

ELISTAT - Enriching the lives of seniors through the art therapy

Local Workshop
All Countries (France, Italy, Portugal, Romania, Turkiye)

ELISTAT partners held local workshops in their countries and cities with locals. It includes Local Workshops; Application and Testing of outputs: IO4, IO5, IO6
The target group for these workshops were the seniors and their trainers/educators/caregivers, benefiting from these outputs.
Each partner (with exception of INSPIRA), organized the workshop with, at least, 10 people from the target group.

The total duration of the workshop must be 8 hours for each partner, 4 of which must be face-to-face and the remaining 4 hours can be online or giving the possibility to carry out the activities at home.



About ELISTAT

The ELISTAT project aims to facilitate the application of Art Therapy for elderly people to promote their mental well-being, through:

- **Training Program and e-learning Application** for Adult Trainers who work with the elderly with the aim of assisting in the implementation of Art Therapy.
- **Book of Activities, Series of Videos and Podcasts** to guide seniors and their caregivers to carry out AT Activities on their own.



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Next Steps

The feedback collection will be carried out through a specific structured questionnaire for each intellectual output and, within each IO, a questionnaire for seniors and another questionnaire for trainers/educators/caregivers. These questionnaires will be provided by UFGVJ.

Templates for the Workshop National Reports will be also provided by UFGVJ.

Each partner will provide UFGVJ with a workshop national report and UFGVJ will elaborate a General Report that summarizes the feedback collected from all partners during the Workshops sessions.

This report should also contain final considerations on the data collected.

The results of the Local Workshops reports will be used for the fine-tuning of IO3, IO4, IO5 and IO6.

TESTING

For each one of the IOs tested in these workshops, the participants were asked to fill in a feedback questionnaire that will help the consortium to make necessary changes to these outputs. Therefore, there was a questionnaire for seniors about IO4, IO5 and IO6 and another questionnaire for trainers/educators/caregivers about IO4, IO5 and IO6.

ACTIVITIES OF LOCAL WORKSHOPS INCLUDES PROJECTS 3 OUTPUTS

- **IO4** - Activity Book for Art Therapy Activities

The Activity Book is a practical guide that includes art therapy activities, presented in a tailored way that can be easily understood and applied.

During the Local Workshop, the Activity Book was presented to seniors and to trainers/educators/caregivers.

- **IO5** - Video Series for Art Therapy Activities

This series of videos are a complementary tool to IO4. Each video corresponds to one art therapy activity defined in the Activity Book.

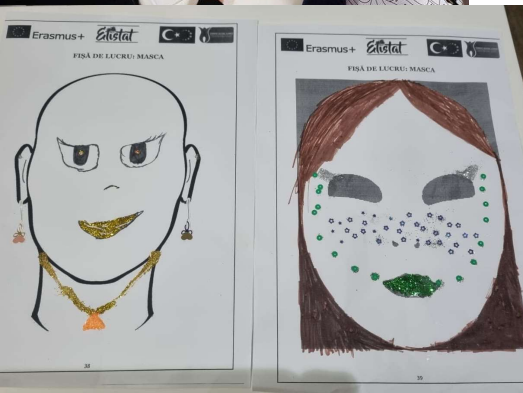
The Activity Book and videos allowed partners to organize and perform during the workshops the activities they select.

- **IO6** - Podcast Series for Art Therapy Activities.

During the Local Workshops, seniors and educators had been given special time and asked to listen to the Podcasts.

Seniors and trainers can listen to this Podcast Series at any time and wherever they are.

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Project Consortium



T.C. ANKARA VALİLİĞİ
AİLE VE SOSYAL HİZMETLER
İL MÜDÜRLÜĞÜ



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de Gondomar (S. Cosme), Valbom e Jovim

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