



Age Institute is maintained by Age Institute's Foundation. The following actors are represented in the board of the Foundation:

- City of Helsinki
- University of Helsinki
- University of Jyväskylä
- Finnish Society for Growth and Ageing Research
- Folkhälsan
- Societas Gerontologica Fennica
- National Institute for Health and Welfare
- Finnish Union for Senior Services



Age Institute receives financial support from Veikkaus.

We study, develop, train, and publish materials for the promotion of older people's functional capacity and social inclusion.

As an expert organization, we collaborate with NGOs and municipalities, with special interest in

- health enhancing physical activity
- mental wellbeing
- housing, green and exercise environments
- volunteer and peer activities



www.ikainstituutti.fi
Jämsänkatu 2
00520 Helsinki
FINLAND



@ikainstituutti



Action for good ageing

Research

We open new aspects to ageing and old age by listening to the voices of older people and the people working with them. Our research is close to everyday practice and offers materials for age-friendly solutions in society and supports the development of good practices.

Our research focuses on the age-friendliness and dementia-friendliness of housing environments. We collaborate with Finnish and European universities in promoting the equality and health of older people.



Development

We develop good practices in order to promote older people's physical activity, functional capacity, mental wellbeing, volunteer and peer activities, and age-friendly environments. We produce and implement new practices in collaboration with NGOs and municipalities.

Publications

- Research reports
- Good practices
- Guidance and learning materials

Recent publications (in Finnish)

- Strength in Old Age ABC – An Efficient Operating Model for Health Exercise
- Instruction materials for international senior dance
- Remote Coaching of Health Exercise for Elderly
- Models for discussion groups: Highlighting Life Skills, Reflecting Mental Well-Being
- Guides for seniors: A Little Guide for Self-Compassion, A Pocket Book of Mental Well-Being
- Promoting Sense of Community in the Neighbourhood



Training

We train professionals in social and health care and physical exercise in municipalities and NGOs. We also train volunteers and peers.

We organize courses, instructor training, mentoring, as well as customized training and coaching for work places.

The training themes include exercise counseling, strength and balance exercise, senior dance, outdoor exercise, mental wellbeing, and support for empowering environments.