



# Units

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UNIT 4: “MY NEW AGEING ME” INTERACTIVE TRAINING PLATFORM  
MODULE 4.2



# Disclaimer

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# The MNAM Platform

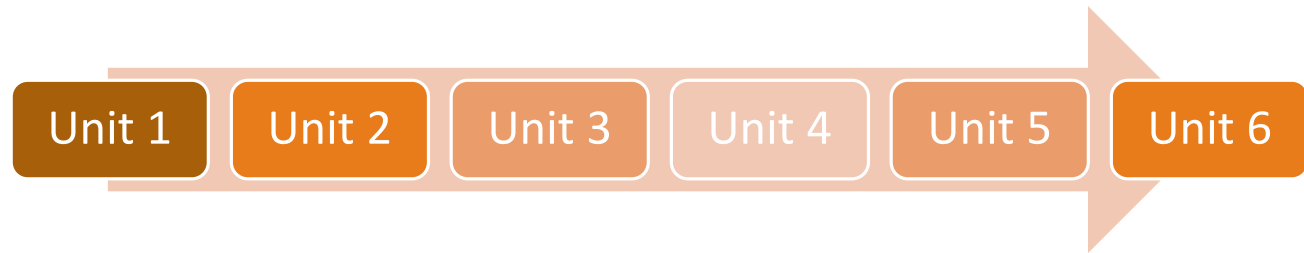
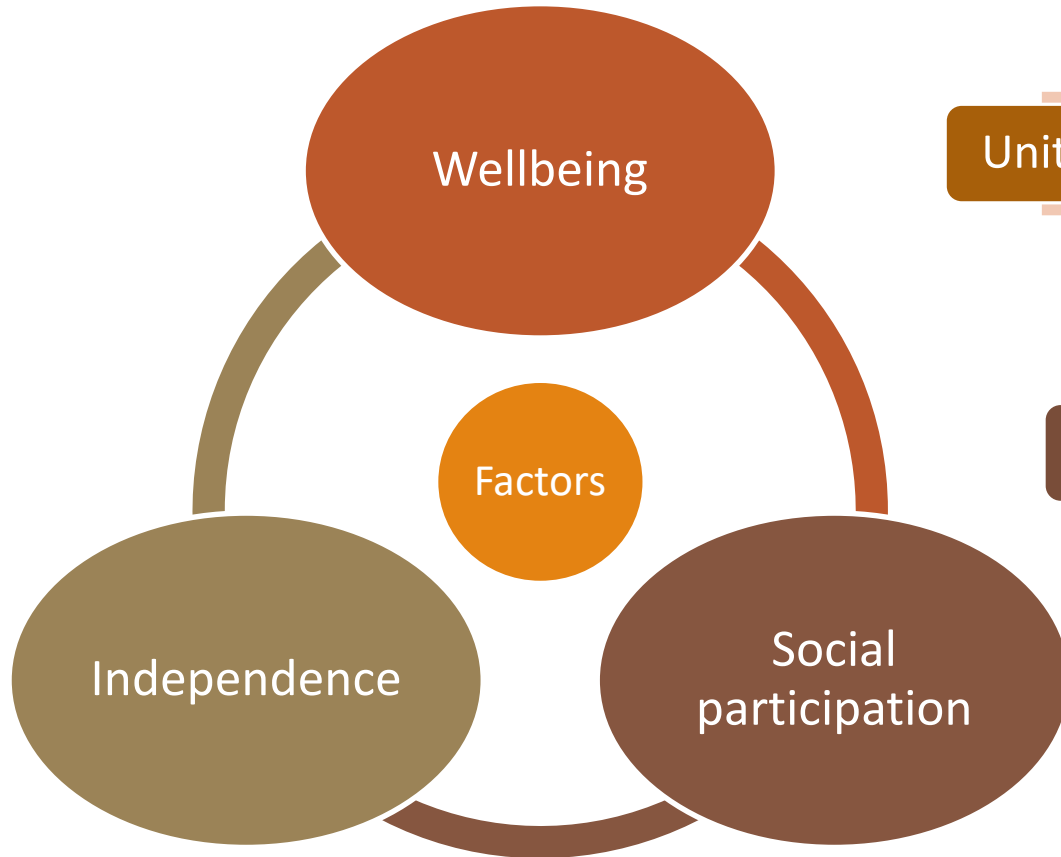
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<https://triade.webs.upv.es/t20/>



# Units



# Units



**MNAM Platform**  
from Triade 2.0 project



FACTORS UNITS EXERCISES HOW TO EDUCATE USING MNAM RESOURCES FOR EDUCATORS **▼** CONTACT

The access to the units is provided through:

- Direct link in the platform main menu
- Factors

**Wellbeing**  
Factor #1

Domains: Emotional well-being, Physical well-being and Material well-being

Wellbeing is also a complex concept. Firstly, it refers to the personal experiences of a person (Vos et al., 2010) and a subjective feeling of how this person evaluates their life (Bussner and Sadava, 2010). Therefore, physiological and psychological differences among persons can account for some part of the variance in emotions and happiness (Bussner and Sadava, 2010; and Diener et al. 1999). Second, wellbeing can be difficult to be measured, most particularly in people with intellectual disability (McGillivray, et al. 2008).

Thirdly, the well-being in people with intellectual disability can be approached and studied from a number of different perspectives. Some examples found in literature focused on people with intellectual disability to illustrate are: the relevance given to the dimensions of emotional well-being and self-determination in older adults with intellectual disability (Sexton, et al. 2016); the differences of levels of subjective well-being of adults living -or not- with a family (Powell et al. 2018); the impact of personal resources on the well-being of ageing people with intellectual disabilities (Lehmann et al. 2012); the role of emotional competences in the subjective well-being (Rey et al. 2013); and the relevance of the support services provided to older women with intellectual disabilities (Strnadová, et al. 2015).

According to theoretical model which guides TRIADE 2.0 (Quality of Life), well-being is formed by three dimensions:

**Related units:**

- **Unit 1**  
Getting ready to adapt/change your home. Moving to another place
- **Unit 2**  
Adapting equipment and assistive technology
- **Unit 3**  
Budget management: Less income, new priorities
- **Unit 4**  
Optimizing health: exercises, healthy lifestyle
- **Unit 5**  
Being aware of the changes related to the ageing
- **Unit 6**  
Safety: prevention of abuse



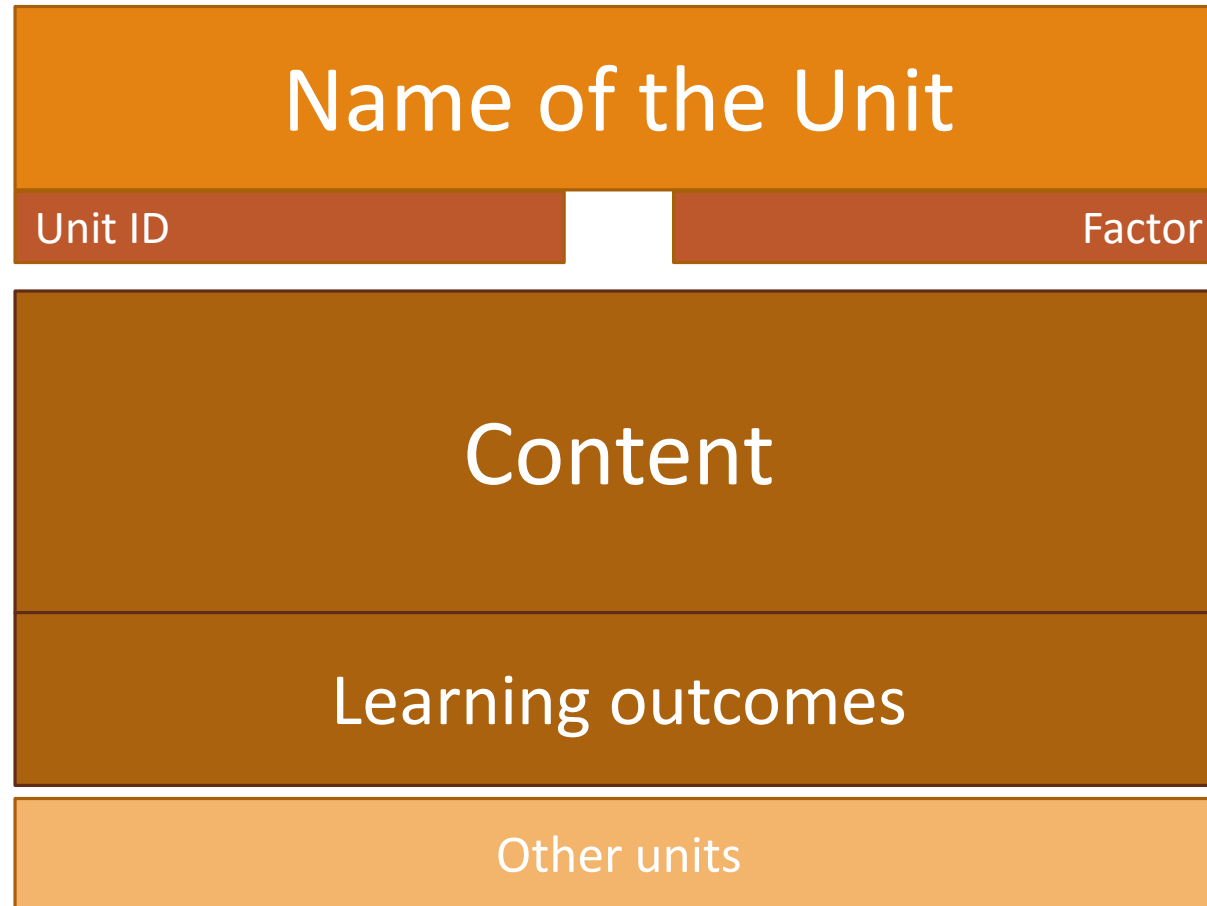
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# Unit page

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Related exercises

# Preparing a Unit

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1. Intended use : educators
2. Preparation of the exercises and workbook.
3. Reasonable schedule





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