Topics and Guide for Group Discussion

Group 1: Social Advocacy on LLL for Senior Citizens

Q1) What are the current challenges preventing seniors from participating in the activities at CLCs?
Q2) What can CLC do to advocate the community members about aging and potentials of elders?
Q3) What can national and local governments do to advocate and encourage senior citizens to participate in the activities at CLCs?
Q4) How could we support senior citizens to get connected for mutual support and care?

Some Key Words to Consider
- Community culture that supports people as they age and recognizes them as an asset.
- Male and Female?
- CLCs can motivate the seniors to stand up alone and cultivate more job opportunities the elders can still join in with their wisdom and experience.
- 60s, 70s, 80s, 90s, age wise approaches?
- Mobilized public and private interests to support community-based self-assessment and planning process
**Group 2: Intergenerational Social Engagement /Learning**

Q1) How to develop the new career for seniors through intergenerational learning? – What kind of contents and learning/training methodologies could be useful and effective?

Q2) How can the advance technology help the senior to integrate into the society?

Q3) How can CLCs match seniors with new skills and job opportunities?

Q4) What can national and local governments should do to promote the senior with new skills to do income generating jobs, start entrepreneurship, and volunteer works to contribute/change the society and communities?

Q5) How can CLCs Improve the social networks through high tech to prevent the isolation and depression?

**Some Key Words and Questions to Consider**
- Limiting beliefs that seniors cannot study because they easily loss their memories needs to be modified.
- The seniors can develop the career for another chance because many young people can attempt the second or third chances to change their careers as well.
- Why it is very difficult to educate the seniors on IT? What is the best way to teach them how to use new technologies?

**Group 3: Mental and Physical Health Promotion**

Q1) What are main physical and mental health problems? And their causes?

Q2) What kind of learning and knowledge could be provided at CLCs?

Q3) What can national and local governments do to prepare CLCs ready to serve the purpose above?

Q4) How could we promote effective collaborations between the Departments/Ministries of Education and Health?

Q5) How can CLC support family members who support seniors with health/mental problems?

Suggestion: Let’s draw our own life plan!

**Some Key Words and Questions to Consider**
- Why the seniors suffer the mental problem? Especially for the solitary senior.
  - Causes : Loss of the spouse, family members, friends
  - Society notion that elders should endure the grief etc..
- Die Alone
- Bankrupt at the 3rd age
- The way to prevent the physical illness, Sharing information about the illness
- How to use the social welfare system(Importance of Insurance, regulations, social benefits that elders can enjoy etc)
- Collaboration to ensure that information is accessible across providers and settings including hospitals, clinics, nursing homes, other health care providers and appropriate informal systems of care
- Distribution of culturally appropriate community-wide information on health and health promotion activities
- How to make the plan for age? –Life plan for individual savings, attitude, knowledge
- Prevent isolation and loneliness with early interventions.
- Promote routine screening through primary care and community health programme

**How to Proceed the Group Discussion**

1. Select the Chairperson and the Presenter for Feb 28 (9:00-10:00)
2. Take time to understand the topics and questions
3. Start to discuss through brainstorming facilitated by the Chairperson
4. Decide what to present
5. Continue to discuss
6. Please provide your support to the Chairperson and Presenter to put all important discussion points into 8 slides (max)
7. Submit the slides to the secretariat before the end of Feb 27.

**Rules in the Group Discussion**

1. Accept all ideas; do not judge some as good and others as not good.
2. Encourage all group members to participate. Give equal time for each person to speak.
3. Stay on task. Do not allow conversations that are unrelated to the task at hand.
4. Be respectful of others’ feelings and ideas. Be thoughtful, courteous, and enthusiastic.