

Interreg V-A Latvia–Lithuania Cross Border

Cooperation Programme 2014-2020

**Project No. LLI-344 „Social partnership - integration of socially vulnerable people into community life“ (SocialLife)**

**The seminar**

**,,Improvement of seniors life quality“**

**AGENDA**

28.02. 2019. – 01.03.2019.

Hotel “Rija Bauska Hotel”,

Slimnīcas street 7, Bauska, LV-3901, Latvia

**First day 28th of February, 2019**

**"Is it easy to be old?"**

|  |  |
| --- | --- |
| 9.00-9.30 | Arrival and registration. Coffee / tea |
| 9.30 – 12.30 | * A social worker's understanding of the existence of the social role of an elderly person and resources.
* Getting new resources.
 |
| 12.30- 13.00 | Lunch break. |
| 13.00– 15.00 | * Understanding the seniors' basic emotions and emotional balance.
* Understanding of senior health, peculiarities of aging.
 |
| 15.00 – 15.30 | Coffee / tea break |
| 15.30– 17.30 | * Analysis of social workers' daily work experience situations with role play, settings, feedback and new model trainings. Work in groups.
 |
| 18.00 – 19.00 | Dinner |

Project partners:

  



Interreg V-A Latvia–Lithuania Cross Border

Cooperation Programme 2014-2020

**Project No. LLI-344 „Social partnership - integration of socially vulnerable people into community life“ (SocialLife)**

**The seminar**

**,,Improvement of seniors life quality“**

**Second day 1st of March, 2019**

**“** **Is the social worker also aging?“**

|  |  |
| --- | --- |
| 8.00 – 9.00 | Breakfast. Registration.  |
| 9.00 – 10.30 | * Meaning of Social worker’s support for seniors in their current life.
* The concepts of loneliness and uniqueness. How to work with them.
 |
| 10.30-11.00 | Coffee / tea break |
| 11.00– 12.30 | * Learn to understand that death is a part of life and how it is understood by the client.
* How to help to set the senior's goals for the nearest time and how to encourage to that senior is leader on their realization
 |
| 12.30-13.00 | Lunch break. |
| 13.00 – 14.30 | Understanding social work choice as a profession. Self-experience. |
| 14.30 – 15.00 | Coffee / tea break |
| 15.00 – 17.30 | * Relationship with personal aging. How to accept it, how to live and work with that still to be a professional social worker by own experience
 |

Contact person in Iecava Local Municipality Administration:

**Ineta Bramane**, Project coordinator

Tel. No. +371 22006871, e-mail Ineta.bramane@iecava.lv

Project partners:

  