

# Supporting mental wellbeing in old age

Sirkkaliisa Heimonen & Tamara Björkqvist, Age Institute, Helsinki, Finland

## AIM

- To promote knowhow on positive ageing and mental wellbeing in old age.
- To create practical tools to enhance mental wellbeing.



## APPROACH

Positive approach to mental wellbeing and ageing emphasizes life-skills, strengths, resources and resilience.

## METHODS AND TOOLS

### LIFE SKILLS CAMPAIGN

- Online campaign
- Old people described their individual skills that give them joy and strength
- New tips and tasks weekly

### SENIOR MIND PACK

- 52 cards for mental wellbeing
- Offers a day-to-day perspective to mental wellbeing in later life
- Based on scientific and experimental knowledge, developed in a co-creation process

### THE BRIDGE OF MENTAL WELLBEING

- A structured discussion group model of 10 meetings
- 10 different themes including meaning in life, values, empowering narratives and power of positive approach

## RESULTS

- Older people have felt empowered by the positive perspectives and practical tools.
- Professionals have used these tools and found them easy to implement in different situations in elderly care and services.