



Smart Healthy Age-Friendly Environments (SHAFE) foster healthy ageing, independent living and participation in society for all. You can learn to implement SHAFE! It does not matter if you are a caregiver, a volunteer or if you want to start your own business: everyone can implement SHAFE. Everyone can become a so-called SHAFE facilitator. Are you wondering how?

Well, here we show you how to do it.

On the website of Hands-on SHAFE you will find under LEARN, several learning modules. The modules are available in 6 different languages each: English, German, French, Polish, Portuguese and Dutch. The training modules address different topics that may be important for you or your target group. Many things you will probably already know, others may be new to you. The modules are designed so that you can use the content directly for practical work.

 www.hands-on-shafe.eu



SMART

First, you will see the SMART modules. SMART will give you basic knowledge on how to use mobile phones. SMART will also show you how to make your home safe and what technical options are available for your home. These modules you can use to learn SMART for yourself or to support others.



HEALTHY

Then you will see the HEALTHY modules. Here you find everything you can learn about health and wellbeing, lifestyle and therapies. But also how to deal with dementia, chronic diseases or other impairments. Very important to know.



The building of your house and your living environment can be learned in the BUILT modules. Accessibility of houses, public spaces and buildings. Mobility is another topic within the BUILT modules. Very practical if you want to improve the house of your parent or want to advice for the neighbourhood.



If you are interested to create your own business with SHAFE products and services, we advise you to go to the BUSINESS modules. SHAFE products and services can be: caregiving, crafting, home support, transport, digital advice and everything else you can further think of. You can also use the BUSINESS modules for another kind of business.



At last we offer some GENERAL modules. Here you will get to know the end users of SHAFE and receive tips for successful communication. If you have successfully followed several modules of Hands-on SHAFE you will receive a personal online certificate. We invite you to login and learn!

BACKGROUND

The Smart Healthy Age-Friendly Environments (SHAFE) concept was launched in 2017 by Carina Dantas (at present CEO of SHINE2Europe) and Willeke van Staalduinen (CEO AFEdemy). SHAFE was approved as Thematic Network by the European Commission in 2018. The Network delivered a Joint Statement with 170 partner organisations. SHAFE is executed in several EU projects. COST Action NET4Age-Friendly (www.net4age.eu) is the current network with over 300 partners from 46 countries.

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Hands-on SHAFE is realized by 6 organisations from 6 EU countries:



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