

## **ACTIVE AGEING PROGRAMME THROUGH AN E-LEARNING Program**

### **Background information:**

Vital Ageing is a psychosocial programme for promoting optimal ageing through training several contents related with active aging and healthy and adaptive attitudes. This programme has been applied as a Course for several years at the Autonomous University of Madrid.

Each Course was evaluated through experimental/control pre-postest designs. After the participants increase their knowledge about how to aging well, significantly increased their cultural, cognitive and social activities and participation, increase their physical exercise, their diet, and, in addition, improve their life satisfaction. Vital Ageing has three modalities:

1. - By courses organized by the UAM under the auspices of IMSERSO (1996-2005).

2.- Multimedia, made of 22 video lessons (48 h approx.), performed by a Consortium (NETTUNO, Italy; UAM, Spain and Univ. Heidelberg, Germany) under the auspices of the European Union Sócrates-Minerva Programme (2001-2002).

3. - E-learning has been developed in 2010 as a pilot programme developed within CAVIPUMA UAM-Santander project by a Consortium: UAM-Spain, Universidad de la Habana-Cuba, Pontificia Universidad Católica-Chile and UNAM-México.

### **Bibliography:**

- Fernández-Ballesteros, R. (Dir.) (2002): *Vivir con Vitalidad*. (5 Volúmenes) Madrid, Pirámide.

- Fernández-Ballesteros, R., Caprara, M.G., García, L.F. (2004): *Vivir con Vitalidad-m®: Un Programa Europeo Multimedia*. *Intervención social*, 13: 65-85.

- Fernández-Ballesteros, R., Caprara, M.G., Iñiguez, J. y García, L.F. (2004): Promoción del envejecimiento activo: efectos del programa "Vivir con Vitalidad®". *Revista de Geriatría y Gerontología*, 40, 150-161.

- Fernández-Ballesteros, R. (2005). Evaluation of "VITAL AGEING-M": A Psychosocial Programme for promoting optimal ageing. *European Psychologist*, 10 (2), 146-157.

### **Aims (brief explanation):**

To administrate the e-learning Vital Ageing programme, alter adjust contents to the new participation format. This contents are practical-theoretical managed, providing information to obtain active aging background and proposing activities to develop well being aptitudes.

### **Degree of implementation/progress status/current situation:**

Two pilot programmes has been conducted, one at the Autonomous University Elderly Programme (N=18) and other at the Catholic University of Chile Elderly Programme (N=10).

### **Who is responsible for the information (i.e. ministry, organisation, person)?**

The e-learning was carried out under the CAVIPUMA research Project ("Calidad de Vida en Participantes de Programas Universitarios de Mayores") sponsored by the Autonomous University of Madrid and Santander Bank chaired by R. Fernández-Ballesteros.

### **Who can be contacted in case of questions? (name, e-mail address)**

Prof. Rocío Fernández-Ballesteros. Dept. Psicología Biológica y de la Salud.  
r.fallesteros@uam.es

### **Please provide link or contact for further information:**

The course is hosted in [www.uam-virtual.es](http://www.uam-virtual.es).

It's necessary being registered at the platform to access the course.