

Good practices in HEPA

NAME OF THE ACTIVITY

Keep Your Brain Fit

LEADING ORGANISATION

DGI

COUNTRY

 Denmark

HEPA-RELATED TOPIC

HEPA for active ageing (including falls prevention), HEPA for mental health and wellbeing

TYPE OF ACTIVITY

Training

TARGET GROUP

Seniors aged between 55-75 years

OBJECTIVES

The project aims to translate research-based knowledge on keeping the brain fit throughout life into concrete activities and to disseminate existing knowledge. The target group for the project is men and women between the ages of 55 and 75.

ACTIVITIES

The project offers four different activity tracks and all of them contain physical, mental and social elements.

SMART training focuses on training memory, concentration and balance. The course consists of a series of low-intensity exercises with words and colours that aim to challenge the participant motorically, sensory, and cognitively simultaneously. The SMART training course is offered for 15, 30 or 45 weeks.

Culture in motion - movement in culture: Activity courses arranged by and at selected libraries. The courses vary across the libraries, but a common focus is the combination of culture, movement and social interaction. The activity courses last for 15 weeks and has included dancing, 'historic' walks, healthy cooking, and reading groups.

Nature training for seniors: The training always takes place outdoors and nature is used as an active part in the exercises. There is also a focus



on community and participants at all levels can participate. Nature training for seniors is offered for 15 weeks.

SENS - dance with a song to keep the brain going: This is a mixture of dancing and singing together on a team. The aim of this track is to reach out to seniors who are not attracted to physical activity through exercise and sports.

RESULTS / EVALUATION

The project has trained approximately 400 association instructors across Denmark. To measure the results of the programme, a multiple-choice questionnaire was conducted by the University of Copenhagen before and after the intervention. 671 seniors aged between 55-70 years were part of the evaluation. According to their answers, the seniors experienced a significant improvement in their psychological and social wellbeing.

WEBSITE

www.dgi.dk/holdhjernenfrisk

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