

## Partners

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Zveza Društev Upokojencev Slovenije

### SPAIN

Instituto Etica Clinica Francisco Valles



## To know more

### Project website

<https://myh4d.pixel-online.org/index.php>

### Facebook

<https://www.facebook.com/MYH4D-European-Project-100521705297364>

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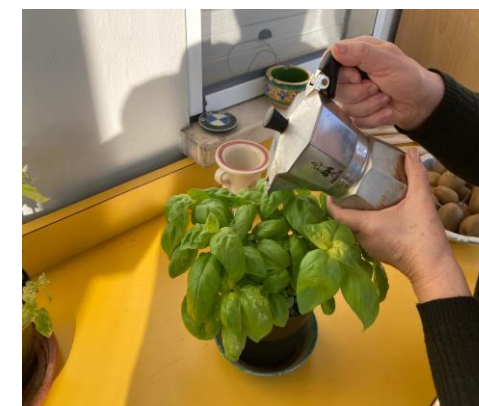
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Erasmus+ Programme  
Strategic Partnerships for Adult  
Education

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## Context

Move your Hands for Dementia (MYH4D) supports adult and senior educators in extending competences on educating dementia health literacy to the community.

A more health literate dementia community is the first step to improving a more inclusive and equal “dementia friendly community”: a society in which people with dementia are enhanced and valued.

The target groups of the project are:

- adult/senior teachers and educators
- people with dementia
- family caregivers of those living with dementia
- Adult/senior educator leaders
- Policy makers



### Why do we talk about DEMENTIA HEALTH LITERACY?

Dementia Health literacy provides capabilities to adults and seniors to face both health and the environment with more responsibility. Health competences improve the quality of life of those living with dementia and of their family members.

Dementia Health literacy has an impact at

- an individual level, both personal, and emotional, as well as social skills and well-being
- a social level by implementing a more inclusive and supportive community

## MYH4D Objectives

Dementia education equips adult educators with knowledge, know-how, skills and/or competences, by using open and distance e-learning.

Dementia knowledge and competences provide skills to communities and offer concrete opportunities to people with dementia and their caregivers.

The Quality of life of people living with dementia and their caregivers is supported by integrated policies and facilities.



### DEMENTIA FRIENDLY COMMUNITY VALUES

Improving inclusion of people with dementia and increasing equity in order to access public and private services means answering their needs inside the community e.g.

- social needs (cafeterias and restaurants)
- cultural needs (museums, libraries, book shops, adult education centres)
- health and wellbeing (gyms, parks, health services)
- primary needs (supermarkets, bakeries, grocery stores etc.)

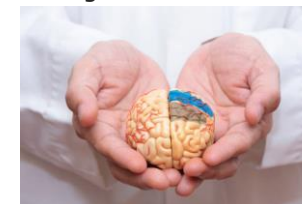
## MYH4D three tangible results

1. **"Be connected" M.O.O.C.** (Massive Open Online Course) gives instruments to adult and senior educators to improve their competences on dementia health literacy. Formal and non-formal adult educational settings are involved.



2. **Two Communities of Practice (CoP)**

- 2.1 **CoP** targets to adult educators. It aims to share ongoing adults/seniors learning training to people with dementia and family caregiver.
- 2.2 **CoP** targets to people with dementia and family members. Its gist is to share life daily needs and solutions about Assistive Technology Initiatives/devices, gamification and neurocognitive rehabilitation training.



3. **Two Guidelines for Adult Educator leaders and for policy makers.**

Both aim to improve sustainable educational strategies and policies with regards to dementia.

