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TALES2SHARE:

Promoting Lifelong Learning of Elderly Women Through the Upgrade of Adult Educators' Methodologies for Inclusive, Accessible and Participatory Communities

Innovative Forums Objectives, Discussion questions & Participants List

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Form for adult trainers

Note: not all questions have to be asked.

	FORM	
		Answer column
DESCRIPTION & FORMAT	Way of recruitment of the participants	As Emphasys is an adult and VET centre, we choose the most relevant adult educators/trainers to participate in the innovative forums that they are closely working with elderly people.
	Way of conduct	Face-to-face communication since Emphasys as an adult and VET centre, consists of adult educators/trainers/professionals
	Number of participants	5
	Moderator	Chrystalla Thrasyvoulou
	Date and location of the conduct	14th of June 2024, Emphasys Centre
	Profile of participants (type of trainings they deliver) Be specific	Participants 1 & 2 – They are experts on green and environmental topics. They are delivering trainings to elderly women and young people related to climate change, environmental awareness, sustainability practices etc. Participant 3 – She is an IT instructor and she is offering trainings to elderly women

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		related to IT, smartphones, how to use the internet etc. Participant 4 – She is offering training related to creativity and how the elderly people can be more creative, flexible, problem solvers etc. Participant 5 – He is offering trainings related to active aging, mental health, how to stay active etc.
ENGAGEMENT QUESTIONS (not mandatory)	Why did you decide to join the innovative forum?	• Interested to investigate new life-long learning opportunities for elderly people • Interested in strengthening our network, and non-formal practices of teaching elderly people
	What you would like to have as take-aways from the innovative forum?	• Possibility of organizing more frequent forums or events targeting elderly people
	Do you have any expectations you would like to share before we start?	No
EXPLORATION QUESTIONS	What does being "included" in society mean to you? What are the benefits and privileges that come with it?	"Included" in society means to be active at a national, local, or regional level in that you are involved in social, cultural, or regional parts of a society. Also, another important aspect is to be recognized, accepted and valued as a full member of the society. The benefits are: • Reduces the feeling of isolation, depression and anxiety • Equal access to educational purposes • Participation and engagement in community activities and events • Improve self-esteem and confidence • Participate in political decisions • Contribute to the community through volunteering • Improve the sense of security in a community • Developing social and communication skills
	How would you describe the feeling of being "excluded" from society? What	"Excluded" means not to be an active member of a society, not to be

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are the disadvantages and drawbacks that come with it?	accepted and involves a range of negative emotions and experiences. Disadvantages and drawbacks: • Sense of isolation and anxiety • Sense of rejection and feeling unwanted and ignored • Low self-esteem and confidence • Sense of insecurity • Sense of stress and fear • Lack of educational opportunities • Exclusion from political decisions
Can you describe your experience working with elderly women, particularly those from migrant backgrounds?	• Cultural Backgrounds: Recognizing and respecting the diverse cultural backgrounds of migrant elderly women is very important. • Language barriers Most of the migrant elderly women have limited access to the national language of any country which can lead to difficulty in accessing services and training. • Limited literacy Some migrants elderly women might have limited literacy, which complicates the learning process. • Mental health Many migrants may have experienced a trauma or they need support.
What are the most common challenges you encounter when working with this group?	• Engage seniors in trainings • Design personalized content for the training for the needs of each elderly woman • Support elderly women in peer-groups
What strategies have you found effective in engaging elderly women in learning activities?	• Personalised learning content to attract elderly women based on their needs and interests • Use interactive and practical activities • Flexible schedule of the training • Celebrate achievements • Collaboration with different organisations
Can you share any good practices or successful programs you have implemented or witnessed that	• Organise events and workshops for elderly women and adult

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promote the inclusion and engagement of elderly migrant or native women?	educators to meet each other, learn their culture etc. • Organise events for active participation at a national, local, or regional level • Organise hands-on practical activities to promote the necessity of inclusion and active engagement of elderly migrant or native women • Organisation of social clubs such as volunteering clubs in each region where elderly women can meet regularly to socialize, participate in activities and support each other • Provision of free life-long-learning opportunities to elderly women • Provide counseling services for free to support and motivate them
How do you incorporate storytelling into your teaching practices? What are the key elements of a successful digital storytelling program for elderly women?	Storytelling has been incorporated into teaching practices especially for elderly women since it provides several benefits. • Elderly women use personal stories to share their experiences and make the content of the teaching more relatable • Use storytelling as case studies • Use storytelling as a role-playing activity • Use storytelling as a teamwork activity where learners collaboratively build a story • Use storytelling for problem solving Some of the key elements of a successful digital storytelling are: • Create a safe place where learners will feel comfortable sharing their stories • Use user-friendly digital tools • Provide technical support • Offer basic IT training to familiarize learners with digital tools • Use various formats such as written stories, audio recordings, video clips, photos, icons etc.

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	Can you name a specific example of good program for inclusion of elderly women in your country?	• **Third Age Observatory (TAO)** Aims to address the needs and challenges faced by elderly individuals in Cyprus, with emphasis on promoting active aging, social inclusion and lifelong learning opportunities. This program includes several activities, workshops and support services tailored to the needs and interests of elderly women. • **Pancyprian Volunteerism Coordinative Council (PVCC)** Aims to motivate and engage elderly people to volunteerism with the main mission to promote the well-being, inclusion and active participation and engagement of senior women at national, local and regional levels. • **Cyprus Third Age University (TAU)** Offers educational opportunities to elderly individuals • **Municipal Elderly Centers** Most of the municipalities in Cyprus operate centers (multipurpose centers) dedicated to the elderly people, offering a range of activities and services to promote their well-being and inclusion.
EXPLORATION QUESTIONS	How can the TALES2SHARE project support you in improving your practices and methodologies?	• Providing guidelines and instructions on how to include digital storytelling in more courses/workshops • Explore different methodologies and tools • Participation of elderly women in events, meetings etc.
	What impact have you seen from your programs on the lives of elderly migrant women?	• Reduction of isolation • Strengthen their knowledge on different cultures • Increase empowerment and confidence • Bridging the gap between young people and elderly women
	What knowledge and resources you need at this stage to work more effectively with senior women?	• Workshops related to digital storytelling • Access to training programs that enhance cultural competences • Advanced digital skills to easily use technology
	If you could design a new initiative or program for elderly women, what key elements would it include?	• Active participation and engagement • Volunteerism

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		• Creativity • Problem-solving • Fitness and well-being • Empowerment and self-esteem
	Do you have any comments or recommendations?	No
	What is the story you wish to tell the world?	
Personal notes of the moderator After the conduct of the forum		

Conclusions of the moderator/facilitator:

The innovative forum for adult educators/trainers it was very useful and positive to share the experiences, knowledge and skills as adult educators on how to teach elderly women with migrant or native backgrounds. Generally, there are several factors that adult educators should consider while teaching elderly individuals in which they need practice and experience. Trainers should be creative, open-minded and flexible to tailor each course/training based on the learners' needs and interests.

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