Passion for Life

Creating possibilities to develop new connections

Foto: Michael Bergström
Passion for Life – who are we?

Cooperation between Qulturum Jönköping, The swedish Association of Local Authorities and Regions and the two biggest organizations for seniors in Sweden, PRO and SPF
Why Passion for life?

The population is getting older and the needs of medical and social care will increase.

There is no good line of action to take care of the competence of old age pensioners.

Elderly people feel that they have little possibility to influence their life which leads them to act as “victims” Empowerment

The possibility of testing welknown methods in a new context
Passion for Life - aims

- To develop conditions for a full healthy life with a high quality of life for elderly people

- To test procedures to find new methods that can affect the overall goal we all probably aim for:

  best possible life – the whole life
Passion for Life - goals

- To incite senior citizens to take their own responsibility for preventive work for as rich and healthy life as possible

- To find messengers who can communicate knowledge and methods and spread ideas
Passion for Life - strategy

By modern methods of quality development incite people to go from words and knowledge to action and changed lifestyle
The strategy in other words

Passion for life wants to incite each individual to create possibilities to change / improve the situation today into a better situation tomorrow by active efforts.
What are we trying to accomplish?

How will I know that a change is an improvement?

- What conclusions do I draw?
- Tests on a larger scale?
- What changes should be made considering the result?

- Accountability and interpretation
- Compare with the hypothesis
- Sum up
- Was the change an improvement?

- Make a plan for the test
- What do I want to test?
- Issues?
- Do I need to know more?
- How?
- Who does it?
- When and where?

- Effect the change
- Difficulties?
- Deviations?
- Unexpected effects?
Constant renewal is necessary

When I have made a change it is important not to fall back to old habits and patterns

I must all the time strive upwards towards new goals – it is the joint result of the small improvements that lead to the goal
Passion for Life – how do we do it?

On the way ....

We met in six life cafés, which are rooms of possibilities where everybody’s experiences contribute to improvements.
Life café 1

- Introduction and presentation
- Expectations? Why are we here?
- Lecture about normal aging
- Lecture about motivating dialogue
- Introduction of the life café file and the book “De ovanliga” (Unusual People) by Åke Mokvist

“The whole world is full of small miracles, but we are so used to them that we call them everyday things”

H C Andersen
Life café 2

Safety

Do I prepare for a safe way of living by creating conditions for a long-term home furnishing in terms of safety, accessibility etc.?

Goal:

A long-term home furnishing for quality of life
What did we do?

We analysed risk areas, e.g.:
- loose flexes
- medical reasons
- rugs and thresholds
- bathroom and shower
- bad lighting

All this was then tested in everybody´s homes before the next meeting

During every life café we had a break for physical training - also this first time
Network

Do I take responsibility for my social life by building and cultivating relationships with regard to the needs I have?

Goal:

Sense of community and connection
What did we do?

Card of social values: confidence, happiness, community, caring etc.

"The relationship onion" Lecture about the connection health – quality of life – social capital

Society, clubs, culture etc. Family Close friends Acquaintances
Food and drink

Do I eat balanced and varied food in a sufficient amount? Do I drink enough to avoid becoming forgetful, dizzy, unstable and tired – and getting dry skin and constipation

Goal:

A lifestyle promoting good diet.
What did we do?

To this café we were supposed to write down in a food diary what, when and how much we ate. A dietician then made a nutrition estimation. Some of us were a bit surprised by the result.

We also cooked a good 3-course dinner composed in a balanced way.
Exercise

Do I exercise so that I prevent overweight, diabetes, heart and vascular diseases, high blood-pressure, brittleness of the bones, back trouble and balance problems?

Goal:

A well-functioning body
What did we do?

We had a motivating discussion about the need of exercise to increase the quality of life.

We also tried out simple exercises under competent guidance.
Passion for life – book circle

Before every life café we have read one of the lifestories Åke Mokvist describes in his book ”De ovanliga” (Unusual People)

In the following meeting we have discussed what we learnt
A learning trip to Manchester

Sir John Oldham is the founder of the National Primary Care Development Team, NPDT.

Today Ruth Kennedy is the leader of NPDT
Education of instructors was effected on March 7 in Jönköping

Special material has been produced
Conclusion and delivery

Now it is your turn!
For your help there are:

- the project group
- trained instructors
- SV and ABF (educational associations)
- home page: www.lj.se/passionforlivet
- this presentation material
- a film
Spread is going on…
Passion for life

- good health and quality of life

Social networks

Food & drink

I am active and in power of my own life

Safety

Exercise

Lars Stenbäck & Anette Nilsson

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Effects of change

The seniors have made tests in their daily life for example take away carpets, assemble electric cords, start to eat more vegetables, establish relationships, take the staircases instead of the lift, walk instead of taking the car. Etc. The seniors show that this way to think and taking action has done difference in their life.
What have we learned?

- It is very important to be clear and repeat the method of quality improvement
- It is possible to use these methods to improve health and quality of life
- A message for others is don’t wait, start to build a structure for empowerment and do it with love and joyfulness
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Foto: Michael Bergström