

Feel Better With a Book: Reading for Wellbeing in Old Age



2016, June – 2017, May



To improve partners' potential in creating new purposive reading and bibliotherapy models that would involve seniors into meaningful activities helping them improve their mental health, adapt more easily, and overcome psychological difficulties

9 institutions from Lithuania, Latvia, Sweden and Estonia joined the project aiming to **strengthen their educational functions** trough experience exchange and cooperation



9 different institutions from Lithuania, Sweden, Estonia and Latvia will work together on project implementation:

1. Utena Third Age University
2. University Central Library of Vilnius Municipality
3. The Library of Lidköping
4. Senior Center at Lidköping Municipality's Community Care Services Department
5. Study center "Studieförbundet Vuxenskolan"
6. Venspils Central Library
7. Pärnu Central Library
8. Tammiste Elderly Care Home

Project coordinator
Association of Lithuania's Regions Libraries

The participants of mobility visits - 38 adults' trainers and trainings organizers - 2-4 people from each partner institution:

- 2 from Latvia
- 3 from Estonia
- 4 from Sweden
- 4 from Lithuania

- To improve the competencies on bibliotherapy theory and practice.
- To offer opportunities to learn from each other.
- To improve foreign language and communication skills
- To encourage partnerships at an international level.
- To adopt good experience.
- To generate new ideas for seniors' reading activities.
- To hold pilot sessions of purposive reading and bibliotherapy.
- To describe and share examples of good practices.

September 2016. First mobility visit. Pärnu.
November, 2016. Second mobility visit. Vilnius.
February, 2017. Third mobility visit. Lidköping
May, 2017. Fourth mobility visit. Venspils.

**March - April, 2017. Implementation of reading
activities for seniors**

Responsibilities of the participating institutions:

- To inform their communities and target groups.
- To host one mobility visit to their institution, to establish the agenda for it.
- To take over the documentation of the meetings and activities (Meeting report).
- To organize activities planned in the project.
- To collect the examples of good experiences and share them with project coordinator and other partners.
- To provide new ideas, suggestions.
- To communicate the results.
- To support project evaluation.