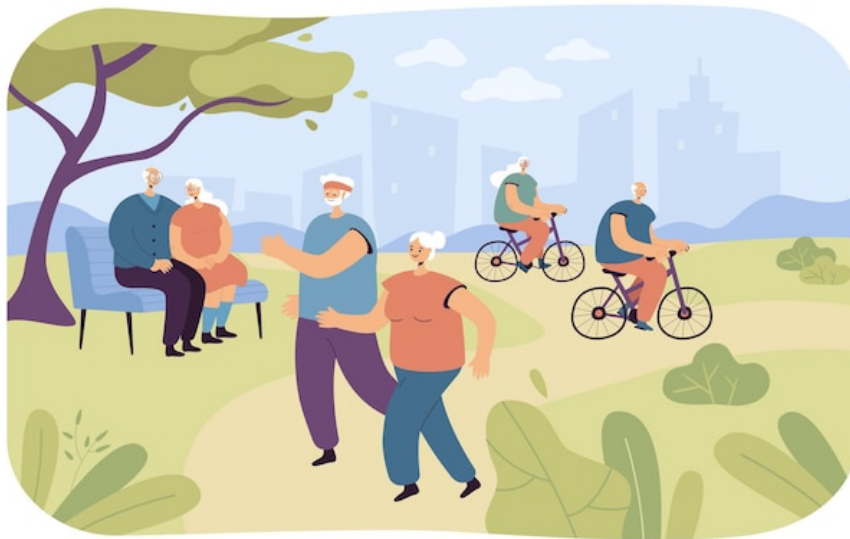


CEOMA
Confederación Española de Organizaciones de Mayores

WORK PACKAGE N°2 BEST PRACTICES AND CO-DESIGN

Task 2.1: Best practices: Analysing and
mapping current best practices.

SPAIN, NATIONAL REPORT



**FLOWER PROJECT. Fostering nature related
competences with older people**

2022-1-NL01-KA220-ADU-000087475

CEOMA

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INTRODUCTION

In Spain we have interviewed relevant experts who informed us about 6 best practice cases in the following categories:

I. Best practices on educating environmental skills and nature related competences for increased sustainability and nature conservation:

- Case 1: the Arrigo project: creating bonds in a territory and transforming it into home.
- Case 2. Parking day. Intergenerational activity in the European mobility week (Madrid).
- Case 3. Sendergran. Association of hikers over 60 (Madrid)
- Case 4. Vias verdes - greenways. All ages accessible tourism (Spain)

II. Best practices on nature related activities for frail older people:

- Case 4. Animada-mente. Smiling to life. Sociocultural animation project for older people (Toledo, Castilla-la Mancha).
- Case 6. Take care of yourself / take care of me. Community activities aimed at engaging the entire population in improving their health (Teruel).

I. BEST PRACTICES ON EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

CASE 1: THE ARRAIGO PROJECT: CREATING BONDS IN A TERRITORY AND TRANSFORMING IT INTO HOME

Led by Arrraigo Company. <https://proyectoarraigo.es/>

Best practice type: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community activity (2).

After COVID-19, older people are more interested in life in the natural and rural environment. The Arraigo project supports families and individuals who want to make a change of life in the rural world. Since its creation, it has mobilized 9,000 people. The project is active in 8 provinces, collaborating with provincial councils, municipalities, and associations. The Arraigo project involves people over 65 years of age and older people in frail situations, since the rural environment allows them to take advantage of the positive effects of living in contact with the natural environment and to form part of inclusive communities in towns of 1,500 to 5,000 inhabitants.

OBJECTIVE

The project is aimed at Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities (1)



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The Arraigo company focuses on facilitating the integration of families and individuals (older people) into the life of a host city. The Arraigo staff studies each individual case of newcomers, focusing on their interests, life history, and preferences. They also study the opportunities offered by the host town and prepare a group of people to facilitate the welcoming process in the town.

BENEFITS OF THE BEST PRACTICE CASE

- To encourage interpersonal contacts and social integration (4).
- To maintain or develop the capacity for playful enjoyment and openness to new interests and forms of activities. (9)
- To Enhance relationships and diminishes sense of isolation (15)

MEANINGFUL ACTIVITIES

GENERAL. Meaningful routines that keep older people actively engaged in everyday activities (1)

SPECIFIC: Several activities linked with day to day living in a rural environment: Ethnography, talks with community personalities (sportsmen, artists, scientists, politicians), intangible heritage, nature sports, practicing yoga, tai-chi, Pilates, take a walk, gardening. water plants. plant flowers, hiking, walking.

BARRIERS

The Arraigo company points out the lack of public funding to this kind of initiatives, as to cover the staff costs on creating bonds between newcomers from urban areas to hosting town in rural areas.

CONCLUSION

The Arraigo project highlights the interest of public authorities in promoting the involvement of new citizens in the life of towns in rural areas. The project leader points out the successful integration of older people in peaceful and quiet life environments in towns with less than 5000 inhabitants. They emphasize the high quality of life in terms of accessibility, personal well-being, health, and attractiveness, that represents towns in rural area for older people and people in frail situation.

CASE 2. PARKING DAY. INTERGENERATIONAL ACTIVITY IN THE EUROPEAN MOBILITY WEEK.

Led by the municipality of Madrid. Social Services Department: [Environmental Education Department](#)

Best practice type: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Environmental activity (n3)

In 2022, Madrid City Council organised the second edition of Parking Day - a community environmental education activity - among schools and senior citizens' centres in 23 districts of the city of Madrid. Parking Day consists of an intergenerational activity with senior citizens' centres and schools with the aim of recovering public spaces in the city of Madrid. Older people and frail older people (except those with sensory disabilities) take part in this activity. Parking Day is a thematic activity that the last edition in 2022 dealt with sustainable food, sustainable



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mobility, and climate change. It was considering an action of reference in the context of the Age-Friendly city of Madrid (WHO).

OBJECTIVE

- Maintaining meaningful activities which add value and quality to a person's life. (2)
- Intergenerationally, facilitating the meeting and dynamizing the intergenerational exchange. (9)

One of the main objectives is to recognize older people as informal educators capable of transmitting knowledge, values, habits, and traditions related to daily life activities (suitability, and mobility). Older people can facilitate advice on the protection of the environment, eliminating the stereotype of older people as a consumer of health, social and cultural resources.

BENEFITS OF THE BEST PRACTICE CASE

- To promote a feeling of usefulness to others and to boost a healthy self-esteem. (1)
- To promote well-being and personal satisfaction. (11)
- To Enhance relationships and diminishes sense of isolation. (15)

MEANINGFUL ACTIVITIES

General activities:

- Storytelling and environmental memory (2);
- Workshops on sustainability and waste (3)
- Promote environmental volunteering (9).
- Practical environmental workshops (5);

Specific activities: Intangible heritage (18); Exchange recipes for cooking (8).

BARRIERS

Parking Day has been developed following a top-down strategy; however, professionals involved on this project, considered that this practice will be improved by following a bottom-up approach, which involves older people in the design and planification of the activity.

CONCLUSION

Over the last two years, the PARKING-DAY project has created strong bonds between schools and centers for older people (and also a day care center) in the city of Madrid. The first edition of Parking Day has been a starting point to create intergenerational activities that continue during the academic year, facilitating stable relationships between generations.

CASE 3. SENDERGRAN. ASSOCIATION OF HIKERS OVER 60 (MADRID)

Led by SENDERGRAM. Activity funded by the regional Government of Madrid.

<https://www.sendergran.es/>

Best practice type: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Sport activity (11).

Therapeutic activity (12)



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SENDERGRAN is an older people hiker's association, that started in Madrid in 2014. This association has 2,700 members: 1.200 people participated last year in hiking activities. Older people with sensory disabilities as well as those in frail situations also participate in the activities. SENDERGRAN has an agreement of cooperation with the regional government of Madrid.

OBJECTIVE

Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities. (1)

SENERCAM aims to encourage active aging in the Community of Madrid through hiking and outdoors activities. The activities allow participant socialize with other people, creating stable relationships of solidarity and friendship.

BENEFITS OF THE BEST PRACTICE CASE

- To facilitate the physical maintenance of an adequate psychomotor functioning. (6)
- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships. (7)

MEANINGFUL ACTIVITIES

General: planning outdoors activities related to hiking, walking (9) nature sports (19); Birdwathcing (3).

BARRIERS

- Environmental malpractice in society (companies, administrations, citizens, etc.), which is perceived as a bad example that can discourage participation and individual involvement. (7).

SENDERGRAN considers that public investment should be made in improving walking paths in the countryside. On the one hand, the consider that private properties install fences and barriers that prevent people from walking on public paths. The Association has also denounced the risk of accidents on paths, which share space with bicycles in narrow parts of the way, which means a dangerous situation for walkers, especially older people, who have already been victims of some accidents.

CONCLUSSION

The SENDERGRAN association's activities are very popular among people over 60 years old. The activities allow the volunteers of this association to organize routes adapted to the cultural, sporting, and environmental interests of all participants. Hiking activities facilitate healthy aging and socialization activities and reduce the risk of loneliness and depression among older adults.

CASE 4. GREENWAYS. ALL AGES ACCESSIBLE TOURISM

Led by Vías Verdes. <https://www.viasverdes.com/en/principal.asp>

Best practice type: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.



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DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

- **Environmental activity.**

Vías Verdes (literally, "green ways") are old disused railway lines that have been recovered and reconditioned for use by walkers and cyclists. Exploring them is a different, enjoyable and environmentally friendly way of getting to know Spain, its culture and its landscapes. This is an alternative ideal for all ages, that respects the environment and brings together sport and the great outdoors. The Greenways network is designed to make use of the railway lines on which they run, offering maximum ease and comfort in their routes to ensure universal accessibility, including those people with disabilities. The ban on motorized traffic makes them very safe.

OBJECTIVE

Participation: to develop a sense of responsibility and awareness of the urgent need to pay attention to environmental problems, to ensure that appropriate action is taken. (8)

The objective of Vias Verdes is to facilitate healthy aging activities through the creation and maintenance of a 3.300 km of railways in Spain, which foster a more human and closer relationship among citizens and brings older people in the different municipalities closer to both their natural and cultural environment. The proximity of the railways to towns and cities all over Spain favours the participation of older people and people with frailty. The routes are known in Spain as "Cholesterol walks" due to the health benefits of walking activities. It is also known that doctors recommend the "cholesterol waks" instead of medicines for certain diseases.

BENEFITS OF THE BEST PRACTICE CASE

- To facilitate the physical maintenance of an adequate psychomotor functioning. (6)
- To encourage interpersonal contacts and social integration. (4)
- To serve as a means of relaxation and active coping with the stresses and strains of this stage of life. (12)

MEANINGFUL ACTIVITIES

General: Visits to natural areas. (6)

Specifics:

- Hiking, walking. (9)
- Take a walk. (10)
- Walk and talk. (11)

BARRIERS

Vias Verdes works for implementing resources for accessible ways in all the paths they are working on. In this regard, they emphasize the efforts on the campaign: Accessible tourism in Europe. Towards tourism for all, mainly focus on older people and people with disabilities. They consider tourism for all, "firstly is a human right and secondly because it is a business opportunity". This way, they have been involved in projects with relevant organizations such as ONCE (Blind people organization), PREDIF (Disabled people), CEOMA (older people).

CONCLUSION

Vias Verdes consider important the communication to spread the information about the paths to everyone, they consider these resources will be used if they are completely known by all the



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population. Other important aspect is the cooperation between different level of the public administration at national, regional and local to disseminate the information as well as for the improvement of the paths.



Greenways

II. BEST PRACTICES ON EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

CASE 5. ANIMADAMENTE. SMILING TO LIFE, PROJECT OF SOCIO-CULTURAL ANIMATION WITH OLDER ADULTS.

Led by [Animada-Mente Association, Toledo \(Castilla-La Mancha\)](#).

BEST PRACTICE TYPE: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

- Therapeutic activity (12).
- Person-centred approach (10).

The Animada-mente is a sociocultural animation Association which organizes activities for older people in rural areas cooperating with municipalities, Day Centres, and residential centres. The association offers a variety of workshops, games, festivals, therapeutic activities, etc., which are held outdoors whenever the weather permits. This association offer its services to 300 older people per year.

OBJECTIVE

Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities (1)

The Association promotes healthy habits, physical activity, emotional well-being and social interaction of older people and people in frail situation, contributing to the gives the older people to experience more positive attitudes and thoughts, vital to increase the opportunities of ageing at home, rather than moving to a care facility.



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BENEFITS OF THE BEST PRACTICE CASE

- To facilitate the physical maintenance of an adequate psychomotor functioning. (1)
- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships. (2)
- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships. (7)

MEANINGFUL ACTIVITIES

General: Meaningful routines that keep older people actively engaged in everyday activities (1)

Specifics: Board games (2), walk and talk (11), Dance and music therapy sessions (6), Set up a picnic (15), Social theatre (22), others: reading outdoors, wall-dance, custom made for Mardi grass dress, cooking outdoors, etc.

BARRIERS

Absence or scarcity of stable programs and specific resources aimed at the older population. (1)

Older adults miss the affection of their relatives. In addition, the lack of stability of caregivers leads older people to worsen their health and emotional situation and to become process of chronic diseases and disabilities. This situation is aggravated in older women who present high rates of isolation and unwanted loneliness.

In this context, Animada-mente has reported that many people are unaware of the activities they organize in collaboration with associations and municipalities. There is a problem of communication with the target groups.

CONCLUSION

Over the years, Animadamente has gained the trust of institutions, families, and older people, who consider this Association to be very close to them, as they use a person-centred care approach offering individualised attention and meaningful activities tailored to each person who participates in their programs.



Amidoamine



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CASE 6. “TAKE CARE OF YOURSELF, CARE FOR ME” (“CUÍDATE, CUÍDAME”)

Led by Municipality of Teruel. Health Center ‘Ensanche’.
BEST PRACTICE TYPE: Workshops on healthy habits and themed walks in different parks in que city.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

- Community activity
- Environmental activity.
- Healthcare activity.

The TAKE CARE OF YOURSELF, CARE FOR ME is an innovative experience of community health. Once a month the health care staff (Doctor, Nurse) give a talk on a subject related to health prevention and other issues concerning healthy ageing. Then, if time permits, the group take a walk through the Teruel’s park in the company of a biologist from the University to learn about the various plants, as well as their scientific properties. and medical. Every fifteen days there is a fifteen-minute program on “Onda Cero Teruel” called “Escuela de Salud” (“Health School” in English).

It is held at the Santa Emerenciana’s Day Center and is aimed at all patients who come to the Health Center, the older people at the Day Center and all those who are part of the telecare service. Twenty or thirty people usually attend.

We managed to maintain this community health program for three years. We intend to fill the assembly hall of the Day Center and be able to take walks around Teruel.

OBJECTIVE

Raise awareness: increased sensitivity and awareness of the wider environment and related issues (3).

The TAKE CARE - TAKE CARE OF ME experience aims to inform about disease prevention by creating spaces for conversation so that participants learn about the real risks to our health. It is a community health promotion program aimed, initially, at patients undergoing treatment for cardiovascular disease and who do not complete the information adequately in the health center consultations. Subsequently we have covered other pathologies and, as we promote walks in our surroundings, we add environmental information.

BENEFITS OF THE BEST PRACTICE CASE

- To promote a feeling of usefulness to others and to boost a healthy self-esteem (1).
- To cope with physical impairments and limitations (2).
- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships. (7)

MEANINGFUL ACTIVITIES

- Storytelling and environmental memory (2)
- Practical environmental workshops (5)
- Visits to natural spaces (6)

Narratives are made in Power Point of the pathophysiology of cardiovascular and infectious diseases. Culinary workshops and environmental content. Walks in the park.



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BARRIERS

There are some administrative and bureaucratic obstacles to announce and publicize the activities of the health community program, it is also a lack of involvement of health professionals.

CONCLUSION

The professionals involved in this project pointed out that the issue “Outdoor physical activities linked to the environmental theme” has been very well accepted. We just need more participation.

In addition, we consider that the themes covered by the Flower project, concerning best practices on nature related activities for frail older people and best practices on educating green skills and nature related competences and everything can easily be accommodated to our program.

SUMMARY AND CONCLUSIONS

SUMMARY

CEOMA has contacted with relevant experts who are leading innovative experiences aimed at fostering the contact of older people and their caregivers in contact with natural environments, providing them with useful skills for improving their healthy and active ageing habits. The 6 cases that we have considered in Spain are the following:

- The **ARRAIGO PROJECT** emphasizes the high quality of life in terms of accessibility, personal well-being, health, and attractiveness, that represents towns in rural area for older people and people in frail situation.
- The **PARKING DAY experience** was a starting point to create intergenerational relationship between young students and older adults, which continue throughout the academic year, facilitating stable relationships between generations.
- The **SENDERGRAN** activities allow the volunteers of this association to organize routes adapted to the cultural, sporting, and environmental interests of all participants. Hiking activities facilitate healthy aging and socialization activities and reduce the risk of loneliness and depression among older people.
- **VIAS VERDES** consider important the communication to spread the information about the paths to everyone, they consider these resources will be used if they are completely known by all the population. Other important aspect is the cooperation between different level of the public administration at national, regional and local to disseminate the information as well as for the improvement of the paths.
- **ANIMADA-MENTE Association** has gained the trust of institutions, families, and older people, who consider this Association to be very close to them, as they use a person-centred care approach offering individualised attention to each person who participates in their programs.
- **TAKE CARE OF YOURSELF, CARE FOR ME**, as an innovative experience in the field of medicine communities, highlighted that there is administrative difficulty to be able to announce and publicize the activities of the health program. Lack of involvement on the part of health professionals.



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CONCLUSIONS

In Spain there are many experiences involving older people in contact with nature and different organizations provides services and interventions that connect older adults and their caregivers with natural environments. Even though all the experiences are considered satisfactory and adequate to the needs of the project target groups, there are several suggestions that will facilitate the involvement of older people in the activities, such as the development of courses aimed to facilitate the integration of families and individuals (older people) into the life of a host city in rural areas (Arraigo), to raise awareness on the importance of a bottom-up approach in the development of best practices cases which involves older people in the design and planification of the activity (Parking Day), to improve synergies among organizations and public administration in the implementation of the cases (Sendergran), to promote the cooperation between social organizations for older people and people with disabilities in order to increase the involvement of participants in the activities (Greenways), to use a person centred approach and sensitize caregivers on their involvement in the activities (Animadamente), and to encourage the participation of health care staff in activities that put in contact older people with nature environment (Take Care).

Centro de Salud Teruel Ensanche

CUÍDATE | CUÍDAME

<p>CUÍDATE CUÍDAME</p> <p>Artrosis y Osteoporosis</p> <p>28 de marzo 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	<p>CUÍDATE CUÍDAME</p> <p>De mi huerto me alimento</p> <p>25 de abril 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	<p>CUÍDATE CUÍDAME</p> <p>Pan y Salud</p> <p>27 de junio 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	
<p>CUÍDATE CUÍDAME</p> <p>Un tesoro en la Tierra: La trufa de Teruel</p> <p>28 de septiembre 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	<p>CUÍDATE CUÍDAME</p> <p>Higiene y salud</p> <p>25 de octubre 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	<p>CUÍDATE CUÍDAME</p> <p>Jamón y salud</p> <p>28 noviembre 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>	<p>CUÍDATE CUÍDAME</p> <p>Preparando nuestra mesa</p> <p>18 diciembre 11:00 h</p> <p>En el Centro de Día Santa Emerenciana</p>

Colaboradores: Centro de Día Santa Emerenciana, Queso artesano de Teruel, Escuela de Hostelería, Panadería Sanz, Hermanos Sánchez Andrés, Denominación de origen Jamón de Teruel, Productor de trufas Elías Hernández, Fundación Tervalis, Confitería Muñoz

Dr. Ángel Pueyo, Dr. José Carrasquer, Dr. Juan Antonio Zorraquino

Coordinación: Dra. Carmen Gallardo y María José Fernández

Diseño gráfico: Isabel Muniesa



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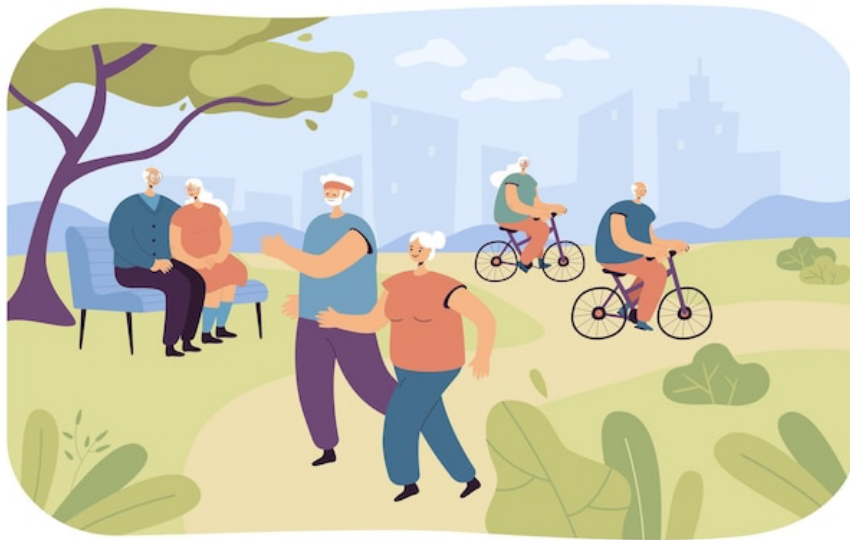


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WORK PACKAGE N°2 BEST PRACTICES AND CO-DESIGN

Task 2.1: Best practices: Analysing and
mapping current best practices.

ITALY



**FLOWER PROJECT. Fostering nature related
competences with older people**

2022-1-NL01-KA220-ADU-000087475

ANS-Anziani e Non Solo



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INTRODUCTION

In Italy we have considered the following Best Practice cases:

- CASE 1: CON-TATTO (CONTACT) PROJECT
- CASE 2. IL PASSATEMPO (THE PASSTIME)
- CASE 3. ALZHEIMER GARDEN
- CASE 4. LIBERA UNIVERSITA' DEL BOSCO (FREE UNIVERSITY OF THE WOODS)
- CASE 5. PUBLIC VEGETABLE GARDEN FOR SENIOR CITIZENS

BEST PRACTICE CASES IN ITALY

CASE 1: CON-TATTO PROJECT

Led by AVO Mirandola (Hospital volunteers association) and funded by the region of Emilia Romagna <file:///C:/Users/Utente/Downloads/LOCANDINA%20contatto-2.pdf>
<https://www.lacasadiriposo.it/n/con-tatto-a-modena-un-progetto-per-contrastare-lisolamento-degli-anziani/771>.

The project involved six other organisations:

- Quelli Delle Roncole 2;
- La Pica Giardino Botanico;
- Le Cicogne ODV;
- Auser (National Voluntary and Social Promotion Association);
- AVA (Aquaragia volunteers association);
- Pro Loco Medolla.

Best practice type: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Contac is a project to combat the isolation of the older people through various activities in contact with nature. The pandemic, with its many restrictions, has profoundly transformed the everyday life of the most vulnerable, both by reducing their participation in community initiatives and by causing them loneliness, malaise and a sense of isolation. To try to counter this major social emergency, the effects of which have mainly manifested themselves in the worsening of mood and psycho-physical wellbeing, significant proposals for inclusion and integration have been promptly developed. 'Con-Tatto' project was approved by the region of Emilia Romagna in 2021 and lasted until september 2022 and it was created thanks to the commitment of seven cultural associations (AVO (Hospital Volunteer Association), Quelli Delle Roncole 2, La Pica Giardino Botanico, Le Cicogne ODV, Auser, AVA (Aquaragia Volunteer Association) and Pro Loco) active in the Modena area, has as its ultimate goal the creation of a social network to curb the isolation of the elderly, through various activities in contact with nature and through the participation of the younger generation. Each association contributed



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in a different way to increasing the quality of life: "AVO" ensured the coordination of relations with organisations and institutions as well as proximity to the elderly in all the actions envisaged, "Quelli delle Roncole 2" made films of ancient trades and cultural traditions to be disseminated in residences for older people or at home, as well as perform two important dialectal theatre plays, "AVA" provided technological support, AUSER Mirandola and Medolla managed local transport for the elderly, the 'La Pica Botanical Garden' Association have taken care of motor activity, food and sensory trails in nature, 'Pro Loco' carried out public events and entertainment, and lastly, the 'Le Cicogne' Association offered participants the opportunity to meet the younger generations in its naturalistic oasis, to build together a future solidly based on values and passions.

OBJECTIVE

General: increase the quality of life of frail elderly people and combat loneliness.

Specific:

- learning how to take care of oneself through exercise and proper nutrition;
- promoting sociability and involvement in meaningful activities;
- promoting a sense of competence through intergenerational exchange activities;
- improve mood;
- stimulate memory.

BENEFITS OF THE BEST PRACTICE CASE

The project involved about 150 elderly people attending day care centres in the area. A final questionnaire was administered to all participants, from which it emerged that all participants were very happy with the project and would have liked it to continue for longer.

MEANINGFUL ACTIVITIES

- The association 'Quelli delle roncole 2' recorded 17 films of more than 10 hours filmed in rural locations. These films portrayed elderly people carrying out traditional activities exactly as they were done in the past such as: doing laundry with ashes, pig slaughtering, shoemaking... These films are small works of art and are projected in day care centres and residential facilities for the older people in order to stimulate memory and conversation concerning significant activities from the elderly's past life. "These films succeed in revitalising the attention and participation of older people with dementia and are very responsive to these things" declared Annamaria Ragazzi president of AVO Mirandola.

Activities in nature took place at the La Pica Botanical Garden and at the Stork Oasis.

- At the La Pica botanical garden, **older people enjoyed nature walks**, gentle exercise sessions led by qualified professionals, convivial moments and healthy eating lessons with a nutritionist.
- At the Stork Oasis, intergenerational exchange activities took place: the elderly taught the young people of the old schools how to make the vegetable garden, how to prune the vineyard, how to make pasta and sweets...



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BARRIERS

The main difficulties concerned the involvement of schools as they need to move very early because they need to plan school activities about a year in advance and there is a long bureaucracy. Another difficulty concerned the fact that organisations today have a scarce supply of volunteers.

CONCLUSION

The 'Con-tatto' project aims to promote the psycho-physical well-being of frail elderly people through a series of activities in contact with nature and ancient traditions. The project lasted one year and brought excellent results in terms of involvement of the elderly - "The contact with nature produced enormous joy in the elderly"- said Annamaria Ragazzi, president of AVO. The project involved around 150 elderly people, volunteers from 7 associations, qualified professionals such as nutritionists, physiotherapists and psychologists.



CASE 2. IL PASSATEMPO (THE PASSTIME)

Led by AIMA- Italian Alzheimer's Association Reggio Emilia with the collaboration of:

- AUSER (National Voluntary and Social Promotion Association);
- Afrodanzalo;
- l'Associazione Arte in Orto (art in the garden association);
- Banca del Tempo di Quattro Castella (The bank of the time);
- il Centro Sociale i Boschi di Puianello (Community center i Boschi di Puianello);
- Sirio Custodi per la Coda;
- National fire brigade association of Reggio Emilia;
- UISP (Italian union sport for all);
- Montecavolo recreational sport community center;
- Albinetano Community center;
- I Giardini di Vezzano community center;
- Albinea Insieme Casa Cervi Luigi;



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- Unione Colline Matildiche.

<https://www.aimareggioemilia.it/attivita-alzheimer-demenza/progetto-il-passatempo/>
https://www.aimareggioemilia.it/wp-content/uploads/2020/02/2019_29aec_poster_ilpassatempo_def_web.jpg

Best practice type: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The project started in 2019 and is still active today. Il Passatempo project, which started out to be aimed at all adults in the area, to offer opportunities also to people with frailties and to combat loneliness and isolation, then naturally turned out to be aimed particularly at the older people.

It includes free activities and workshops targeted to frail older people, people with cognitive impairments and their families to spend time together, cultivate hobbies and discover new ones together. Various garden-related initiatives are offered, such as guided tours, walks with tastings, reading and poetry workshops, thematic lectures and planting workshops. The project's activities are designed to be open and accessible to everyone, whether it is exercising, a walk in the garden, an outing, playing cards or having a snack: people without cognitive impairments also participate in these afternoons, for the pleasure of being together and meeting new people.

OBJECTIVE

General: reduce isolation and promote socialisation.

Specific:

- stimulate the senses and cognitive skills;
- promote active ageing;
- learn new knowledge about nature and how to take care of oneself.

BENEFITS OF THE BEST PRACTICE CASE

This project has gained enormous involvement from older people and has been running since 2019. It offers an important opportunity to socialise and promote psycho-physical well-being through inclusive activities in contact with nature that bring together people with cognitive impairment, healthy elderly people and family members who have the opportunity to spend pleasant moments together. The project activities emphasise the participants' strengths and enhance their abilities. The project currently involves 12 volunteers, 2 psychologists, 70 families and 20 people with dementia. During the summer months, middle school students also participate in the project as volunteers, creating significant opportunities for intergenerational exchange.

MEANINGFUL ACTIVITIES

Activities take place every Wednesday at the Social Centre 'I Boschi' in Puianello from 15:00 to 18:00.



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Once a month, the activities move to Villa Arnò, headquarters of the Arte in Orto association. The meetings are run by psychologists and volunteers who also provide transport - thanks to the cooperation with AUSER - for those who cannot move independently.

The main activities are:

- Outdoor outing and gentle physical activity run by UISP's experts;
- Walk in the garden;
- Playing cards;
- Having snacks;
- Guided tours;
- Walks with tastings;
- Reading and poetry workshops;
- Thematic lectures;
- Planting workshops.

BARRIERS

CONCLUSION

Each meetings creates a beautiful atmosphere and a real inclusion of people with dementia, since all activities are designed to be open and accessible to all, whether it is doing gymnastics, walking in the garden, taking a trip or having a snack.



CASE 3. ALZHEIMER GARDENS

Led by ASP Bologna.

Best practice type: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE.



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DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Alzheimer gardens are a good practice widely used in Italy and consist of a special green space to offer a non-pharmacological therapeutic pathway to people with dementia. ASP Bologna created an Alzheimer garden open to guests of the Giovanni XXIII Service Centre in Bologna. Users of the day care centre can benefit from a protected green space, entirely dedicated, designed and conceived with the usability of people with dementia in mind. Within the garden is a cognitive stimulation pathway called 'Memory Pathways'.

OBJECTIVE

The Alzheimer's Garden was created with the following therapeutic aims:

- Stimulation of sensory perception and physical rehabilitation;
- Motor and manual rehabilitation;
- Reducing temporal and spatial disorientation;
- Reactivation of long-term memory;
- Recovery of positive childhood memories with the use of flowering plants and aromatic plants;
- Curbing a finalistic "wandering";
- Compensating cognitive and functional deficits caused by dementia;
- Stimulating mnemonic abilities;
- Counteracting restlessness, irritability and aggressiveness;
- Inducing a state of confidence and general well-being (lowering of stress and anxiety levels);
- Lowering of stress and anxiety levels) through guided;
- Abolishing the use of restraint;
- Reducing the use of drugs for the treatment of apathy and depression;
- Maintaining levels of autonomy;
- Increasing individual self-esteem;
- Improvement of mood;
- Improvement of psychophysical state;
- Promoting socialisation.

BENEFITS OF THE BEST PRACTICE CASE

The Alzheimer garden allows multi-sensory stimulation, stimulation of residual memory skills, spatio-temporal orientation and management of BPSD. The person can explore the garden independently and in complete safety. Frail older people can also benefit from this type of garden. The person may also have the opportunity to increase their knowledge about nature.

MEANINGFUL ACTIVITIES

The Alzheimer garden is characterised by strict requirements. Gardens must be accessible in physical, visual and physical, visual and social. They must be designed with the purpose of providing physical physical support and offer together, the possibility to interact with the natural environment, as well as to participate in the social life. The entire outdoor area must be enclosed



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by fences, hedges, locked gates or walls. This is to prevent guests, in their aphinalistic wanderings, from leaving the perimeter of the facility into uncontrolled and therefore, dangerous. It is important that each route leads to a precise destination and is strongly distinguished from the rest of the area.

The parts of the alzheimer garden:

- **Defined paths**, that enable the person with dementia to find their way around. The paths should be paved in suitable, soft colours, with anti-slip and anti-reflection characteristics, and equipped with safety handrails, so as to allow safe walking and visual comfort. The chromatic contrast with the vegetation must make the walking spaces easily identifiable, and the absence of unevenness and obstacles between the path and the grass surface allows safe walking, even if the patient leaves the path. The route should have a definite beginning and end. The main path is wide enough for three people to pass comfortably side by side each other (about 2.5m). This route is circular, as medical literature and scientific studies on Alzheimer's have shown that walking in a circular path decreases or even cancels out the state of suffering caused by anxiety caused by the lack of reference points, which paralyses and terrorises the older person with dementia. A circular path that from the structure, running around the perimeter of the garden itself, brings the older person back to the structure, so as to provide a safe space for wandering. The circular route allows people to see each other, reinforcing a sense of security and allowing them to see all areas of the garden.
- **landmarks**: these must be designed to stimulate memory skills and spatial orientation, which are generally impaired. They can be represented by a gazebo, a pergola, a vegetable garden, resting areas, etc., that aid orientation and are easily identified, thanks to their particular shape and signposted vegetation (the particular colour of the flowers, their characteristic scent), placed at strategic points along the route and in any case always close to the places of attraction.
- **Vegetation**: vegetation should be divided into thematic areas with different types of species in order to stimulate different senses. The vegetation must be easily recognisable by the colour and scent of the flowers, it must be manipulable as it is not poisonous, it must favour orientation over time due to the diversity of colours and shapes it takes on with the passing of the seasons. The prevailing flora may be shrubby, and in any case the presence of tall trees must avoid sharp shadows, which can create anxiety problems. Also very useful are plants with hairy foliage, i.e. those with hairy leaves; they give different, pleasant sensations to the touch.
- **Rest areas**: some should be larger and shaded, others equipped with benches around the perimeter to encourage meetings and collective recreational activities. Near these areas it would be good to have fruit trees and scented flowers, to make the environment even more relaxing and stimulating. It is also useful to provide one or more benches or individual chairs, as some people with Alzheimer's disease try to defend their own personal space which, if not respected, can trigger aggressive reactions.
- **Fencing**: the garden must be properly fenced so that people are free to walk around without the risk of straying too far and getting lost.



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BARRIERS

The garden needs continuous maintenance, however, healthy elderly people could be involved as volunteers to take care of the garden.

CONCLUSION

The Alzheimer's garden of the ASP Bologna was inaugurated in 2017 and offers a structured pathway for the implementation of non-pharmacological interventions based on contact with nature for guests of the Giovanni XXIII service centre. The garden makes it possible to implement different types of interventions and initiatives involving not only older people with dementia but also family members or the general population.

CASE 4. LIBERA UNIVERSITA' DEL BOSCO-FREE UNIVERSITY OF THE WOODS

Led by Social Cooperative Liberi Sogni.

[https://www.ohga.it/ce-universita-immersa-nel-bosco-dove-anziani-del-luogo-insegnano-antichi-mestieri/](https://www.ohga.it/ce-ununiversita-immersa-nel-bosco-dove-anziani-del-luogo-insegnano-antichi-mestieri/)

BEST PRACTICE TYPE: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

It is called Libera Università del Bosco (Free University of the Woods) and was born on Mount Brianza, in the province of Lecco, thanks to the initiative of the social cooperative Liberi Sogni. It organises educational activities to recover knowledge, archaic skills and a connection with oneself and with nature, and is a teaching reality with a real teaching board made up of 'traditional' teachers but also and above all of local elderly people, bearers of ancient knowledge and skills that in this way they can transmit and preserve over time.

The project is supported by a community of teachers, experts, enthusiasts and custodians of forest knowledge. Among them: agronomists, botanists, wild herb experts, artists, art therapists, educationalists, environmental scientists, counsellors, tree-climbers, landscape historians, foresters, carpenters, musicians, story-tellers, traditional craftsmen (dry stone walls, basketry, grafting...).

Libera Università del Bosco involves 20 expert lecturers in different fields and disciplines, 30 training proposals, 4 thematic itineraries with accompanying guided hikes and workshops and 20 realities from all over Italy have made contacts to replicate the project.

OBJECTIVE

General:

- Get back in syntony with nature, re-learn how to do concrete things, discover ancient knowledge through the eyes of modern man.
- Creating opportunities and places where people meet and do something concrete together, to care for the forest, themselves and the community that is created.



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Specific:

- Rediscover knowledge and trades related to the management and ecological enhancement of the forest resource;
- develop paths of personal growth and ecological and planetary awareness;
- re-learning to make with the hands and awakening the senses to cultivate human intelligence in all its dimensions.

BENEFITS OF THE BEST PRACTICE CASE

The initiatives proposed by Libera Università del Bosco foster a significant intergenerational exchange; older people can be users of these initiatives but also providers by teaching younger people ancient crafts and old local traditions, fostering a sense of competence.

MEANINGFUL ACTIVITIES

The initiatives offered are of various types and can be divided into the following categories:

- training courses in nature (orienteeing, storytelling in the forest, writing workshops, stimulating the senses);
- sport and nature (e.g. yoga in the woods, trekking);
- regeneration of the territory;
- art and nature (e.g. painting workshops in nature);
- psychology and personal growth (e.g. green mindfulness, walking meditation, shiatsu in nature)
- crafts and ancient trades (e.g. basketry workshop, green jobs, poor plants and rich dishes);
- thematic itineraries.

I will detail some interesting initiatives for older people:

- **Do you want to meet the wise man of the woods?:** a walking meditation experience and green mindfulness practices to get more deeply in touch with yourself and your surroundings. This initiative aims to sharpen the perceptive faculties, the 5 senses and improve introspective, attention and listening skills. Green mindfulness, centring and walking meditation techniques are taught.
- **Environmental Art- Realisation of an emotional map of the territory:** Environmental Art intervention based on how to use the materials naturally available in a forest to create sculptures, artefacts and collective works of art. The person learns how to collect memories, experiences and experiences and treasure them for use in weaving stories, emotional maps of territories, collective and community works of art.
- **Discovering wild herbs:** through the exploration of the forest and the act of walking, guided by a herb expert, you immerse yourself in a journey to discover the secrets that trees and herbs carry. This itinerary is aimed at teaching recognition strategies for the most common local wild herbs, discovering their properties and uses. Knowledge is imparted on how they work and what they are used for, how to collect, preserve and process them for food, therapeutic uses, etc.
- **The art of weaving - Basketry workshop:** a workshop on the art of weaving that enables you to acquire some of the basic techniques of basketry and weaving. This workshop



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also teaches how to recognise the most suitable plants for weaving and how to exploit their natural properties for the creation of artefacts and works of art.

- **Poor plants and rich dishes:** guided tour to discover wild edible plants to develop sensitivity for the nature around us, learn to recognise edible plants, learn about places and cultural traditions, create love for the earth and environmental protection and develop new ideas in the kitchen

BARRIERS

CONCLUSION

Libera Università del Bosco is a university open to all. It studies and teaches the relationship between man and the forest. It recovers, innovates and encourages the exchange of knowledge and practices. Experience is considered the first way of learning: it creates a virtuous triangle between Education, Nature and the Local Community.



CASE 5. PUBLIC VEGETABLE GARDENS FOR SENIOR CITIZENS

Led by Municipality of Modena

<https://www.comune.modena.it/servizi/salute-benessere-e-assistenza/anziani/tempo-libero/orti-per-anziani>

Best practice type:

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The municipality of Modena makes vegetable plots available to citizens resident in the municipality who are over 60 years old. Senior citizens who do not have a plot of land at their home to grow a vegetable garden can benefit from these public areas. Everyone is given a piece of land to take care of, growing vegetables, harvesting them and taking them home for themselves or donating them to family and friends. Social gardens are distributed in different areas of the city.



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OBJECTIVE

- Promoting socialisation and social participation
- Promoting active ageing
- Improving the psycho-physical well-being of elderly people

BENEFITS OF THE BEST PRACTICE CASE

These gardens allow elderly people living in cities far from rural areas to re-experience contact with nature, spend hours in the green away from pollution, grow the vegetables and fruit they put on their tables, perform acts of love by giving their produce to their loved ones, feeling socially involved and increasing their sense of competence. They also represent opportunities to establish new social relationships and spend leisure time.

MEANINGFUL ACTIVITIES

In many vegetable gardens, initiatives are organised by the management committees, such as recreational activities and parties involving not only the gardeners but the entire neighbourhood where the gardens are located. The proximity with social aggregations (Associations Elderly Committees, Schools, Parishes and others), favours more advanced forms of aggregation, both to better organise the social life of the vegetable gardeners but also to promote voluntary work towards other social categories.

BARRIERS

CONCLUSION

Vegetable gardens are present in several places in the city and represent an opportunity to involve the elderly in daily activities that encourage socialising and encounters.

CONCLUSIONS

In Italy there are numerous initiatives and interventions involving the older people in contact with nature in particular in our territory, in many initiatives it is the elderly themselves who hold workshops for younger people to pass on their skills in the field of nature. On the other hand, there are few initiatives aimed at promoting environmental sustainability education such as how to reduce water waste, how to reduce pollution or how to separate waste. Specifically, it would be useful to provide training on how to sort waste and why it is important to sort waste; in recent times, several changes have been introduced in Italy in this area and a complex system of waste collection has been introduced. Therefore, older people would need support in understanding this new system and why it is important to respect these rules.



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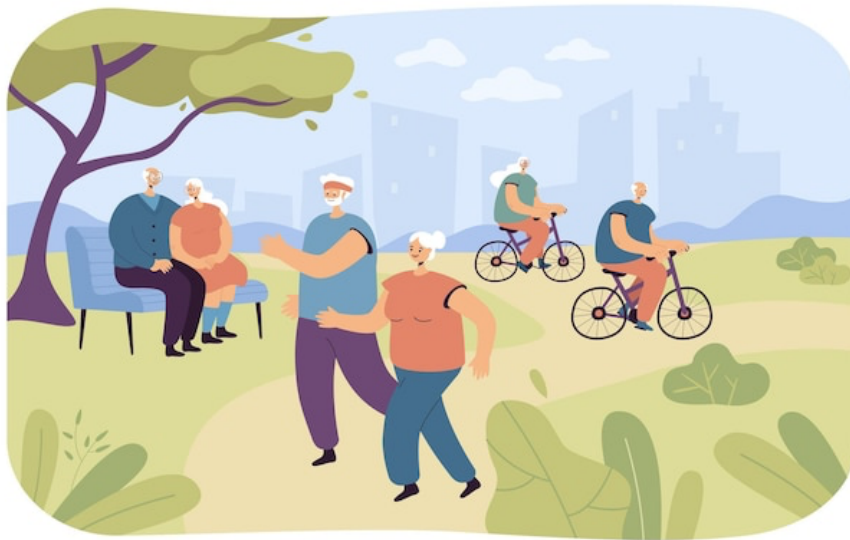


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WORK PACKAGE N°2 BEST PRACTICES AND CO-DESIGN

Task 2.1: Best practices: Analysing and
mapping current best practices.

The Netherlands,



**FLOWER PROJECT. Fostering nature related
competences with older people**

IVN + Gouden Dagen

May 2023



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INTRODUCTION

In The Netherlands we have considered the following Best Practice cases:

- CASE 1: **IVN #2UurNatuurChallenge** #2HoursOfNature challenge. Month long challenge to enhance connection with nature for at least 2 hours a week.
- CASE 2. **IVN Natuur doet je goed training** “Nature Serves You Well” training. Training
- CASE 3. **IVN Natuurkoffer** Nature suitcase. A suitcase full of natural elements, such as wool, honey, flowers with a handbook with 17 activities.
- CASE 4. **Gezond natuur wandelen** – Healthy nature walks guided by a volunteer guide at fixed locations at fixed times for everybody who would like to join.
- CASE 5. **Tuinkaart** Garden Map – Mapping out the different elements in the garden to be used by older residents and (in)formal caregivers.
- CASE 6. **Sociaal Tuinieren** Social Gardening - Social Gardening involves volunteers who sustainably refurbish and maintain neglected gardens of vulnerable people.
- CASE 7. **NK Tegelwippen** Nat. Champ. Tile Tossing – Campaign to turn neighbourhoods greener by inviting citizens to flip tiles and make them into little gardens

BEST PRACTICE CASES IN THE NETHERLANDS

CASE 1: #2 HOURS OF NATURE CHALLENGE (#2 UUR NATUUR CHALLENGE)

Led by IVN. <https://www.ivn.nl/> | <https://www.ivn.nl/beleef-de-herfst/2uurnatuur-challenge/>

Best practice type: ENHANCING CONNECTION WITH NATURE VIA ACTIVITIES, EDUCATION AND CHALLENGES. FOR INCREASED HEALTH AND NATURE-AWARENESS.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a leisure (8), environmental (3) and intergenerational (5) activity.

Studies indicate that spending time in nature can improve overall health and wellbeing, with those who spend at least two hours per week in nature reporting higher life satisfaction. This is particularly important during the dark autumn months, when it can be challenging to spend time outdoors. Despite these benefits, many Dutch people struggle to make time for nature in their lives. To address this, IVN created the #2hoursofnature Challenge, which has been taken on by over 20,000 people in 2021.

OBJECTIVE

The project is aimed at maintaining meaningful activities which add value and quality to a person’s life (2) and builds knowledge to acquire a basic understanding of the environment as a whole, which implies a critical responsibility (4)

The #2hoursofnature Challenge encourages outdoor activities in nature during the autumn season, while also providing basic nature knowledge. As a result, participants have reported feeling more connected to nature, happier, and healthier, as well as gaining a better understanding of nature.



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BENEFITS OF THE BEST PRACTICE CASE

- To maintain or develop the capacity for playful enjoyment and openness to new interests and forms of activities (9);
- To promote well-being and personal satisfaction (11);
- To improve mental health: may help fight depression and anxiety (13)
- To help eliminate fatigue (14)

MEANINGFUL ACTIVITIES

GENERAL. Meaningful routines that keep older people actively engaged in everyday activities (1) and Visits to natural areas (6).

SPECIFIC: Several activities linked with day to day living in a rural environment: Hiking, walking and talking (9, 10,11), may also include birdwatching (3), mushroom hunting and plant determining.

BARRIERS

The current challenge is aimed at a younger generation. Therefore, the main barrier is distortion of deficiencies in the information and communication from the project promoters to the older population.

CONCLUSION

The #2HoursOfNatureChallenge is a successful and enjoyable project aimed to strengthen people's connection to nature. Participants reported feeling happier, healthier, and more motivated to visit nature during their free time, as well as gaining knowledge about nature and its impact on health. However, the challenge did not specifically target frail older people, and we believe there is a great opportunity to tailor it to their needs.

CASE 2: TRAINING “NATURE SERVES YOU WELL”

Led by IVN. <https://www.ivn.nl/> | <https://www.ivn.nl/aanbod/trainingen-zorg/natuur-doet-je-goed/> | <https://www.ivn.nl/aanbod/trainingen-zorg/training-natuur-en-dementie/> (video is a particular edition of the training aimed at people with dementia).

Best practice type: EDUCATING (IN)FORMAL CAREGIVERS ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Training is an environmental (3), healthcare (4), intergenerational (5) and leisure (8) activity with involvement of older people (6).

This training teaches formal and informal caregivers how to engage in simple but effective nature-based activities with their clients outdoors. The program includes about 14 activities that focus on creativity, stillness, and the senses. Participants will learn about the scientific benefits of nature experiences and will receive a booklet with 25 additional activities to explore on their own. At the end of the training, participants will be equipped with a backpack full of materials to use during these activities.



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OBJECTIVE

- Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities. (1)
- Maintaining meaningful activities which add value and quality to a person's life. (2)
- Intergenerationally, facilitating the meeting and dynamizing the intergenerational exchange. (9)

(In)formal caregivers are often enthusiastic about spending time outside with their clients, but may lack the knowledge to make the most of nature in providing a meaningful, enjoyable, and relaxing experience. Yet, nature has been shown to enhance health and happiness, and may even evoke cherished memories. This training offers a way to bring different generations together and encourages a new form of communication and knowledge sharing.

BENEFITS OF THE BEST PRACTICE CASE

- To encourage interpersonal contacts and social integration (4)
- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships (7)
- To maintain or develop the capacity for playful enjoyment and openness to new interests and forms of activities. (9)
- To promote well-being and personal satisfaction. (11)
- To improve mental health: may help fight depression and anxiety (13)

MEANINGFUL ACTIVITIES

General activities:

- Storytelling and environmental memory (2);
- Visits to natural areas (6);
- Other: Enhancing social relations by means of meaningful activities to enjoy together (11).

Specific activities: May involve: Birdwatching (3); Walk and talk (11); Other: Exploring the environment (leaves, raindrops, insects, mushrooms).

BARRIERS

Other: Lack of funding to keep the training up-to-date.

CONCLUSION

The "Nature Serves You Well" training equips formal and informal caregivers with the necessary tools and knowledge to engage their clients or loved ones in outdoor nature activities. Whilst the training was initially well-funded, its financial resources have since dwindled, leading to difficulties in keeping the content up-to-date and promoting it effectively. Furthermore, the departure of most of the original trainers has resulted in a loss of internal knowledge. This time asks for a redevelopment of the training. With the training materials still available, the situation presents an opportunity to revamp the training into an online format that is less reliant on personnel.



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CASE 3. NATURE SUITCASE

Led by IVN. <https://www.ivn.nl/> | <https://www.ivn.nl/aanbod/groen-doen-zorg/natuurkoffer/> | https://www.youtube.com/watch?v=jQM_hrCd4os |

Best practice type: UTILIZES NATURAL PRODUCTS AND SENSORY STIMULATION TO EVOKE MEMORIES, STIMULATE CONVERSATIONS AND BREAK SOCIAL ISOLATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The nature suitcase is a healthcare (4), leisure (8) and therapeutic (12) activity.

The Nature Suitcase is a suitcase filled with natural products that stimulate the senses: the scent of pine needles, the sight of natural images, the feel of a rough chestnut shell, the taste of homemade blackberry jam. Nature is used as a means to evoke memories, stimulate conversations, and break social isolation. This works well, for example, for people with dementia. With the Nature Suitcase comes a handout with information on how to engage with people with dementia and a description of 17 activities over the four seasons.

OBJECTIVE

- Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities (1)
- Maintaining meaningful activities which add value and quality to a person's life (2)
- Intergenerationally, facilitating the meeting and dynamizing the intergenerational exchange. (9)

The Nature Suitcase provides volunteers and caregivers, both formal and informal, with tools to create meaningful activities. It aims to encourage people to engage their senses, stimulate memories, and share stories from the past, which promotes social connection.

BENEFITS OF THE BEST PRACTICE CASE

- To foster communication, friendship, and the establishment of rich and varied interpersonal relationships. (7)
- To improve mental health: may help fight depression and anxiety (13)
- To enhance relationships and diminishes sense of isolation (15)
- Other: To train the mind by recounting nature experiences (16)

MEANINGFUL ACTIVITIES

General: Storytelling and environmental memory (2)

Specific: Constructive and informed dialogues (4); Other: touching, smelling, hearing, seeing natural elements (27).

BARRIERS

Lack of knowledge or other barriers to access to resources, support from organization (5).

Lack of funding to keep the suitcases up-to-date and lack of funding to give it proper promotion.



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CONCLUSION

The Nature Suitcase equips volunteers to engage frail older people, especially those with dementia, in meaningful indoor nature activities, bringing nature to them. Though initially successful, lack of funds has made it difficult to update and promote. However, this challenge presents an opportunity to revamp it into an online format that is less dependent on personnel, providing better resources for volunteers and greater accessibility and flexibility.

CASE 4: GEZOND NATUUR WANDELEN – HEALTHY NATURE WALKS

Led by Stichting Gezond Natuur Wandelen Nederland
(<https://www.gezondnatuurwandelen.nl/organisatie/>)

Best practice type: ORGANISING WEEKLY WALKS IN NATURE AT SET LOCATIONS IN THE NETHERLANDS FOR EVERYONE INTERESTED

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community activity (2).

At the end of 2013, a number of people started the Working Group Healthy Nature Walking in the province of North Holland. The working group started with two pilots for Healthy Nature Walking: In Haarlem and the surrounding area (3) and on Texel (3). Volunteers were recruited and trained, and as of September 2014, weekly walks were held at six locations. This turned out to be such a success that at the end of 2014 the Healthy Nature Walking Netherlands foundation (4) was established. The long-term goal is that everyone in the Netherlands can participate in a free one-hour guided nature walk near their home every week.

OBJECTIVE

The goal of Healthy Nature Walking is to get as many people as possible in contact with nature in order to enjoy the health benefits of walking in nature. (3) As one of the ambassadors says: “you inhale all the ingredients for a good feeling: meeting neighbours, exercising and experiencing the beautiful nature” (5). The weekly walks of Healthy Nature Walking give a positive experience that put people in a good mood and will encourage them to be active more, both socially and physically whilst enjoying fresh air. Everyone is welcome, and the pace is adapted to the slowest person in the group, so there are no conditional requirements (1). The Healthy Nature Walk is organized at fixed times, once a week and at a fixed place so that everybody can join without specific effort, communication etc. (8) The walks are free, it is encouraged to have a cup of coffee afterwards which needs to be paid for by the participants him/herself.

The project is aimed at keeping people from different ages active and engaged through weekly guided nature walks.

The Healthy Nature Walks foundation keeps an up-to-date overview of all Walks registered per province so that each interested participant can have a look at the website and find a suitable walk including details about time and place. They also collect research results on the benefits of walking in nature, give tips, organize walks with specific themes, show



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inspirational examples of people who have benefitted of the healthy walks they have made and allow people to set up their own Healthy Nature Walk. The organization works together with partners like Caring doctors, health insurance companies, social networks etc.

BENEFITS OF THE BEST PRACTICE CASE

- To stay physically active (6)
- To enjoy fresh air and nature
- To encourage interpersonal contacts and social integration. (4)
- To maintain or develop the capacity for enjoyment and openness to walking in nature. (9)
- To Enhance relationships and diminishes sense of isolation. (15)

MEANINGFUL ACTIVITIES

GENERAL. Healthy Nature Walks that keep younger and older people actively engaged in nature. (1)

SPECIFIC: the walks are organized mostly in national parks or specific beautiful natural areas. Each walk can have a specific theme, but all walks organized fit in the same concept, they are all organized weekly, at a fixed time, fixed location and usually allow for a coffee or tea afterwards. (26)

BARRIERS

Not available for people who are physically challenged. Even though the pace that is set depends on the slowest participant, you still need to be able to walk at least a certain distance. Also, the starting

CONCLUSION

Healthy Nature Walks are very low barrier walks. Everyone can join a walk and you do not need to organise anything beforehand, just check out the starting point and time. The concept is very open and aimed at getting people who would normally maybe not walk on their own, now try a walk in nature with other like-minded people. Healthy Nature Walks is based on a great low-barrier, easy enjoyment of nature concept. However, accessibility for people who are physically challenged is not accounted for.

CASE 5: TUINKAART – GARDEN MAP

Led by IVN (<https://www.ivn.nl/aanbod/groen-doen-zorg/tuinkaart/>)

Best practice type: A GARDEN MAP FOR RESIDENTS OF CARE INSTITUTIONS OR ASSISTED LIVING FACILITIES IN ORDER TO ENJOY THE GARDEN AROUND THE RESIDENCE TO THE FULLEST POTENTIAL

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community and leisure activity (2). + (8)

Clients of healthcare organizations often depend on others to take them outside. After all, this often requires one-on-one support. For this, they often depend on family members and



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volunteers. The Garden Map is a brochure with a map of the garden showing where elements in the garden are located and how to experience them. With the Garden Map, residents, volunteers and family caregivers are invited to discover together the garden of a residence for elderly what can be seen, smelled and felt. In this way, visiting the garden becomes a valuable experience.

OBJECTIVE

The goal of the Garden Map is to have as many elderly residents of care institutions and residences for elderly and their care takers enjoy their garden. By providing a map with all different elements in the garden, visiting the garden becomes more entertaining, more interesting and it will allow for more interesting conversation. The Garden Map gives concrete starting points for a conversation even if you do not know much about gardening or nature in general. A visit to the garden is now a celebration.

BENEFITS OF THE BEST PRACTICE CASE

- To stay physically active because walking through the garden is stimulated
- To enjoy fresh air and nature
- To encourage interpersonal contacts and social integration because of the leads to an interesting conversation topic is offered by the guide (4)
- To maintain or develop the capacity for enjoyment and openness to being in nature. (9)
- To Enhance relationships and diminishes sense of isolation. (15)

MEANINGFUL ACTIVITIES

GENERAL. Garden Maps enable discovery of all different elements in the garden of a facility/residence. (7)

SPECIFIC: The development of the garden map starts with interviews with staff and volunteers who know the nicest spots in the garden. Together, an initial visit to the garden is made and the wishes and possibilities for the Garden Map are inventoried. (8)

Then a rough map of the garden is made, which serves as the basis for the Garden Map. Subsequently nature experience elements are elaborated. 15 to 20 elements are highlighted that will be captured in text and images. The final Garden Map is developed and distributed among all people interested.

BARRIERS

The Garden Map in itself is not a guarantee that the garden will be enjoyed to its full potential and that conversations are engaged. However, the map is set up so that it does easily allow for people to discover all the facets of the garden. (5)

CONCLUSION

The Garden Map is a very clever tool to make people engaged in the garden. The way the different elements in the garden can be enjoyed is key. It is a very low barrier activity and can be used many times. The Garden Map also allows young and old to enjoy the garden together. Naturally, the most important requirement is that the institution/facility has a garden and it



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would be good if the garden is set up in an interesting accessible way with enough plants and natural “elements” to enjoy.

CASE 6: SOCIAAL TUINIEREN – SOCIAL GARDENING

Led by Social Gardening Foundation (<https://sociaaltuinieren.nl/contact/>)

Best practice type: SOCIAL GARDENING INVOLVES VOLUNTEERS SUSTAINABLY REFURBISHING AND MAINTAINING NEGLECTED GARDENS OF VULNERABLE PEOPLE.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community and leisure activity (2). + (8)

Social Gardening involves volunteers tidying up and maintaining gardens with elderly and vulnerable people who can no longer do it themselves. Often these people have health problems, few financial resources and a limited social network. During festive project days, private gardens are thoroughly tackled by groups of volunteers. They weed, prune, remove tiles and plant low-maintenance and animal-friendly greenery under expert guidance. The residents do their part, for example by serving coffee and sweets to the volunteers. After the one-time makeover, neighborhood volunteers help maintain their gardens. In this way, Social Gardening works to break social isolation and creates wonderful contacts between people who otherwise would not easily meet. At the same time, it creates more greenery and biodiversity in the neighbourhood, a tidy, safe and attractive living environment.

OBJECTIVE

The goal of Social Gardening is to break the social isolation of vulnerable people in society by sustainably refurbishing and regularly maintaining neglected gardens with local volunteers. This leads to greener neighborhoods, more social cohesion because neighbors garden together and volunteers in the neighborhood help their vulnerable neighbors. (9)

BENEFITS OF THE BEST PRACTICE CASE

Social Gardening distinguishes itself from many other social green initiatives because:

- fighting loneliness and greening the living environment go hand in hand. (15)
- it focuses on the enormous greening potential of private gardens. More than 50% of Dutch gardens are tiled.
- it involves the most vulnerable people in our society in the task of greening. (11)
- volunteers receive expert guidance on garden design, green maintenance and social sustainability.

MEANINGFUL ACTIVITIES

GENERAL. Garden Maps enable discovery of all different elements in the garden of a facility/residence. (4)

SPECIFIC: Each project has the following format: In collaboration with health and welfare organizations, social neighborhood teams, housing associations and other community partners, residents and their gardens in a particular neighborhood are selected by the Social



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Gardening Foundation.

First the needs of residents are identified. Those wishes are the starting point for the garden plan that consists of 3 phases:

A garden designer/gardener provides the plants and garden soil.

The foundation matches a group of volunteers with a number of residents and agrees on a date for the makeover. (9)

On that day, volunteers renovate a number of gardens, under the guidance of the foundation, the garden designer/gardener and the social workers/neighborhood managers.

During the project day the resident is at home, so that there is contact and reciprocity can occur. For example by offering some drink or a snack by the resident. In this way he or she can experience more self-esteem and ownership. (1)

Afterwards, Stichting Present organizes collaboration with local social organizations the structural aftercare of the gardens through the use of structural volunteers. In this way the three pillars of the plan are ensured: sustainability, social cohesion and breaking of loneliness. Residents themselves are also stimulated to do small maintenance, such as watering the plants

BARRIERS

Social Gardening is a programme that is carried out by the social gardening foundation in cooperation with volunteer organisations. This means that it is not publicly available to everyone and that a neighbourhood needs to be selected in order to enjoy the benefits of the programme.

(6)

CONCLUSION

Social Gardening is a very meaningful way of supporting vulnerable people by offering practical help and by stimulating a green neighbourhood. Besides stimulating the development of gardens in a neighbourhood, it also gives a boost to volunteer work which is an important incentive for more social cohesion. Especially vulnerable elderly can benefit from the programme.

CASE 7: NEDERLANDS KAMPIOENSCHAP TEGELWIPPEN – DUTCH CHAMPIONSHIPS TILE TOSSING

Led by Creative Agency Frank Lee (<https://www.nk-tegelwippen.nl/>)

Best practice type: THE DUTCH CHAMPIONSHIPS TILE TOSSING IS PART OF THE CAMPAIGN A GREENER NETHERLANDS STARTS IN YOUR OWN GARDEN! BY TOSSING TILES, YOU MAKE YOUR NEIGHBOURHOOD GREENER AND THE ACTIVITY IN ITSELF STIMULATES SOCIAL COHESION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community and leisure activity (2).



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The weather in the Netherlands is becoming increasingly extreme. Heavy rain showers and long periods of heat and drought follow one another. In addition, we increasingly have to deal with problems such as heat stress and flooding, because our living environment is highly urbanized. All those stones do not cool down on a hot day and do not let water through when it rains. That rainwater can then overload the sewer system or run into your basement. More greenery counteracts this. In addition, research has shown that a greener living environment has a positive effect on our mental health.

This is why the campaign “Toss your tile” has started. The competition element makes it a very likeable event that appeals to many people.

OBJECTIVE

The goal the Dutch Tile Tossing Championships is to motivate citizens to make their neighborhood greener by removing tiles from the pavement and turn them into small gardens. (8) By making it a playful event, people are eager to participate and motivated to really make an effort. It enhances social cohesion and leads to a greener neighborhood.

BENEFITS OF THE BEST PRACTICE CASE

- The competition raises awareness about the benefits of greener cities and towns
- The neighbourhood turns greener which has a beneficial effect on the social and natural environment (9)
- The campaign supports cooperation between citizens (people from the same town are participating together in the championships) and stimulates social cohesion (1) + (7)

MEANINGFUL ACTIVITIES

GENERAL. The NK Tile Tossing creates awareness and stimulates neighbors to work together to make their neighborhood greener in a very fun and accessible way. (4)

SPECIFIC:

In the period between March 21 to October 31 all citizens in The Netherlands are invited to flip tiles! Municipalities compete against each other: who will flip the most tiles? All residents of the Netherlands can do their own thing with the tiles in their front, back, and facade gardens. The assignment is to tip tiles and replace them with plants. It can be done in the street, but also in people’s own garden. All tiles are registered and added to the community total. Whichever town or city wins gets a price. (8)

BARRIERS

Everyone can participate and it is a very easy to organise activity. The cooperation between neighbours is not necessarily enhanced by the organisation, so in order to really have beneficial social effect, the activity is dependent on the right volunteers. (1)

CONCLUSION

The Dutch Tile Tossing championships are a very appealing and likeable activity that raises awareness about the importance of green environments whilst stimulating neighbours to work together to flip as many tiles as possible. However, older vulnerable citizens are not necessarily involved in the activity and there is no special attention given to this group of people.



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CONCLUSIONS

The #2 Hours of Nature Challenge has proven to be a successful challenge which promotes going outdoors and connection with nature. The challenge is not aimed at frail older people, and therein lies the opportunity. With some tweaks, the challenge can be plotted at a whole new target group.

The Training Nature Serves You Well has all the materials available to equip (in)formal caregivers with tools and knowledge on how to connect people with nature. There lies an opportunity to transform the training into an e-learning.

The Nature Suitcase is exceptionally well suited for frail older people to evoke memories, break social isolation and engage the senses. It can easily be transformed to an e-learning.



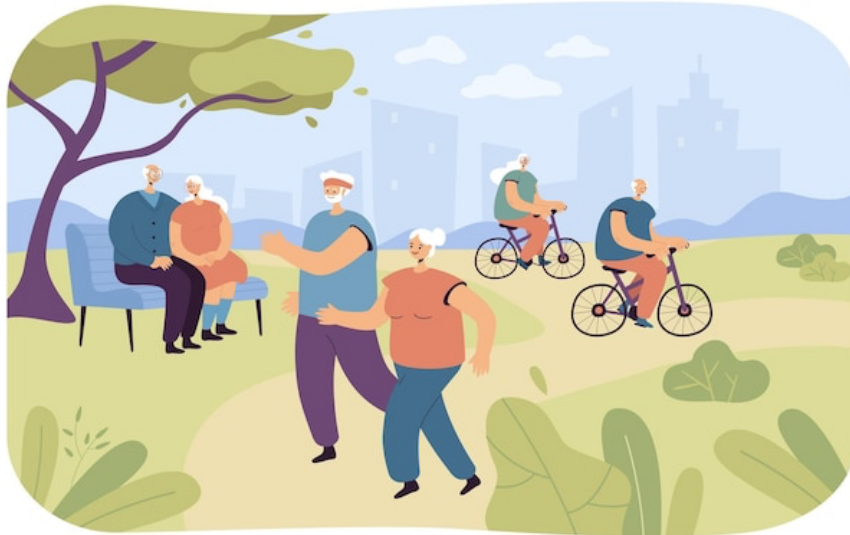
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WORK PACKAGE N°2 BESTP RACTICES AND CO-DESIGN

Task 2.1: Best practices: Analysing and
Mapping current best practices.

SLOVENIA, NATIONAL REPORT



**FLOWER PROJECT. Fostering nature related
competences with older people**

2022-1-NL01-KA220-ADU-000087475

DCHS and SPOMINČICA

30/06/2023



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INTRODUCTION

In Slovenia we have considered the following Best Practice cases:

- CASE 1: PLAN BE: ACTIVE SENIOR VOLUNTEERS
- CASE 2. URBAN GARDENING WITH GRANDMA AND GRANDPA
- CASE 3. SCHOOL OF HEALTH
- CASE 4. AROMATHERAPY AND HERBS FOR THE HEALTH AND VITALITY OF THE HOME ENVIRONMENT
- CASE 5. FOR A BETTER TOMORROW WITH DEMENTIA
- CASE 6. TRIM TRACK ADAPTED FOR THE ELDERLY (in Obala Gorica)

CASE 1: PLAN BE: ACTIVE SENIOR VOLUNTEERS

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community activity.

A two-year project called Plan Be, which ran from **1st September 2015 to 1st September 2017**, helped to share and disseminate knowledge by our partners about how to integrate older people into active life and, in particular, how to promote sustainable development.

The activity's main goal was to promote an active aging program through active citizenship, volunteerism, and involvement in neighborhood and community projects, focusing on problems like interculturalism, nature conservation, and social inclusion.

OBJECTIVE

The project's goal is to encourage senior citizens interested and active lifestyle through regular activities, mentally stimulating work, and social and emotional engagements.

The project supported three distinct components in order to encourage active aging and lifetime learning:

1. encouraging community service and volunteerism as a crucial strategy for active aging and active citizenship;
2. improving and enhancing the knowledge, abilities, and attitudes of adult teachers in order to structure active ageing program efforts for senior individuals;
3. Making constructive contributions to local sustainable development, with older residents as major considerations.

BENEFITS OF THE BEST PRACTICE CASE

- [Conduct of mutual cooperation activities with peers](#)
- Social communication tools and techniques
- Social inclusion
- Gender equality



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- Culture and art
- Nature and environment
- Food and health

MEANINGFUL ACTIVITIES

GENERAL. Promotion of active ageing and lifelong learning through working in nature and the environment, interculturalism and social inclusion.

SPECIFIC: Development and strengthening of the skills of adult teachers. Promotion of an increasing impact on sustainable local development, considering older citizens into account.

CONCLUSION

This project helped significantly in bringing different generations of citizens together through social engagement and volunteerism. In the future it would be very beneficial to continue to promote projects with similar objectives which encourage intergenerational cooperation and inclusion of experts from different areas in the work of the project.

CASE 2. URBAN GARDENING WITH GRANDMA AND GRANDPA

The project holder is Institute for home care, and the project partner is the City Association of Pensioners Ljubljana with the program Daily Activity Centers for the Elderly in Ljubljana.

Best practice type: Connecting intergenerational cooperation AND NATURE RELATED COMPETENCES.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community activity.

It is an original, pilot and intergenerational project that is unique in the field of intergenerational integration. Gardening is an activity that does not require formal education. It is based on the experiences of the individual and is a useful method for integration into the community. Local self-sufficiency is also one of the important topics of the future, not only for Ljubljana - the Green Capital of Europe 2016, but also for other cities around the world.

OBJECTIVE

The goal of the project is to encourage younger and older citizens to spend their free time more actively, to strengthen the values of intergenerational cooperation in the local environment through activities, to prevent and reduce loneliness, to overcome stereotypes and prejudices between generations, to enable the acquisition of various knowledge, skills and practical experience, and to connect public institutions and non-governmental organizations in the local environment or community.



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BENEFITS OF THE BEST PRACTICE CASE

- To encourage intergenerational contacts and local self-sufficiency.
- To promote social integration and increase contacts with nature orientated activities.
- To prevent and reduce loneliness, to overcome stereotypes and prejudices between generations.

MEANINGFUL ACTIVITIES

GENERAL. Meaningful routines that keep older people and their grandchildren actively engaged in nature related activities and sustain local self-sufficiency.

CONCLUSION

The project is still going on so the more concrete results will yet to be seen. So far it has proved to be very productive in the sense that the project encourages both the older and the younger generation to work with soil and each other. The main objective of the project is promotion of social inclusion as well as bringing nature in everyday life of the citizens.

CASE 3. SCHOOL OF HEALTH

Best practice type: how to maintain and improve the health of the residents and promotion of regular movement and physical exercise in nature, maintaining health for a long independent life.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

The case is a community activity.

The School of Health Association project has been operating since 2006, when the first group was formed in Celje. In 2009, were registered as an association with headquarters in Domžale. There are already many groups, they currently have 251 groups in 93 municipalities and 4,410 registered members (as of 31 December 2022).

Their basic activity is the morning exercise "1000 movements". This is how we maintain and improve the health of the residents. We take care of promoting regular movement and physical exercise, maintaining health for a long independent life, increasing the proportion of the physically active population, restoring the will to live to lonely and elderly people, strengthening the psychophysical condition of the elderly, preventing the course of chronic diseases and contributing to reducing the risk of developing depression and anxiety disturbances.

Their distinguishing mark is the color orange and exercise every morning (except Sundays and holidays) at 7:30 outside in the open air, near your home in all seasons. We are motivated by qualified volunteers with the help of professionally trained staff.

OBJECTIVE

The School of Health Association is a non-governmental organization that brings people together for the purpose of morning exercise outdoors in all seasons. By regularly practicing



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"1000 movements", we strengthen our body and spirit, expand our circle of acquaintances, make new friends and participate in local events through the association. The School of Health Association takes care of the physical and mental health of the individual as well as socialization, which is an important factor for the quality of life.

BENEFITS OF THE BEST PRACTICE CASE

- To encourage physical exercise in nature and social integration.
- To develop the need for social interaction among seniors.
- To promote health for a long independent life.

MEANINGFUL ACTIVITIES

GENERAL. Meaningful routines that keep older people actively engaged in regular movement and physical exercise in nature, maintaining health for a long independent life.

CONCLUSION

The project has been designed to include as many people as possible from all aspects of society in order to promote healthy work out. In addition to the health aspect which is extremely beneficial for everyone the project also provides the interpersonal contacts among the participants. This good practice continuously shows to be of extreme benefit for the individuals as well as the growth of the community.

CASE 4. AROMATHERAPY AND HERBS FOR THE HEALTH AND VITALITY OF THE HOME ENVIRONMENT.

Led by Hanuman Herb Farm, Tomaž Mulej - complementary activity on the farm, other project partners were Association Lojtra and Elderly home Tisje

BEST PRACTICE TYPE: EDUCATING ENVIRONMENTAL SKILLS AND NATURE RELATED COMPETENCES FOR INCREASED SUSTAINABILITY AND NATURE CONSERVATION.

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

- Community activity (2).
- Environmental activity (3).
- Involvement of older people (6)
- Pedagogical activity (9)
- Therapeutic activity (12)

The Aromatherapy and Herbs for Health and Vitality in the Home LAG project brought together partners who want to delve deeper into herbs and herbal preparations. The activities were mainly done in the nature. The Hanuman Herb Farm, Dom Tisje and the Lojtra Association have



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set up a project to gain new knowledge and apply it to their future work with the elderly, the young or to develop new products. They offer it more widely in the local environment in the form of training courses. The Tisje Home staff got qualified as aromatherapists and now they organize workshops in nature in the Elderly home garden for elderly on aromatherapy.

OBJECTIVE

Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities (1)

Raise awareness: increased sensitivity and awareness of the wider environment and related issues (3).

The objective of the project was to provide in-depth training in aromatherapy. After participants passed an exam and obtain the National Vocational Qualification of Aromatherapist, they are qualified to improve the care of the elderly in the nursing home, as the use of essential oils is proving to be a very effective and friendly way of caring for elderly citizens, especially those with dementia or other illnesses.

The objective is also to renovate and upgrade the herbal gardens – community garden and A new herb bed was planted in the community garden, senior citizens' home garden (Elderly home Tisje) and at the Hanuman herb farm. They are used now for workshops in aromatherapy for elderly in the nature.

Goals:

- Increase innovation and creativity;
- Increase local food self-sufficiency;
- Improving quality of life;
- Improving the quality and number of local services;
- improving biodiversity and landscape diversity;
- improving the skills and competences of rural actors.

BENEFITS OF THE BEST PRACTICE CASE

- To encourage creativity and productivity in the use of free time. (3)
- To serve as a means of relaxation and active coping with the stresses and strains of this stage of life. (12)
- To improve mental health: may help fight depression and anxiety (13)
- To help eliminate fatigue (14)
- To Enhance relationships and diminishes sense of isolation (15)

MEANINGFUL ACTIVITIES

General: Meaningful routines that keep older people actively engaged in everyday activities (1)

Specifics: Gardening. Water herbs. Plant herbs (8), walk and talk (11), therapy sessions (6), others: learning sessions on aromatherapy.



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BARRIERS

Unqualified external professionals or mediators (educators, dynamisers, etc.). (3)
Workshops on aromatherapy need qualified experts to lead workshops with elderly.

CONCLUSION

The workshops that are regularly organized in Elderly home Tisje are herbal, fragrant and healing and appealed to all the senses. Participants learn about medicinal plants, touched, smelled, looked at and tasted them. They also learned about their healing effects. They learnt which potions, teas, salves and essential oils to use to alleviate the ailments that people face in the last period of their lives on a daily basis. Participants are treated to homemade mint cakes, various herbal teas, tasted nettle pesto and are given a spray at the end of the gathering to relax and get a better night's sleep. Elderly have a good time and learn a lot during workshops. The newly acquired herbal garden, created with the help of the project, ensured that the users are able to put the knowledge they have acquired into practice. Medicinal plants are particularly popular among older people as they relax the body, calm the mind and even relieve pain. The employees of Dom Tisje are aware of the benefits of aromatherapy and pass their knowledge on.

CASE 5. FOR A BETTER TOMORROW WITH DEMENTIA in KORENIKA eco-social farm

Led by **Mozaik Society**: Association for social inclusion, which implements this good practice on Korenika eco-social farm. <https://www.korenika.si/korenika-en>.

Contact: Mrs. Neva, 00386 41 380 430, info@mozaik-drustvo.si

Best practice type: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Healthcare activity.

“For a better tomorrow with dementia” it’s a programme that Mozaik Society implements on Korenika eco-social farm. This are prevention activities for the elderly – organized exercises with an occupational therapist and meditation in the herb garden.

In 2006, the Mozaik Society came up with the idea of opening a centre for work training and employing people with disabilities and other vulnerable groups. The Mozaik Society and the Korenika Institute, established in 2008, began renovations on an abandoned farm and established the first educational and work-related activities.



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At the Korenika farm, they respect people, nature, culture and animals. Their business motives lie in solving social, economic, environmental and other problems. People can spend quality time in nature and at the farm while they learn about ecology, environmental protection and farming. Human well-being as well as physical and mental health of every individual is of utmost importance. Programmes for elderly involve walking through a vast herb garden and learn the secrets of medicinal herbs care.

OBJECTIVE

Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities. (1)

The objective of Mozaik Society within this programme is to provide better quality life of older people, also people with dementia through mediation in the herb garden and exercises led by professionals. The healing and relaxing is through nature.

BENEFITS OF THE BEST PRACTICE CASE

- To facilitate the physical maintenance of an adequate psychomotor functioning (6)
- To maintain or develop the capacity for playful enjoyment and openness to new interests and forms of activities. (9)
- To promote well-being and personal satisfaction. (11)
- To serve as a means of relaxation and active coping with the stresses and strains of this stage of life. (12)
- To improve mental health: may help fight depression and anxiety. (13)

MEANINGFUL ACTIVITIES

General: Meaningful routines that keep older people actively engaged in everyday activities. (1)

Specifics:

- physical exercise. (5)
- Therapy session. (6)
- Nature sports (19)
- Practicing yoga, meditation (20)

BARRIERS

Unqualified external professionals or mediators (educators, dynamisers, etc.). (3)

Workshops on aromatherapy need qualified experts to lead workshops with elderly.

CONCLUSION

The workshops that are regularly organized in Elderly home Tisje are herbal, fragrant and healing and appealed to all the senses. Participants learn about medicinal plants, touched, smelled, looked at and tasted them. They also learned about their healing effects. They learnt which potions, teas, salves and essential oils to use to alleviate the ailments that people face in the last



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period of their lives on a daily basis. Participants are treated to homemade mint cakes, various herbal teas, tasted nettle pesto and are given a spray at the end of the gathering to relax and get a better night's sleep. Elderly have a good time and learn a lot during workshops. The newly acquired herbal garden, created with the help of the project, ensured that the users are able to put the knowledge they have acquired into practice. Medicinal plants are particularly popular among older people as they relax the body, calm the mind and even relieve pain. The employees of Dom Tisje are aware of the benefits of aromatherapy and pass their knowledge on.

CASE 6. TRIM TRACK ADAPTED FOR THE ELDERLY (in Obala Gorica)

Led by Municipality of Radovljica and Radovljica Health Centre

Best practice type: BEST PRACTICES ON NATURE RELATED ACTIVITIES FOR FRAIL OLDER PEOPLE

DESCRIPTION: ACHIEVEMENTS AND CHALLENGES.

Healthcare activity.

Exercising in the woods in the middle of the city is something not everyone can do. Thanks to the Participatory Budget, Radovljica residents have a new trim trail in the forest. The machines allow them to do 80 different exercises on the go, and even organise guided exercise sessions for the elderly. It is suitable for all ages, and there are also special exercises for elderly on the boards.

The new trim trail 'Gymnastics in the forest' consists of six exercise points where more than eighty different strengths, balance, warm-up and stretching exercises can be performed, as well as exercises adapted to the elderly. As Anže Kosmač, kinesiologist at the Radovljica Health Centre, pointed out, the exercises are suitable for everyone, regardless of gender, age, background and fitness level. All points are equipped with boards with descriptions of the exercises and QR codes for accessing films showing how to perform them correctly.

The Radovljica Health Centre integrated the track into its health education programmes and also organises regular guided exercises for the elderly. A kinesiologist demonstrates how to correctly perform various exercises on the equipment, and the exercise lasts approximately one hour.

The Director of the Health Centre, Maja Petrovič Šteblaj, expressed her satisfaction: "Physical activity is also a way of treating chronic diseases, and a trail such as this one is very welcome in the community," she said, noting that the tools should be used carefully, in accordance with the individual's abilities and also the weather conditions. This will be the greatest contribution to our health.

OBJECTIVE

Keeping older people active and engaged through everyday activities, outings, cognitively challenging tasks, and social and emotional activities. (1)



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The overall objective is to contribute to health of the locals, also elderly by adapting the exercises.

Six exercise points, located on a path that runs along the famous Obla gorica hill in Radovljica, offer a variety of strength, balance, warm-up and stretching exercises, as well as exercises adapted for the elderly. The nearby health centre organises guided exercise sessions. The overall objective is to contribute to health of the locals, also elderly by adapting the exercises.

BENEFITS OF THE BEST PRACTICE CASE

- To facilitate the physical maintenance of an adequate psychomotor functioning. (6)
- To encourage interpersonal contacts and social integration. (4)
- To serve as a means of relaxation and active coping with the stresses and strains of this stage of life. (12)
- Other: To encourage physical exercise in nature and social integration, to promote health for a long independent life.

MEANINGFUL ACTIVITIES

General: Meaningful routines that keep older people actively engaged in regular movement and physical exercise in nature, maintaining health for a long independent life

Specifics:

- Hiking, walking. (9)
- Physical exercise (5)
- Nature sports (19)
- Sports meetings (23)

BARRIERS

Unqualified external professionals or mediators (educators, dynamisers, etc.). (3)

Workshops on aromatherapy need qualified experts to lead workshops with elderly.

CONCLUSION

The workshops that are regularly organized in Elderly home Tisje are herbal, fragrant and healing and appealed to all the senses. Participants learn about medicinal plants, touched, smelled, looked at and tasted them. They also learned about their healing effects. They learnt which potions, teas, salves and essential oils to use to alleviate the ailments that people face in the last period of their lives on a daily basis. Participants are treated to homemade mint cakes, various herbal teas, tasted nettle pesto and are given a spray at the end of the gathering to relax and get a better night's sleep. Elderly have a good time and learn a lot during workshops. The newly acquired herbal garden, created with the help of the project, ensured that the users are able to put the knowledge they have acquired into practice. Medicinal plants are particularly popular among older people as they relax the body, calm the mind and even relieve pain. The employees of Dom Tisje are aware of the benefits of aromatherapy and pass their knowledge on.



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CONCLUSIONS

These projects demonstrate the power of community engagement and social inclusion through intergenerational cooperation. Initiatives like "Plan Be: Active Senior Volunteers" and "Urban Gardening with Grandma and Grandpa" bring different generations together, fostering collaboration and integrating nature into daily life. Additionally, the "School of Health" project promotes healthy lifestyles while nurturing interpersonal connections among participants. By continuing to support similar projects, we can strengthen communities, promote well-being, and enhance the overall growth and inclusivity of society.