



How to use the MNAM Platform

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

MODULE 4.2



Funded by the
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The MNAM Platform

Support educators and other professionals

Objectives:

- Provide tools and materials
- Ease the navigation
- Homogenize contents

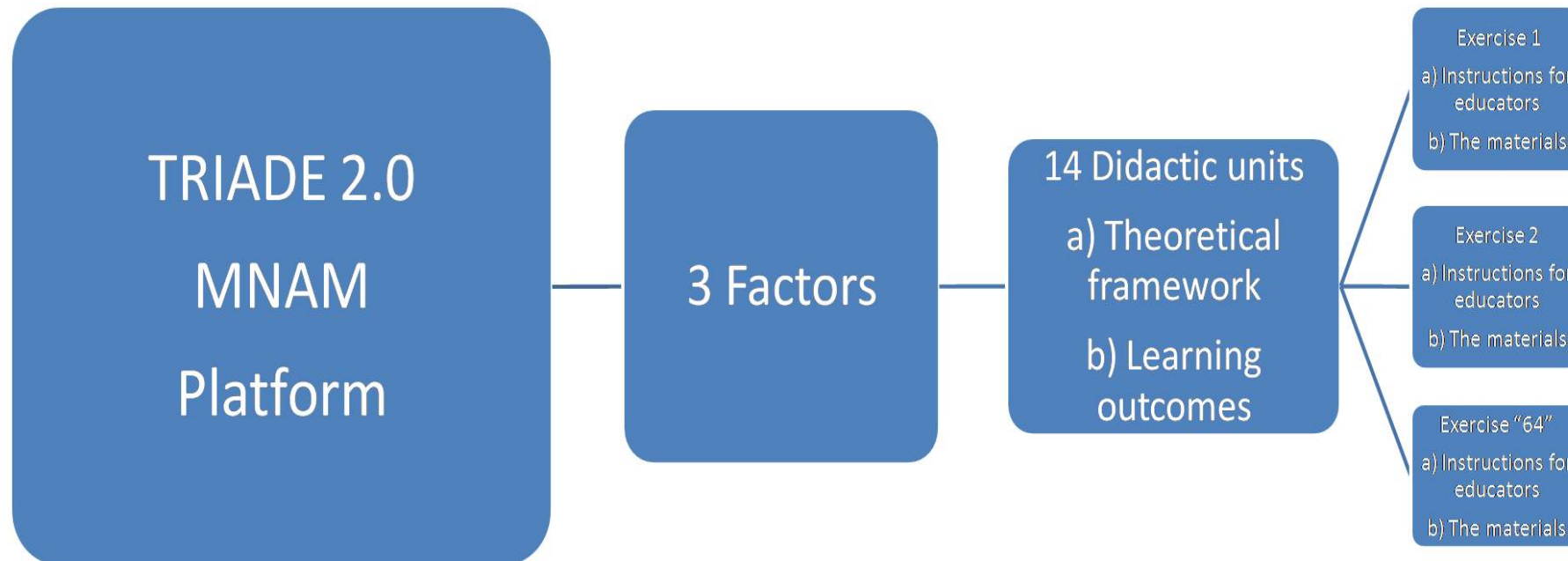


<https://triade.webs.upv.es/t20/>



The MNAM Platform

Contents are divided in three hierarchical levels



Overview of the contents

Factor: Wellbeing

- Getting ready to change your home
- Adapting equipment and assistive technology
- Budget management
- Optimizing health
- Being aware of the changes related to ageing
- Safety: prevention of abuse



Overview of the contents

Factor: Social participation

- Social connectness
- Active ageing
- Social engagement
- Social media



Overview of the contents

Factor: Independence

- Rights
- Important persons
- Choices
- End of life



Exercises

- Learning process based on 64 exercises.



- Should be adapted to the specific needs and context.
- Exercises should be implemented by educators

Getting familiar with the platform

Practical exercise (20 minutes)

Unit 2 – Exercise 1 (Difficulties in the activities of the daily living)

- Read the instructions
- Download the materials

Discuss with other educator:

- Are the learning outcomes relevant for the target group?
- Are the exercise instructions clear?
- Would you work individually or in groups?
- What do you expect with the implementation of the exercise?



Getting familiar with the platform

Practical exercise (5 minutes)

Find exercises that:

- Work on the dimension of social inclusion.
- Can be implemented individually
- Have an estimated duration from 15 to 30 minutes

TIP: Remember using the filters in the exercise page.



Resources for educators

Resources for educators

- ★ How to transfer competences
- ☑ Validation methodology
- 📖 Workbook for educators
- ✂ How to develop accesible content





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