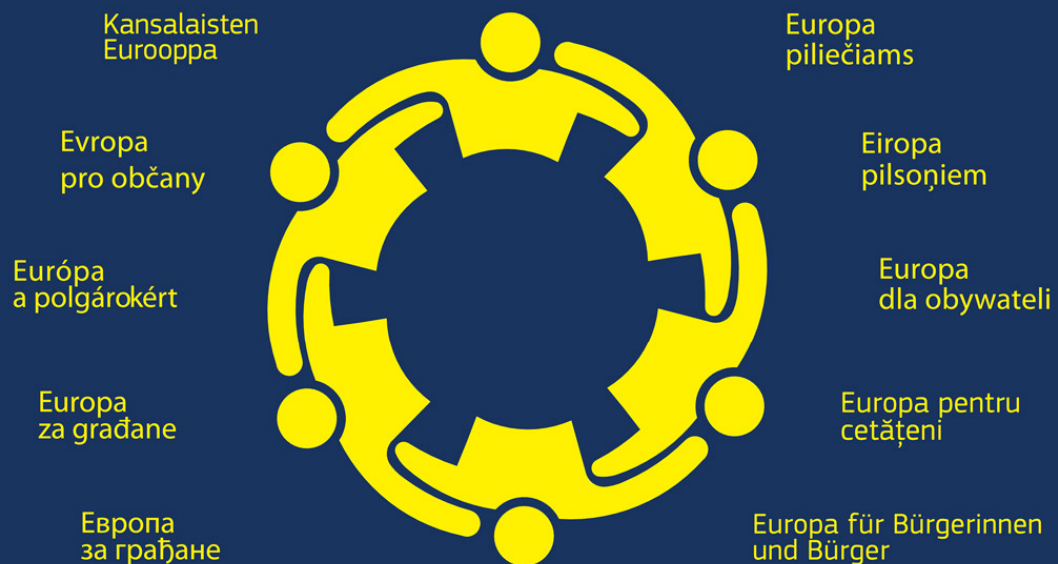


# REHABILITATION AND MAINTAINING THE EVERYDAY PHYSICAL ACTIVITY OF THE ELDERLY PEOPLE



Building Bridges between Senior Citizens and  
Students in the Elderly Care in the EU -project conference  
12-15 May 2014, Päijät-Häme, Finland



Region  
of Päijät-Häme



Europe  
for Citizens

## Key information in nutshell for conference participants:

**Airport Helsinki:** More information about the services at the airport, please see <http://www.finavia.fi/fi/helsinki/vantaa/>

**Airport shuttle busses to/from Lahti :** Transfer from the Helsinki-Vantaa Airport by the airport shuttle service to Lahti. Busses leave for Lahti in front of the terminal 1 from bus stop 5 and in front of the terminal 2 from bus stops 13/14. <http://www.finavia.fi/en/helsinki-airport-to-and-from/bus-service/> Busses leave from the airport mainly every full hour, please consult the departure times during rush hours and night time from the timetables you have received by e-mail. Travel fare is 39,60 euros/person including return ticket. You may buy the ticket by the driver. Please ask for the return ticket. Cash and most common credit cards (Visa, Master) are accepted. Travel time is appr. 1 hour and 20 minutes. Please leave the bus in the Lahti bus station (In Finnish: "linja-autoasema"). Your hotel is situated about 200 m from the bus station (please see the map!).

**Trains to/from Lahti:** the travelling time between City Centres of Helsinki and Lahti is appr. 1 hour. If you arrive by train, it takes appr. 15 minutes to walk from the railway station to the hotel, so with luggages we recommend to use taxis. The travel fare of trains depends on the type of train: the commuter trains to/from Lahti are marked with letter Z and have the regional fare (16,30 euros); the long distance trains (InterCity and Pendolinos/high speed trains) have own fare system from appr. 20 euros depending on scheduled train. Please consult the timetables and fares on <http://www.vr.fi/en/index.html>

**Bus timetables:** More information on bus timetables, please see [www.matkahuolto.fi/en](http://www.matkahuolto.fi/en)

**Currency and credit cards:** Currency of Finland is euro. Most conveniently you exchange your currency before departure or at the airport by the arrival in exchange offices and banks. All most common credit cards are widely accepted in department stores, kiosks, shops, restaurants etc.

**Hotel:** Participants are accommodated in single rooms in the Omena Hotel Lahti (street address: Rauhankatu 14). The hotel does not have a reception or a restaurant. The contact persons of the delegations will receive the door codes of the hotel rooms in the Sunday evening by e-mail and by SMS from the hosts. The same door code applies also in the entrance door of the hotel. The hotel rooms are available from 4 pm in the arrival day until 12 am (midday) on the departure day. The breakfast is served in the nearby Greek restaurant Asklipios (street address: Aleksanterinkatu 1). <http://www.omenahotels.com/our-hotels/finland/lahti/>

**Languages:** Finnish and Swedish are the official languages in Finland. English is generally spoken by Finns. Seminar language is English.

**Breakfast/lunches/dinners** during the seminar are offered by hosts.

**Map of locations in the Lahti City Centre:** see the last page!

**Smoking:** Smoking is prohibited in Finland in all public buildings as well as in restaurants and cafes.

**Tourism in Päijät-Häme:** For more information, please see <http://www.lahtiregion.fi/en>

**Tourism in Finland:** For more information, please see <http://www.visitfinland.com/>

**Transfers during the conference:** Transfers are made during the seminar in Päijät-Häme with the charter bus of the company MOBUS. Please follow carefully the timetable of the given seminar programme.

**Weather:** For local weather please see <http://en.ilmatieteenlaitos.fi/>

## IMPORTANT ADDRESSES AND TELEPHONE NUMBERS

Omena Hotel Lahti (street address: Rauhankatu 14)  
<http://www.omenahotels.com/our-hotels/finland/lahti/>

Greek Restaurant Asklipios (street address: Aleksanterinkatu 1)

Regional Council of Päijät-Häme (street address: Hämeenkatu 9)  
Tel. +358 (0)44 3719 438 (Mobile/Mr Marko Mälly); [www.paijat-hame.fi](http://www.paijat-hame.fi)

## **Monday 12 May 2014 (Lahti) – arrival day**

Arrival of participants with the airport bus or train from Helsinki

- 16.00 Rooms are available in the Omena Hotel Lahti (door codes are sent by the hosts/Mr Marko Mälly/+358 44 3719 438 to the delegations in the Sunday evening by e-mail and by SMS. If you have not received the door codes by then, please contact the hosts!)
- 18.00 Guided tour in Lahti with taste of culture, bus leaves in the front of the Omena Hotel Lahti
- Ca 19.30 Get together event in the village house of Heinlammi with innovative approach paving to the conference!
- Ca 21.30 Transfer back to the hotel

## **Tuesday 13 May 2014 (Lahti/Hollola) – 1<sup>st</sup> conference day**

07.00-08.20 Breakfast in the Greek restaurant Asklipios (street address: Aleksanterinkatu 1, Lahti)

08.20 Walk from the breakfast restaurant to the DILA – Lahti Deacon Institute in Lahti, Betel-Sali (street address: Sibeliuksenkatu 6B)

Location: DILA – Lahti Deacon Institute in Lahti, Betel-Sali

*(This following part of the conference is open to public!)*

- 8.30 Registration and coffee
- 9.00 Welcome by Mr Eero Vainio, Chairman of the Päijät-Häme Regional Council
- 9.10 National and cross-national aspects for quality of elderly care, Ms Harriet Finne-Soveri, Research professor, Head of the unit Ageing and Services, National Institute for Health and Welfare
- 9.30 Health promotion and current affairs in the elderly care and social affairs in Päijät-Häme, Mr Martti Talja, Professor, Director of the Central Hospital, Päijät-Häme Social and Health Care Group
- 09.50 Good Ageing Lahti Region - the GOAL program: 10-year cohort study and intervention for promotion of functional capability in elderly; Ms Raisa Valve, Development Manager, Ph.D. (Clin. Nutr.) and Mr Pasi Töyli, Planning Officer M.Sc. (Econ., Sport Sociology) Palmenia Centre for Continuing Education, Lahti Unit, University of Helsinki
- 10.10 Commercialization of the health enhancing physical activities, Mr Isto Vanhamäki, Business Development, LADEC
- 10.30 Elderly care education in the Lahti Deacon Institute, the elderly care education and working life, Ms Tiina Mäkelä, Director of the Lahti Deacon Institute

Coffee and refreshments

*(This following part of the conference is only for invited participants!)*

11.05 Guidance to the seminar work and establishment of the future project planning group and dividing in groups, Mr Marko Mälly, Senior Advisor/International Affairs

11.15 Site visit reflecting of practices/results of the GOAL project in small groups combined to presentation of the functions of the Lahti Deacon Institute

11.45 Thematic working in small groups continues reflecting experiences to the thematic in participating countries

Main themes for group discussions:

- Rehabilitation and maintaining the everyday physical activity of the elderly people: similarities and differences between own country/area/unit and Finland
- What kind of skills are needed in preventive and rehabilitation activities? How these skills are maintained and built up in daily work and vocational education?

12.45 Summary of working group activities

13.00 Lunch

14.30 Transfer from DILA to elderly care home “Onnenkoto” in the municipality of Hollola

Location: Onnenkoto (street address: Terveystie 6, Hollola)

15.00 Site visit and presentation of practices: Housing practices in the elderly care home “Onnenkoto”, Hollola

Presentation by Ms Johanna Honkanen, Manager on housing services, Centre for Social and Health Care Services - Oiva

16.00 Transfer from the elderly care home “Onnenkoto” to the Lahti University of Applied Sciences

Location: Lahti University of Applied Sciences – LUAS, Faculty of Social and Health Care (street address: Hoitajankatu , Lahti)

16.15 Coffee and refreshments

17.00 Functional capacity testing and the meaning of the testing for maintaining the everyday physical activity - practical exercises with discussion in small groups and reflecting practices in participating countries - evaluation of functional capacity: testing, guidance, follow-up activities

19.00 Transfer to the historical village centre of Hollola

19.30 Guided tour in the Medieval Church and surroundings

20.00 Dinner in the old rectory

22.00 Departure back to the hotel

## **Wednesday 14 May (Heinola/Lusi) – 2<sup>nd</sup> conference day**

07.00-09.00 Breakfast in the Greek restaurant Asklipios (street address: Aleksanterinkatu 1, Lahti)

*(This following part of the conference is only for invited international participants!)*

09.00 Transfer from the Greek restaurant Asklipios to the village of Lusi in the town of Heinola

Location: Lusi village school in Heinola (street address: Lusinraitti 2, Lusi)

09.30 Kyllikki – Action Day: Monthly action day in the village school with senior citizens and school children and discussion in small groups, how senior citizens and young people are activated to meet each other and how everyday physical activity is maintained.

12.30 Transfer to Jyränkölä Settlement in Heinola

13.00 Lunch

Location: Jyränkölä Settlement in Heinola (street address: Siltakatu 10, Heinola)

13.30 Coffee/refreshments

*(This following part of the conference is open to public! Translation provided for the international participants!)*

14.00 Speech: Senior citizens in the EU! (In Finnish)

Ms Kirsi Lehtimäki (Social Democrat), Member of the Heinola City Council, Member of the Municipal Committee for Health and Social Affairs of the Heinola City.

Mr Veikko Väisänen (Social Democrat), Member of the Heinola City Council, Vice-Chairman of the Municipal Committee for Health and Social Affairs of the Heinola City.

14.10 Current affairs about the Europe for Citizens programme (In Finnish)

Mr Marko Mälly, Senior Advisor/International Affairs, Regional Council of Päijät-Häme

14.20 Introductions by the panelists

Ms Sirpa Pietikäinen, MEP (Coalition Party) (via video link)

Ms Anne Louhelainen (Finns Party)

Mr Eero Vainio (Social Democrats)

Ms Johanna Häggman (Centre Party) (tbc)

Ms Raisa Valve, Development Manager, Ph.D. (Clin. Nutr.), Palmenia Centre for Continuing Education, Lahti Unit, University of Helsinki

14.45 Interactive panel discussion with EP election candidates, local politicians, senior citizens and conference delegates with the public participation – open to all public!

Interpretation provided Finnish-English-Finnish for international delegates!

15.45 Summary and closing of interactive panel discussion

*(This following part of the conference is only for invited participants!)*

16.15 Group discussions in small groups on the future project activities

17.00 Summary and closing of the day

Refreshments

17.30 Visiting Bird Sactuary of Heinola (street address: A.F. Aironkatu 3, Heinola)

18.15 Let´s dance Finnish folk dances in the old Store House “Makasiini”!  
(street address: Ratakatu 24, Heinola)

19.30 Dinner in the WPK-House (Old Voluntary Fire Brigade House)  
(street address: Kymenkartanonkatu 2, Heinola)

Apr. 21.30 transfer back to the hotel in Lahti

### **Thursday 15 May (Lahti) – 3<sup>rd</sup> conference day**

Check out and please take your luggages with you to the breakfast! Luggages will be stored in the restaurant during the day.

07.00-09.00 Breakfast in the Greek restaurant Asklipios (street address: Aleksanterinkatu 1, Lahti)

*(This following part of the conference is only for invited participants!)*

9.00 Presentation: Chaos Falls Clinic in preventing falls and injuries of home-dwelling older adults  
Ms Pirkko Heinonen, Head of the Rehabilitation Section, City of Lahti  
Ms Iiris Salomaa, Physiotherapist, City of Lahti

9.45 Transfer from the Greek restaurant Asklipios to “Lehtioja”

10.00 Site visit to the intensified housing services unit with rehabilitation providing cultural activities for senior citizens “Lehtioja”

Ca. 10.45 Transport to the Lahti University of Applied Sciences (street address: Ståhlberginkatu 10, Lahti)

11.00 Discussion and working in small groups

Main themes for group discussions:

- Prevention of falls and identification of osteoporosis patients
- What kind of good practices we have found? The issues on which we would like to continue to work together?

12.15 Summary discussion of the results of the previous days and recognized needs for the more intense cooperation.

Farewell Päijät-Häme, welcome to Talsi!

- 12.45 Transfer for lunch in the Greek restaurant (street address: Aleksanterinkatu 1, Lahti)
- 13.00 Lunch
- Departure to Helsinki in the afternoon by airport bus or train

**Main themes for group discussions:**

1. Rehabilitation and maintaining the everyday physical activity of the elderly people: similarities and differences between own country/area/unit and Finland
2. Evaluation of functional capacity: testing, guidance, follow-up activities
3. Prevention of falls and identification of osteoporosis patients
4. What kind of skills are needed in preventive and rehabilitation activities? How these skills are maintained and built up in daily work and vocational education?
5. What kind of good practices we have found? The issues on which we would like to continue to work together?

**A more detailed discussion on these themes will continue through internet questionnaire after the conference! The output will be utilized in the project publication.**

**Outline for collecting and sharing own daily findings:**

1. We have or we do the same things.

3. This is new for us! We could try this.

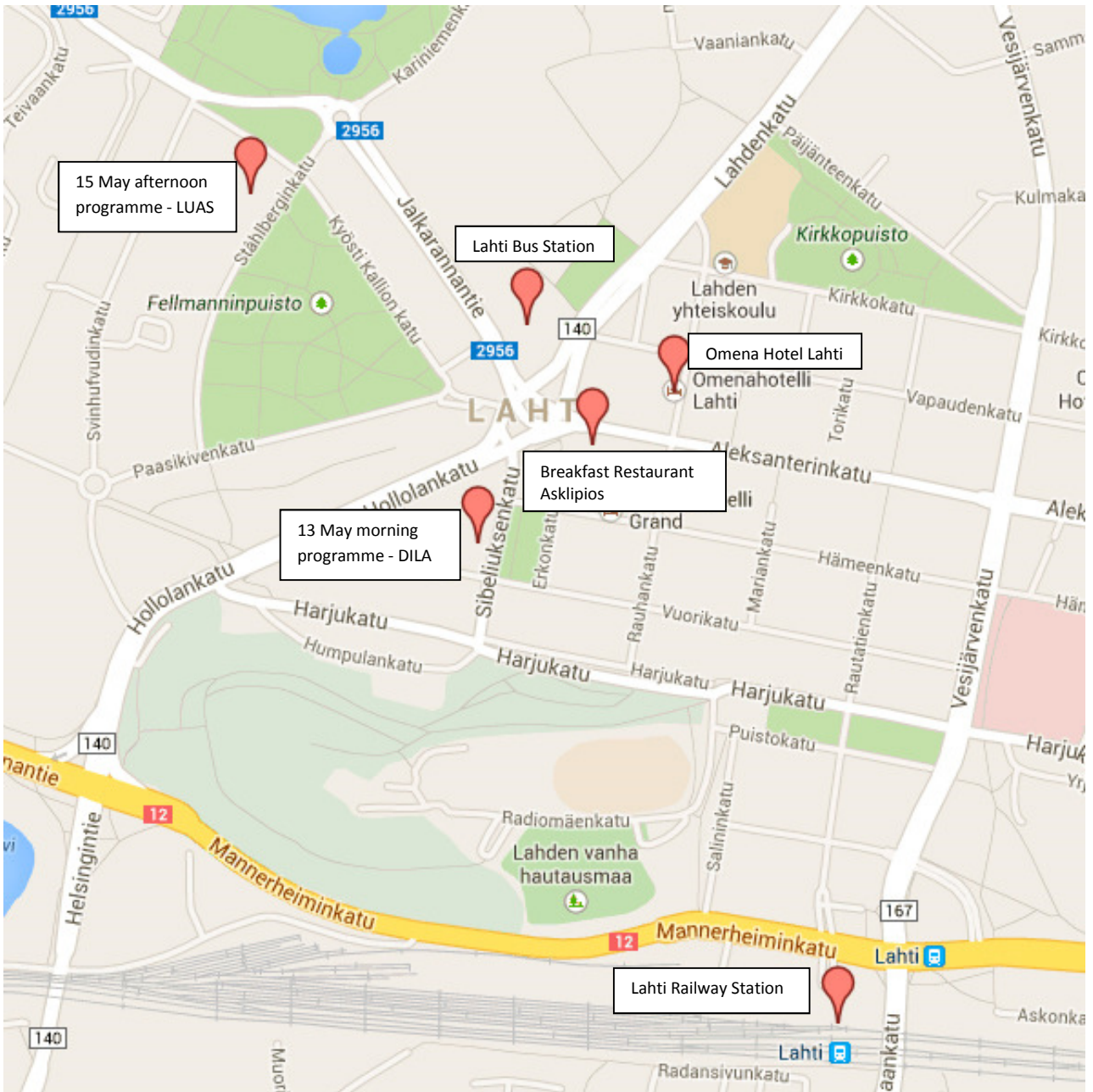


2. We have or we do things differently.

4. This is not good for us because...

Notes:





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