

Improving Older People's Mental Well-being

– information, skills and methods

Heimonen S, Björkqvist T, Fågel S, Haarni I, Mustonen O. Age Institute, Helsinki, Finland



AIM

- To promote knowhow on mental well-being
- To produce positive vocabulary
- To create new tools

APPROACH

- Positive psychology
- Solution-focused approach
- Meaning-centered perspective

METHODS AND TOOLS

- Senior Mind Pack – 52 cards for mental well-being
- Life skills campaign
- Models for discussion groups
- A pocket book with coaching programme

RESULTS

- Older people have felt empowered by the positive perspectives and tools.
- Professionals have found practical tools very useful in their work.