

SeniorCenter



SeniorCenter – A hub for health promotion & activities for senior citizens

Target audience Senior citizens in Lidköping, and everyone interested in elderly care in Lidköping.

Purpose

- ✓ To create a venue for health promotion and preventative measures.
- ✓ Informationcenter with easily accessible information
- ✓ Meaningful activities, social companionship & pleasant meals

Health promotion & activities

- ✓ Meaningfulness
- ✓ Physical exercise
- ✓ Pleasant mealtimes
- ✓ Social companionship



We work with following at SeniorCenter

- ✓ Senior citizen guide
- ✓ Support to relatives
- ✓ Fall prevention and physical activity
- ✓ Mobile activity team
- ✓ Hearing and visual impairment
- ✓ Voluntary activities
- ✓ Healthy eating



Information

Information about elderly care & specialized housing for elderly

- ✓ Information is given by the Senior Citizen guide
- ✓ Easily accessible information
- ✓ One number

Support to relatives

- ✓ Cafe's once a week
- ✓ Recreation-days
- ✓ Lectures
- ✓ Individual talks with the coordinator



Physical activity & fallprevention

- ✓ Courses – learning exercises in a gym
- ✓ "Balance-day"
- ✓ "Safetypromotion-day"
- ✓ Informationtour to other venues



Mobile activity team

Arrange meaningful and social activities in:

- ✓ Other venues run by the municipality
- ✓ Retirement homes



Coordinator for vision & hearing

- ✓ Increase independence for those with vision & hearing impairment
- ✓ Information
- ✓ Lectures
- ✓ Drop-in reception



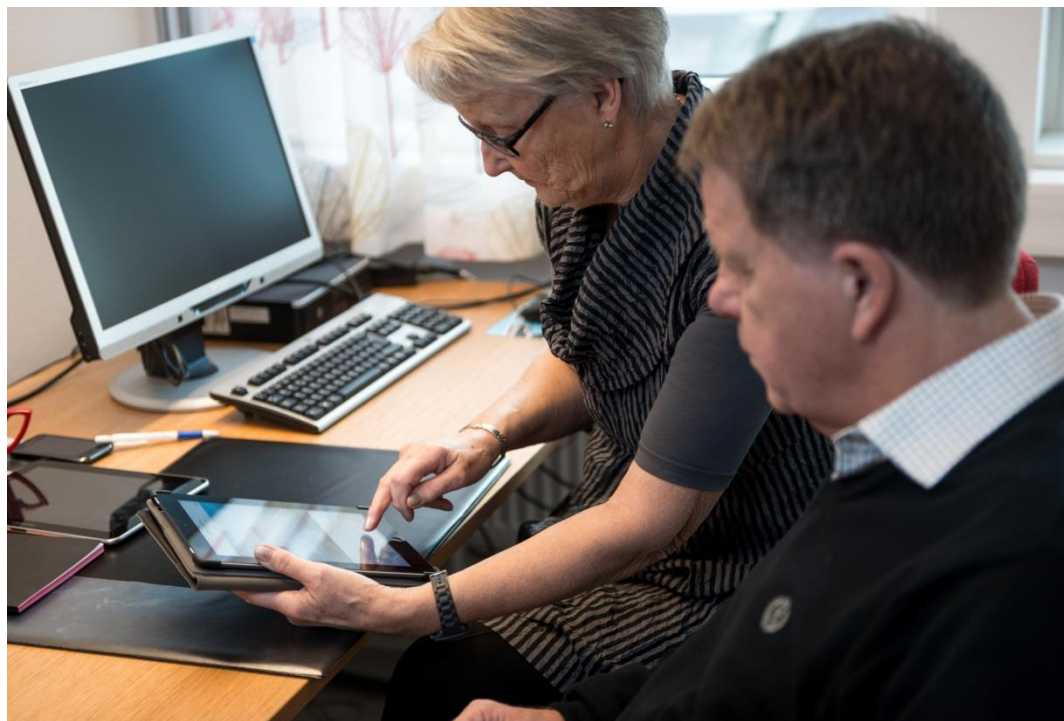
Voluntary activities



- ✓ Retirement homes
- ✓ Venues
- ✓ Home visits

IT

- ✓ Senior-net
- ✓ IT Cafe
- ✓ IT course



Outreach programmes - health promoting interventions at the age of 75.

- ✓ Seniormeetings for 75-year-olds with no home care services.
- ✓ Study-circles based on the book "Life Guidance for Elders".
- ✓ Physiotherapist, Nurse, Occupational therapist & Care administrator.



The Kitchen



Physical exercise

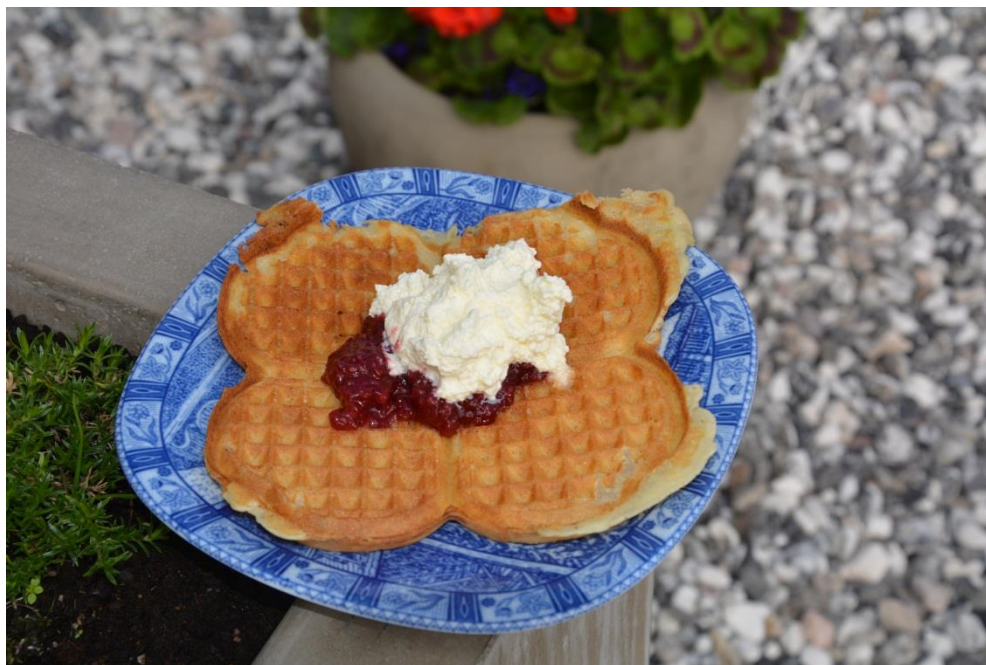
- ✓ Gymnastic
- ✓ Outdoor walking
- ✓ Yoga
- ✓ Balance and mobilitytraining
- ✓ Weight training in group
- ✓ Courses to learn gym training



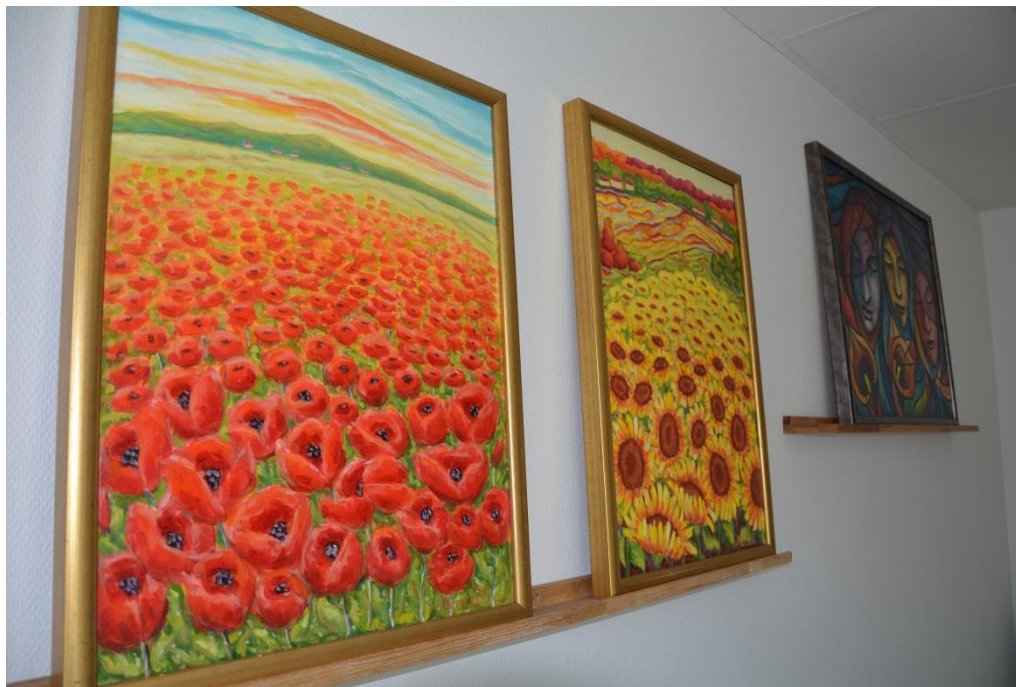
Outings to local attractions



Waffelcafés every monday



Art exhibitions



IT cafés



Music entertainment



Crayfishparty

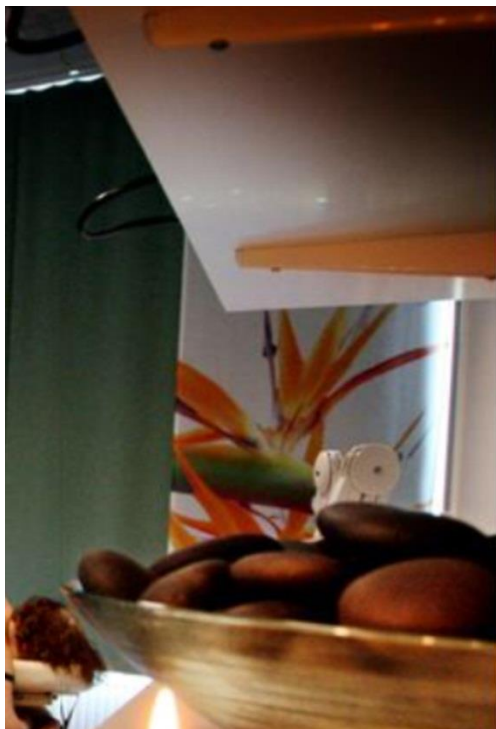


Fridayevenings



Spa treatments

collaboration with students from secondary school



Natalie Enli stylar Inga Hassel som är riktigt nöjd med resultatet.

