



# Newsletter

Science based habits of people who age well - Ageing Well Project

## TOOLKIT LAUNCH

We are excited to introduce the Positive Ageing Toolkit, a comprehensive resource designed to enhance the well-being and resilience of adults aged 65 and above.

The toolkit - developed through extensive research across multiple European countries - offers practical strategies and tools to support active ageing and improve overall quality of life.



## FOCUS GROUPS ON POSITIVE AGEING

This spring, the AgeingWell project also conducted focus groups in six European countries, gathering insights from elderly participants about their experiences and perceptions of ageing. The reports from Greece, Cyprus, Switzerland, France, Spain, and the Czech Republic reveal both, common themes and unique perspectives, on what it means to age well.

These insights will be the base and guide the development of the projects further resources to support caregivers and seniors.

## CAREGIVERS' INSIGHTS: CHALLENGES AND MOTIVATIONS



In 2024, we also gathered insights from caregivers across six European countries. Through questionnaires, we explored their motivations, responsibilities, challenges, and the support they need.

Most caregivers are driven by a strong desire to support family members, particularly in Greece, Spain, and Cyprus. But they handle a wide range of tasks, from personal care to managing medication and household chores, often juggling these with other responsibilities.

