

Promoting mental well-being in old age

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APPROACH

- Meaning-based orientation
- Narrativity
- Psychological resilience

OUTCOMES

- Group-methods and tools
 - The Bridge of Mental Well-Being (BMW)
 - Arts-Based Methods
- Training for professionals



Promoting mental well-being.

Listening to older people and appreciating their life experience and art of living.

METHODS

- Co-development with older people
- Interviews, groups, workshops, campaign

CONCLUSIONS

Listening to older people when developing tools for their mental well-being is advisable. Positive perspectives applied here resulted in a wider understanding of mental well-being in old age.

“ It felt like we gave positive energy to each other. At least I felt I had more energy after the meetings.”

Participant feedback from Arts-Based Methods group

“ The campaign inspired my own work. It gave me new elements for the everyday work and it empowered discussion in the meetings.”

Feedback from the Sharing the art of living campaign

“ The issues of mental wellbeing became more concrete. And I received good tips of group methods.”

Feedback from BMW instructor training